



FOR IMMEDIATE RELEASE

Date: April 28, 2010

To: The Media

From: Karen Lindsay, Nanaimo Fire Rescue

Re: It's Emergency Preparedness Week, May 2nd to May 8th!

Emergency Preparedness Week (EP Week) is an annual event that takes place during the first full week of May. This national event is coordinated by Public Safety Canada, in close collaboration with the provinces, territories and local government. The City of Nanaimo officially proclaimed the week of May 2nd through to May 8th Emergency Preparedness Week.

As we go about our everyday lives, emergencies may seem like a distant possibility. Emergencies, however, can happen anytime and anywhere. Preparing an emergency kit, having an emergency plan and knowing the risks in the area are crucial to minimize the impact of an emergency situation. Preparing for an emergency is important and something the whole family can do. By taking a few simple steps, you can become better prepared to face a range of emergencies and minimize the impact on yourselves and your families.

Emergency Preparedness Week is about education and the need for residents to prepare themselves for natural and man made disasters. This year's theme for Emergency Preparedness Week is '**Know the Risks, Make a Plan, Get an Emergency Kit**'

According to Karen Lindsay, Emergency Program Manager, "Emergency Preparedness Week is a reminder of the unpredictability of emergency situations and the importance of being prepared as individuals and as a community." Lindsay added, "The theme recognizes that in a disaster affecting a community, some services we take for granted might be unavailable for several days. Families should be prepared to take care of themselves at the very minimum for 72 hours but it is recommended people prepare for seven days."

She added, "Severe weather, including storms, forest fires and other natural disasters can have a serious and tragic impact. By ensuring that families know how to keep themselves safe in these kinds of situations we are all contributing to making the community a better place to live".

Celebrate Emergency Preparedness Week by making a 72 hour kit. For more information about how you can prepare for emergencies or to read more about the City

of Nanaimo Emergency Response and Recovery Plan visit www.nanaimo.ca . Here you will find information and links on how businesses and individuals can prepare their families and workplaces for emergencies including natural and man made disasters. Materials include how to prepare a kit or contact the emergency program at 250-753-7311 or email karen.lindsay@nanaimo.ca.

In addition, sign up for Nanaimo's Emergency Call Alert system. It's free and in the event of an emergency you will receive a phone call or email notifying and providing you with information about the nature of the emergency.

Click on the yellow Call Alert triangle



at www.nanaimo.ca or sign up by calling

250-758-1311.

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For more information about Emergency Preparedness Week contact Karen Lindsay at 250-755-4572