



Emergencies: Unfamiliar and Unplanned Events

Any emergency is an event, or series of events that can cause harm to yourself or others. Emergencies are unfamiliar or unexpected situations that are out of the ordinary routine. They can be caused by

- ✓ Allergies
- ✓ Blasts
- ✓ Earthquakes, volcanoes, landslides and mudslides
- ✓ Injuries (due to accidents, sports, falls, fires, chemicals, violence or abuse)
- ✓ Medical conditions (such as allergies, heart failure, stroke, etc)
- ✓ Motor accidents
- ✓ Outbreaks such as salmonella, E Coli, avian flu, etc.
- ✓ Power outages
- ✓ Terrorism
- ✓ Weather conditions such as hurricanes, tornadoes, floods, hail storms, and extremes in temperature (heat and cold)
- ✓ Others

An emergency is traumatic. It is often characterized by feeling helpless, out of control, frightened, horrified, threatened or all of these. To prevent or at least reduce this type of emotional trauma, plan ahead!

Think through the steps that you might take to control an emergency situation that could be harmful to you or your family.