



EMERGENCY PREPAREDNESS FOR CANADIANS ABROAD

The Government of Canada takes your safety and security abroad seriously, and offers a Registration of Canadians Abroad (ROCA) service to all Canadians living or travelling abroad. By registering at www.travel.gc.ca, you enable us to contact and assist you in an emergency, or inform you of a family emergency at home.

PREPARE A BASIC EMERGENCY KIT FOR YOU AND YOUR FAMILY

Whether you live in Canada or abroad, Canadians need to be prepared to be self-sufficient for at least  in the event of an emergency. For more information, visit www.GetPrepared.ca.

Three steps to assemble an emergency kit:



Step 1

Know the risks - Although the consequences of disasters can be similar, knowing the risks specific to your community and your region can help you better prepare. Find out at www.travel.gc.ca what the hazards are in your region.



Step 2

Make a plan - Every Canadian household needs an emergency plan. It will help you and your family know what to do if disaster strikes. Make your own plan and print it out today.



Step 3

Get a kit - Personalize your kit according to your family's needs. Some suggested items to include, and more details on preparing a plan and kit, are available at www.GetPrepared.ca.

Helpful Tips

- Be aware of the local emergency telephone numbers in your area (fire, police, etc.).
- Leave emergency contact numbers for people who are not travelling with you.
- Always contact family and friends to let them know your well-being during an emergency situation.

USEFUL LOCAL LINKS:

- Washington: <http://access.wa.gov/emergency/>
- Idaho: <http://www.bhs.idaho.gov/>
- Oregon: <http://www.oregon.gov/OMD/OEM/>
- Alaska: <http://www.ak-prepared.com/>

For more information, contact the Canadian Consulate:

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