

Be Prepared

#PrepareYourSelfie

Are you up for a challenge?

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

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

1. Know the risks
2. Make an emergency plan
3. Build an emergency preparedness kit
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 2018 AEMA Stakeholder Summit and at 2019 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.

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

Have questions?

To build your own frame visit our website: www.aema.alberta.ca.

If you have questions email us at aema.stakeholders@gov.ab.ca.

Learn more about #PrepareYourSelfie, www.aema.alberta.ca/prepareyourselfie