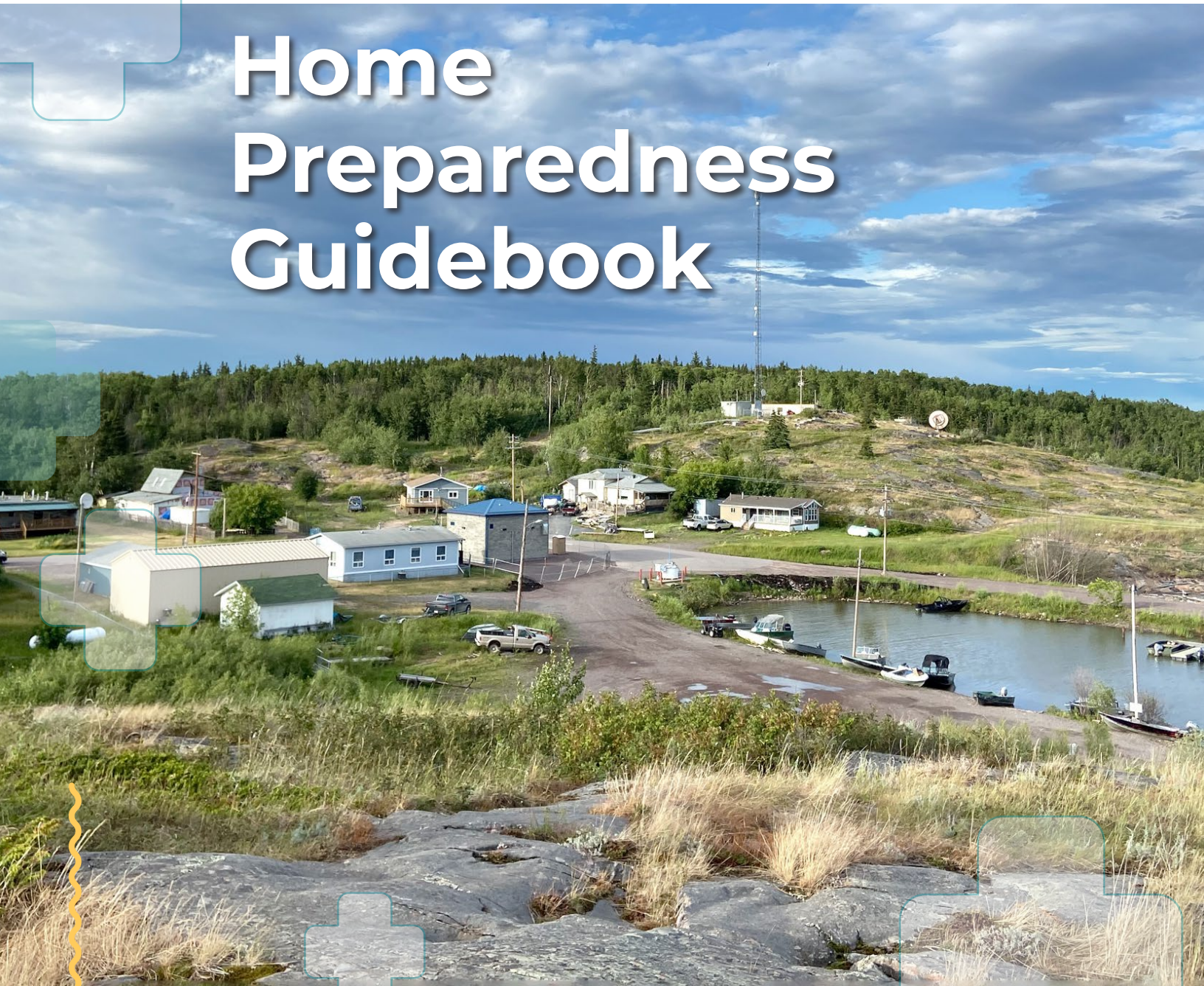




MIKISEW CREE FIRST NATION

Home Preparedness Guidebook





Are you prepared?



Wildfires, floods, tornados and earthquakes are just some of the potential hazards in Alberta. During a disaster, phone, gas, electrical and water services may be disrupted. Roads could be blocked, stores closed and gas stations out-of-service. You and your family could be on your own for several days while emergency responders work to save lives and manage the aftermath. It may be weeks before infrastructure, utilities and essential services are restored.

Completing the steps and filling out this guide will help you to answer "YES."

Keep this booklet in an accessible place in your home where family members are aware of so that it is easily available if needed.

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1 STEP

Know the hazards



Be familiar with the hazards near your home

Hazards vary depending on where you live. Familiarize yourself with the ones that could occur in your area by contacting your local authority for more information. Knowing which ones you face will help you prepare.

Top 10 risks in northern Alberta

1. Floods
2. Tornadoes
3. Wildfires
4. Power Outages
5. Blizzards
6. Extreme Heat
7. Drought
8. Industrial Development Accidents
9. Air Quality
10. Disease Outbreaks

Wildfires

Northern Alberta faced one of the driest, most severe wildfire seasons on record in 2023, and it's critical to be prepared.

Wildfires are a potential hazard within MCFN Traditional Territory.

Make sure you know your fire danger rating by checking Alberta's wildfire status website: <https://www.alberta.ca/wildfire-status>

The map is updated daily during wildfire season (~March to November).

Extreme Heat

Globally, 2023 was the hottest year on record. The temperatures in northern Alberta have continued to rise reaching nearly 40 degree celcius in recent years.

For example, In 2021, Environment Canada issued a heat warning for Fort Chipewyan. Extreme heat may lead to various health related risks such as heat stroke and may result in a greater likelihood of wildfires and drought.

Make a phone list

2 STEP

Make a master list of family and emergency numbers and ensure everyone in your household has a copy.



The list should include at least one out-of-area contact in case local phone and mobile networks are overwhelmed. Ideally, choose someone who lives outside Alberta and wouldn't be affected by a major event, such as a wildfire.

For example, someone living in British Columbia, the Northwest Territories, or Saskatchewan could be impacted as well. Call the out-of-area contact if you find yourself separated from family. Let them know where you are, how you're doing and arrange a future check-in time. Advise family members to do the same so everyone stays connected.



In an emergency use text messaging, email or social media to communicate.

Data-based services are less likely to experience major interruptions.



Steps 2 – 6: Make a plan

Thinking ahead will help reduce the stress of an emergency. As you work through the following steps, use this information to help complete the fill in the blank section at the end of this booklet.



3 STEP

Pick a meeting place

Decide where you will meet family members during an emergency.

Gathering at home is ideal, but if you can't get there, agree on a secondary location. A neighbour's house, library or community centre are options.



At the end of this booklet, there is a "Help"/"OK" sign to be used during an emergency to indicate your home's current status. Place the Help sign toward the window in the case you need assistance. Place the OK sign if everything is alright. If you leave your home, put the sign in the window advertising that you're okay, where you've gone and how you can be reached.

Sheltering-in-place

For some emergencies, such as a hazardous material spill, it may be safest to stay inside your home. Be ready for this possibility by pre-identifying rooms and having plastic sheeting and duct tape to seal cracks around windows and doors.



4 STEP

Plan for your kids

Identify people who could pick up your kids

If you have young children/grandchildren, you need to consider what happens if you can't make it to their school or daycare. Identify people who could pick them up in the event that you can't. Ideally this will be someone who's home during the day and within walking distance to where your child will be. Notify the school or daycare of who's authorized to pick up your children and make sure your kids know as well.



During an emergency, data-based services are less likely to experience major interruptions

Use text messaging, email or social media to communicate.



5 STEP

Know where to get information



Stay up to date on community emergencies.

MCFN's Emergency Response Division is in place to respond to emergencies as needed and where appropriate. To stay up to date on community emergencies and provincial testing, follow our Facebook page.

Mikisew Cree First Nation



Facebook

MCFN Band Government and Administration
www.facebook.com/mikisewcreenation

Website

www.mikisewcree.ca

Connect with the Province of Alberta's Emergency Response Division

For Alberta-wide alerts and information, follow the provincial platforms listed below. The most important thing is to seek out credible sources so you can make good decisions during a disaster.

X (formerly known as Twitter)

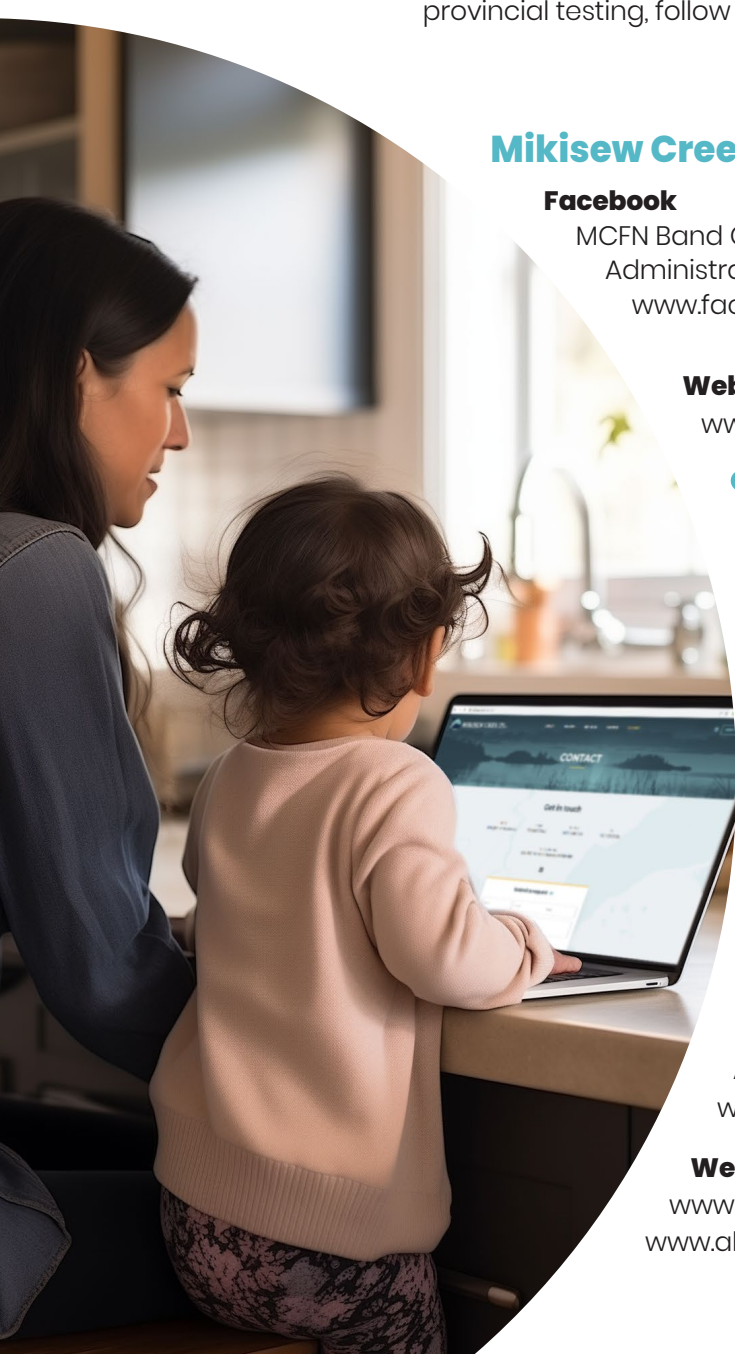
- @AB_EmergAlert for alerts
- @ABPublicSafety for preparedness information
- @AlbertaWildfire for wildfire updates
- @551Alberta for road conditions

Facebook

Alberta Emergency Alert
www.facebook.com/abemergalert

Websites

www.alberta.ca/alberta-emergency-alert.aspx for alerts
www.alberta.ca/emergency-preparedness for preparedness tips



6 STEP

Know how to turn off utilities

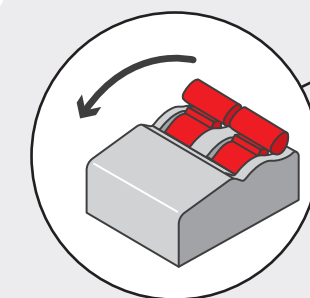
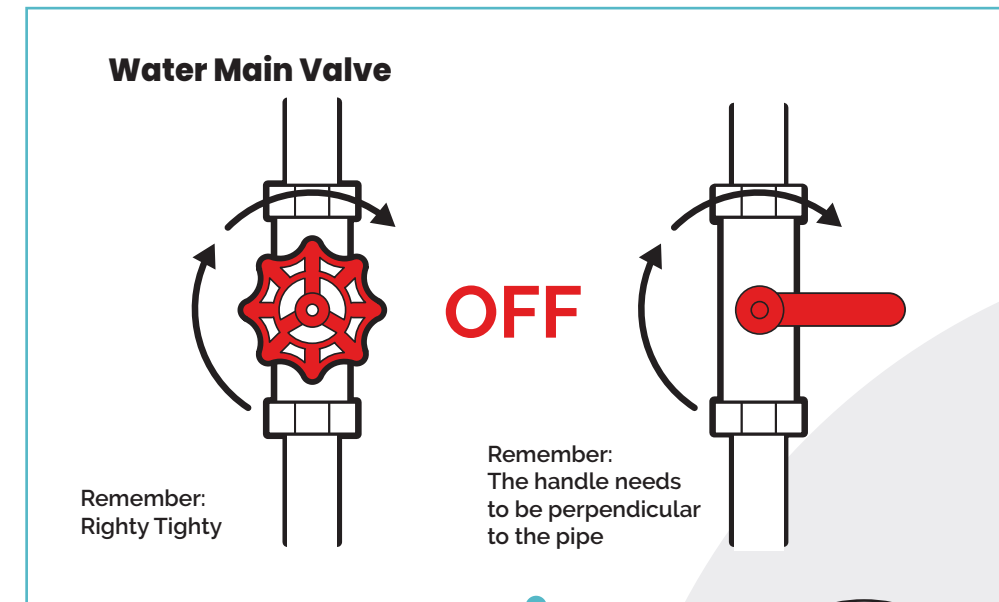


Do you know where your electrical panel and water valves are located? Do you know how to turn them off?

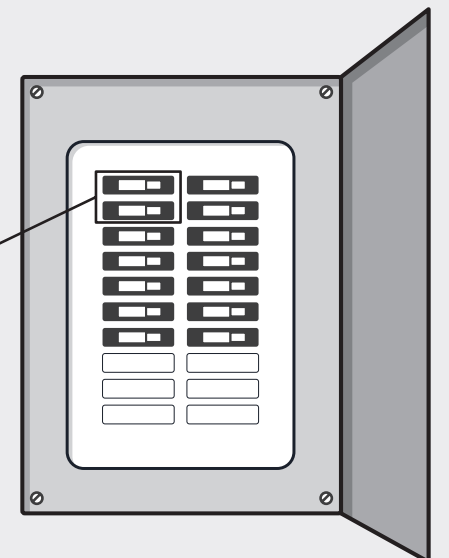
Learn how in case of leaks or if you're instructed to do so by local officials.

Points to consider

- Make sure your utility shut offs are accessible at all times. Don't block the opening with items.
- If you need tools to access the utility cabinet doors, keep them close by.



Electrical Panel



7 STEP

Store emergency water



Water is the most important item to store.

You will need at least 4 litres (one gallon) of water per person, per day. Also take pets and people with unique needs into account.

- Check your water supply every 6 months and replenish or renew as needed.
- Refresh your water supply when the clocks spring forward and fall back. You can also set a reminder on your phone.



INSURANCE

Whether you rent or own, insurance is available to help you rebuild and replace your belongings after a loss.

Review your policy on an annual basis to ensure you're adequately protected. If you have a certificate of allocation, contact your insurance provider.

If you do not have a certificate of allocation, contact Mikisew Cree First Nation at 780-697-3740 or contact an insurance representative or the Insurance Bureau of Canada at 1-844-227-5422 for information regarding home insurance, including whether overland flood and earthquake insurance is available to you.



Steps 7 – 11: prepare your home

Preparing ahead of time ensures you have essential items you may need in the case of an emergency. Use the checklists in this following steps to help track what you have completed.

8 STEP

Stock emergency supplies



Have enough non-perishable food to support your household for 3 days to 1 week.

If the power is out, use the food from your fridge and freezer first, followed by your pantry.

Ensure you have a suitable food supply for babies, toddlers and pets.

It is recommended that your household has one or two containers, such as plastic bins or duffel bags with the following supplies in them. Store these containers or duffel bags in an area of your home that's easy to get to, such as a hall closet, spare room or garage.



First-aid kit, prescriptions and other personal items.



Non-perishable food for at least 3 days to a week, with a manual can opener.



Battery-powered or hand-crank radio.



Emergency plan, copies of important documents and cash in small bills.



Battery-powered or hand crank flashlight with extra batteries, candles & matches.



Water for three days to a week; four litres per person per day.



Garbage bags, moist towelettes and plastic ties for sanitation.



Whistle to signal for help.



Personal toiletries and items, such as an extra pair of glasses or contact lenses seasonal clothing, sturdy footwear and emergency blanket.



Help / OK sign: Display the appropriate side outward in your window during a disaster.



Phone charger and battery bank or inverter pen & notepad.

9

STEP

Consider special needs

Keep an extra supply or valid prescription in your emergency kit and grab-and-go bags.



Medical records may be difficult to access during a disaster. If you rely on a prescription, talk to your primary care provider about how to keep an extra supply or valid prescription in your emergency kit and grab-and-go bags.

Other things to consider



If you rely on a motorized wheelchair, have a manual back-up one.



If you have a guide or service dog, ensure they're part of your preparations. That includes a three-day supply of water and pet food, a leash and collar and copies of vaccination records.



If you use hearing aids, stock extra batteries.



If you have difficulty communicating verbally, have a writing pad and pencils handy.



Prepare your home by taking preventative measures

- Clean your chimney.
- Inspect your wood stove for damage.
- Ensure you have sufficient firewood in case of power outage.
- Make sure your car has reliable winter tires.
- Disconnect your garden hose in the winter.

10

STEP

Secure your space

Secure your bookcases and heavy furniture.



Earthquakes can topple bookcases and heavy furniture. If it is taller than it is wide, secure it!

Follow these steps to secure your space

- Secure tall, free-standing furniture, such as bookcases, china cabinets and shelving units to wall studs using "L" brackets, corner brackets or anodized aluminum moulding.
- Earthquakes have a tendency to knock pictures and mirrors off the walls. Consider moving all framed pictures and mirrors away from beds, couches and chairs.
- To prevent cabinet doors from flying open, secure them with either a push latch or a pull latch.
- Appliances such as refrigerators, freezers, washers and dryers can move significantly during an earthquake. Use strong strapping and ratchets or other connectors to secure them.
- Secure your water heater with straps that anchor the tank snugly to the wall. Contact a licensed gas fitter to install a flexible gas line.



11 STEP

Protect your home

Fires, floods, and outages can damage your home

Environmental Disasters such as wildfires, floods, and extreme weather are becoming more frequent. Taking some simple steps throughout the year can help you protect your home and belongings.



Wildfire Protection

- Remove items that can burn from within 1.5 metres (5 feet) of your home, such as: dried branches, leaves, lawn furniture, firewood, debris
- Install smoke detectors and carbon monoxide alarms on every floor and near sleeping areas.
- Keep a sprinkler in an easy to access location.
- Be careful when smoking outside, extinguish fire pits and burn barrels, and obey local fire bans
- Use fire-resistant building materials for your home's exterior, such as metal roofing, brick, or stucco siding.
- Install spark arresters on chimneys and stovepipes to prevent embers from igniting your home.
- Keep gutters and roofs free of debris to reduce the risk of fire spreading through flying embers.



For more information, see the Government of Alberta's FireSmart Begins at Home Guide

Download the Alberta Wildfire App for your mobile device.
<https://open.alberta.ca/publications/firesmart-begins-at-home-guide>

Flood Protection

- Elevate utilities, such as electrical panels, furnaces, and water heaters, above potential flood levels.
- Install backflow valves in drains to prevent sewage backup during floods.
- Stay informed about flood risks in your area by monitoring weather forecasts, flood alerts, and updates from local authorities.
- Develop a flood evacuation plan and familiarize yourself with evacuation routes and shelters in your community.

Power and water outages

- If the power is still on in your neighbourhood but not in your home, check your breaker.
- Call your utility provider to determine if the interruption is widespread or only affecting your property.
- Do not use any household appliances that require water.
- Know when to go. If it is too cold to stay where you are, and it is safe to leave, head to a shelter until it is safe to return.

Insurance

- MCFN has a blanket insurance policy for all "rental" units. If you do not have a certificate of allocation, MCFN insurance covers the building only. If you would like to insure contents, consider getting an additional insurance plan.
- Be sure to check that the provider covers water, fire, and other types of damage.



12 STEP

Create a grab-and-go bag

Don't count on being home when there's an emergency.

You may have to evacuate your house on short notice. To prepare for this create grab-and-go bags for your home, work and vehicles.



What to include in a grab-and-go bag

- Food (ready to eat) and water
- Phone charger and battery bank
- Small battery-powered or hand-crank radio
- Battery powered or hand-crank flashlight
- Small first aid kit and personal medications
- Personal toiletries and items, such as and extra pair of glasses or contact lenses
- Copy of your emergency plan, copies of important documents, such as insurance papers. Consider storing them on a USB stick
- Cash in small bills
- Local map with your family meeting place identified
- Seasonal clothes and an emergency blanket
- Pen and notepad
- Whistle



Always keep your vehicle's gas tank half full in case you're required to evacuate on short notice.

Make a pet plan

If it is not safe for you, it is not safe for your pets!



13 STEP

The following steps are to help you prepare for what your animal(s) may need in an emergency situation.

Make your pets a part of your emergency plan. If you have to leave your home during an emergency, do not leave your pet behind. If you become separated from your pet during an emergency, their identification may be the only way to find them. Make sure each animal wears a collar and identification tag at all times.

During an emergency, you and your animal companion(s) may be on your own for several days, and your pets will be relying on you to help them through it. Preparing for your pets is just as important as preparing for the human members in your home.

Make a list of pet-friendly family members and emergency numbers, then ensure everyone in your household has a copy. The list should also be included in your contact information and an out-of-area contact in case local phone and mobile networks are overwhelmed. Make sure your contact has the most up-to-date information for all family members, whether they are furry, feathered, finned or scaled.



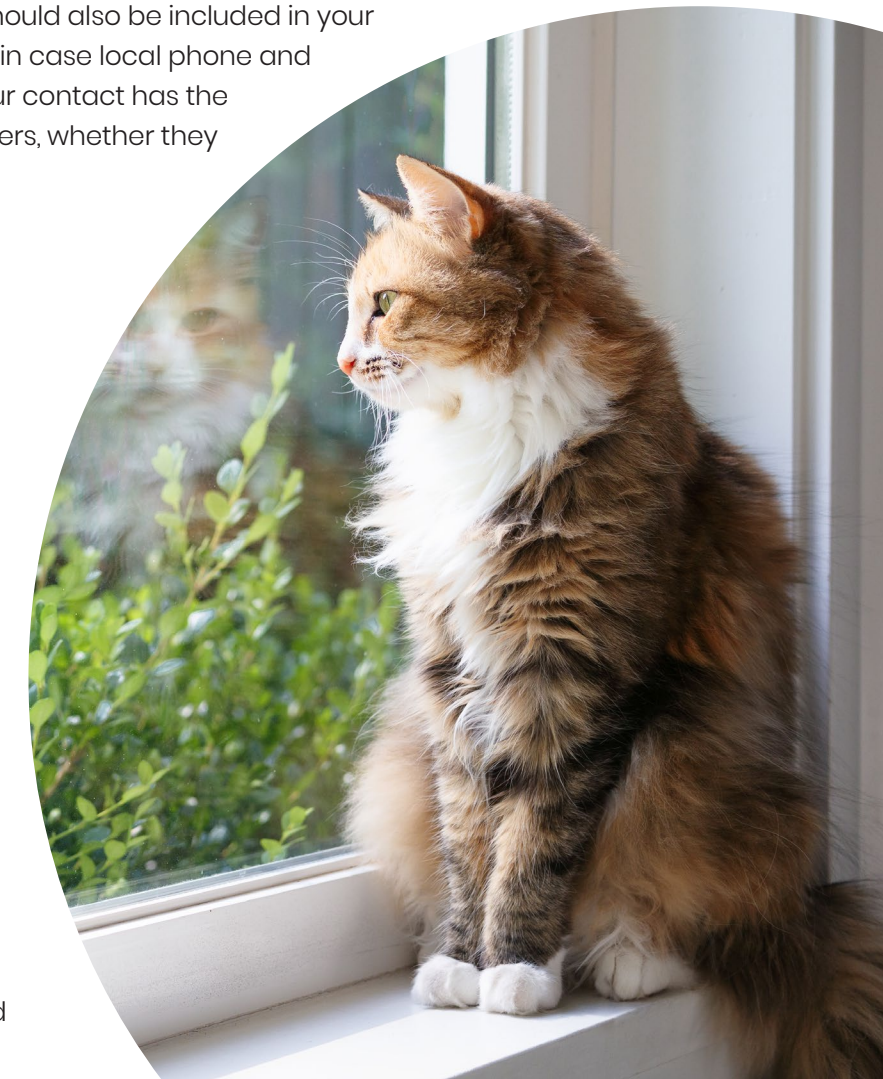
During an emergency, the local evacuation centre should be your first point of contact.

When you arrive, ask them to put you in contact with the animal assistance organization



● Steps 12 – 15: Protect your pets

Thinking ahead will help reduce the stress of an emergency. As you work through the following steps you will make sure your pets are also looked after in the event of an emergency



14 STEP

Pack for your pets

Make sure you have everything you need for your companion(s) in a grab-and-go bag:



What to include in the pet grab-and-go bag

- Leash, pet restraint, muzzle or harness
- Pet carrier
- Pet food for three days to one week
- Wet food is better because the animals won't need to drink as much water
- Don't forget a can opener!
- Water for 3 days to 1 week (4 litres/day per average dog, 1 litre/day per average cat)
- Collapsible food and water dishes
- Treats, a favourite toy and a small towel with your scent on it
- Waterproof backpack or bag for your pet supplies
- Copies of vaccination records or pet licenses
- Medications and basic first aid supplies to last at least from 3 days to 1 week
- Photos of your pet(s) with you and alone; they can be used for identification



Think ahead. You might need extra supplies based on what type of pet you have:

Cat: You'll need a small container of cat litter and plastic bags.

Dog: You'll need a roll of poop bags.

Reptile: You may need a portable battery-operated heat lamp.

Bird: You may need cuttlebone and grit.

Talk to your neighbours

15 STEP

Give a trusted family member, friend or neighbour a key



In case you are not home during an emergency, give a trusted family member, friend or neighbour a key and let them know where your pet grab-and-go bag is located so they can bring it with your pet. Tell them where your pet is located and include any likely hiding spots as they may not behave in their usual way.



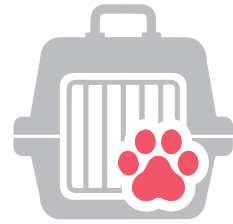
Animals can become disoriented, frightened or aggressive after a disaster – Be considerate.

Add a few items to your emergency kit to help calm your pet such as vanilla spray or a towel with your scent on it. You may also need thick gloves to help you handle a panicked pet.



16 STEP

Know your pet's unique needs



Try to separate cats and dogs and keep smaller animals (e.g., hamsters, birds, etc.) away from larger animals.



Stress can lead to unusual behaviour.

- If you use a kennel or daycare, find out what their emergency plan is.
- Stay up-to-date with your pet's medications. Pack extra medications in your emergency kit if your pet has a chronic issue.
- Talk to your local authorities to find out what organizations and resources are available in your area for animals during an emergency.



Exercise your plan

Practice your emergency plan with your entire family, including pets and their gear.

More information can be found at www.cdart.org/preparing-for-a-disaster

Fill-in-the-blank plan

17 STEP

Home Address

Family Contact Information

Full Name	Phone	Email

Local Hazards

The hazards/disasters most likely to affect our home are:

Floods

Tornadoes

Wildfires

Power outages

Severe weather

Earthquakes

Hazardous materials spills

Landslides

Disease Outbreaks

Emergency Kit Location:



! Pack an envelope in your child(ren)'s backpack(s)

that contains your contact information, their health information or special requirements, a recent family photo and your out-of-area contact's information.

Check with your child(ren)'s school or daycare about their emergency plans. Ask how they will communicate with families during an emergency and what type of authorization they require to release your child(ren) to a designated person if you are unable to pick them up yourself.

Have your plan ready

Keep this plan in an easy-to-find, easy-to-remember place (for example, with your emergency kit). You may also want to make duplicate copies to keep in your car and/or at work.

Your family may not be together when a disaster occurs, so it's important to practice what you've planned so you know how to connect with each other in the case of an emergency. Be sure to discuss what you would do in different situations. Review and update your plan yearly.

Shelter-in-place

The room we would go to in our home if we are asked to "shelter in place" is:

Out-of-Area Contact

This person can help pass messages between family members and be a point of contact for updates. If local phone service is disrupted, phone or text your out-of-area contact and let them know where you are and how you are doing. Keep the call short and, if possible, arrange a time to call back for another check-in.

Name: _____

City/Province: _____

Phone: _____

Name: _____

City/Province: _____

Phone: _____

Emergency Meeting Places

The members of your household may not be together following a disaster. Choose an emergency meeting place near your home and one away from your home in advance.

Emergency meeting place near our home: _____

Emergency meeting place away from our home: _____

Designated People to Pick Up Children from School

Full Name	Phone	Email

School Names and Addresses

School Name: _____

Address: _____

Phone: _____

School Name: _____

Address: _____

Phone: _____

School Name: _____

Address: _____

Phone: _____

School Name: _____

Address: _____

Phone: _____



! Keep copies of birth and marriage certificates, passports, licenses, wills, land deeds, insurance and other important documents in a safe place

both inside and outside your home, such as in a safety deposit box or with trusted friends or family who live out of town.

Consider getting a fireproof/waterproof safe for your home to store important documents.

Important Household Member Information

Full Name	Care card number

Medications, Medical Equipment or Other Health Information

Full Name	Additional health information

Family's Doctor(s)

Name	Phone	Address

Our Neighbours

Name(s): _____

Street Address: _____

Phone: _____

Email: _____

Skills/resources: _____

Emergency Role: _____

Pet-friendly (Yes / No): _____

Other Notes: _____

Name(s): _____

Street Address: _____

Phone: _____

Email: _____

Skills/resources: _____

Emergency Role: _____

Pet-friendly (Yes / No): _____

Other Notes: _____

Name(s): _____

Street Address: _____

Phone: _____

Email: _____

Skills/resources: _____

Emergency Role: _____

Pet-friendly (Yes / No): _____

Other Notes: _____

Name(s): _____

Street Address: _____

Phone: _____

Email: _____

Skills/resources: _____

Emergency Role: _____

Pet-friendly (Yes / No): _____

Other Notes: _____



! Make large, easy-to-see signs indicating the location of the water and gas shut-offs, as well as for the front of the electrical panel.

Check with your insurance representative about what sort of assistance they can provide if you are evacuated from your home or cannot return.

Insurance Information

MCFN has a blanket insurance policy for all “rental” units. If you do not have a certificate of allocation, MCFN insurance covers the building only. If you would like to insure contents, consider getting an additional insurance plan.

Contact Information and Policy Numbers

Home: _____

Auto: _____

Life: _____

Utilities Information

Water valve location: _____

Utility company phone number: _____

Electrical panel location: _____

Utility company phone number: _____

Gas Utility: _____

Utility company phone number: _____

Pet Information

Name: _____

Type/Breed: _____

Colour: _____

Birthdate: _____

Health concerns/allergies: _____

Recent medications/instructions and dosage: _____

Recent vaccinations: _____

ID tag and microchip #: _____

Other: _____

Name: _____

Type/Breed: _____

Colour: _____

Birthdate: _____

Health concerns/allergies: _____

Recent medications/instructions and dosage: _____

Recent vaccinations: _____

ID tag and microchip #: _____

Other: _____

Your pets should wear current identification and have their vaccinations up-to-date at all times. Along with your information on their tag, also include the phone number of your out-of-area contact.





Contact information

 **IN AN
EMERGENCY
CALL 911**
**Local authorities should
always be called first:
Fire, Police, Ambulance**

Rohan Ghatak, CEO
Emergency Response Director
Work: 780-697-3740
Cell: 780-742-6840
ceo@mikisewcree.ca

Lori Brebant
Health Director
Work: 780-715-7151
Cell: 780-215-3903
health.director@mikisewcree.ca

Chief Billy Joe Tuccaro
Chief
Work: 780-697-3740
Cell: 780-742-6840
chief@mikisewcree.ca

Dillon Whitehead, Councillor
Operations
Cell: 780-799-2077
dillon.whitehead@mikisewcree.ca

Roxanne Marcel, Councillor
Logistics
Cell: 780-742-6941
roxanne.marcel@mikisewcree.ca

Sherri McKenzie, Councillor
Community Support
Cell: 780-742-5278
sherri.mckenzie@mikisewcree.ca

Tammie Tuccaro, Councillor
Community Support
Cell: 780-742-4572
tammy.tuccaro@mikisewcree.ca

Bonnie Fraser, Councillor
Community Support
Cell: 780-742-6786
bonnie.fraser@mikisewcree.ca



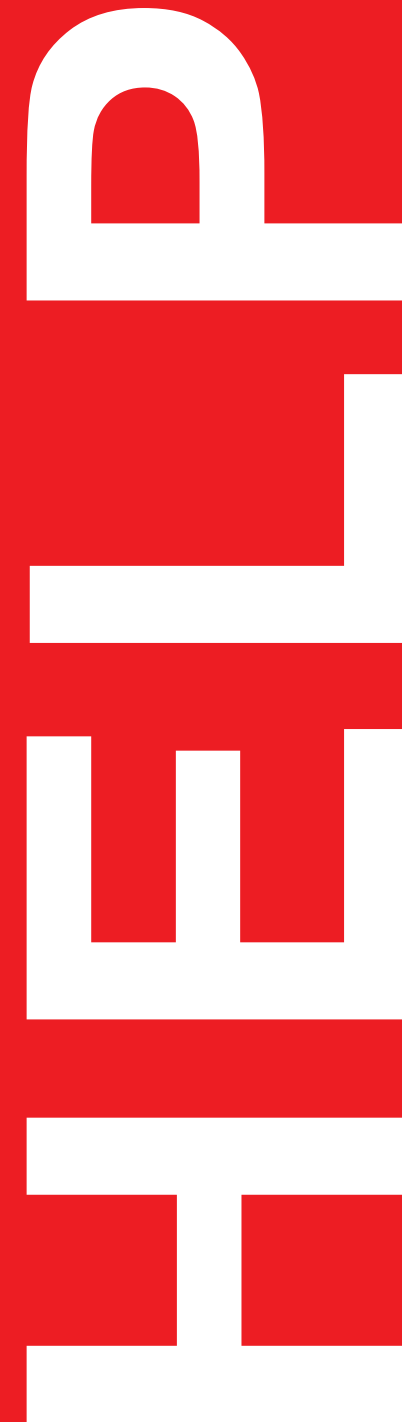


“Help”/“OK” sign

This “Help”/“OK” sign is to be torn out and used during an emergency to indicate your home’s current status.

Place the sign in a window that faces a public street or walkway.

- **Put “Help” side toward the window** if you need assistance.
- **Put “OK” side toward the window** if everything is alright.
- **Put “OK” side toward the window** if you leave your home, indicating that you are okay, and include where you have gone and how you can be reached.



O

X