

Facing the unexpected,  
be prepared.



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Ce programme est aussi disponible en français.

# Facing the unexpected, be prepared.

The Canadian Red Cross plays an essential role in emergencies. It provides numerous services to people affected by disasters in order to fulfill their essential needs in shelter, clothing and food. It also provides personal services for moral support and first aid. During evacuations, it registers evacuees, reunites families and provides essential information services.

To be prepared to act safely in emergencies, the Red Cross suggests you carry out the activities in this brochure with your teacher and your parents.

Enjoy the exercise!

This activity  
booklet belongs to :



# Activity



## The Red Cross: anywhere, anytime.



These are the fundamental principles of the Red Cross. For each one, find a definition in the dictionary then write it down using your own words.

Humanity

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Impartiality

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Neutrality

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Independence

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Voluntary service

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Unity

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Universality

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# What are the possible disasters?

## Activity



After having read the newspaper article, answer the following questions:

a) What disaster are we talking about in this newspaper article?

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b) When did this disaster occur?

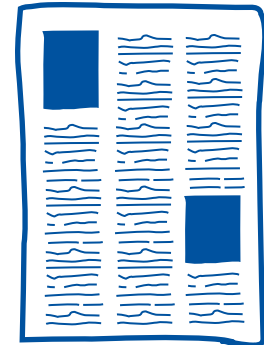
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c) What city or region was struck?

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d) How did the disaster occur?

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e) What damage did the disaster cause?

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f) How many disaster victims were there? How did the Red Cross help them?

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# Activity

## Who am I?



Read the following definitions. Associate them with the corresponding disaster by writing in the proper letter.

1. Lightning bolts followed by a lightning flash and thunder, able to break windows, set off a fire, set off an explosion or cause a power failure. Answer: \_\_\_\_\_
2. A sudden movement of the earth's crust. Answer: \_\_\_\_\_
3. A whirlwind in the shape of a funnel which points towards the ground, moves rapidly in an unpredictable way and can destroy everything in its way. Answer: \_\_\_\_\_
4. A fire caused naturally by a lightning bolt or by human negligence that can destroy vast stretches of forest. Answer: \_\_\_\_\_
5. Movement of clay type soil saturated with water. Answer: \_\_\_\_\_
6. A rise in the water level caused by a rapid thaw in spring or by heavy rainfalls, which threatens people and their homes. Answer: \_\_\_\_\_
7. A natural phenomenon characterized by violent winds and heavy snowfalls. Answer: \_\_\_\_\_
8. Incident that involves an accidental spill or leak of hazardous chemical products that are dangerous to humans and the environment. Answer: \_\_\_\_\_

a) Tornado



b) Lightning storm



c) Snowstorm



d) Forest fire



e) Landslide



f) Earthquake



g) Flood



H) Hazardous materials release



# Activity


## Where did I occur?




1. Look at this map of Canada. Find the symbols that identify the various disasters.




2. Inside the symbols, place the number that corresponds to the area struck.

 Earthquake


1. Baffin Bay
2. British Columbia
3. North West Territories

 Landslide

1. Alberta
2. Quebec
3. British Columbia

 Tornado

1. Saskatchewan
2. Ontario
3. Alberta

 Flood

1. New Brunswick
2. Quebec
3. Manitoba



# Activity

## When did I occur?



Here is a list of disasters that occurred in Canada.

a) Earthquake



1933 - 1949 - 1985

c) Tornado



1912 - 1970 - 2000

b) Landslide



1903 - 1971 - 1981

d) Flood



1923 - 1996 - 1997



By using the letters a, b, c and d, locate these disasters on this time frame:





# Activity



## What happened in the past?



Write down four (4) questions that you would like to ask your grandparents or an older person in your community to find out more about the natural disasters they remember. For example, you can ask : " What happened? ", " Who asked you to evacuate? ". Write down the information gathered and use the natural disasters given on sheet 3 as a reference.

Question 1 : \_\_\_\_\_

Answer 1 : \_\_\_\_\_

Question 2 : \_\_\_\_\_

Answer 2 : \_\_\_\_\_

Question 3 : \_\_\_\_\_

Answer 3 : \_\_\_\_\_

Question 4 : \_\_\_\_\_

Answer 4 : \_\_\_\_\_



# Activity



## What can happen in my environment?



Select four (4) natural disasters from the list presented on sheet 3. Associate one natural element with each of the disasters chosen. Explain your reasons.

Natural disaster 1: \_\_\_\_\_

Natural element: \_\_\_\_\_

Reason: \_\_\_\_\_

Natural disaster 2: \_\_\_\_\_

Natural element: \_\_\_\_\_

Reason: \_\_\_\_\_

Natural disaster 3: \_\_\_\_\_

Natural element: \_\_\_\_\_

Reason: \_\_\_\_\_

Natural disaster 4: \_\_\_\_\_

Natural element: \_\_\_\_\_

Reason: \_\_\_\_\_

# Activity

## How can I get prepared at home?



1. After having viewed the videotape, answer the following questions:

a) In your own words, summarize the content of the videotape.

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b) What is the first reaction to adopt when an evacuation is necessary?

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c) What must someone do to react safely in case of an emergency?

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# How can I get prepared at home?

(Continued)

## Activity



d) What role could I assume in an emergency?

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e) What must your family and you prepare in the event of an evacuation?

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f) If you are asked to evacuate, can you stay at home and wait until everything is back to normal? Explain your answer.

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Discuss this videotape with your parents. Borrow it from your teacher and view it at home with your family.

# Activity



## What could be useful for me?



Write down four (4) essential objects for each category.

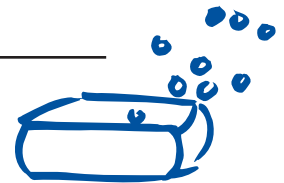
a) Clothing: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



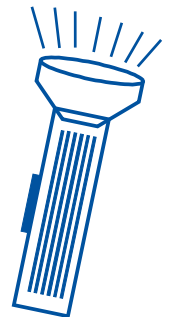
b) Food: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



c) Personal care: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



d) Safety equipment: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Check with your parents to see if you have these items at home. Prepare your survival kit.



# Activity

10



## What must I say on the telephone?



Write down the telephone number to dial in case of an emergency.

\_\_\_\_\_



Fill in the following sheet to find out what you must say when you make an emergency phone call. Keep it in your home close at hand.

Hello,

My name is \_\_\_\_\_

My address is \_\_\_\_\_

My telephone number is \_\_\_\_\_

I need help to \_\_\_\_\_

Can you repeat the message?

Do you need more information?

Explain what happened, give as many details as possible.

- Hang up after the operator.
- Stay calm.
- Follow the instructions.

# Activity

11



## How to exit the school.



Why would you have to evacuate your school?

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Write down four (4) instructions to follow if you had to exit your school quickly.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_



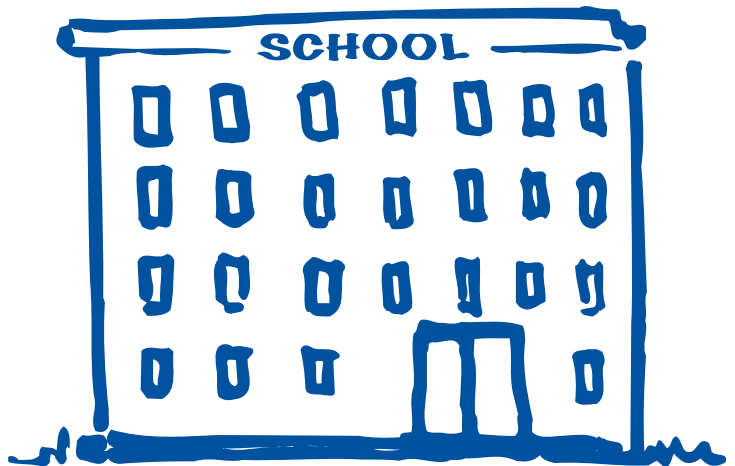
Where is the meeting place for your class outside the school?

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# Activity


12




## What are hazardous materials releases?

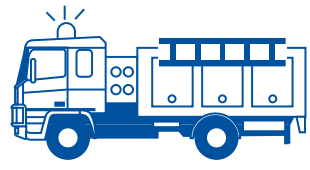


Write down how each of these can warn you about a hazardous materials release.

a)  Radio \_\_\_\_\_  
\_\_\_\_\_

b) Nose \_\_\_\_\_  
\_\_\_\_\_ 

c)  Cloud \_\_\_\_\_  
\_\_\_\_\_

d) Emergency Vehicle \_\_\_\_\_  
\_\_\_\_\_ 



Write down the four (4) steps for " Shelter-In-Place ".

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# What are the proper behaviours to adopt?

## Activity

13



Write down the proper behaviours to adopt during each one of the disasters below:

a) Flood



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b) Lightning storm



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c) Tornado



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d) Earthquake



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# How do I feel after an emergency?

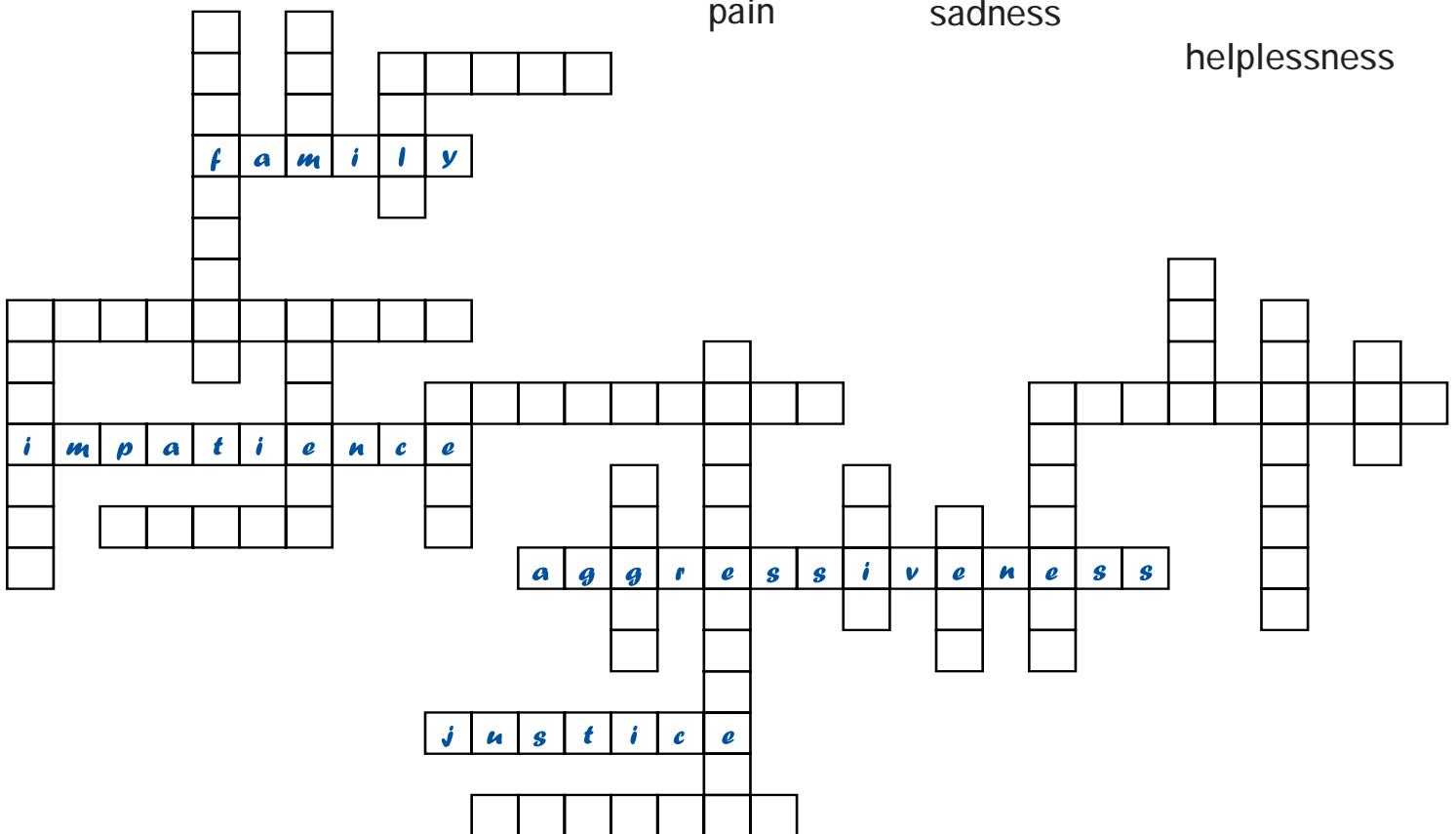
## Activity

14



Fill out this crossword puzzle and remember the needs and feelings that you may have experienced after an emergency.

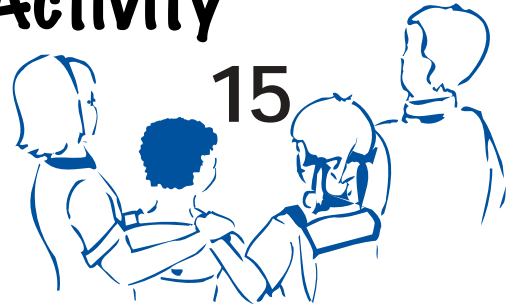
- joy
- trust
- patience
- anger
- worry
- happiness
- help
- safety
- suffering
- calm
- fatigue
- attention
- fear
- anxiety
- friendship
- love
- sadness
- pain
- helplessness



# How to react in case of an emergency?

## Activity

15



1. Read the following case studies. Write down a few words on what you would do.

- a) On a lovely Saturday afternoon, you are playing in the house while your family is at the grocery store. Suddenly, the earth shakes. What do you do?

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- b) It is night-time. It is raining and a lightning storm is starting. Suddenly, there is a power failure. What do you do?



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- c) In the spring during the thaw period, the river floods onto your lot. Your family and you have to leave the house for safety. What do you do?

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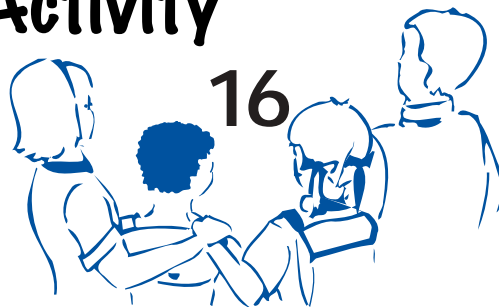
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# Activity

16



## Do you remember?



Fill in the sentences by using the following words:

earthquakes • whirlwind • rise • releases • floods • funnel  
• prepared • anywhere • bolt • thunder • crust • materials  
• leak • spill

In Canada, various disasters can occur. At any time, we must be ready to face \_\_\_\_\_, \_\_\_\_\_, tornadoes and hazardous materials releases.

Floods are caused by a sudden \_\_\_\_\_ of the water level.

An \_\_\_\_\_ is a sudden movement of the earth \_\_\_\_\_.

A \_\_\_\_\_ in the form of a \_\_\_\_\_ produces a tornado.

A lightning storm is characterized by a lightning \_\_\_\_\_ followed by \_\_\_\_\_.

Hazardous materials \_\_\_\_\_ may occur if there is an accidental \_\_\_\_\_ when chemical products \_\_\_\_\_.

Disasters may occur \_\_\_\_\_ in Canada. You must be well \_\_\_\_\_ to react.



# Activity

17



## Let's review.



Fill in the following sentences by using the following words:

patient • fearful • rescued • furniture • calm • follow  
• move • windows • shelter • firmly • lie • shelter in  
place • home • closing • inside

During an earthquake, one must seek shelter under \_\_\_\_\_ or \_\_\_\_\_ to an open area. It is normal to be \_\_\_\_\_.

During a tornado, it is better to stay away from \_\_\_\_\_, to hang on \_\_\_\_\_ to something solid and to remain \_\_\_\_\_.

During a lightning storm, you must be \_\_\_\_\_, stay \_\_\_\_\_ and not \_\_\_\_\_ on the ground outside.

During a hazardous materials release you must \_\_\_\_\_ by going inside your \_\_\_\_\_ and \_\_\_\_\_ all windows and doors.

During a flood, it is suggested to seek \_\_\_\_\_ on the top floor of a house while waiting to be \_\_\_\_\_ and to \_\_\_\_\_ the instructions.



## For more information

### **Lightning storms and lightning bolts**

Lightning storms are characterized by a lightning bolt followed by a lightning flash and thunder. Lightning bolts can break windows, set off a fire, cause a power failure and explosions when there is combustible material. They are dangerous and can cause serious burns or electrocute people.

### **Earthquakes**

Earthquakes are sudden movements of the earth's crust. The tremors usually occur suddenly and leave very little time to react. Major earthquakes are often preceded by other weaker tremors.

### **Floods**

Floods are the overflow of rivers and lakes caused by an excessive rise of the water level. This rise can be caused by heavy precipitation, sudden thawing of snow, ice jams or ice break-ups.

### **Snowstorms**

Snowstorms are characterized by violent winds and heavy snowfalls.

### **Hail**

Hail is precipitation consisting of ice particles that are formed during a storm.

### **Tornadoes**

Tornadoes are whirlwinds shaped like a funnel that points towards the ground. They can destroy everything on their path. This type of phenomenon can uproot trees, turn cars over and tear the roofs off houses.

### **Forest fires**

Most fires that destroy our forests are caused by human negligence such as campfires that are not properly put out or lit during dry periods. However, fires that occur naturally, such as those caused by lightning bolts, are more devastating and burn over larger areas.

### **Landslides**

Landslides are movements of clay type soil saturated with water. These ground movements occur very rapidly and leave the population very little time to react.

### **Volcanoes**

Volcanoes are mountains which erupt molten material (volcanic eruption).

### **Tidal waves**

Tidal waves or tsunamis are huge sea waves that are caused by earthquakes, earth movements or underwater volcanic eruptions. These waves can reach up to 30 meters high and cause major damage to houses along the shores.



## A few words about hazardous materials releases

Hazardous materials releases are incidents that involve an accidental spill or leak of hazardous chemical products that are dangerous to humans and the environment.

These hazardous products can contaminate the soil or water or be spread in the air. If they become airborne, they may or may not be visible as a toxic cloud. Sometimes, you can be able to smell or taste the hazardous product. Inhaling toxic fumes or drinking contaminated water can be hazardous to your health. The risk depends on the toxicity of the substance in question, its concentration and how long you're exposed to it.

In case of a hazardous materials release, the authorities may ask that you remain inside your home to be safe from the effects of these materials:

- Go inside your home and remain there;
- Close all windows and doors;
- Turn off all ventilation systems;
- Listen to the radio or watch television to be aware of the authorities' instructions.

## Other sources of information

For more information on the subjects in this guide, here is a list of references:

- Canadian Red Cross;
- Local community health service;
- Local police and fire departments;
- Municipal, provincial and federal public security;
- Armed forces;
- Weather forecasting services;
- Community organizations;
- Etc.

## Web sites :

- [www.angelfire.com/on/predictions/](http://www.angelfire.com/on/predictions/)
- [www.colorado.edu/hazards](http://www.colorado.edu/hazards)
- [www.disasterRelief.org/](http://www.disasterRelief.org/)
- [www.disasterwarning.com/](http://www.disasterwarning.com/)
- [www.ec.gc.ca/climate/index.html](http://www.ec.gc.ca/climate/index.html)
- [www.ec.gc.ca/water/](http://www.ec.gc.ca/water/)
- [www.eventbasedscience.com](http://www.eventbasedscience.com)
- [www.fema.gov/](http://www.fema.gov/)
- [www.ifrc.org](http://www.ifrc.org)
- [www.icic.org](http://www.icic.org)
- [www.msp.gouv.qc.ca/jeunesse](http://www.msp.gouv.qc.ca/jeunesse)
- [www.ncdc.noaa.gov/](http://www.ncdc.noaa.gov/)
- [www.ns.ec.gc.ca/weather/hurricane/hurricanes\\_f.html](http://www.ns.ec.gc.ca/weather/hurricane/hurricanes_f.html)
- [www.nssl.noaa.gov/](http://www.nssl.noaa.gov/)
- [www.uwex.edu/ces/news//handbook.html](http://www.uwex.edu/ces/news//handbook.html)
- [www.prevention2000.org](http://www.prevention2000.org)

## To get prepared for emergencies with your family

Nature's sudden mood swings can strike at any moment without warning. Prevention and preparation for such events can help us to better react and to limit the damage. The following steps are required to plan for the unexpected.

- Discuss the risk of disasters that could occur in your area.
- Learn about attitudes to adopt in case of an emergency.
- Prepare your home for disasters.
- Make an action plan with your parents:
  - Plan for safety measures in case of power failures or any other emergency;
  - Write down all emergency telephone numbers and keep this list close at hand;
  - Plan on two meeting places ahead of time in case an evacuation is necessary: one, close by, outside your home and easy to get to in case of a sudden emergency like a fire; another one outside your neighbourhood in case you cannot go back home;
  - Have each member of your family know the phone number of someone who lives out of town in case you get separated;
  - Learn to recognize the sound of a smoke detector;
  - Practice the evacuation plan at home and the techniques to remain sheltered in your home in case of a hazardous materials release;
  - Learn to recognize emergency exits and smoke detectors at home, in school and in public places;
  - Never use the elevator in case of an emergency;
  - Plan other living quarters where you and your family could stay temporarily (friend, family, etc.).
- Prepare a survival kit, a first aid kit and a car emergency kit with your parents.
- Prepare food supplies to last 72 hours in case of an emergency.
- Take a Red Cross first aid course.



# After the disaster

**Even after the disaster, there is still an emergency. You must:**

- Give first aid to injured people;
- Be sure to have your emergency kit with you;
- Listen to the local radio station in case you are asked to evacuate.

## **If asked to evacuate, I am ready!**

If I am asked to evacuate, I must not insist on staying in the house, but should instead leave immediately while taking care to:

- Bring along an emergency kit and a first aid kit;
- Wear proper clothing;
- Make sure your pets are safe;
- Leave a note on the table indicating the time I left the house and my destination;
- Lock all the doors while leaving.

## **Cooperate**

- Listen carefully to the instructions given by the authorities and rescuers;
- Always follow the route which has been laid out for you;
- Go to the meeting place designated by the authorities;
- Observe what is around you and notify the authorities and people about anything that may seem abnormal or dangerous.

## **Returning home**

When you return home, you must:

- Check the condition of the house to evaluate the damage;
- Use a flashlight to inspect the site: it may be hazardous to turn on the lights;
- Check the condition of your electrical appliances;
- Get in touch with specialists for any electrical, heating or gas problems;
- Drink bottled water until the authorities confirm that the tap water is safe to drink;
- Check the food in your refrigerator and freezer, throw away any doubtful perishable food;
- Use the phone only for emergencies: the work teams may still need the telephone circuits for a while.

## **The Red Cross: anywhere, anytime.**

The Red Cross was founded in 1863 by Henry Dunant, a Swiss businessman who came to the aid of soldiers wounded at the Battle of Solferino in Italy. The emblem of the international organization, a red cross or crescent on a white background, was created to ensure protection for Red Cross workers, who maintain a neutral position on battlefields during armed conflict.

The international movement led to the creation of 178 national societies, including the Canadian Red Cross in 1896. The Canadian Red Cross is a non-profit humanitarian organization dedicated to serving Canadians and victims of conflicts and disasters worldwide. Its mission is to help people deal with situations that threaten: their survival and safety; their security and well-being; their human dignity in Canada and around the world. The Red Cross offers a broad range of international, emergency, first aid and water safety programs and services to millions of Canadians. Some of its programs are preventative, while others focus on health and emergency relief. All are offered through the volunteer participation and financial support of Canadians.

## **The Fundamental Principles of the International Federation of Red Cross and Red Crescent Societies.**

### **Humanity**

Emerging from its concern to provide first aid to the wounded on the battlefield without any discrimination, the International Federation of Red Cross and Red Crescent Societies, with its international and national facets, endeavours to prevent and reduce human suffering in all circumstances. It aims to protect the life and health of humans and to ensure their respect. It favours mutual understanding, friendship, co-operation and long-lasting peace between all nations.

### **Impartiality**

It makes no distinction for nationality, race, religion, social status or political opinion. It is devoted solely to providing first aid that will measure up to the suffering of the people and to meet, by priority, the needs of the most urgent distress.

### **Neutrality**

To acquire everyone's trust, the Federation does not take part in any of the hostilities, nor in any political, racial, religious or ideological controversy.

### **Independence**

The Federation is independent, auxiliary to the authorities in their humanitarian activities and subject to the laws which govern their respective countries. The national societies must nevertheless keep their autonomy which always allows them to act according to the principles of the Federation.

### **Voluntary service**

It is a voluntary care movement with no self-interest.

### **Unity**

There may be only one Red Cross or Red Crescent Society in a same country. It must be open to everyone and extend its humanitarian action over the entire territory.

### **Universality**

The International Federation of Red Cross and Red Crescent Societies, in which all the Societies have equal rights and the duty to help each other, is universal.

This text is adapted from fundamental principles proclaimed by the Red Cross XX International Conference in Vienna in 1965. Please note that the original text has been revised and included in the Statutes of the International Federation of Red Cross and Red Crescent Societies, adopted by the Red Cross XXV International Conference in Geneva in 1986.

In compliance with the law, use of the emblem and name of the Red Cross in Canada is reserved exclusively for the Canadian Red Cross Society and to the health care services of the armed forces (Law on the Geneva Conventions. L.R.C., 1985. chap. G-3).

Expect  
**THE UNEXPECTED**

 Canadian Red Cross

