



Emergency Preparedness Week (EP Week) is a federal-provincial-territorial initiative to promote emergency preparedness across Canada. 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 challenges and activities during **Emergency Preparedness Week May 3 to 9, 2020**. **Alert Ready in Ontario** is part of a national service designed to delivery critical and potentially life-saving emergency alert message to Canadians. Check your phone's compatibility. If your phone is not compatible you can subscribe to receive emergency alerts by email, SMS texts and social media. Visit [www.ontario.ca/beprepared](http://www.ontario.ca/beprepared) for helpful information.

Develop a **FAMILY EMERGENCY PLAN** and discuss emergency situations ahead of time to reduce fear and anxiety. In an emergency, your family may not be together, or you may be asked to evacuate your home. Thinking about what you would do in different situations and preparing a plan with every member of your family is the first step to being prepared. 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 [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, flooding.

#### **EMERGENCY SURVIVAL KIT ESSENTIAL ITEMS:**

- Food (non-perishable and easy-to-prepare items, enough for 3 days) and can opener
- Bottled water (4 litres/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)
- Candles and matches/lighter
- Clothing and footwear and other personal items
- Blankets or sleeping bags

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!**

## STAY INFORMED

There are two ways that you can be informed about emergencies: sign up for Ontario's Emergency Alerts and learn more about the hazards you can face and how you can be prepared for them. Different hazards require a different approach for being prepared and knowing how to protect yourself and your family. During an emergency, you should stay tuned to local news channels. Be sure to have a portable, battery-operated or crank radio in your survival kit in case of power outages. 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

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