

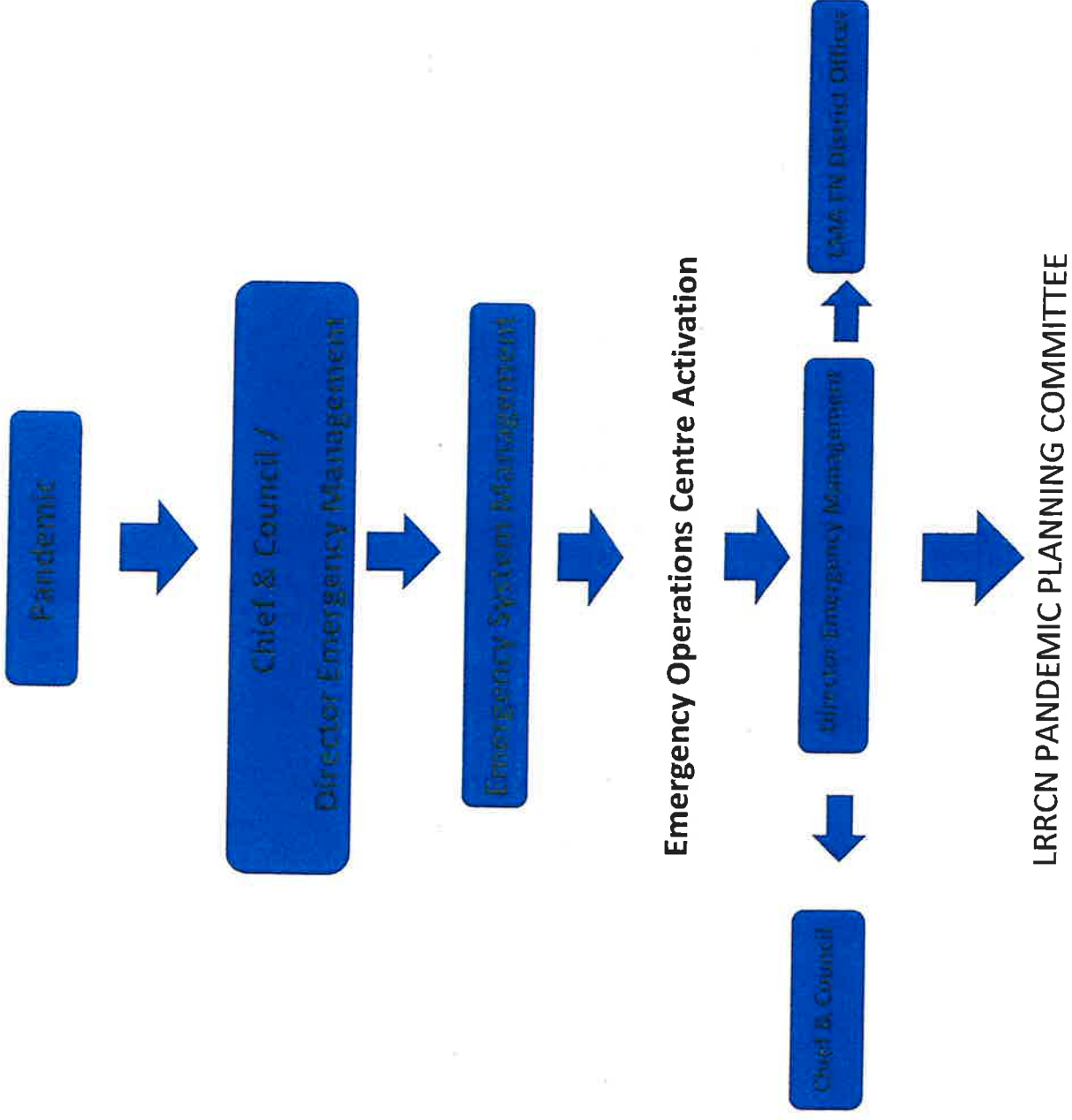
# Little Red River Cree Nation

## Pandemic

## Plan

GR - FL - JDP





## KNOW THE FACTS

# ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



**FEVER**



**COUGH**



**DIFFICULTY BREATHING**

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

**For more information on coronavirus:**

1-833-784-4397

[canada.ca/coronavirus](https://canada.ca/coronavirus)

[phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

# Social Stigma associated with COVID-19



## A guide to preventing and addressing social stigma<sup>1</sup>

**Target audience:** Government, media and local organisations working on the new coronavirus disease (COVID-19).

### WHAT IS SOCIAL STIGMA?



Social stigma in the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease. In an outbreak, this may mean people are labelled, stereotyped, discriminated against, treated separately, and/or experience loss of status because of a perceived link with a disease.



Such treatment can negatively affect those with the disease, as well as their caregivers, family, friends and communities. People who don't have the disease but share other characteristics with this group may also suffer from stigma.

The current COVID-19 outbreak has provoked social stigma and discriminatory behaviours against people of certain ethnic backgrounds as well as anyone perceived to have been in contact with the virus.

### WHY IS COVID-19 CAUSING SO MUCH STIGMA?

The level of stigma associated with COVID-19 is based on three main factors: 1) it is a disease that's new and for which there are still many unknowns; 2) we are often afraid of the unknown; and 3) it is easy to associate that fear with 'others'.

It is understandable that there is confusion, anxiety, and fear among the public. Unfortunately, these factors are also fueling harmful stereotypes.

### WHAT IS THE IMPACT?

Stigma can undermine social cohesion and prompt possible social isolation of groups, which might contribute to a situation where the virus is more, not less, likely to spread. This can result in more severe health problems and difficulties controlling a disease outbreak.

Stigma can:

- Drive people to hide the illness to avoid discrimination
- Prevent people from seeking health care immediately
- Discourage them from adopting healthy behaviours

<sup>1</sup> This checklist includes recommendations from Johns Hopkins Center for Communication Programs, READY Network.

**DO** - talk about “people who have COVID-19”, “people who are being treated for COVID-19”, “people who are recovering from COVID-19” or “people who died after contracting COVID-19”

**Don't** - refer to people with the disease as “COVID-19 cases” or “victims”

**DO** - talk about “people who may have COVID-19” or “people who are presumptive for COVID-19”

**Don't** - talk about “COVID-19 suspects” or “suspected cases”.

**DO** - talk about people “acquiring” or “contracting” COVID-19

**Don't** talk about people “transmitting COVID-19” “infecting others” or “spreading the virus” as it implies intentional transmission and assigns blame.

Using criminalising or dehumanising terminology creates the impression that those with the disease have somehow done something wrong or are less human than the rest of us, feeding stigma, undermining empathy, and potentially fuelling wider reluctance to seek treatment or attend screening, testing and quarantine.

**DO** - speak accurately about the risk from COVID-19, based on scientific data and latest official health advice.

**Don't** - repeat or share unconfirmed rumours, and avoid using hyperbolic language designed to generate fear like “plague”, “apocalypse” etc.

**DO** - talk positively and emphasise the effectiveness of prevention and treatment measures. For most people this is a disease they can overcome. There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.

**Don't** - emphasise or dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.

**DO** - emphasise the effectiveness of adopting protective measures to prevent acquiring the new coronavirus, as well as early screening, testing and treatment.

## DO YOUR PART:

Governments, citizens, media, key influencers and communities have an important role to play in preventing and stopping stigma surrounding people from China and Asia in general. We all need to be intentional and thoughtful when communicating on social media and other communication platforms, showing supportive behaviors around the new coronavirus disease (COVID-19).

Here are some examples and tips on possible actions to counter stigmatizing attitudes:

- **Spreading the facts:** Stigma can be heightened by insufficient knowledge about how the new coronavirus disease (COVID-19) is transmitted and treated, and how to prevent infection. In response, prioritise the collection, consolidation and dissemination of accurate country- and community-specific information about affected areas, individual and group vulnerability to COVID-19, treatment options and where to access health care and information. Use simple language and

discrimination of people from areas affected by the outbreak. We need collective solidarity and clear, actionable information to support communities and people affected by this new outbreak.

**Misconceptions, rumours and misinformation are contributing to stigma and discrimination which hamper response efforts.**

- **Correct misconceptions**, at the same time as acknowledging that people's feelings and subsequent behaviour are very real, even if the underlying assumption is false.
- **Promote the importance of prevention**, lifesaving actions, early screening and treatment.

**Collective solidarity and global cooperation are needed to prevent further transmission and alleviate the concerns of communities.**

- **Share sympathetic narratives**, or stories that humanize the experiences and struggles of individuals or groups affected by the new coronavirus (COVID-19)
- **Communicate support** and encouragement for those who are on the frontlines of response to this outbreak (health care workers, volunteers, community leaders etc).

**Facts, not fear will stop the spread of novel coronavirus (COVID-19)**

- Share facts and accurate information about the disease.
- Challenge myths and stereotypes.
- Choose words carefully. The way we communicate can affect the attitudes of others (see do's and don'ts above).



# CORONAVIRUS DISEASE (COVID-19)

While abroad, you may have come in contact with the **novel coronavirus**. For the next 14 days, the Public Health Agency of Canada asks that you:

- ▶ monitor your health for **fever, cough and difficulty breathing**; and,
- ▶ avoid places where you cannot easily separate yourself from others if you become ill.

To further protect those around you, wash your hands often and cover your mouth and nose with your arm when coughing or sneezing.

If you start having symptoms of **COVID-19**, isolate yourself from others as quickly as possible. Immediately call a health care professional or the public health authority in the province or territory where you are located (see back of sheet). Describe your symptoms and travel history. They will provide advice on what you should do.

Government of Canada novel coronavirus  
information line: **1-833-784-4397**

[canada.ca/coronavirus](https://canada.ca/coronavirus)



**FEVER  
FIÈVRE**



**COUGH  
TOUX**



**DIFFICULTY BREATHING  
DIFFICULTÉ À RESPIRER**

# MALADIE À CORONAVIRUS (COVID-19)

Durant votre voyage, vous pourriez avoir été en contact avec le **nouveau coronavirus**. Au cours des 14 prochains jours, l'Agence de la santé publique du Canada vous demande :

- ▶ de surveiller votre état de santé, si vous développez **une fièvre, une toux ou si vous avez de la difficulté à respirer**;
- ▶ d'éviter les endroits où vous ne pouvez pas vous séparer facilement des autres si vous devenez malade.

Pour mieux protéger les gens autour de vous, lavez-vous les mains souvent et couvrez-vous la bouche et le nez avec votre bras lorsque vous toussiez ou éternuez.

Si vous commencez à avoir des symptômes du **COVID-19**, isolez-vous des autres aussi rapidement que possible. Appelez immédiatement un professionnel de la santé ou l'autorité de santé publique de la province ou du territoire où vous vous trouvez (voir le verso de la feuille). Décrivez vos symptômes et l'historique de vos déplacements. Ils vous conseilleront sur ce que vous devez faire.

Ligne d'information du Gouvernement du Canada  
sur le nouveau coronavirus : **1-833-784-4397**

[canada.ca/le-coronavirus](https://canada.ca/le-coronavirus)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



# Little Red River Cree Nation

## DISASTER EMERGENCY MANAGEMENT:

### EMERGENCY PANDEMIC RESPONSE PLAN

MARCH 2020



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1. INTRODUCTION
  - Brief description of Disaster Emergency Management.
  - Services provided/plans in play
  - Location
2. PURPOSE OF THE PLAN
  - Provides guidelines for responding to and managing a variety of emergency situations
  - Reduce loss of assets and business
  - Protect the community and the public
    - Ensure employees have the skills and abilities to act efficiently and effectively during emergency situations
  - Mobilization of appropriate resources to manage the emergency
  - Coordinate effectively with the Emergency Services
3. DEFINITIONS OF EMERGENCIES
  - 3.1 What constitutes an emergency to our Nation
  - 3.2 Magnitude of the Emergency
    - The magnitude of the situation is assessed based upon Severity: the nature; size and extent of the problem
    - Urgency: is there a potential for the situation to escalate
    - Threat: the potential for the level of risk for damage to be significant
    - Impact: the effects to people, the environment, property and/or the Company
4. RISK PROFILE
  - Hazard identification/risk assessment Natural,
  - Human Caused
  - Civil disorder
  - Acts of violence
  - Terrorism
  - CBRNE Technological emergencies
  - Infrastructure related: roads, hydro, water, sewage, telecommunications, CBRNE Health – Pandemic, Epidemic

## 5. IMPLEMENTATION OF THE PLAN

On occasion a situation may occur which may require implementation of the Plan. After initiation of the alarm each situation should be assessed for severity and potential for escalation. All staff should be moved to a safe area.

### 5.1 ACTIVATION

- The Emergency Response Plan is to be activated under the following situations
- The activation of the smoke detection unit in the facility through the 24-hour monitoring station system
- Notification by a person of an incident at the facility
- Notification by civil authorities of an impending or occurring emergency within the municipality, which may impact upon the facility.

### 5.2 NOTIFICATION

- Upon activation of the Plan the following notification are to be made immediately
- The Manager or alternate
- Emergency Services through 911
- Employees
- Ministry of Environment (for spills) etc
- List of names and phone numbers

### 5.3 EVACUATION

- Staff should secure their area if it is safe to do so
- Evacuate the area (multiple points of egress)
- • Assist the injured only if it is safe to do so
- Proceed to the meeting point – state meeting site
- Perform head count
- Site plan with evacuation routes on it

### 5.4 COORDINATION WITH EMERGENCY SERVICES

- Provide the Fire Chief with details of the incident and any resources available
- Provide information on products on site
- Inform Fire Chief of any missing personnel and their approximate location
- Coordinate with Incident Commander from Police on security issues
- Coordinate with Incident Commander from EMS on personnel information on the injured
- Coordinate with Unified Command when talking to the media



# **Little Red River Cree Nation**

## **Disaster Emergency Management Contact Names & Numbers**

### Emergency Response Equipment Locations

Type	Office Location(S)	WFUI Site Location(s)
Posted Evacuation Maps	Bulletin Boards/Main Entrances	Camps
OH&S Legislation	Main Offices	Trucks
Fire Alarm(s)	Main front Entrance	Camps
First Aid Kit(s)	Evacuation Plan	Trucks
SDS	Main Office	Trucks
Fire Extinguishers	Evacuation Plan	Trucks

### Key Company Personnel to Notify of Emergencies

Name	Title	Office	Cell	Home
Harvey Sewepagaham	Manager	780-759-3912	780-841-8749	780-759-2250
Shawna Moberly	Health&Safety	780-759-3912	780-841-4708	780-926-3255
Blaine Meneen	Supervisor	780-759-3912	780-402-1166	780-759-2447
Justin Alook	Supervisor	780-759-3912	780-841-7638	780-926-3255

### Inventory and Location of Emergency Response Plans

Medical Emergency	Medical Emergency Response Plans
Forest Fire	Fire Emergency Responses
H2S	Working in H2S Areas
Controlled Product Spill	Dangerous Goods Handling & Spill Response
Lost Person	Lost Person Emergency Response Plan

Emergency Plan for Community  
Of Little Red River Cree Nation  
**3.1 First Response Contacts**

EMS	Emergency	Main Office	Fax
John D'Or Health Center	911	780-759-3773	780-759-2357
Fox Lake Nursing Station	911	780-659-3730	780-659-3960
Garden River Health Center	911	780-659-3636	780-659-2171





Emergency Plan for Community  
Of Little Red River Cree Nation

<b>POLICE</b>	<b>Emergency</b>	<b>Complaint</b>	<b>Administration</b>
<b>Fox Lake RCMP</b>	911	780-659-2080	780-659-2081
<b>Fort Vermilion RCMP</b>	911	780-927-3255	780-927-3258
<b>High Level RCMP</b>	911	780-926-2226	780-926-2226



### ADMINISTRATION / COMMUNITY STAFF – KEY POSITIONS

Name and Position	Telephone		
	Business	Residence	Cell
Director of Program Services: Alain Joly	780-759-3912		780-614-9646
Manager Group of Companies: Harvey Sewepagaham	780-759-3912	780-759-2250	780-841-8749
Director of Health Services: Dennis Laboucan	780-759-3733	780-759-2186	780-247-3826
Financial Controller: Rosanne D'Or	780-759-3912		
Director of Community Services: Marylou Grande	780-759-3912		



## FIRE/COMMUNITY PEACE OFFICERS

Name and Position	Telephone		
	Business	Emergency	Administration
Fox Lake RCMP	780-659-2080	911	780-659-2081
Fort Vermilion RCMP	780-927-3255	911	780-927-3258
High Level RCMP	780-926-2226	911	780-926-2226



**UTILITIES**  
**EMERGENCY CONTACT INFORMATION**

Company	Contact Information		
	Phone	Fax	Email
ATCO Services High Level, AB	1-800-668-5506		





FEDERAL GOVERNMENT			
24 HOUR EMERGENCY CONTACT INFORMATION			
Ministries/Agencies/Boards	Contact Information		
	Phone	Fax	Email/Web
Canadian Food Inspection Agency	800.442.2342		<a href="http://www.inspection.gc.ca">www.inspection.gc.ca</a>
Environment Canada Storm Prediction Centre	800.667.8676		<a href="http://www.weatheroffice.gc.ca">www.weatheroffice.gc.ca</a>
National Energy Board	800.899.1265	877.288.8803	<a href="http://www.neb-one.gc.ca">www.neb-one.gc.ca</a> <a href="mailto:info@neb-one.gc.ca">info@neb-one.gc.ca</a>
NAV Canada Notice to Airmen (NOTAM)	866.541.4102	780.890.8593	<a href="http://www.navcanada.ca">www.navcanada.ca</a>
Transport Canada Airspace Restriction Requests CANUTEC (Dangerous Goods)	204.983.5290 613.996.6666	613.954.5101	<a href="http://www.tc.gc.ca">www.tc.gc.ca</a> <a href="mailto:canutec@tc.gc.ca">canutec@tc.gc.ca</a>
Transportation Safety Board	819.997.7887	819.953.7876	<a href="http://www.tsb.gc.ca/eng/index.asp">www.tsb.gc.ca/eng/index.asp</a>
NOTE: Requests for Federal assistance must be made through the Alberta Emergency Management Agency			





INDUSTRY/TRANSPORTATION EMERGENCY CONTACT INFORMATION			
Industry/Transportation <b>Bus Drivers</b>	Contact Information		
	Phone	Fax	Email
F.L: Roland Laboucan	780-659-3372 780-659-3273	780-659-3876	
F.L: Marvin Noskiye	780-659-3163 780-285-2007	780-659-3876	
F.L: Gabe Laboucan	780-659-2457 780-285-2459	780-659-3876	
F.L: Sylvester D'Or	780-659-3019	780-659-3876	
F.L: Bradley D'Or	780-659-3842	780-659-3876	
F.L: James Ribbonleg	780-285-1764	780-659-3876	
F.L: David Nanooch	780-659-2441	780-659-3876	
F.L.E: Mary Laboucan	780-659-2203	780-659-3350	
F.L.E: Miranda Blesse	780-659-3062	780-659-3350	
JDP: Karl D'Or	780-759-3883	780-759-3890	
JDP: Byron Auger	780-759-2253	780-759-3890	
JDP: John Seeseewatum	780-759-2365	780-759-3890	
JDP: Lorne Blesse	780-759-3524	780-759-3890	
GR: Georgie Nanooch	780-659-2930	780-659-3890	
GR: Waylon Nanooch GR: Donald D'Or	780-659- 780-659-2797	780-659-3890	

**3.4 Others**

MEDIA EMERGENCY CONTACT INFORMATION			
Radio/TV/Newspapers	Contact Information		
	Phone	Fax	Email
CFWE Windspeaker Radio	780-455-2700		<a href="mailto:carla.jamison@cfweradio.ca">carla.jamison@cfweradio.ca</a>



**NON-GOVERNMENTAL ORGANIZATIONS**

**EMERGENCY CONTACT INFORMATION**

Organization	Contact Information		
	Phone	Fax	Email



#### 4 Emergency Services Frequencies

## Communications Profile

Chan	Rx	Tone	Tx	Tone	Scan	Display	Description
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							





# **Little Red River Cree Nation**

## **Disaster Emergency Management:**

Pandemic Flu Planning Checklist  
for Families & Individuals



**3. Items to have on hand for an extended stay at home:**

Examples of food and non-perishables	Examples of medical, health, and Emergency supplies
<input type="checkbox"/> Ready-to-eat canned meats, fruits, vegetables and soups  <input type="checkbox"/> Protein or fruit bars  <input type="checkbox"/> Dry cereal or granola  <input type="checkbox"/> Peanut butter or nuts  <input type="checkbox"/> Dried fruit  <input type="checkbox"/> Crackers  <input type="checkbox"/> Canned juices  <input type="checkbox"/> Bottled water  <input type="checkbox"/> Canned or jarred baby food and formula  <input type="checkbox"/> Pet food	<input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment  <input type="checkbox"/> Soap and water or alcohol-based hand wash  <input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen  <input type="checkbox"/> Thermometer  <input type="checkbox"/> Anti-diarrhea medication  <input type="checkbox"/> Vitamins  <input type="checkbox"/> Fluids with electrolytes  <input type="checkbox"/> Cleansing agent/soap  <input type="checkbox"/> Flashlight  <input type="checkbox"/> Batteries  <input type="checkbox"/> Portable radio  <input type="checkbox"/> Manual can opener  <input type="checkbox"/> Garbage bags  <input type="checkbox"/> Tissues, toilet paper, disposable diapers

**2. Emergency Contacts:**

Contacts	Name/Phone Number
Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near: Work	
School	
Home	
Family physician(s)	
State public health department (See list on <a href="http://www.pandemicflu.gov">www.pandemicflu.gov</a> )	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	
Religious/spiritual organization	
Veterinarian	

	COMPLETED	IN PROGRESS	NOT STARTED
Establish policies for flexible worksite (e.g. telecommuting) and flexible work hours (e.g. staggered shifts).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Establish policies for employees who have been exposed to pandemic influenza, are suspected to be ill or become ill at the worksite (e.g. infection control response, immediate mandatory sick leave).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Protection of staff health</b>			
Find up-to-date, reliable pandemic information from community public health, emergency management and other sources and make sustainable links. (Maintain bulletin board information as current).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Implement guidelines to modify the frequency and type of face-to-face contact (e.g. hand-shaking, seating in meetings, office layout, shared workstations) among employees and between employees and customers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encourage and track annual influenza vaccination for employees. (Post vaccination sites & locations).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evaluate employee access to and availability of occupational and mental health and social services during a pandemic, including corporate, community, and faith-based resources, and improve services as needed. (Post location of services available from city emergency website)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identify employees and key customers with special needs and incorporate the requirements of such persons into your preparedness plan. Implement a separate Guest Register. (Manual list with special needs).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Establish policies for preventing influenza spread at the worksite (e.g. promoting respiratory hygiene/ cough etiquette, and prompt exclusion of people with influenza symptoms). Increase awareness, Attend training workshops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Establish policies for preventing influenza spread at the worksite (e.g. promoting respiratory hygiene/ cough etiquette, and prompt exclusion of people with influenza symptoms). Increase awareness, Attend training workshops	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provide sufficient and accessible infection control supplies (e.g. hand-hygiene products, tissues and receptacles for their disposal) in all business locations. Assemble requirements, monitor inventory.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**COMPLETED    IN PROGRESS    NOT STARTED**

Collaborate with insurers, health plans and major local healthcare facilities to share your pandemic plans and understand their capabilities and plans.

☐ ☐ ☐

Collaborate with federal, provincial and local public health agencies and/or emergency responders to participate in their planning processes, share your pandemic plans and understand their capabilities and plans.

☐ ☐ ☐

Communicate with local and/or provincial public health agencies and/or emergency responders about the assets and/or services your business could contribute to the community.

☐ ☐ ☐

Share best practices with other businesses in your communities, chambers of commerce, and safe workplace associations to improve community response efforts.

☐ ☐ ☐

Purchase required suggested quantities of masks, thermometers, gloves and alcohol based hand sanitizer. Quantities are based on 70% occupancy X number of guests per room, plus staff for a 7 day period.

☐ ☐ ☐

Establish staff bulletin board to be utilized as a central location for sharing of Avian Pandemic Information.

☐ ☐ ☐

Distribute handouts pertaining to Pandemic information. Develop sign off sheet to confirm each employee has received all "handouts". Maintain in master file and copy Corporate Office.

☐ ☐ ☐

Confirm information awareness sessions have taken place at the property level including a signed attendance list.

☐ ☐ ☐

Complete Appendix 5 known as Continuity Contact List tailored to your hotel location and forward to Corporate Office.

☐ ☐ ☐

Post available website information on staff bulletin board for ease of access and a tool of reference for individual research.

☐ ☐ ☐

Questions and answers section, pages (67-73) post on Staff Bulletin Board.

☐ ☐ ☐

Prepare staffing model for reduced occupancies and potential of reduced personnel.

☐ ☐ ☐

Prepare staffing model for reduced occupancies and potential of reduced personnel.

☐ ☐ ☐



# **Little Red River Cree Nation**

## **Disaster Emergency Management:**

Pandemic Self-Isolation Information Sheet  
for the General Public



**Cover your coughs and sneezes**

Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in the garbage, and immediately wash your hands with soap and water for at least 20 seconds making sure you dry them thoroughly, or use alcohol based hand sanitizer.

**Avoid sharing household items**

You should not share dishes, drinking glasses, cups, eating utensils, towels, pillows, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water, place in the dishwasher for cleaning, or wash in the washing machine. Regularly clean and disinfect frequently touched and shared surfaces such as doorknobs, counters.

**Getting food and medicine**

Where possible, contact a friend, family member, or delivery services to carry out errands like supermarket shopping on your behalf.

For more information on self-isolation call Health Link 811.

# Build A Kit

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Headed to the store? [Download a printable version](#) to take with you. Once you take a look at the basic items, consider what [unique needs](#) your family might have, such as supplies for [pets](#), or [seniors](#).

After an emergency, you may need to survive on your own for several days. Being prepared means having your own [food](#), [water](#) and other [supplies](#) to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

## Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- [Water](#) - one gallon of water per person per day for at least three days, for drinking and sanitation
- [Food](#) - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to [shelter-in-place](#)
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to [turn off utilities](#)
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery
- Download the [Recommended Supplies List](#) (PDF)

## Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- [Prescription medications](#)
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lense solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher



# Little Red River Cree Nation

## Disaster Emergency Management:

Emergency Pandemic Dry-Food Supply List

For the General Public

- In a severe pandemic, you may be advised to stay away from others and from public places as much as possible. Plan to limit the number of trips you take to shop or run errands. Also, remember public transportation routes and times may be limited.
- Think about how you would care for people in your family who have disabilities if support services are not available.
- Decide who will take care of children if schools are closed.
- For general preparedness, agree on a point of contact where all family members can check-in if you are separated during any emergency.

### **Store medical and health supplies**

Get an extra supply of your regular prescription drugs. Ask your healthcare provider for a prescription. If your insurance will not agree to cover the extra supply, you may need to pay out-of-pocket. Keep health supplies and nonprescription drugs on hand.

#### **Examples of medical and health supplies:**

- Prescribed medicines and supplies, such as glucose meters and blood-pressure monitoring equipment
- Soap and water
- Alcohol-based hand cleaner, such as Purell® or store-brand
- Medicines for fever and pain, such as acetaminophen and ibuprofen
- Diarrhea remedy, such as Pepto-Bismol® or Kaopectate® (not generally recommended for children)
- Throat lozenges
- Cough syrup containing Dextromethorphan
- Thermometer(s)
- Vitamins
- Fluids with electrolytes, like Gatorade® and Pedialyte® (preferred for small children)

### **At work preparedness**

- **Prepare to stay home.**

Staying at home from work when you are sick is the most important thing you can do to protect others.

- **Know policies.**

Ask your employer or union about sick leave and policies about absences, time off, and telecommuting.

- **Encourage planning.**

Every business, organization and agency should have a plan for making sure essential work can get done if large numbers of employees are absent over many months. You may be asked to perform duties that are not typically part of your job.

- **Explore other ways to get your work done.**

Find ways to reduce personal contact, such as increased use of e-mails or phone conferences. Plan to work from home whenever possible.

### **Preparedness in your community**

- **Know your neighbors.**

Talk with family, friends, and neighbors to make sure everyone is prepared. Be ready to help neighbors who are elderly or have special needs if services they depend on are not available.

- **Know school policies.**

Know policies about illness and being absent. Be prepared for school closures.

### Emergency Food List

<b>Grain Products</b>	<ul style="list-style-type: none"><li>• Rice</li><li>• Pasta (e.g., elbow macaroni, spaghetti, lasagna)</li><li>• Bread</li></ul>
<b>Vegetables &amp; Fruit</b>	<ul style="list-style-type: none"><li>• Carrots</li><li>• Onions</li><li>• potatoes</li><li>• canned tomato paste</li><li>• canned vegetables (e.g., corn, tomatoes, mushrooms, etc.)</li><li>• canned fruit (e.g., peaches, pineapples, fruit cocktail etc.) (* Optional)</li></ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"><li>• Canned beans, peas and lentils (e.g., kidney beans, snow peas, chickpeas etc.)</li><li>• Canned soups (chicken noodle soup, chili, mushroom soup etc.)</li></ul>
<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"><li>• Skim milk powder</li></ul>
<b>Fats &amp; Oils</b>	<ul style="list-style-type: none"><li>• Vegetable oil</li></ul>
<b>Seasonings</b>	<ul style="list-style-type: none"><li>• Salt, pepper, canned beef and/or chicken broth, spices (chili powder)</li></ul>
<b>Snacks</b>	<ul style="list-style-type: none"><li>• Granola bars</li><li>• crackers</li></ul>



## Pantry staples

You might already have plenty of pasta and peanut butter in your pantry, but when you have to rely on these items for more than a few days, they tend to run out quickly. Restock your kitchen cabinets with these essentials and other family favorites.

- **Applesauce:** Whether it's in a jar or a pouch, applesauce without any added sugar makes a healthy snack for kids and adults. It can also be added to muffins or other baked goods for a boost of natural sweetness and fiber.
- **Quinoa:** Quick cooking and packed with 8 grams of protein per cup, quinoa is a healthy seed that makes a great base for grain bowls and salads; it's also great added to soups and stews. Brown rice, farro, barley and bulgur are other tasty whole-grain options. Pick up a couple boxes of each.
- **Pasta:** This pantry staple is essential, whether you choose the classic wheat-based kind or a bean-based, gluten-free variety. A 1-pound box of dried pasta makes eight servings, so a family of four may want to buy four or more boxes for a two-week period. Jarred pasta sauce is also smart to have on hand, or you can make your own sauce from canned tomatoes.
- **Chicken, beef or vegetable stock:** Low in calories, but also great source of protein, stocks are great as the base of hearty soups and stews. They also add great flavor to cooked grains and rice.
- **Dried fruit:** While dried fruits do not contain the water that fresh fruit does, they do contain plenty of nutrients. Dried fruit can be used to top cereal, oatmeal and yogurt, and it can also be added to baked goods. A few containers of different varieties should be enough for two weeks.
- **Nuts and nut butter:** Nutrient-dense and full of plant-based protein, nuts contain heart-healthy fats, as well as essential minerals. Nut butter can be spread on apples or stirred into oatmeal and yogurt. Pick up a couple different jars of peanut butter and almond butter for variety.
- **Seeds:** Seeds like chia, flax and hemp provide alpha-linolenic fatty acids, which provide anti-inflammatory benefits. Store seeds in the refrigerator and nuts in the freezer to help extend their freshness.
- **Baby food and formula:** Depending on your baby's age, he or she may be eating grown-up food in some form. But it's good idea to stock up on some ready-to-eat pouches and kid-friendly snacks to supplement meals. And if there's an infant in the house, make sure you have enough formula for at least two weeks.
- **Shelf-stable, pasteurized milk:** This type of milk is very common in Europe, but Americans don't use it often. Once opened, it does require refrigeration and lasts for about a week.

If you have pets in the home, don't forget to stock up on their food staples. Make sure you have a mix of both dry and wet options available, depending on your pets' diets.

## Personal Emergency Kit Checklist

You can prepare for pandemic influenza now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of pandemic influenza on you and your family. This checklist will help you gather the information and resources you may need in case of an influenza pandemic.

### 1. *To plan for a pandemic:*

- ☐ Store a two-week supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can also be useful in other types of emergencies, such as power outages and natural disasters.
- ☐ Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- ☐ Have non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes and vitamins.
- ☐ Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- ☐ Volunteer with local groups to prepare and assist with emergency response.
- ☐ Get involved in your community as it works to prepare for an influenza pandemic

### 2. *To limit the spread of germs and prevent infection:*

- ☐ Teach your children to wash their hands frequently with soap and water, and model the correct behaviour.
- ☐ Teach your children to cover coughs and sneezes with tissues, and be sure to model that behaviour.
- ☐ Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

### 3. *Items to have on hand for an extended stay at home:*

Examples of food and non-perishables	Examples of medical, health and emergency supplies
<input type="checkbox"/> Ready-to-eat canned meats, fish, fruits, vegetables, beans and soups <input type="checkbox"/> Protein or fruit bars <input type="checkbox"/> Dry cereal or granola <input type="checkbox"/> Peanut butter or nuts <input type="checkbox"/> Dried fruit <input type="checkbox"/> Crackers <input type="checkbox"/> Canned juices <input type="checkbox"/> Bottled water--a minimum of two litres per person per day <input type="checkbox"/> Canned or jarred baby food and formula <input type="checkbox"/> Pet food and water for pets. <input type="checkbox"/> Other non-perishable foods. <input type="checkbox"/> Tetra-packs of milk or soy beverages.	<input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment <input type="checkbox"/> Soap and water, or alcohol-based (60%-95%) hand wash and Wet Ones (baby wipes) <input type="checkbox"/> Medicine for fever, such as acetaminophen or ibuprofen <input type="checkbox"/> Thermometer <input type="checkbox"/> Anti-diarrheal medication <input type="checkbox"/> Vitamins <input type="checkbox"/> Fluids with electrolytes (sport drinks, Pedialyte) <input type="checkbox"/> Cleansing agent/soap <input type="checkbox"/> Flashlight <input type="checkbox"/> Batteries <input type="checkbox"/> Portable radio <input type="checkbox"/> Manual can opener <input type="checkbox"/> Garbage bags <input type="checkbox"/> Tissues, toilet paper, disposable diapers and, feminine hygiene supplies. <input type="checkbox"/> Candles and matches or lighters <input type="checkbox"/> General first aid kit <input type="checkbox"/> Cough and cold medicine <input type="checkbox"/> Cash and change

## Week 1

- ☐ 1 gallon of water\*
- ☐ 1 jar peanut butter
- ☐ 2 large cans juice\*
- ☐ 2 cans meat\*
- ☐ 1 hand-operated can opener
- ☐ Permanent marker
- ☐ Pet food
- ☐ Diapers
- ☐ Baby food

### Things To Do:

- ☐ Date perishable items with marker
- ☐ Decide on and notify out-of-area contact who can coordinate information for scattered family members

\*Per Person

## Week 2

- ☐ Heavy cotton or hemp rope
- ☐ Duct tape
- ☐ 2 flashlights with batteries
- ☐ Waterproof matches for outside use ONLY with appropriate stove or grill
- ☐ Leash or pet carrier
- ☐ Extra set of I.D. tags

### Things To Do:

- ☐ Sign up for First Aid/CPR classes at your local Red Cross location

## Week 3

- ☐ 1 gallon of water\*
- ☐ 2 cans meat\*
- ☐ 2 cans fruit\*
- ☐ Feminine hygiene supplies
- ☐ Paper & pen
- ☐ Local map
- ☐ Pain reliever
- ☐ Laxative
- ☐ 1 gallon of water for each pet

### Things To Do:

- ☐ Find out about what kinds of disasters can happen in your area
- ☐ Encourage your neighbors to develop their own plans

\*Per Person

## Week 4

- ☐ Flashing safety light or light wand
- ☐ Compass
- ☐ Medicines/prescriptions marked "For Emergency Use"
- ☐ Contact lens supplies

### Things To Do:

- ☐ Develop a family disaster plan including where to meet if separated, name and number of out-of-area contact, kinds of information to give that contact in an emergency

## Week 5

- ☐ 1 gallon of water\*
- ☐ 2 cans fruit\*
- ☐ 2 cans vegetables\*
- ☐ 2 cans meat\*
- ☐ 4 rolls of toilet paper\*
- ☐ Extra toothbrush\*
- ☐ Travel-sized toothpaste
- ☐ Special foods for special dietary needs

### Things To Do:

- ☐ Identify escape routes from house for all family members
- ☐ Identify safe places to go in case of fire, flood, earthquake, or other disaster

\*Per Person

## Week 6

- ☐ Deluxe First Aid kit
- ☐ Safety pins
- ☐ Sunscreen

### Things To Do:

- ☐ Practice a drill for each of your evacuation plans
- ☐ Identify storage area for your supplies, such as a closet along an inside wall or several heavy-duty watertight plastic garbage cans that can be stored outside. If using outside storage, ensure that containers are weather and animal proof.

## Week 7

- ☐ 2 cans ready-to-eat soup\* (Not Concentrated)
- ☐ 2 cans fruit\*
- ☐ 2 cans vegetables\*
- ☐ Sewing kit
- ☐ Disinfectant
- ☐ 1 gallon water
- ☐ Extra baby supplies (bottles, formula, diapers)

### Things To Do:

- ☐ Place a pair of shoes, a flashlight, a whistle, and a pair of work gloves in a plastic grocery bag and tie the bag to your bed frame

\*Per Person

## Week 8

- ☐ Scissors
- ☐ Tweezers
- ☐ Thermometer
- ☐ Liquid antibacterial hand soap
- ☐ Disposable hand wipes
- ☐ Sewing needles
- ☐ Petroleum jelly or other lubricating cream
- ☐ 2 tongue depressors
- ☐ Extra eye glasses

## Week 9

- ☐ 2 cans ready-to-eat soup\* (Not Concentrated)
- ☐ Liquid dish soap
- ☐ Household chlorine bleach with medicine dropper for water treatment
- ☐ 1 box heavy-duty garbage bags with ties
- ☐ 1 bottle antacid tablets
- ☐ 1 gallon of water\*

### Things To Do:

- ☐ Test smoke detectors and replace batteries

\*Per Person

## Week 10

- ☐ Waterproof portable container for important papers
- ☐ Battery-powered radio
- ☐ Wrench to turn off utilities

### Things To Do:

- ☐ Make sure everyone knows where to find the gas and water meter shut-off valves and how to turn them off
- ☐ Attach a wrench near each shut-off valve so it is there when needed

## Week 11

- ☐ 2 large cans juice\*
- ☐ Large plastic food bags
- ☐ 2 boxes high-energy snacks
- ☐ 3 rolls paper towels

### Things To Do:

- ☐ Keep extra battery for cell phone or change for pay phone usage in disaster supplies
- ☐ Locate several pay phones that are near your house

\*Per Person

## Week 12

- ☐ Pet litter and box
- ☐ Extra water
- ☐ Pet First Aid kit

### Things To Do:

- ☐ Make sure that all pet vaccinations are current and obtain medical records from veterinarian for disaster records
- ☐ Keep emergency supply of any special pet medication needs
- ☐ Photocopy important papers and store them safely

- ☐ **Water** — two litres of water per person per day (include small bottles)
- ☐ **Food** that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
- ☐ **Manual can opener**
- ☐ **Wind-up or battery-powered flashlight** (and extra batteries)
- ☐ **Wind-up or battery-powered radio** (and extra batteries)
- ☐ **First aid kit**
- ☐ **Extra keys** for your car and house
- ☐ **Cash, travellers' cheques** and change
- ☐ **Important family documents** such as identification, insurance and bank records
- ☐ **Emergency plan** — include a copy in your kit as well as contact information
- ☐ Two additional litres of water per person per day for cooking and cleaning
- ☐ Candles and matches or lighter (place in sturdy containers and do not burn unattended)
- ☐ Change of clothing and footwear for each household member
- ☐ Sleeping bag or warm blanket for each household member
- ☐ Toiletries and personal hygiene items
- ☐ Hand sanitizer, toilet paper and garbage bags
- ☐ Prepaid phone card, mobile phone charger
- ☐ Pet food and supplies
- ☐ Infant formula, baby food and supplies
- ☐ Activities for children like books, puzzles or toys
- ☐ Prescription medications, medical equipment
- ☐ Utensils, plates and cups
- ☐ Household chlorine bleach or water purifying tablets
- ☐ Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, pocket knife)
- ☐ Small fuel-operated stove and fuel
- ☐ Whistle (to attract attention)
- ☐ Duct tape



## **Pandemic**

### **Before a Pandemic**

- Store a two week supply of water and food.
- Periodically check your regular prescription drugs to ensure a continuous supply in your home.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them, for personal reference. Get help accessing [electronic health records](#).
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.