



Service
Canada



FOREWORD

This document, prepared by the Centre d'action bénévole de Bedford, was made possible due to a grant from Service Canada, under the New Horizons for Seniors Program.

The object of this manual is to better equip each household with a list of pertinent and useful information to help people in the event of a disaster.

Texts provided in this manual were furnished by the following organizations:

Québec's Ministry of Civil Protection, Canadian Red Cross, City of Rosemere, Public Safety Canada (formerly Public Safety and Emergency Preparedness Canada), 2006: *Your Guide to Emergency Preparedness*, 16 pages, reproduced with permission from the Ministry of Public Works and Government Services, in 2006.

It is our wish that the information contained in this document will help you put into practice the various suggestions so that you and your family can live in safety.



Town of Bedford



Municipality of
St-Armand



Municipality of
Stanbridge East



Town of Farnham



Municipality
of Ste-Sabine