

## **EP 101 Workshops to be Offered During Parksville Emergency Preparedness Week - May 1-7**

Parksville, BC – Emergency Preparedness Week (EP Week) is an annual event held across Canada during the first week of May. Emergency Preparedness Week serves as a call to action and emphasizes the importance of taking steps to improve preparedness levels. EP week from May 1 to May 7 will be recognized in Oceanside with a regional approach to a number of activities that include emergency operations and communications demonstrations.

The City of Parksville's EP Week goal is to raise awareness to the importance of taking steps to improve preparedness levels. Emergency preparedness is a shared responsibility and learning what to do before, during and after an emergency situation is important. Three simple steps can help us prepare for all types of emergencies - having an emergency kit; making an emergency plan; and identifying risks where we live. Residents must ensure that they can take care of themselves for at least the first 72 hours of an emergency when first responders are helping those in urgent need.

### **EP 101 Workshop**

On May 4, the City will host Emergency Preparedness 101, free personal preparedness workshops. A day session will be held from 2 to 4 pm and an evening workshop will be held 6 to 8 pm. Workshops will be held in the Forum, 100 Jensen Avenue East. The workshops are free however participants must register. Contact [communications@parksville.ca](mailto:communications@parksville.ca) or 250 954-3073 to register.

If you are unprepared for an emergency situation, it can significantly impact your life. Emergencies and disasters can happen with little or no warning. Being prepared could save your life or the lives of others and significantly improve your quality of living in the aftermath. This session will teach you how to prepare before, during, and after an emergency, what to include in an emergency kit, why a family emergency plan is important and what can be expected after a disaster.

If you are unable to attend and would like further information, visit [www.parksville.ca](http://www.parksville.ca) (quicklink - *Emergency Preparedness*) for information and links to provincial and federal emergency preparedness websites ([www.getprepared.ca](http://www.getprepared.ca)).

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### **For more information:**

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