

## NEWS RELEASE

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### Emergency Preparedness Week is May 7 to May 13

*Plan, Prepare, Be Aware.*

#### Summary

As we go about our everyday lives, emergencies may seem like a distant possibility. Emergencies, however, can happen anytime and anywhere. Making an Emergency Kit, having an emergency plan and knowing the risks are crucial to minimize the impact.

Being prepared is important and something the whole family can do. By taking a few simple steps, you can be ready to face the range of emergencies that can occur in our community and minimize the impact on you and your loved ones.

Mark Emergency Preparedness Week by making an Emergency Kit. For more information about how you can prepare for emergencies visit [www.nanaimo.ca](http://www.nanaimo.ca) and visit the Emergency Management page or [www.gov.bc.ca/preparedbc](http://www.gov.bc.ca/preparedbc).

*Strategic Link:* The City is committed to Public Safety.

#### Key Points

- Emergency Preparedness Week is a national event coordinated by Public Safety Canada.
- The City of Nanaimo is encouraging residents to make a kit during this week or check their kits if you already have one.
- Plan, Prepare, Be Aware! Know the risks in the community and prepare for emergencies.

#### Quotes

"Emergency Preparedness Week is a reminder of the unpredictability of emergency situations and the importance of being prepared as individuals and as a community. The recent earthquake and aftershocks in Alaska serve as a reminder to all of us.

Families should be prepared to take care of themselves at the very minimum for 72 hours, but more realistically we need to prepare for 7 days given our geographic location. During Emergency Preparedness week we encourage residents to make an Emergency Plan and Kit for your loved ones and pets."

Karen Lindsay  
Emergency Program Manager  
City of Nanaimo

#### Quick Facts

- Approximately 85% of Canadians agree that having an emergency kit is important in ensuring their and their family's safety, yet only 40% have prepared or bought an emergency kit.
- Using non-voice communication technology like text messaging, email, or social media instead of telephones takes up less bandwidth and helps reduce network congestion after an emergency.
- Roughly 5,000 earthquakes are recorded in Canada every year.

Continued... Emergency Preparedness Week is May 7 to May 13

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