

# Emergency preparedness starts with you



Emergencies can strike anywhere, at any time. That's why everyone in Ontario is encouraged to be prepared – by having an emergency plan, assembling a survival kit and by staying informed. In efforts to bring awareness to the importance of personal preparedness participate in the #PrepareYourSelfie Challenge during **Emergency Preparedness Week May 7 to 13, 2017**. Join the conversation take a “selfie” to show how you are prepared for an emergency. Share it on social media using #PrepareYourSelfie to encourage your family and friends to do so too!

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](http://www.carlowmayo.ca) and the [www.ontario.ca/beprepared](http://www.ontario.ca/beprepared) for helpful information.

In the event of an emergency everyone should be prepared to take care of themselves and their families for **up to three days**. Know the risks in your community to help you better prepare. In this area the risks include tornadoes, power outages, forest fires, ice/sleet storms, snowstorms, severe windstorms, lightning strikes/storms, critical infrastructure, hazardous-transportation incident, human health, drought/low water.

## EMERGENCY SURVIVAL KIT ESSENTIAL ITEMS:

- 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)

It is important to customize your kit to meet the needs of your family. Visit [www.ontario.ca/beprepared](http://www.ontario.ca/beprepared) for helpful information. **Be Prepared! Not Scared!**

## BE INFORMED

Learn about emergencies as soon as possible. Ontario's Emergency Public Warning System is a tool that provides timely and accurate information to Ontario residents, businesses and visitors during an emergency. The system allows Ontarians to receive three types of warnings – Red Alerts, Emergency Information Advisories and Tornado Warnings. Please visit [www.ontario.ca/emo](http://www.ontario.ca/emo) to subscribe and for helpful information. Receive latest storm information and current warnings, watches and special weather statements issued by Environment Canada visit [www.weatheroffice.gc.ca/warnings](http://www.weatheroffice.gc.ca/warnings) and [www.theweathernetwork.com](http://www.theweathernetwork.com) and through local media and television.

## SAFETY TIPS

### 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

### 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

### Severe 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 and avoid overexertion when shoveling snow, take frequent breaks so as not to over-stress your body

### Windstorm and Severe Rainfall

1. If you are inside and time permits, draw blinds and shades over the windows in your home to help minimize the damage if the glass shatters. Move away from windows
2. If the winds become extremely high, go to the basement and if there is no basement go to the centre of an interior room on the lowest level away from windows and doors. Put as many walls as possible between you and outside
3. If you are outside get inside a solid built structure immediately and if winds become extremely high and you cannot move inside a building, lie flat in a ditch or depression and cover your head with your hands
4. If there is lightning and you are caught in the open, do not lie flat on the ground, sit in a frog position and lower your head
5. Watch out for flying debris. Be careful of fallen power lines. Do not touch the power lines, always assume they are live
6. If you are driving, pull over to the side of the road away from trees. Avoid driving through flooded roads the water may be deeper than it looks and you could get stuck. Also avoid crossing bridges if the water is high and flowing quickly

### FIRE SAFETY PREVENTION

### GET OUT & STAY OUT – PLAN YOUR ESCAPE

**Develop a home fire escape plan today. It could save your life tonight!** If a fire occurred in your home tonight, would your family get out safely?

- Test your **SMOKE ALARMS monthly** by pushing the test button and **change the batteries at least once a year. Smoke alarms to be installed on every storey and outside all sleeping areas of your home. It's the law!** For best protection, install smoke alarms in every bedroom. Only **working smoke alarms** give you the early warning you need to safely escape a fire.
- Sit down with everyone in your home and discuss how each person will get out in a fire. **PRACTICE YOUR ESCAPE PLAN** with everyone in your home to make sure everyone can get out quickly.
- **KNOW TWO WAYS OUT OF EACH ROOM**, if possible. Make sure all doors and windows leading outside open easily.
- **HELP THOSE WHO NEED IT!** Determine who will be responsible for helping young children, older adults, people with disabilities or anyone else who may need assistance. Get low and go under the smoke to the nearest safe exit.
- **HAVE A MEETING PLACE OUTSIDE**, a safe distance from your home. In case of fire, everyone should go directly to this meeting place to be accounted for.
- **CLOSE DOORS** behind you as you leave.
- **GET OUT, STAY OUT.** When the smoke alarms sound, get out immediately and call 9-1-1 from outside using a cell phone or from a neighbour's home. **Never re-enter a burning building.**

### CARBON MONOXIDE (CO) ALARMS SAVE LIVES

- Only **working CO alarms** give you the warning of the presence of CO you need to keep your family safe. Carbon Monoxide is an invisible, tasteless and odourless gas that can be deadly. Exposure to CO can cause flu-like symptoms such as headaches, nausea and dizziness, as well as confusion, drowsiness, loss of consciousness and death. If your CO alarm sounds and you or other occupants suffer from symptoms of CO poisoning, get everyone out of the home immediately. Call 9-1-1 from outside the building.
- Ensure all fuel-burning appliances and vents are inspected annually.
- **Install CO alarms outside all sleeping areas if your home has a fuel-burning appliance, fireplace or attached garage.** CO is produced when fuels such as propane, gasoline, natural gas, heating oil or wood do not burn completely in devices such as furnaces, fireplaces, hot water heaters, stoves, barbecues, portable heaters and generators or vehicles. For best protection, install CO alarms on every storey of the home.
- Test **CO alarms monthly** and **replace alarms/batteries according to manufacturers' recommendations.**

**If you require this newsletter in a larger print format please contact the municipal office.**