



My Emergency Checklist

IMPORTANT: If you need to evacuate your home, put your prescription drugs and this sheet in your emergency kit before leaving the premises.

- In an emergency, always call **9 1 1** first.
- Place this sheet in a sealable plastic bag with copies of your prescriptions. Tape or tack the sealed plastic bag to the inside of your front door.
- Update this sheet twice every year (spring and autumn).
- Ask people who will help you, 'Helpers', to check on you during and after storms, power outages, or any other event that could threaten your safety.
- Prepare a kit that you can easily carry. Include the following items:
 - Non-perishable food (can eat without cooking);
 - First aid supplies;
 - Extra batteries, i.e. hearing aids;
 - A battery powered or wind up radio;
 - Flashlight;
 - Cash (small bills and coins);
 - Extra set of house and car keys;
 - Copies of important papers; and
 - Water.

FOLD

MY DETAILS

Name	Home Phone	Secondary Phone

MY DOCTOR

Name	Phone Number

MY HELPERS

	Name	Primary Phone	Secondary Phone
1			
2			
3			

MY PRESCRIPTIONS

	Drug Name	Pharmacy
1		
2		
3		
4		
5		
6		

More tips:

www.getprepared.ca
www.gov.ns.ca/emo