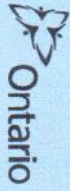




www.ontario.ca/beprepared

Emergency Preparedness Pocket Guide



Ontario

By taking a few simple steps, you can be better prepared.
To learn more about emergency preparedness visit www.ontario.ca/beprepared.



Did you know...

- › Ontario has an average of 11 tornadoes each year
- › Bitter cold and winter storms kill more people than the number of Canadians killed by tornadoes, thunderstorms, lightning, floods and hurricanes combined
- › Almost every major community has at least one hazardous facility located within its boundary

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.

Family Emergency Plan

Develop a family emergency plan and discuss emergency situations ahead of time to reduce fear and anxiety. Review your plan each year and practice going to your meeting places.

Meeting Places

- › Identify two meeting places in case you need to leave your home or cannot return home

- Right outside your home
- Outside of your neighbourhood

- › Know the exact location of both meeting places

To develop your own Emergency Preparedness Action Plan visit www.ontario.ca/beprepared.

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 media.

Evacuation

- › Evacuate only when ordered by emergency officials and if safety permits, take your pets
- › Take your family emergency survival kit and head to your family meeting place or to a reception centre

Shelter-in-Place

- › Close and lock all windows and exterior doors
- › Turn off all fans, heating and air-conditioning systems to avoid drawing air in from the outside

Family Emergency Plan

- › 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 the contact's name, address and phone number

- › In an emergency, family members should call the contact and tell him or her where they are

Family Contact

Name

Address

Telephone



Family Emergency Survival Kit

An emergency survival kit contains all the basic items you and your family need to remain comfortable for at least 72 hours. Keep your kit in an easy to carry bag and check the contents twice each year to ensure the freshness of your food and water.

- ☐ Non-perishable food
- ☐ Manual can opener
- ☐ Bottled water (4L per person, per day)
- ☐ Flashlight (w/batteries) or crank flashlight
- ☐ Radio (w/batteries) or crank radio
- ☐ Candles and matches/lighter
- ☐ First-aid kit
- ☐ Whistle
- ☐ Clothing and footwear
- ☐ Blankets or sleeping bags
- ☐ Toilet paper and other personal items
- ☐ Extra keys and cash
- ☐ Important papers (identification, insurance)
- ☐ Playing cards

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 additional information on what to include in your emergency survival kit and family plan.

Pet Emergency Survival Kit

If you have pets at home, include them in your family emergency plan. Build a pet emergency survival kit and keep it with your family kit. The contents of the kit will vary for different kinds of animals.

- ☐ Food and water
- ☐ Bowls, manual can opener, spoon and plastic bags
- ☐ Up-to-date ID tag (microchipping is also recommended)
- ☐ Current photo of your pet with you in case you get separated
- ☐ Emergency contact list of pet friendly hotels/motels outside your area, friends, relatives and your veterinarian
- ☐ Copies of medical records, including proof of vaccinations
- ☐ Information on feeding schedule, medical or behavioural problems
- ☐ Medications and first aid kit
- ☐ Familiar bedding materials, small toy and brush
- ☐ Leash, collar or harness, muzzle (dogs)
- ☐ Litter/pan and scoop (cats), poop n' scoop bags (dogs)
- ☐ Carrier large enough to transport and house your pet

If safety permits, pets should not be left behind in an evacuation. Make arrangements to take your pet to an animal-friendly place as you may not be able to take your pet with you to an evacuation shelter.

For more information on pets & emergencies, please visit www.ontario.ca/beprepared or <http://ontariospca.ca>.

Hazards

Learn about the hazards most common to your area and know what to do for each hazard. These actions may save your life.

Flood

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

Tornado

- › Go to a basement, safe room or the centre of an interior room
- › Get under a sturdy table and use your arms to protect your head and neck
- › 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

Winter Storm

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

Power Outage

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