
Emergency Preparedness Week Toolkit 2023

Build Preparedness Habits

May 7 - 13, 2023



A toolkit to support local campaign planning



This publication is available online at [Emergency preparedness week toolkit - Open Government \(alberta.ca\)](#)

Emergency Preparedness Week Toolkit | Public Safety and Emergency Services

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Preparedness Public Education in Alberta

Alberta Emergency Management Agency (AEMA) Overview

AEMA builds capacity for preparedness public education year round through the [Be Prepared](#) program. The program is a central source of truth for preparedness public education in Alberta. Be Prepared helps local leaders champion preparedness and build community resilience.

Emergency Preparedness Week Overview

Emergency Preparedness Week (EP Week) is a national event that has run for more than 25 years in Canada and takes place annually during the first full week of May. Public Safety Canada coordinates this event in close collaboration with the provinces, territories and other partners.

While being prepared for disruption is important year-round, EP Week provides a unique opportunity to spotlight emergency preparedness nation-wide. Between May 7th and 13th join the campaign to encourage your community members to take actions to reduce their risk. This Toolkit can help community leaders across the province participate in the campaign together.

Alberta's campaign theme: Build preparedness habits

EP Week is a reminder that preparedness isn't just about being ready for the next big disaster. It's about making preparedness a part of your regular routine so you are better able to navigate disruptions, big or small.

Over the last few years, many of us have been developing preparedness habits without realizing it. Creating community connections you can rely on, finding trusted sources of information about local threats, and maintaining a stock of supplies are examples of habits that we developed to increase our self-reliance during times of uncertainty.

We all have a role to play

Disasters affect us all. While local and provincial governments take steps to prepare for wildfires and other hazards, the people living in our communities should be taking steps to prepare as well. Being prepared at the individual level creates a stronger foundation for emergency response, helping those impacted get back to their life and work sooner.

The [2022 Preparedness Survey of Albertans](#) confirmed, when compared to the year prior, Albertans are more concerned about the hazards but are doing less to reduce their risk. The results of this annual survey are a shared responsibility for all of us. By working together, we can increase our community members [risk literacy](#) and encourage [risk reduction action](#).

Risk reduction behaviours are down when compared to 2021.

By working together, we can reduce barriers to preparedness and motivate action.

Risk reduction behaviours

*Steps individuals can take to increase their resilience and reduce their risk.





Know the risks

The 2022 Preparedness Survey of Albertans confirmed that hazard concern is up when compared to the previous year. The rising concern can be a catalyst for increased risk literacy. Use this as an opportunity to prompt community members to start building disaster risk reduction behaviours into their lives.

These resources can help.

- [Before, during and after an emergency](#)
- [Blizzards, freezing rain, and ice storms](#)
- [Emergency preparedness for your pets](#)
- [Evacuation](#)
- [Farm animal and livestock preparedness](#)
- [Flood preparedness](#)
- [Helping children during emergencies](#)
- [Power and water outages](#)
- [Severe weather](#)
- [Shelter-in-place](#)
- [Thunderstorms, lightning, and hail](#)
- [Tornadoes and extreme winds](#)
- [Wildfires](#)
- [Cybersecurity](#)
- [Extreme Heat](#)
- [Pandemic](#)
- [Calling 9-1-1 from a cellphone](#)

**Educating your community
about the local hazards
encourages risk reduction
actions.**

Be Prepared tip: When looking to buy, rent, or develop property, you should avoid high-risk areas like [floodways and fringes](#). You should also find out if a property has received [disaster financial assistance](#) in the past, and purchase adequate [insurance](#).



Get informed and stay informed

Signing up for local and provincial communications and downloading alerting apps can help keep community members informed so they are better able to respond to threats. The 2022 Preparedness Survey of Albertans confirmed that only 56% of Albertans are proactively signing up for emergency messaging.

The communication channels used to deliver emergency messaging differs from community to community. Consider educating your community members on where to find critical instructions and updates during disruptions. If social media is a part of your community's communications plan, identify your channel before a disruption occurs so they know it can be seen as a source of truth. You may also want to consider a strategy to manage disinformation, so your community members understand that not everything seen on social media during an emergency can be trusted or acted upon.

Take preparedness action by getting informed and staying informed with these trusted communication channels:

- [511 Alberta](#) – Traveller information, know before you go;
- [Alberta Wildfire](#) - Stay current on Alberta's wildfire situation;
- [WeatherCan](#) – Weather alert notices for your area, and other locations you choose; and
- [Alberta Rivers: Data and Advisories](#) – Latest information about Alberta's rivers, including flood advisories.

- Government of Alberta
 - Instagram: [YourAlberta](#)
 - Facebook: [YourAlberta](#)
 - Twitter: [@ABPublicSafety](#)
 - Twitter: [@YourAlberta](#)
- Public Safety Canada
 - Twitter: [Public Safety Canada](#)
 - Twitter: [Get Prepared](#)
 - Facebook: [Emergency Ready in Canada](#)
 - YouTube: [Safety in Canada](#)

Directions from authorities vary on the emergency and change as the situation unfolds.

Encourage community members to sign up, download and follow your local information sources.

Alberta Emergency Alert

Alberta Emergency Alert (AEA) provides critical information about an immediate threat, where it is occurring and action that needs to be taken. Twice a year, the province conducts a test of the AEA system. Usually held in May and November, these tests make sure the emergency alert system works and act as a reminder for Albertans to be ready for a real emergency.



- Government of Alberta
 - [Alberta Emergency Alert](#) – Alerts provide information to help you stay safe
 - Facebook: [Alberta Emergency Alert](#)
 - Twitter: [@AB_EmergAlert](#)
- Public Safety Canada
 - [Alert Ready](#)

Be Prepared tip: Keep a battery-powered or crank radio on hand in case of a power outage. This ensures you don't miss critical updates when they become available. For more ways to get informed, check out this Toolkit's [Resources section](#).



Create financial resilience

Insurance is a financial safety net. The right coverage will speed up the recovery process. The 2022 Survey of Albertans shows only 43% of Albertans have adequate insurance and 40% have an emergency fund.

Being financially prepared is about more than just having money in the bank. Encourage your community members to understand their insurance policies to help them make more informed decisions during times of stress.

Steps to build [financial resilience](#):

- Learn the difference between insurable and non-insurable disasters, and speak with an insurance provider about your specific needs.
- Talk to your insurance provider to ensure you have adequate insurance, that you understand what your policy covers, and more importantly, what it doesn't cover.
- Keep a detailed list of all property, including photographs, in case you must file a claim. Use your annual policy renewal as a reminder to check and update your list and photographs.
- Keep cash on hand, as ATMs and debit services may become unavailable during a disruption.
- If possible, create an emergency savings account to cover expenses during an emergency.
- Know what type of assistance your insurance policy provides and how to claim it if needed. Make sure to keep all receipts from expenses incurred during an emergency.
- Know the [7 steps](#) for making a home insurance claim.

Be Prepared tip: The Government of Alberta's disaster recovery program may be an option for recovery after a disaster but should be considered a last resort. It does not cover all types of damage, loss or the full cost of replacement. Visit [Disaster Recovery Program](#) to learn more.



Make community connections

According to the 2022 Survey of Albertans, only 16% of Albertans have a community support system. Often, it's community members who are nearby when an emergency, disaster or unexpected situation occurs. When relationships are made before an emergency, it makes it easier for people to rely on one another for support when it's needed most.

Steps to build community resilience:

- Reach out to the network you built over the last few years and talk about how you can continue to support one another during times of uncertainty.
- Consider creating a shared text or email group for wellness checks.
- Create a buddy system with someone close by so you can help one another out.
- Attend local events to expand your network.

Be Prepared tip: [How does knowing your community help you become more prepared](#) is a 1-minute video with ideas that can help.



Start a conversation

The 2022 Survey of Albertans shows only 28% of Albertans have discussed preparedness with their networks. Starting the conversation is an easy and affordable way to get community members to consider their own vulnerabilities and support systems.

Tips to creating conversation opportunities:

- Use the [test of the Alberta Emergency Alert system](#) to ask loved ones "How prepared would we have been if this alert had been real?" The test occurs twice a year.
- Use current events to start a discussion. When you see people being affected by unexpected situations on the news, consider what you would do if in the same position. Talk with your household about what you can do to reduce your risk and prepare for a similar situation.
- Listen to subject matter experts talk about emergency preparedness with the [EPIC podcast team](#) and talk about what you learned with your network.

Be Prepared tip: Starting a conversation about being prepared for emergencies can be difficult. Using current events help create the right environment for thoughtful discussions.



Build an emergency kit and gather supplies

During an emergency, grocery stores, pharmacies, gas stations and banks may not be available. According to the 2022 Survey of Albertans, only 41% of Albertans have gathered enough supplies, including extra medication and food items to stay safe, and only 23% have assembled an emergency kit for a quick grab and go. When individuals are equipped with the right supplies, and are prepared for disruption, it helps to reduce the personal emergencies that occur during extended disruptions.

The right supplies can help you and your family (including your pets) stay safe, warm and comfortable when disruptions occur. Your supplies should meet the needs of you and your household for a minimum of three days. Focus on supplies to keep you safe first, then concentrate on items for your comfort.

Checklists for your home, vehicle, pets, animals and livestock:

- [Supplies for sheltering at home](#) – maintaining your supplies at home can help you navigate unexpected situations when they occur.
- [Emergency kit checklists](#) - it is easier to prioritize your safety and well-being when you have an emergency kit that you can grab and go.

Be Prepared tip: If gathering supplies feels like a big task, start by making a list. Put your list in a central location and make sure everyone knows where to find it. This helps you respond quickly during times of stress and keeps you on track so you don't forget the essential items you can't live without.



Make an emergency plan

Disasters often cause confusion and distress; an emergency plan helps individuals navigate the situation more safely. The 2022 Survey of Albertans shows only 19% of Albertans have a household emergency plan and less are aware of the emergency plans at loved one's facilities (such as their children's school or a family member's care home).

Preparedness is personal. Encourage community members to consider the unique needs of their households and the local threats when developing emergency plans.

- [Make an emergency plan](#) – planning considerations and resources.
- [Pet Preparedness](#) – to help keep pets safe, before, during and after an emergency.
- [Farm animals and livestock](#) – to help keep farm animals and livestock safe when sheltering or evacuating.

Be Prepared tip: Every household is unique. Consider your household members power requirements for medical devices, specific needs for children or pets, reliance on assistive technology, mobility issues and language barriers. Make your plan work for you.

MyAlberta Digital ID

This free [account](#) lets you prove who you are online without paper documents or face-to-face visits. Creating and verifying an account before an emergency occurs can help you navigate disruptions by getting you access to information on supports and services you may be eligible for.

You can use your verified account to access provincial services that were previously considered too sensitive to offer online, including MyHealth Records, MyAlberta Emergency Benefits System, as well as Alberta Student Aid and the Canada Revenue Agency My Account for Individuals.

Get access to support and services when you need them most by creating a MyAlberta Digital ID.

Visit account.alberta.ca to create your ID.

For support, call 1-844-643-2789 between 8:15 am and 4:30 pm, Monday to Friday.

Practice emergency preparedness throughout the year

Alberta Emergency Alert – Test alerts

Use the test alert to start preparedness conversations with the people around you. These tests are an ideal teaching moment for households, schools, businesses and beyond.

Here are some ideas to get you started:

- **Leaders** can use the test to demonstrate their commitment to safety and wellbeing by sharing emergency preparedness resources and encouraging preparedness actions to build resilient organizations.
- **Schools** can use the test alert as an opportunity to practice one of their drills. Check out the School Resource Guide ([English](#) and [French](#)) for discussion topics and visit alberta.ca/CommunityPrep for educational resources.
- **Households** can use the test alert to prompt discussion. After the test alert is issued, talk to your loved ones about what you would have done if the test alert were real and what you can do to become more prepared.

- **Employers** can use the test alert to practice their emergency response and business continuity plans. Share organizational emergency plans with staff and preparedness materials for them to take home or incorporate preparedness conversations into meetings to cultivate a culture of preparedness.

When we are better able to navigate disruption in our personal lives, it helps us to return to our life and work sooner. Watch this short [video](#) on how you can use the test alert to encourage preparedness actions with your networks.

Go virtual

Use social media and other communication channels to help you champion preparedness year-round.

- Share web page links to the printable [emergency kit checklists](#) with community members through email.
- Share web page links to relevant hazards in your community found at [alberta.ca/hazards](#).
- Post a video from the [Get Prepared: 60-second Emergency Tip](#) series on social media.
- Download and print the [Scan to Prepare QR code posters](#) and post them in public areas.
- Create a preparedness presentation and share it with your community members online.
- Check out Public Safety Canada's [GetPrepared](#) website for additional tools and materials.

Translated materials

Emergency preparedness materials are updated regularly and designed for sharing virtually or in-person. Translated materials are available in ten different languages, with more translations underway.

Translations available:

- Ukrainian українською
- Arabic عربي
- Simplified Chinese 简体中文
- Traditional Chinese 繁體中文
- Punjabi ਪੰਜਾਬੀ
- High German Deutsch
- Low German Plautdietsch
- Spanish Español
- French Français
- Tagalog

To access translated resources, visit [alberta.ca/CommunityPrep](#). Find your resource, then select the plus symbol for the list of translations.

Checklists and translations

Use the following checklists to build specific emergency kits. Translated versions are also available in українською (Ukrainian), عربي (Arabic), 简体中文 (Simplified Chinese), 繁體中文 (Traditional Chinese), ਪੰਜਾਬੀ (Punjabi), Deutsch (High German), Plautdietsch (Low German), Español (Spanish), Français (French) and Tagalog (Tagalog).

Expand all

Emergency kit checklist —

[Emergency kit checklist](#) (printable brochure) Printing instructions: use double-sided print setting and flip on short edge.

- [українська](#)
- [عربي](#)
- [简体中文](#)
- [繁體中文](#)
- [ਪੰਜਾਬੀ](#)
- [Español](#)
- [Deutsch](#)
- [Plautdietsch](#)
- [Français](#)
- [Tagalog](#)

Emergency kit checklist for your pets +

Get Prepared: 60 Second Emergency Tips

There are now 20 videos in the [Get Prepared: 60 Second Emergency Tips](#) series that deliver simple steps that anyone can take to become better prepared.

Here are a few questions answered in a 1-minute video:

- Do you know the difference between emergencies and disasters?
- Do you know how to prepare for an emergency or disaster without spending a lot of money?
- Do you know what steps to take to reduce your risk of wildfire threat? Don't forget your pets. Do you have a plan to keep them safe in the event of an evacuation?
- Summer heat demands more power from the grid. Do you have a plan for utility outages?



Toolkits

These one-stop shop [toolkits](#) offer a variety of preparedness resources such as communication plans, themed initiatives and specific considerations.

- Alberta Emergency Test Alert Toolkit - School resource guide: offers a selection of quick activities that complement the bi-annual test of Alberta's emergency alerting system. Developed to support teachers' efforts in building resilience among our youth but can be adapted to fit a variety of contexts not in a classroom setting.
- Emergency Preparedness Toolkit for Seniors: if you rely on others for assistance or provide care and services for older adults, this guide can help.

Scan to Prepare QR code posters

This is a touchless way to share preparedness information with community members through their smartphones.

Download the [QR Code Posters](#), print and display in common areas to encourage community members to take small steps to become more prepared.

Infographics

Download and share [infographics](#) with your networks through your communication channels.

- [Winter preparedness](#) – Alberta winters pose health risks to all of us, but especially to Alberta's newcomers. Help make sure we all stay safe by raising awareness about how to prepare for the cold.
- [Preparedness Survey of Albertans \(2022\)](#) – The annual Preparedness Survey of Albertans was first conducted in 2021, to measure risk reduction behaviours and preparedness actions across the province. The second survey identified a decline in Albertans taking preparedness action, with an increased concern about the risks. The next survey will be conducted this summer. Visit [Alberta.ca/PrepSurvey](#) to learn more.
- [Disaster History in Alberta](#) – A timeline of Alberta's largest disasters over the past 20 years, from 2000 to 2020.
- [Be prepared for extreme heat](#) – Everyone has some level of risk to the harmful effects of extreme heat. Reduce your risk of serious health issues (even death) by taking preparedness actions.
- [Total costs of disasters by year \(billions\)](#) – Graph comparing the total costs of disasters in Alberta with total costs across Canada, from 2001-2020.

Social media

#PrepareYourSelfie

The #PrepareYourSelfie challenge uses social media to help you, and your networks, become better prepared. Use the #PrepareYourSelfie hashtag and create conversations with your community about being prepared, invite local leaders and social media influencers to share the message and challenge businesses and neighbouring communities to take part.

Send us an email at BePrepared@gov.ab.ca to receive information to support your #PrepareYourSelfie challenge.

Hashtags

Champion preparedness on social media and encourage others to share their preparedness actions by using hashtags.

- #EPWeek2023
- #BePrepared
- #Preparedness
- #ThisIsPreparedness
- #EmergencyPreparedness
- #PrepareYourSelfie

EP Week Communication Plan

EP Week provides us an opportunity to come together to motivate action and pull more people into the conversation. These communications can help you champion preparedness among your networks. They can be copied and pasted directly into your own communication channels, but we encourage you adjust the message for your audience. Consider adding local context to make the message more meaningful with the community that you serve.

Together we can build a more disaster resilient province.

The 2022 Preparedness Survey of Albertans confirmed that 56% of Albertans proactively seek emergency messaging. Getting the right information at the right time helps you respond quickly and appropriately.



Get alerts by downloading the [Alberta Emergency Alert](#) app and visit [Alerts and Advisories](#) to learn what other alerting services are available.

Want to be more prepared? The Government of Alberta developed the Be Prepared program to help. Visit alberta.ca/BePrepared to learn more.

Did you know over 80% of calls to 9-1-1 are made from cell phones? While cell phones can be helpful to access 9-1-1 services, they have limitations.

Be prepared for call failures with these tips:

- Know where the closest landline is and how to use it.
- Be aware of locations with low signal strength and where to get service.
- Poor weather, remote areas, large buildings, mountains and valleys can affect signal strength. Open areas can help improve your signal.

Visit [Alberta 911](#) to learn more.



Did you know that signing up for MyAlberta Digital ID could help you prepare for disruptions?



MyAlberta Digital ID is a free account that lets you prove who you are online without paper documents or face-to-face visits. Creating and verifying an account before an emergency occurs can help you get quick access to information on supports and services you may be eligible for.

Create yours at account.alberta.ca so it's ready when you need it.

To learn more about emergency preparedness, visit alberta.ca/BePrepared.

Hazards such as flooding, wildfire and extreme temperatures are typical throughout Alberta and can pose a significant risk to you, your loved ones and your property. Knowing your risk to the hazards in your community can help you reduce the impact of an emergency.

3 REASONS



Here are three reasons why it's important to prepare your home or property from flooding.

When looking to develop or buy property, try to avoid high-risk areas. If you aren't looking to move, assess your property and take steps to reduce your risk.

Reach out to your insurance provider to make sure your policies fully protect you, your property and belongings.

Watch [3 reasons](#) why you should prepare your home or property from flooding and visit alberta.ca/BePrepared to learn more.

Cyber attacks are becoming increasingly common and put many Albertans at risk. Reduce your cyber risk by making it a habit to update passwords, back up data and ensure security software is up to date.

Protecting yourself against cyber threats can reduce your risk of an attack.

Visit [cybersecurity in Alberta](#) for more tips and learn about emergency preparedness at alberta.ca/BePrepared.

Website: Hivesystems.io/password

| TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022 | | | | | |
|---|--------------|-------------------|-----------------------------|--------------------------------------|---|
| Number of Characters | Numbers Only | Lowercase Letters | Upper and Lowercase Letters | Numbers, Upper and Lowercase Letters | Numbers, Upper and Lowercase Letters, Symbols |
| 4 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 5 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 6 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 7 | Instantly | Instantly | 2 secs | 7 secs | 31 secs |
| 8 | Instantly | Instantly | 2 mins | 7 mins | 39 mins |
| 9 | Instantly | 10 secs | 1 hour | 7 hours | 2 days |
| 10 | Instantly | 4 mins | 3 days | 3 weeks | 5 months |
| 11 | Instantly | 2 hours | 5 months | 3 years | 34 years |
| 12 | 2 secs | 2 days | 24 years | 200 years | 3k years |
| 13 | 19 secs | 2 months | 1k years | 12k years | 202k years |
| 14 | 3 mins | 4 years | 64k years | 750k years | 16m years |
| 15 | 32 mins | 100 years | 3m years | 46m years | 1bn years |
| 16 | 5 hours | 3k years | 172m years | 36m years | 92bn years |
| 17 | 2 days | 68k years | 9bn years | 1790n years | 7tn years |
| 18 | 3 weeks | 2m years | 467bn years | 11tn years | 438tn years |

Preparing yourself and the people you trust to make personal and health care decisions is important, especially when emergencies occur. Advance care planning can help you think about your wishes and values and share them with the people who matter most.



Our health can change, regardless of age or well-being. If you become too sick or injured to speak for yourself, sharing your advance care plan with the people you trust today will help you receive the care you want in the future.

Visit compassionatealberta.ca to start advance care planning and learn more about emergency preparedness at alberta.ca/BePrepared.

The 2022 Survey of Albertans shows only 43% have adequate insurance and fewer have an emergency fund.



Financial resilience is about more than just having money in the bank. Insurance is a financial safety net. When you have the right coverage, it helps you and your loved ones during recovery.

Take one minute to watch this [video](#) and visit alberta.ca/BePrepared to learn more. Do you know what your policy covers and more importantly, what it doesn't cover?

When a hazard is life threatening, you may be ordered to evacuate. #BePrepared by:



- Creating a list of essential items for a quick grab and go.
- Having an emergency plan so you know where to go.
- Packing an emergency kit for your vehicle(s).
- Keeping fuel tanks more than half-full, and if you don't have a vehicle, reaching out to your network to make a plan.
- Calling your insurance provider to learn if your policy offers emergency financial assistance, or short-term housing.

For more tips to prepare, watch this 60-second [video](#) and visit alberta.ca/MakeAPlan to learn more.

The 2022 Survey of Albertans shows only 19% of Albertans have a household emergency plan and even less are aware of the emergency plans at their loved ones' facilities (such as their children's school or a family member's care home).

- Make a list of emergency contacts, including phone numbers for family members, friends and emergency services.
- Share this list with everyone in your household and encourage your loved ones to do the same.
- Ask about emergency plans at your loved ones' facilities and how they will keep them safe during an emergency.

You can start building your plan by visiting [Get Prepared](#) to access a digital personal emergency planning tool.

The 2022 Survey of Albertans shows only 23% of Albertans have an emergency kit. Having an emergency kit with at least three days of supplies can keep you safe and help you deal with unexpected situations.

Building a kit doesn't have to be hard and doesn't have to be done all at once.

- When you are grocery shopping, add some non-perishable food items to your cart.
- When tidying up at home, store any extra items with your emergency supplies.
- Make sure your emergency kit is easy to access and kept in a place that everyone in your household knows about.



Take one minute to watch this [video](#) and visit alberta.ca/GetSupplies for ideas on what to put in your kit. If you only had 15 minutes notice to evacuate, what would you pack that you could not live without?

WHY SHOULD YOU HAVE AN EMERGENCY KIT?



The 2022 Survey of Albertans shows only 41% of Albertans have gathered enough supplies to stay safe during disruptions. Emergencies and disasters can affect grocery stores, pharmacies and even gas stations and banking services. Having supplies is one thing you can do to help your household manage unexpected situations, whether they are big or small.

Take one minute to watch this [video](#) and visit alberta.ca/GetSupplies for ideas on what kind of emergency supplies you may need.

The Preparedness Survey of Albertans confirms 43% of people feel unprepared. Here are some tips to help you make preparedness a habit:

- Buy a case of water on your next trip to the grocery store.
- Keep your phone charged by carrying a phone charger with you.
- When you can, consider setting aside \$5.00 a month to go towards an emergency savings account. Every dollar counts.

To learn more about emergency preparedness, visit alberta.ca/BePrepared.

The second annual Preparedness Survey of Albertans confirmed more of us are concerned about hazards but we are taking fewer actions to reduce our risk. The top reasons for not being prepared included:

- Lack of information,
- Lack of money, and
- Procrastination.

Making preparedness a habit can help. Visit alberta.ca/BePrepared to learn more.

The Preparedness Survey of Albertans confirmed that only 16% have a community support system. Connecting with people you know and trust is an easy and affordable way to boost your mental health and improve your ability to navigate disruptions.



Knowing your neighbours makes it easier to ask for help when you need it. Build your network by:

- Attending local events so you can meet new people in your area.
- Joining community groups that interest you, either in-person or online.
- Creating a community contact list through email or a messaging app.

Watch this [video](#) for ideas on how to connect with those around you.

This month we have Health and Safety Week, Mental Health Week and Emergency Preparedness Week to remind us to build our personal resilience.

Taking care of your mental health will help you navigate unexpected situations more easily when they occur. By practicing coping and wellness actions, you can improve your ability to think clearly, make informed decisions and know when to ask for help.

Get started today by visiting [211 Alberta](https://211.alberta.ca) to find out what information, resources and supports are available near you.

Resources

Websites

| | |
|---|--|
| <p>Alberta Emergency Management Agency (AEMA) https://www.alberta.ca/alberta-emergency-management-agency.aspx</p> | <p>Learn more about what AEMA does and how they are involved in emergencies and disasters.</p> |
| <p>Alberta Disaster Recovery Programs https://www.alberta.ca/disaster-assistance-and-recovery-support.aspx</p> | <p>Financial recovery available for Albertans affected by uninsurable loss and damage caused by disasters.</p> |
| <p>Emergency Preparedness https://www.alberta.ca/emergency-preparedness.aspx</p> | <p>Learn how you and your loved ones can prepare yourselves for an emergency or disaster.</p> |
| <p>Alberta 911 https://www.alberta.ca/alberta-911-program.aspx</p> | <p>Learn about the 911 program.</p> |
| <p>Compassionate Alberta https://compassionatealberta.ca/</p> | <p>This website is designed to help people and communities to plan ahead and support each other to live and die well.</p> |
| <p>Healthy Aging CORE https://corealberta.ca/</p> | <p>The knowledge hub for senior serving organizations in Alberta.</p> |
| <p>Psychosocial and Emergency Preparedness Workshops https://public.3.basecamp.com/p/hr3XMSwXe2HG6EKCeVVm2TnQ</p> | <p>Developed by Alberta Health Services, these workshops are free to the public. Email to sign up or for more information: HPDIP.MH.EarlyID@albertahealthservices.ca</p> |
| <p>Government of Canada: Get Prepared https://www.getprepared.gc.ca/index-eng.aspx</p> | <p>A web page dedicated to emergency preparedness that allows Canadians to learn about hazards and how they can prepare for them.</p> |
| <p>Government of Canada: Cyber Security https://www.getcybersafe.gc.ca/en</p> | <p>Get Cyber Safe is a national public awareness campaign created to inform Canadians about cyber security and the simple steps they can take to protect themselves online.</p> |
| <p>Government of Canada: Cyber Security (seniors) https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-protect-themselves-most-common-cyber-security-threats</p> | <p>How older adults can protect themselves from the most common cyber security threats.</p> |
| <p>BlueSky Canada https://www.alberta.ca/bluesky-canada.aspx</p> | <p>This system is a collaboration between Alberta and British Columbia combining forest fire information with weather forecast computer models.</p> |

Apps, Alerts, Maps and Links Directory

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| Alberta.ca Link – https://open.alberta.ca/blog/?page_id=115 |
| Alberta Emergency Alert App & Info – https://www.alberta.ca/alberta-emergency-alert.aspx |
| Alert Ready (Federal) Info – https://www.alertready.ca/ |
| My Alberta Digital ID (MADI) <i>(required for MAERS sign up)</i> Link – https://account.alberta.ca/ Info – https://account.alberta.ca/available-services |
| My Alberta Emergency Alert Registration System (MAERS) Link – https://emergencyregistration.alberta.ca/ |
| Alberta 511 App & Info – https://511.alberta.ca/about/mobileapp |
| Environment and Climate Change Canada - WeatherCan (Federal) App – https://www.canada.ca/en/environment-climate-change/services/weather-general-tools-resources/weathercan.html |
| Alberta Map Link – https://weather.gc.ca/warnings/index_e.html?prov=ab |
| Alberta Wildfire App – (iPhone) https://apps.apple.com/ca/app/ab-wildfire-status/id1554525514 App – (Android) https://play.google.com/store/apps/details?id=com.ab.wildfire Info - https://wildfire.alberta.ca/ |
| Alberta Fire Bans App – https://open.alberta.ca/blog/?page_id=327 Map – https://www.albertafirebans.ca/ |
| FireSmart Info - https://wildfire.alberta.ca/firesmart/default.aspx |
| Canada's Wildfire Smoke Prediction System (FireWork) Daily smoke forecast maps (Federal) Link – https://www.weather.gc.ca/firework/index_e.html |

BlueSky Canada

Link – <https://www.alberta.ca/bluesky-canada.aspx>

Link – <https://firesmoke.ca/>

Alberta Rivers

App – https://open.alberta.ca/blog/?page_id=197

Map – <https://rivers.alberta.ca/> (near real-time data and flood advisories)

Map - [Alberta Floods Portal](#) (Flood Awareness map application)

Air Quality Health Index (AQHI)

App – <https://open.alberta.ca/interact/aqhi-canada>

Map – <http://airquality.alberta.ca/map>

Alberta 211

Link – <https://ab.211.ca/>

COVID-19 info for Albertans

Link – <https://www.alberta.ca/coronavirus-info-for-albertans.aspx>

Government of Canada: Cyber Security (Seniors)

Link – <https://www.getcybersafe.gc.ca/cyber-security-threats>

Alberta Minimum housing and health standards (Seniors)

Link – [Minimum Housing and Health Standards](#)

Emergency Management British Columbia

Link – <https://www2.gov.bc.ca/gov/content/safety/emergency-management>

App – Wildfire <http://bcfireinfo.for.gov.bc.ca/>

Transportation - <https://www.drivebc.ca/>

Emergency Management Saskatchewan

Link – <https://www.saskpublicsafety.ca/at-home/emergency-preparedness-at-home>

Transportation – Highway Hotline SK – <http://hotline.gov.sk.ca/map.html>

Map – Active emergencies and wildfires – <https://www.saskpublicsafety.ca/active-emergencies>