

FIRST AID KIT



Be prepared!

**Download the
QW Emergency
Preparedness Guide**



Important Contacts

9-1-1

Call 9-1-1 in emergency situations when you need immediate help from police, fire and/or ambulance.

Dial 9-1-1 if:

- You or someone else is seriously injured or ill
- You see fire or a carbon monoxide or smoke alarm goes off
- You see a crime in progress or have just witnessed a serious crime

NON-EMERGENCY PHONE NUMBERS

POLICE SERVICES 613-392-3561

FIRE SERVICES 613-392-6557

AMBULANCE 613-771-9366

ONTARIO POISON CENTRE (24 HOURS)

1-800-268-9017

HEALTH SERVICES

Hastings Prince Edward Public Health 613-966-5500

Trenton Memorial Hospital 613-392-2540

Belleville General Hospital 613-969-7400

COMMUNITY RESOURCES

St. John Ambulance Quinte 613-962-7933

Canadian Red Cross 1-800-418-1111

Kids Help Phone 1-800-668-6868

United Way Hastings & Prince Edward 613-962-9531

2-1-1 Ontario

Dial 2-1-1 or
1-877-330-3213

CANADA'S EMERGENCY ALERT SYSTEM

AlertReady is Canada's emergency alerting system

alertready.ca

quintewest.ca/BePrepared

Make your 72-hour kit

A 72-hour kit contains supplies to support you and your family for three days during an emergency. Add the following supplies to your kit:

Food and water

- ☐ 3-5 gallons of water (4 litres per person, per day)
- ☐ Manual can opener
- ☐ Non-perishable food
(such as canned or freeze-dried items)
- ☐ Water purifying tablets



Warmth and shelter

- ☐ Emergency reflective blanket
- ☐ Hand and body warm packs
- ☐ Lightweight stove or fuel/camp stove
(to be used outdoors only)
- ☐ Poncho (a large garbage bag can make a great rain poncho)
- ☐ Tent/trailer or other shelter
- ☐ Wool blend blanket and/or sleeping bag

Tools and equipment

- ☐ Cooking utensils
- ☐ First aid kit
- ☐ Flashlight, lantern or candles and
windproof/waterproof matches
- ☐ Hand sanitizer
- ☐ Nylon rope and duct tape
- ☐ Pen/pencil and writing pad
- ☐ Pocket knife
- ☐ Radio and batteries or crank radio
- ☐ Sewing kit
- ☐ Shovel, hatchet or axe
- ☐ Water-resistant duffel bag/tote to store your items
- ☐ Whistle (to signal for help)



TIP

Store your kit in a tote in case you need to bring it with you during an evacuation.

Additional items

- ☐ Bank account and credit card information
- ☐ Cell phone charger and car adapter
- ☐ Copies of health cards, drivers licenses
and birth certificates
- ☐ Extra house and car keys
- ☐ Games and toys for children
- ☐ Passports
- ☐ Photos of family members in the event
you are separated during an emergency

