



# EMERGENCY PROGRAM NEWSLETTER



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Tseshah First Nation faces many natural & human-impacted hazards, however, there are many things individuals, families, & the community as a whole can do to reduce risk & build preparedness

## GET READY FOR WINTER STORM SEASON!

Severe weather like high winds, heavy rain, or wet snow can happen without warning & can affect your safety in different ways. Extreme weather can be hazardous, especially if you spend lots of time outdoors. Protect yourself & others by learning more about preparing for extreme weather!

- ⇒ Rain & ice can cause transportation challenges & increase slips & falls. Winter or all-season tires can help reduce risk on the road.  
Appropriate boots or footwear can help lessen slips & falls if you're out walking!
- ⇒ It's easy to get cold quickly if you are outside in wet, cold, & windy weather. Bringing extra layers & weather appropriate clothing for outdoor trips can reduce the risk of hypothermia.
- ⇒ Power outages can disrupt communication, the heat in your home, & access to food & water. Having spare flashlights, batteries, & candles will all help brighten a potentially dark night.  
Stockpiling 72 hours' worth of non-perishable items will help reduce any impact felt due to winter power outages.

## BUILD A GRAB-AND-GO BAG

Disaster can strike at anytime, forcing you & your family to evacuate your home. Having a grab-and-go bag is a great way to be prepared. Here are a couple of things to include:

- ⇒ Seasonally appropriate clothing
- ⇒ Copies of important documents & phone numbers
- ⇒ Ready-to-eat food & water

A complete list can be found at:  
[preparedbc.ca](http://preparedbc.ca)

## FIRESMART

With fire season now behind us, winter is the best time to be proactive in protecting your home & property! Here are a couple FireSmart things you can do:

- ⇒ Remove debris from gutters;
- ⇒ Make sure firewood is at least 10 metres from homes & buildings;
- ⇒ Remove debris from under decks & porches.

The full FireSmart Home Owners Assessment Application can be found online:

<https://www.firesmartapp.ca/ClientApplicationForm.aspx>

## VOLUNTEERS NEEDED!

Tseshah is looking to build our Emergency Support Services volunteer pool.

Please reach out to for more information and training details!

Emergency Program Coordinator, Kaitlin Minvielle at 778.421.8867 or [kminvielle@tsesah.com](mailto:kminvielle@tsesah.com)