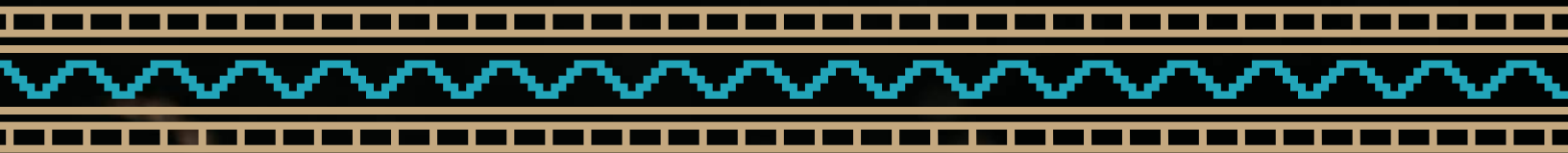


FEBRUARY 2025

BENEN SES ʔELHTSISH 2025

EMERGENCY PREPAREDNESS PLAN

HOUSEHOLD PREPAREDNESS WORKBOOK



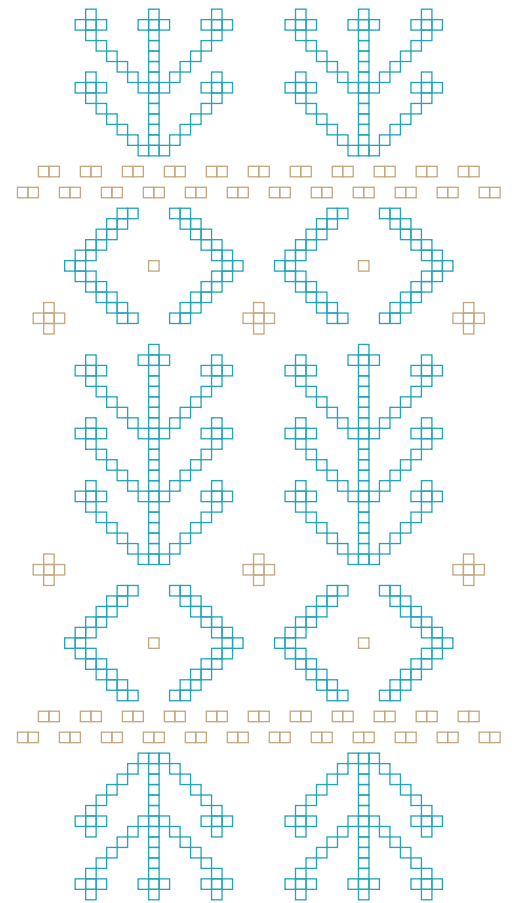
Lha Yudit'ih - We Always Find a Way

The T̓silhqot'in people are strong, resilient, and deeply connected to their land and culture. Throughout history, they have faced numerous challenges, from colonialism to environmental changes, yet their spirit has remained unbroken.

Being prepared for emergencies is an extension of this resilience, empowering their communities to respond effectively in times of crisis.

It builds upon their ancestral knowledge of survival and self-sufficiency, while also fostering unity, solidarity, and a collective sense of responsibility.

By being prepared, the T̓silhqot'in honor their past, protect their future, and ensure that their people can continue to thrive, no matter the challenges ahead.



To the ʔEsggidam who guide us, nexwechanalhyagh.



EMERGENCY SUPPORT SERVICES

Emergency Support Services (ESS) - Know where to find support if evacuated

The T̓silhqot'in National Government ESS program manages culturally safe evacuee support services throughout all stages of an emergency, including planning, response, and recovery. By preparing and planning, the program aims to build a resilient community capable of managing the challenges of emergency situations.

ESS works with government services to provide temporary support to displaced community members, addressing their immediate needs like food, shelter, clothing and family reunification. The goal is to ensure the physical, emotional, and mental well-being of evacuees for up to 72 hours.

Type of supports offered:

- | | | | |
|---------------|------------------------|------------------------|----------------------------|
| → Food | → Cultural support | → Pet Services | → Social-emotional support |
| → Clothing | → Spiritual support | → First Aid | → Transportation |
| → Lodging | → Child activity areas | → Family reunification | |
| → Incidentals | → Information Services | → Volunteer services | |





PRE-REGISTER FOR EMERGENCY SUPPORT SERVICES

You do not need to register online before going to a reception centre, but it will save time and is recommended.

You can also register by telephone 1-800-585-9559 (8:30 am to 4:30 pm).

1

Set up BC Services Card

Download the BC Services Card app from the Apple App Store or Google Play Store.

Complete the five steps to register and verify your account:

1. Choose how to secure app
2. Scan or take photo of your ID
3. Add residential address
4. Provide email address
5. Verify your identity

Service BC staff are available on site to verify your account during select hours.

2

Create User Profile

Visit ess.gov.bc.ca or scan the QR Code below:



Complete the User Profile by following the steps:

1. Choose the restriction setting
2. Enter personal details
3. Enter primary address
4. Enter contact details
5. Create security questions

3

Create ESS File

Once you've created your User Profile, select "Create ESS File"

Complete the ESS File by following the steps:

1. Choose the restriction setting
2. Enter location details
3. Enter household information
4. Enter household needs
(such as: shelter, food, clothing and other incidentals)
5. Create a security phrase
6. Review and submit information

visit ess.gov.bc.ca

Questions? Contact your band office or
The Tsilhqot'in National Government's
Emergency Support Services:

tngemergencyservices@tsilhqotin.ca

250-392-0735



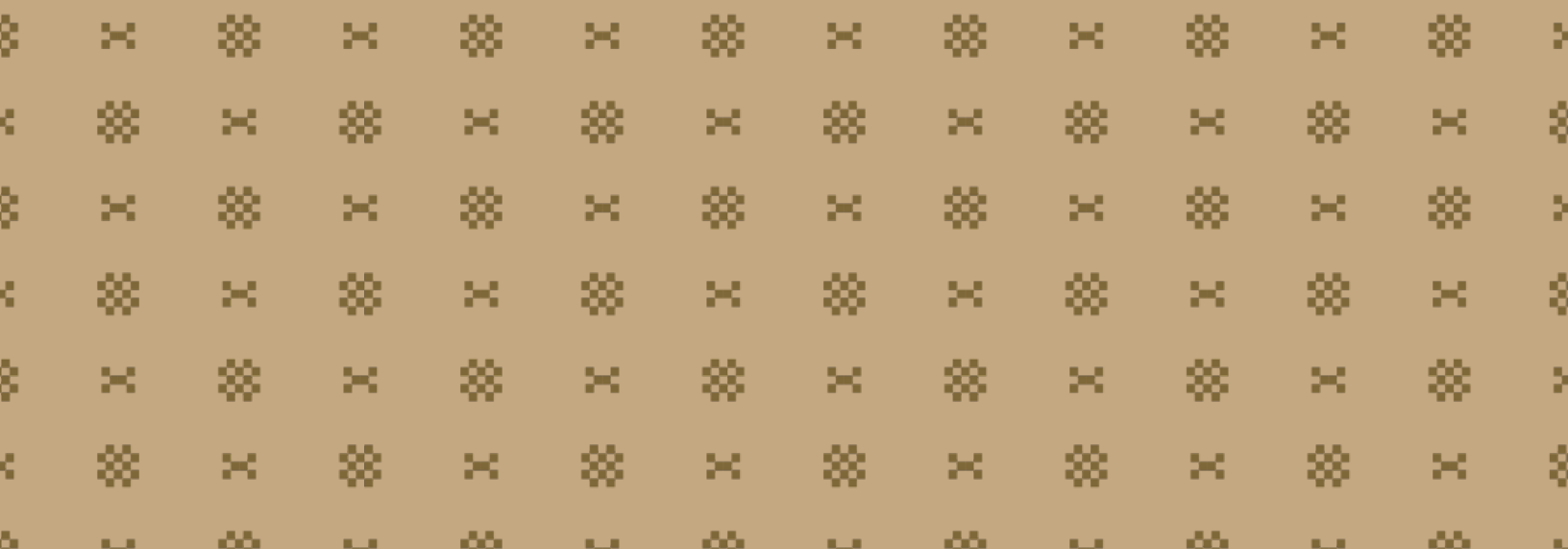
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Tsilhqot'in
NATIONAL GOVERNMENT

HOME EMERGENCY PLAN



BE PREPARED

Common factors that contribute to increased vulnerability include mobility limitations, decreased physical strength and sensory awareness as well as a reduced ability to respond to sudden change. It is essential for seniors and caregivers to have an emergency plan to ensure they are ready to respond and supports in place to assist their recovery.

It's impossible to imagine every scenario you may encounter in an emergency. This Emergency Preparedness Guide is designed to ensure families are prepared for emergencies while respecting and incorporating the unique cultural, spiritual, and practical needs of the community.

This plan focuses on integrating cultural practices, items, and customs into personal home preparedness, empowering families to respond to emergencies in a way that is aligned with their traditions.

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

MAKE A PLAN

Develop a comprehensive emergency plan and emergency preparedness kit tailored to your unique needs. Sometimes disasters strike with little to no warning, so it is important to have a plan and be prepared for a sudden emergency. Be sure to review your plan regularly and share it with neighbors, friends, family, and caregivers. This section ensures you are well prepared to respond to various emergency scenarios.

Planning for You and Your Family:

An emergency plan will help guide you and your family in case of an emergency.

The plan should include:

- How you will communicate in case you and your family members are separated.
- Contact people both in your local area and out-of-area. Places to stay in case you cannot access your home, like a friend or relative's house, RV, boat or hotel.
- Those who may rely on you for assistance: children, family members with special considerations, and pets.
- Arrangement for care and evacuation of pets and farm animals, especially if you are away when disaster strikes.
- Two routes that everyone knows to the reunification spot.
- Safe exit routes from your home and work.
- Risks in the region.
- Locations and proper use of important equipment such as fire extinguishers, gas and water valves, floor drain(s) and the electrical box.
- Health information, such as allergies, necessary medication, equipment, and contact details for doctor, pharmacy, and other important health providers.
- A list of important contacts, vital documents, and small valuables to take with you if you are evacuated.
- Insurance policies and photo or video documentation of home contents.

IMPORTANT DOCUMENTS

→ **Important documents:** Copy or scan all important documents including household identification (such as provincial identification, social insurance card, passports, permanent resident card, status cards, birth and marriage certificates), financial and legal (deeds, loans, credit cards, banking, wills, property insurance) and medical information.

→ **Medical information:** Keep an up-to-date list of your conditions, allergies, medications and dosages, health professionals, caregivers and health insurance cards. In addition, make copies of your written prescriptions before having them filled, or ask your doctor or pharmacist for a printed copy of all your prescribed medications.

IMPORTANT DOCUMENTS	
Item	Packed
Bank account numbers	
Birth certificate(s)	
Credit card contacts/numbers	
Doctor/veterinarian contact numbers	
Driver license(s)	
Health care numbers/medical records	
Household inventory list	
Immunization record(s)	
Income tax return(s)	
Insurance policies (with phone number for provider)	
Lease/mortgage papers	
Marriage certificate	
Passports	
Pet registration	
Safety deposit box key	
Social insurance number	
Usb (with photo files)	
Warranties	
Wills/power of attorney	
Status Cards	
Other identified important documents	

Take photocopies of the originals and store in a resealable plastic bag or
take photos of the originals and store on your phone and a backup drive (USB)

HAZARDS TO PREPARE FOR

List the hazards that are most likely to happen where you live:

MY HOME ADDRESS IS



THE PEOPLE LIVING AT MY HOME ARE

Full Name:

Phone:

Email:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ESCAPE ROUTES

Plan emergency exits from each room of your home. Try to think of two possibilities for each room. If you live in an apartment, do not plan to use the elevators. Also, identify an escape route from your neighbourhood in case you are ordered to evacuate.

EMERGENCY EXITS FROM HOME

ESCAPE ROUTES FROM COMMUNITY

MEETING PLACES

Identify safe places where everyone should meet if they have to leave home during an emergency.

SAFE MEETING PLACE NEAR HOME

SAFE MEETING PLACE OUTSIDE OF COMMUNITY

EMERGENCY CONTACT(S) NEARBY

Choose someone who lives in your community, who you know well and who you trust.

Full Name:	Community	Phone and Email

OUT-OF-AREA CONTACT(S)

This person should live far enough away that they won't be going through the same emergency as you at the same time. That way, if local communications networks are not working, this person can help pass messages between everyone you live with.

Full Name:

Community

Phone and Email

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

LOCAL COMMUNITY INFORMATION

It's important to know where to get credible information during an emergency so you know what to do. Contact your community's Emergency Management Program or Band Office to find out how they will share alerts and instructions during an emergency

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

HEALTH INFORMATION

List the Personal Health Number and medical needs, like medications or medical conditions, of everyone you live with. Name Personal Health Number Medical needs/Prescription 9 Extra notes (e.g., write the expiration dates of your medications in your emergency kit)

If you take prescription medication(s), talk to your doctor or pharmacist about keeping an extra supply in your emergency kit and grab-and-go bags.

Full Name:	Personal Health Number	Medical needs/ Prescription

Extra notes: (e.g , write the expiration dates of your medications in your emergency kit)

SCHOOLS

Name: _____ Phone: _____

Address: _____

Name: _____ Phone: _____

Address: _____

Name: _____ Phone: _____

Address: _____

PICK-UP FROM SCHOOL

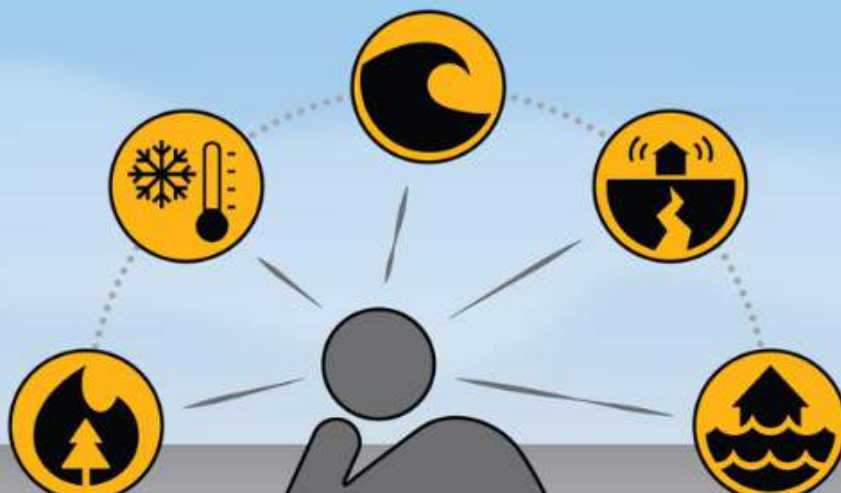
In case parents or guardians are unable to pick up students from school, ask a close friend or family member to fill this role when needed. Ask your school what information they'll require to release students to designated adults during an emergency.

Full Name:

Phone

Email

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



WORKPLACES

Name: _____ Phone: _____

Address: _____

Name: _____ Phone: _____

Address: _____

Name: _____ Phone: _____

Address: _____

Name: _____ Phone: _____

Address: _____



INSURANCE POLICIES

House Insurance:

Policy Type:

Other Insurance:

Policy Type:

VEHICLE REGISTRATION NUMBERS

Vehicle Make:

License Number:

Registration Number:

Vehicle Make:

License Number:

Registration Number:

FAMILY INFORMATION

Name:

Home:

Employment Address:

Cell:

Spouse:

Home:

Employment Address:

Cell:

MEDICAL CONTACTS

Doctor:

Phone:

Clinic Address:

Doctor:

Phone:

Clinic Address:

MEDICAL INFORMATION

Name:

Allergies:

Eye Glass Prescription:

Special Needs/Limitations:

Name:

Allergies:

Eye Glass Prescription:

OTHER IMPORTANT NUMBERS

Ambulance:

Emergency Management BC:

Fire Department:

Health Emergency Management BC:

Police Department:

Poison Control:

Canadian Red Cross:

Gas:

BC Hydro Emergencies:

Property Owner:

Lawyer:

Building Manager:

NOTES

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HOME UTILITIES

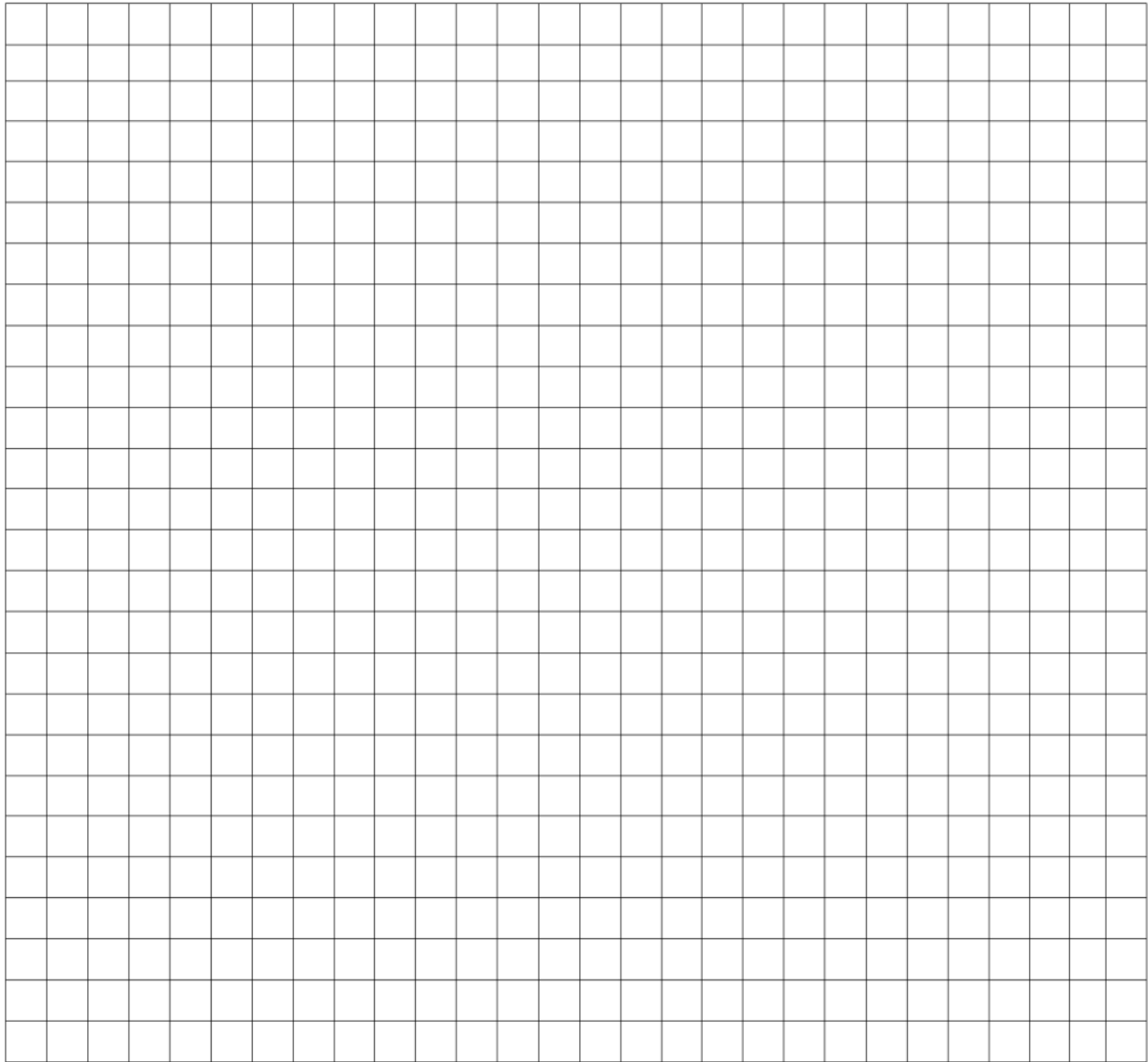
Locating and labelling utilities will help you keep safe during an emergency. Draw a floor plan of your home then draw and describe the location of the following utilities.

Fire Extinguisher(s):

Water Valve:

Electrical Panel:

Gas Valve:



Use these symbols to make the location of utilities:

Natural gas (G) Water (W) Electricity (E)

PREPARE A KIT

Prepare a basic disaster emergency kit. Store the kit near an outside exit such as in a coat closet or next to the garage or basement door.

Pack all your essentials in an easily accessible container that is waterproof and moveable. A small suitcase with wheels is perfect for this!

Make sure you pack essential items you and your family members will need to for seven days or longer, especially if you have needs that are not easily accommodated.

Essential items may include:

- medical supplies
- assistive devices
- food for your specific dietary needs
- prescription medicines
- diabetic supplies
- hearing aid batteries
- a phone charger and back up battery
- smudging kit
- cultural medicine kit
- manual wheelchair
- other medical equipment and mobility devices you may need to maintain your health,

Elders with sensory challenges, pack visually stimulating toys, comfort snacks, and headphones to decrease auditory distractions in a busy room in case you have to move to a reception centre.



HOME EMERGENCY SUPPLIES KIT

- Water: 4 litres per person per day; minimum of 3 days
- Food: non-perishable; minimum of 3 days
- First-aid kit
- Flashlight and extra batteries
- Transistor radio and extra batteries
- Sanitation: garbage bags, toilet paper and wipes
- Copies of important documents (e.g., insurance papers, identification, health card numbers)
- Tools: crowbar, shovel, safety goggles, face mask
- Emergency plastic sheeting / duct tape
- Phone charger and battery bank
- Seasonal clothing and footwear
- Medications and personal toiletries
- Cash in small bills
- Whistle
- Customized items tailored to your needs

EMERGENCY PET KIT

- Pet food and water for a minimum of 3 days
- Leash, pet restraint, muzzle, or harness
- Pet carrier
- Treats, a favourite toy or comfort item
- Copy of vet & vaccination records
- Medications
- Photo of your pet
- Plastic bags for waste disposal
- Blankets or a way to provide warmth

Consider the needs of your pet and ensure you can care for them in the event of an emergency, whether you are at home, or need to evacuate.

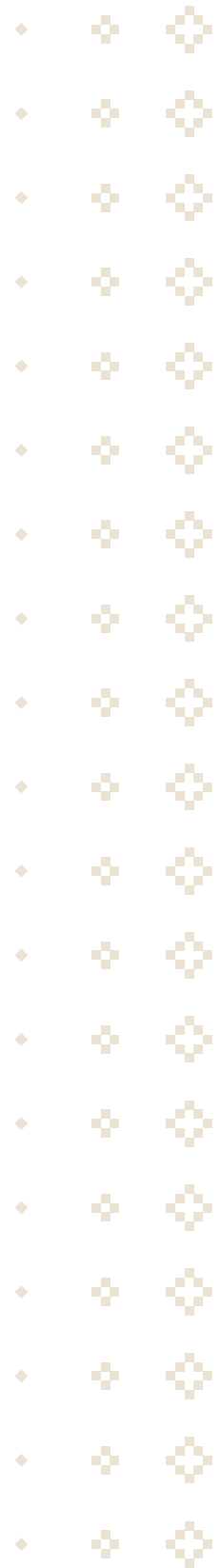
GRAB-AND-GO BAG

IN CASE YOU NEED TO EVACUATE

- Bottled water
- Food for 1 day, non-perishable
- Small first-aid kit
- Emergency blanket
- One change of seasonal clothing and footwear
- Copies of important legal documents (e.g., insurance papers, identification)
- Copy of your emergency plan
- Flashlight with extra batteries
- Transistor radio
- Phone charger / battery bank
- Toiletries (travel size)
- Medications
- Cash in small bills
- Glasses
- Whistle
- A comfort item (e.g., family photo, book, etc.)

If you needed to evacuate immediately, what items would you need to get through the next few days? Each family member should have a Grab-and-Go kit, stored in an easily accessible location.

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