

Date: March 2015

If there is a big shake, STAY in your house until it stops, then GRAB your emergency kit and GO up the hill, WAIT 30 minutes to avoid any tsunami, then COME back down to deal with any aftermath

TO: All Kye Bay Homeowners:

**Re: Emergency Preparedness -
First Aid Kit**

As many of you may be aware a group of concerned Kye Bay citizens have come together to discuss and plan for what we hope will never happen, an earthquake disaster.

As it is always best to "be prepared" we have prepared a list of supplies, which is attached, which we are suggesting and hoping that each home will consider assembling in order that all houses have an emergency/first aid kit in the home. Please note that St. John Ambulance (lower level of 1742 Cliffe Avenue facing the Old House) has first aid/earthquake kits ready to go at a cost ranging from \$59.95 to \$89.95 which is another great option. If you are interested in that option let me know and we will make a group order.

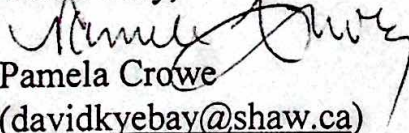
The committee, in the future, will be providing a map setting out stations for assembly points should there be an earthquake and should Kye Bay be cut off for a period of time. It is our hope to have one or two first aid stations established. Should an earthquake occur and Kye Bay is cut off we need to be able to take care of ourselves and one another. As safety begins at home the first important step we feel is for all of us to take some time to establish our own first aid/emergency kit. Having these items in a small back pack and the back pack stored in an easily accessible place, is also highly recommended.

If you, or anyone you know living in Kye Bay, has first aid, CPR or medical training or skills AND would like to be a part of the committee (and in particular on the first aid committee) I would be most pleased to hear from him or her. Please feel free to contact me at 250-339-4995 or at my email davidkyebay@shaw.ca

In the meantime please review the attached list and begin assembling, if you haven't already done so, a first aid/emergency kit that suits your needs. *Unless you specifically wish to be excluded from being contacted further* we will provide further material and information shortly.

Any suggestions or comments are greatly appreciated.

Yours truly,


Pamela Crowe
(davidkyebay@shaw.ca)
250-339-4995

In case of disaster, display sign this side out in front window of house or vehicle if you DO NOT require assistance.

OK



In case of disaster, display sign this side out in front window of house or vehicle if you DO require assistance.

HELP



FIRST AID KIT CONTENTS

Emergency telephone numbers for EMS/9-1-1, your local poison control centre, and your personal doctors

Home and office phone numbers for family members, friends, or neighbours who can help

Sterile gauze pads (dressings) in small and large squares to place over wounds

Adhesive tape

Roller and triangular bandages to hold dressings in place or to make an arm sling

Adhesive bandages in assorted sizes

Scissors

Tweezers

Safety pins

Instant ice packs

Disposable non-latex gloves, such as surgical or examination gloves

Flashlight, with extra batteries in a separate bag

Antiseptic wipes or soap

Pencil and pad

Emergency blanket

Eye patches

Thermometer

Barrier devices, such as a pocket mask or face shield

Please note that this is just a suggestion - please add or subtract accordingly to your needs and situation

EMERGENCY KIT CONTENTS

Have supplies ready for an emergency. Store them in a backpack or a duffle bag so you can take them with you if you have to evacuate the area.

Four litres of water per person per day (use sealed, unbreakable containers and replace the supply every six months)

Packaged or canned food that won't go bad, and a can opener (replace the food once a year)

Walking shoes, rain gear, and a change of clothing

Blankets or sleeping bags

A first aid kit and prescription medications (check the medications every six months to make sure they haven't passed their expiry date)

Toilet paper and other personal supplies

An extra pair of glasses

A battery-powered radio and flashlight, along with extra batteries

Spare cash

An extra set of car keys

A list of your family doctors

Important family information such as a list of any medical conditions or medical devices, such as pacemakers

Photocopies of all important identification for you and your family, including health card numbers

Special items for babies, elderly, or disabled household members

Cell phone and contact information for family and friends

Please note that this is just a suggestion - please add or subtract accordingly to your needs and situation

*****FROM THE CANADIAN RED CROSS WEBSITE