

UBC Emergency Preparedness Guide

UBC Vancouver
Students in Residence

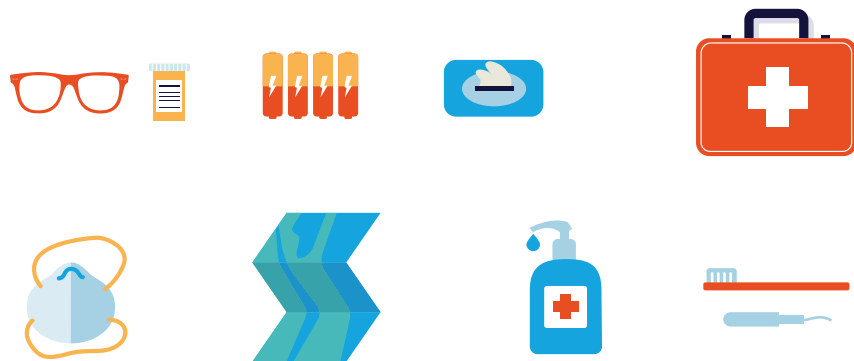


THE UNIVERSITY OF BRITISH COLUMBIA

Safety & Risk Services

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Are you prepared for an emergency?

- Step 1** Get informed: Know the hazards in your area and be familiar with plans and procedures currently in place. Download the UBC Safe App to receive important safety push notifications.
- Step 2** Make a plan for how you'll respond
- Step 3** Make a kit to support your plan
- Step 4** Take action when an emergency occurs

Emergency Contacts:

Fire, Police, Ambulance: **911**

Poison Control Centre: **604 682 5050**

Campus Security & First Aid: **604 822 2222**

Step 1: Get informed

The first step in emergency preparedness is to be informed

- Know the hazards in your area — e.g., earthquake, extreme weather, power outage and active threat, among others.
- Understand the plans and procedures that are currently in place.
- Know which emergency supports will be provided and be prepared to be self-sufficient for at least 72 hours.
- Explore the resources available to plan and/or train for emergency situations.

For more information, visit <https://ready.ubc.ca>



Get connected to UBC's emergency communication channels:

UBC Alert

UBC Alert is the university's mass notification system to send alerts in urgent situations that pose an immediate safety or security risk.

To receive a UBC Alert, add or update your mobile contact information in the UBC Student Service Centre.

Please add the UBC Alert phone numbers to your contacts so you are aware of any incoming notifications.

Voice calls: **604 670 8223**

Text messages: **723 389**



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Text messages:

723 389



UBC Safe app

UBC Safe is the official mobile safety app of UBC Vancouver (Point Grey). This multi-function app allows you to receive:

- **UBC push notifications:** Turn on your push notifications to receive immediate information and updates that are impacting the entire campus — e.g., weather advisories, class disruptions, etc.
- **Campus resources:** Access important safety and support resources in one convenient location.
- **Learn more:** <https://srs.ubc.ca/ubcsafe>

Step 2: Make a plan

Emergency situations may be distressing, which can make decision-making difficult. Thinking about your response actions and making a plan before an emergency is a key step in preparedness. Plan to be self-sufficient for at least 72 hours.



What are the things you absolutely need?

Do you wear glasses or require medication? Make sure they are accounted for in your planning.



Where are you likely to be?

Your plan should include common locations where you're most likely to be when an emergency happens. Think about how you travel to and from these locations and how that might be impacted.



Who needs to be included?

Your plan should include the people you care most about. Consider how you might get in touch or reconnect in person. It's important to include those closest to you in the planning process so they are familiar with your plan.



Personal emergency contacts

My emergency contacts

Primary contact:

Out of province contact:

After a major disaster, local phone service may be limited. Phone your out of province contact to keep in touch with your family.

My residence contacts

Residence Life Manager (RLM):

RA name:

Front desk:

You can find contact details for key people in your residence at:

<https://vancouver.housing.ubc.ca/meet-the-team> and

<https://vancouver.housing.ubc.ca/contact-us>.

List where you will reconnect with your friends or family

Emergency meeting place near residence:

Emergency meeting place away from residence:

Step 3: Make a kit

UBC recommends that you make a plan first, and then gather the items you need to execute that plan.



Backpack



First aid kit



Whistle



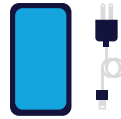
Important documents
(insurance docs, immigration
docs like passport, visa, study
permit, etc.)



Batteries



Garbage bag and
moist towelettes



Phone &
phone charger
or power bank



Multitool



Local maps



Hand sanitizer



Dust mask/
N95 masks



Medications, glasses,
hearing aids or other
personal medical equipment



Personal hygiene
products (e.g.,
menstruating products)



Blanket



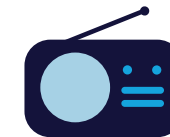
Personal emergency
plan (with important
phone numbers)



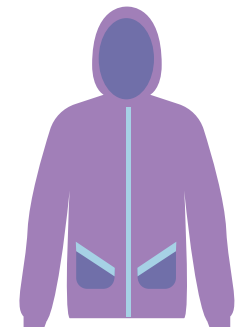
Flashlight



Comfortable shoes



Hand crank or battery
powered radio



Weather appropriate
clothing



Copy of identification
(UBC card)



Toilet paper and
toiletries



Water
(4L per person/day)



Cash



Non-perishable food
for 72hrs

Step 4: Take action!



EARTHQUAKE

DROP down on your hands and knees to protect yourself from falling.

COVER your head and neck, or whole body, if possible, under a sturdy table.

HOLD ON until the shaking stops.

ACTIVE THREAT

RUN if you see or hear an armed intruder and believe it's possible to safely exit the area.

HIDE if you don't know where the threat is coming from or evacuation is not possible. Remember to keep your devices on silent mode.

FIGHT as an absolute last resort if you can't run or hide.

Follow police instructions and keep hands visible when exiting the building.



EXTREME WEATHER

In extreme weather events, updates on campus conditions, classes or exams are available on <https://www.ubc.ca>

Extreme heat: When temperatures rise make plans for you and your loved ones to stay cool. Make sure to drink lots of water and limit outdoor activity during the heat of the day.

Other ways to stay cool:

- Visit cooling centers.
- Look for shaded areas in parks.
- Wear a hat or use an umbrella for shade.
- Look for misting stations.
- Turn off unnecessary electronics when indoors.
- Cover sun-facing windows.

If a heat warning has been issued, you can find a list of on-campus UBC Cooling Centers at <https://www.ubc.ca>

Extreme cold/snow: When temperatures drop look after yourself and your loved ones by dressing warm and traveling carefully.

- Adjust your gait to prevent slipping — shorten your stride length to keep your center of gravity supported.
- Leave extra time for travel and walk slowly.
- Minimize the amount of time you spend outside, if possible.



SUSPICIOUS OBJECT

Do not touch or disturb the object.

Call **9-1-1** and provide the location and description of the object.

Wait for instructions, do not hang up until the operator releases you.

Be prepared to evacuate.

SHELTER-IN-PLACE — During emergencies, officials may deem that it is safer to remain indoors

Seek and share shelter. Increase your distance from the hazard and enter the closest building possible if outdoors, avoid rooms with windows that cannot be sealed.

Close exterior doors and windows.

Keep calm and alert. Keep phones on and monitor updates on <https://www.ubc.ca>, listen to the radio, or follow news channels for more information.

Remain in a secure location until additional information is provided by emergency personnel.



Prepare emotionally for emergencies

It can be helpful to create a self-care plan in advance of an emergency. Anticipating, monitoring and understanding your own and your loved ones' reactions is an important preparedness action.

Ask yourself the following questions:

How do you recognize when you are stressed?

What are the personal things in your life or actions you take to feel better? These could include physical, emotional, relationships, spiritual and cultural supports.

How do you cope with stress?

What are three things you can do to decompress after a stressful experience?

Get connected

Think about:

Who in your network, friends and family, can you turn to when you experience increased stress? Be specific, and let these people know that they are part of your support network in the event of emergencies. Include out of town contacts in your list.

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| c. | <input type="text"/> | d. | <input type="text"/> |

Who do you consider to be part of your community? Who are your neighbours? Introduce yourself. Start a conversation about how an emergency might affect your local community.

Get to know services in your area

What services do you have access to in your local community to increase wellbeing and decrease stress? These could be recreational activities or formal services like counselling. Think about how you can continue or adapt these activities in an emergency.

For more information about **Counsellor in Residence** services, visit:
<https://vancouver.housing.ubc.ca/counsellor>





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