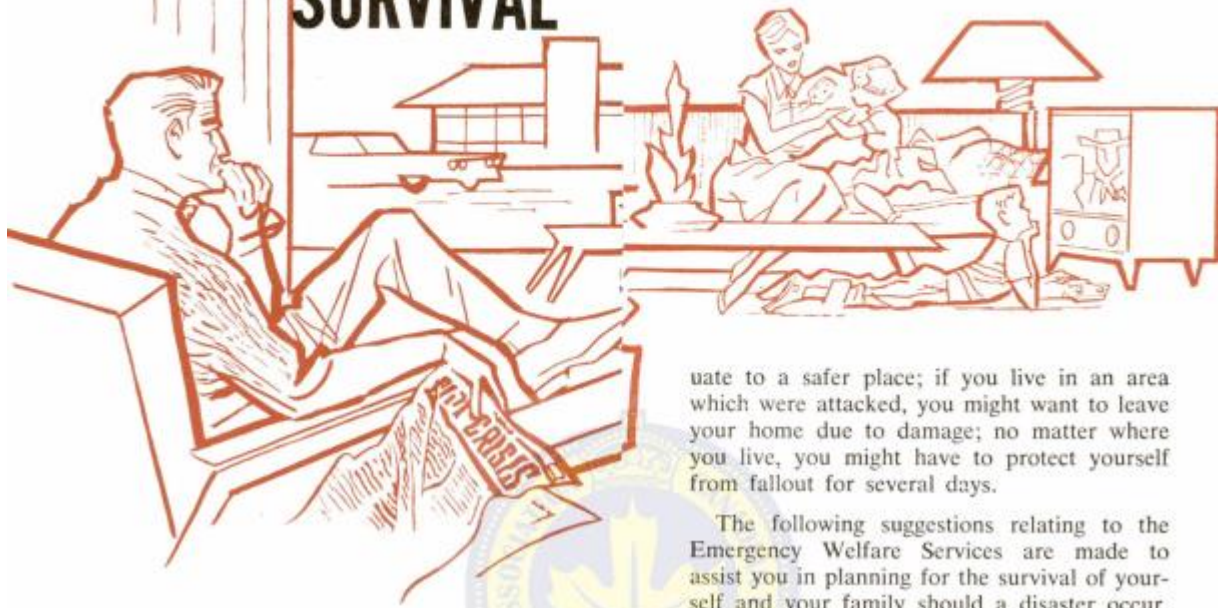


WELFARE TIPS FOR  
**SURVIVAL**

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# WELFARE TIPS FOR SURVIVAL



Since the dawn of history, human survival has been dependent upon preparedness. Individuals, families and communities have discovered that the effects of a disaster were decreased when preparations were made in advance.

Today, with the ever-present threat of nuclear attack, communities, families and individuals must be prepared to survive. If Canada were attacked, Emergency Welfare Services would be in operation to meet the basic needs of people who were incapable of providing for themselves. Initially, however, your survival and that of your family will depend upon how well *you* make *your* preparations now. You should plan for your survival whether you live in a probable target area or elsewhere in Canada (considered to be the reception areas). If there were an attack and if you live in a probable target area, you might want to evac-

uate to a safer place; if you live in an area which were attacked, you might want to leave your home due to damage; no matter where you live, you might have to protect yourself from fallout for several days.

The following suggestions relating to the Emergency Welfare Services are made to assist you in planning for the survival of yourself and your family should a disaster occur.

## CLOTHING FOR SURVIVAL

If Canada is attacked and you evacuate from a probable target area, or if you are forced to leave your home due to damage, it may be hours before you reach your destination and warm accommodation. You may have to sleep in your car or spend some time in the open. In addition, supplies of new clothing in Canada are small and primarily are held in the probable target areas. Therefore, following a nuclear war, all clothing — particularly winter clothing — would become "worth its weight in gold".

You now should plan what clothing you would have to take with you and how to

gather it together quickly. Your emergency clothing objectives — especially if you live in a probable target area — should be :

1. Have in constant readiness, *warm serviceable clothing* that will protect you from both cold and dampness, so that your chances of survival would be increased.

The secret of protection from extreme cold lies in wearing clothing which prevents the loss of body heat. The use of multiple layers of wool — especially light weight pure wool — gives the best protection.

2. Have warm, strong, waterproof *footwear* that will withstand hard wear, in case you have to walk through snow or slush for some distance. Past disaster experience has shown that inadequate footwear makes the feet the first danger point.

3. Have at least *one blanket per person* to take with you. If not needed on the way, you will need a blanket when you reach your destination.

Roll the blanket in a plastic sheet to keep it dry; then tie at both ends with light rope, leaving a loop large enough to fit over the shoulders so that it can be carried like a packsack.

4. *Save* as much of your present warm clothing as you can. If you have friends or relatives in the country, arrange to leave your surplus clothing there or send it there if and when world conditions indicate this to be advisable.



## EMERGENCY FEEDING

If this country were attacked, there probably would be a food shortage due to the destruction of food processing plants and warehouses, and the disruption of normal methods of food distribution. In addition, farm animals and crops could become seriously contaminated by radioactive fallout.

In order that you will survive during this period :

1. You should have an *Emergency Food Pack* — preferably for fourteen days, but at least for a minimum of seven days. This pack should be ready for use on short notice. It will be needed in probable target areas in case movement to safer areas becomes necessary; it will be essen-



tial in shelters; and in other areas it will supplement existing food stocks until a controlled food distribution system is established. Suggested types and quantities of food, as well as other essential and desirable items, are outlined in the Emergency Welfare Services' Pamphlet — "Your Emergency Pack". Requirements include water on the basis of two gallons per person per week, as well as a variety of



## EMERGENCY LODGING

There may be an extensive evacuation of people both before and after any national emergency in Canada: voluntary evacuation from the probable target areas before an attack, and movement of survivors from damaged and fallout areas after an attack. All such evacuees would need accommodation in reception areas. Therefore, everyone might be affected in some way, and thus should know what to do.

foods in cans, glass jars and sealed packages — preferably those which require no preparation or cooking. Eating utensils and a can opener must also be included.

2. If you live in a probable target area, without private transportation, you should have two quarts of liquid and as much food as you can carry.

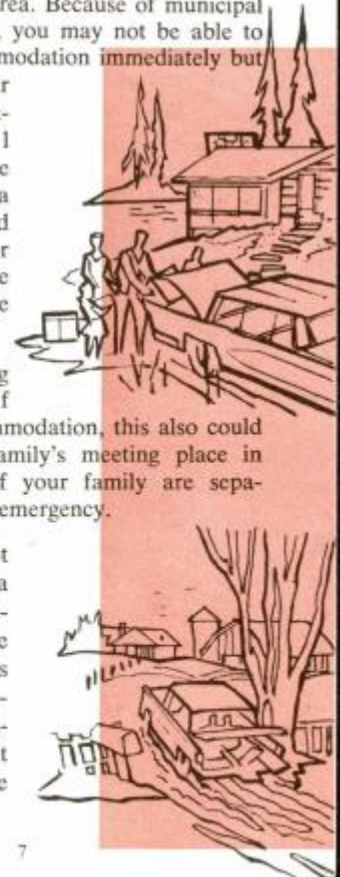


3. If you normally are away from home during the day, you should also have a three-day *Survival Kit* at your place of work, in case you have to proceed directly to safety and therefore cannot get your Emergency Food Pack from home. Your Survival Kit should contain one pound of candy (any kind except chocolate), a 20 ounce can of juice and a can opener.

1. If you live in a probable target area, you should make arrangements for emergency accommodation — at least thirty miles from the target area. Because of municipal evacuation plans, you may not be able to reach this accommodation immediately but it will be your ultimate destination. The ideal place would be the home of a relative or friend in the country, or a summer cottage which could be winterized.

As well as being your place of emergency accommodation, this also could serve as your family's meeting place in case members of your family are separated during an emergency.

If you do not have such a ready-made meeting place, decide upon one that fits in with your community's evacuation plan and exit routes from the target area.





2. If you live in a reception community, you should be prepared to share your home with relatives, friends or strangers during the disaster period and possibly for some time beyond.
3. Whether you live in a target area or in a reception community, you should know how to protect yourself and your family against fallout. Plans and instructions for the construction of home fallout shelters are available from your local or provincial co-ordinator for civil defence or emergency measures.

## REGISTRATION AND INQUIRY

Modern warfare would result in many families becoming separated with children being lost and many people being injured. This would be particularly true if an attack occurred during daytime hours when most family members are at school or work rather than at home.

Some of the things that you can do which will help your family members to be reunited, in case they ever are separated by disaster, are:



1. Make certain that every family member knows the location of your pre-planned meeting place.
2. Ensure the identification of all members of your family, as the very young, the shocked and the injured will not be able to identify themselves. Every person should wear or carry some means of identification, such as :

— clothing labels with name and address

— a wallet card giving name and address, and family meeting place

— a metal identification tag containing a b o v e information

— a photo, on the back of which a n y identifying body marks are n o t e d. Duplicate p h o t o s should be sent to the f a m i l y meeting place.



If you are separated from one or all of your family members during a disaster, upon arrival in a reception community you would be directed to a Welfare Centre where you should :

1. Make out a Registration Card so that your whereabouts and safety are known.



2. Make out an Inquiry Card for the members of your family from whom you have been separated.



The information on these cards will enable you to be told as soon as possible, of the whereabouts and welfare of your loved ones, and to be reunited with them.



## PERSONAL SERVICES

Any disaster creates many problems that cannot be, or have not been planned for in advance by the individuals concerned. Many of those affected by the disaster will have personal problems and innumerable questions that must be handled. Individual care and attention will be required by such persons or families due to the essential differences in people's needs and problems that have been created or aggravated by the war emergency.

Thus this Service is responsible for providing disaster victims with the individualized services they require :

1. Evacuees will be received at all Welfare Centres and reception points. They will be directed to the emergency welfare or first aid services they require; urgent questions will be answered.
2. Accommodation and special care will be provided for unattached children and dependent adults who have been separated from their families or friends. Action will be taken to reunite them with their families.
3. Persons who have been residents of welfare institutions (aged, orphans, handicapped) which have been evacuated, will be given needed care.
4. Counselling services will be available for persons with personal and emotional problems.
5. After the emergency period, people will be assisted with their re-establishment plans by means of counselling, financial aid and / or goods in kind.



# YOUR LIFE IS YOUR RESPONSIBILITY

If you want your family to have enough liquid, food, clothing and other items needed for survival, and to be reunited quickly if separated in an emergency.



## PLAN NOW - ACT NOW

**ONLY YOU** can make the following

### PREPARATIONS:

- Preferably 14 but at least 7 days' supply of liquid and food
- Warm, waterproof clothing and footwear
- Blanket
- Essential medicines (e.g. insulin)
- Arrangements for emergency accommodation
- Family meeting place
- Means of identification
- Knowledge about protection from fallout
- First aid kit
- Know your municipal survival plan

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