

Be Prepared for Disaster

Are you up for a challenge?

Take the #PrepareYourSelfie challenge today!

The #PrepareYourSelfie challenge is about creating awareness and being better prepared for disaster events.

#PrepareYourSelfie is intended to encourage Albertans to take simple steps to increase their personal preparedness:

- Step 1: Know the risks
- Step 2: Make an emergency plan
- Step 3: Build an emergency preparedness kit
- Step 4: Challenge your friends and family

How can you #PrepareYourSelfie?

- Visit our website to find out what belongs in your emergency preparedness kit.
- As you build your kit, select a few items and snap a selfie.
- Post your selfie to social media using the hashtag #PrepareYourSelfie.
- Challenge your friends, family and social media followers to join the conversation.

Emergency Preparedness Starts With You!

We'll be out and about with #PrepareYourSelfie photo frames at the 2017 AEMA Stakeholder Summit and at 2018 Emergency Preparedness Week events.

Photo frames are not a requirement to participate in the challenge but are useful for promoting the message in your community.

If you would like to build your own #PrepareYourSelfie photo frame refer to our website for details: www.aema.alberta.ca

Have questions? Reach out to the Alberta Emergency Management Agency by sending an email to aema.stakeholders@gov.ab.ca.

Join the campaign and let's start building resilience together.