

Emergency Preparedness Week, May 1 to 7, 2016, is a Canada-wide initiative to increase awareness of individual and family preparedness. The municipality is committed in promoting the importance of emergency preparedness for all ages. During Emergency Preparedness Week we recommend all households to practice their emergency plan and participate in Emergency Management Ontario challenges and activities.

DO YOU KNOW WHAT TO DO IF THE POWER GOES OUT AND YOU ARE STUCK AT HOME FOR DAYS?

Be prepared to take care of yourself and your family for **at least 72 hours**. Know the risks in your community to help you better prepare.

Develop a **FAMILY EMERGENCY PLAN** and discuss emergency situations ahead of time to reduce fear and anxiety. Be mindful of the special needs and considerations of individuals in your own household by evaluating your unique needs so you can be better prepared for any situation. Review your plan each year and practice going to your meeting places. Identify two meeting places in case you need to leave your home or cannot return home; right outside your home and outside of your neighbourhood. Know the exact location of both meeting places. Ask an out-of town relative or friend to be your family contact. Your contact should live outside of your area and everyone in your family should know that contact's name, address and telephone number. In an emergency, family members should call the contact and tell him or her where they are. To develop your own Emergency Preparedness Action Plan visit the township website www.carlowmayo.ca and the www.ontario.ca/beprepared for helpful information. Emergency preparedness information is also available at the municipal office.

EMERGENCY SURVIVAL KIT ITEMS:

Essentials

- Food (non-perishable and easy-to-prepare items, enough for 3 days) and can opener
- Water (4 litres per person for each day)
- Medications(s)
- Flashlight (w/batteries) or crank flashlight
- Radio (w/batteries) or crank radio
- Extra batteries
- First-aid kit
- Hand sanitizer or moist towelettes
- Important papers (identification, contact lists, copies or prescriptions, etc.)
- Extra car keys and cash
- Whistle (to attract attention if needed)

Special Considerations

- Medical supplies and equipment (cane, walker, hearing aid and batteries, breathing device, etc.)
- Prescription eyewear and footwear
- Dentures and supplies
- Pet food and supplies

Extra Supplies for Evacuation

- Clothes, shoes
- Personal items (soap, toothpaste, other toiletries)
- Sleeping bag or blanket
- Playing cards or travel game

Other Tips/Information

- Place all these items in an easy-to-carry bag or case on wheels
- Keep your emergency survival kit in a place that is easy to reach
- Keep your cell phone or mobile device fully charged
- [Ontario.ca/be prepared](http://Ontario.ca/be-prepared)

It is important to customize your kit to meet the needs of your family. If you or someone in your household has a disability or special need, check out the Emergency Preparedness Guide for People with Disabilities/Special Needs at www.ontario.ca/beprepared for helpful information.

Be Informed

Learn about emergencies as soon as possible. You can subscribe to red alerts at www.emergencymanagementontario.ca and for helpful information.

Visit www.ec.gc.ca and www.getprepared.gc.ca for more information on safety during severe weather
For current warnings, watches and special weather statements issued by Environment Canada visit www.weatheroffice.gc.ca/warnings and www.theweathernetwork.com

PETS AND EMERGENCIES

Pets are members of the family. Make sure to include your pets when developing your family emergency plan. Making arrangements before an emergency will increase your pet's chances for survival and ability to cope. Assemble a pet emergency survival kit and be ready to take your pet and their kit with you in the event you have to evacuate. Emergency kit supplies vary for different kinds of animals. Please contact your veterinarian or visit www.ontariospca.ca or www.ontario.ca/beprepared for helpful information.

PET EMERGENCY SURVIVAL KIT (recommended items for dogs and cats)

1. Food, water, bowls, manual can opener and spoon
2. Up-to-date ID tag
3. Current photo of you and your pet
4. Emergency contact list of pet friendly hotels/motels outside your area, friends, relatives and your veterinarian
5. Copies of medical records/vaccinations
6. Information on feeding schedule, medical and/or behavioural problems
7. Medications and first aid kit
8. Familiar bedding, small toy and brush
9. Leash, collar or harness and muzzle (dogs)
10. Litter/pan and scooper (cats) or poop n- scoop bags (dogs)
11. Carrier large enough to transport and house your pet

Evacuation & Shelter-in-Place

An evacuation may be ordered when there is a significant threat to a specific area. Other times, it may be safer to remain inside (shelter-in-place). These orders are typically broadcast through the local media.

Evacuation – Evacuate only when ordered by emergency officials and if safety permits, take your pets and take your family emergency survival kit and head to your family meeting place or to an evacuation centre.

Shelter-in-Place – Close and lock all windows and exterior doors and turn off all fans, heating and air-conditioning systems to avoid drawing air in from the outside.

The two evacuation centres are the **Carlow Community Centre**, located at 1702 Fort Stewart Road in Fort Stewart and the **Mayo Community Centre**, located at 66 Mayo Lake Road in McArthurs Mills, and will be available in the event that a state of an emergency is declared. If an emergency is declared notification and/or updates will be provided through the local radio station, Moose FM 97.7

If you would require extra assistance during an emergency please contact the municipal office in order for the appropriate steps to be in place should an emergency situation occur.

HAZARDS

Flood

1. Stay away from moving water
2. Turn off utilities at the main switches or valves (if instructed to do so)
3. Move to higher ground if there is a possibility of a flash flood

Tornado

1. Go to a basement or take shelter in a small interior ground floor such as a bathroom (if possible sit in the bathtub and place a mattress over top of you), closet, hallway or stairwell. Stay away from windows, outside walls and doors
2. Get under a sturdy table and use your arms to protect your head and neck
3. If you are outside, go to the nearest sturdy building or shelter, or lay flat in a ditch and cover your head with your hands
4. In all cases get as close to the ground as possible, protect your head and watch for flying debris. Do not chase tornadoes they are unpredictable and can change course abruptly. A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you. Wait for 30 minutes after the storm before returning to an open area

Winter Storm

1. Stay indoors and keep your pets inside
2. Run a trickle of water to prevent pipes from freezing
3. If you are outside, dress appropriately for the weather and check for frostbite regularly

Power Outage

1. Use a battery powered or crank radio to listen for updates
2. Use glow sticks or flashlights to see
3. Keep your refrigerator and freezer doors closed as much as possible
4. If you are outdoors, never go near or touch a fallen power line

Combination Smoke and Carbon Monoxide Alarms are available at the municipal office for cost amount. If you require this newsletter in a larger print format please contact the municipal office.