

April 17<sup>th</sup>, 2026

\*Unofficial translation\*

## **BEFORE A FLOOD**

### ADVICE AND RECOMMENDATIONS FROM THE OUTAOUAIS PUBLIC HEALTH DEPARTMENT

#### Prepare your home emergency kit

Always keep an emergency kit at home containing the necessary items to allow your family to survive for the first 3 days of a disaster.

Here are the 7 essential items to have in your emergency kit:

1. Drinking water (6 litres per person);
2. Non-perishable food (for at least 3 days);
3. Manual can opener;
4. Battery-powered radio — spare batteries;
5. Headlamp or flashlight — spare batteries or crank flashlight;
6. Lighter or matches and candles;
7. First aid kit — antiseptics, pain relievers, adhesive bandages, sterile gauze pads, scissors, etc.

#### Create your family emergency plan

In the event of a disaster or natural catastrophe, emergency crews may be slow to arrive in your neighborhood. Therefore, you are primarily responsible for your safety:

- Keep an emergency kit at home at all times containing essential items to meet your family's basic needs for 3 days;
- Make a list of contact information for people to reach in case of an emergency – family members, daycare, school, municipality, etc.;
- Create an evacuation plan for your home, agree on a meeting place, and conduct evacuation drills. If you live in a building with an elevator, use the stairs in case of an emergency and even during your evacuation drills;
- Make sure you know how to shut off the water, electricity, and gas, if necessary. It is recommended that you have the gas shut off by a technician from your provider;
- Plan a route to leave your neighborhood in case of evacuation. Plan a second route

in case roads are impassable.

To limit the risk of health impacts:

- Store items located in the basement or ground floor in a high place, or move them upstairs;
- Keep chemicals or harmful products (e.g., insecticides, used oil residue) out of the reach of children;
- Block basement sewer lines if there is no backflow preventer;
- Plug the basement drain;
- Remove or secure any bulky items on your property so they are not blown away or swept away by the water;
- If water threatens to enter your home, turn off the electricity and gas to eliminate the risk of electrocution or fire;
- Close the valves on propane tanks and cylinders, as well as the valve located at the outlet of your heating oil tank.

Know what to do in case of a flood warning

Follow your municipality's social media and listen to local news outlets for updates on the situation and the steps to take.

Information

For more information on health advice during a flood, consult the Government of Quebec website at the following address:

<https://www.quebec.ca/securite-situations-urgence/urgences-sinistres-risques-naturels/quoi-faire-avant-pendant-a-pres-urgence-sinistre/inondation>

Send feedback