

Get Emergency Fit!

Could your family survive
for 3 days without leaving your home
or without hydro?

**If you had minutes to prepare to evacuate, could
you do it and still have the necessities?**

What about your pet?

**What about your dependent parents or
neighbours?**

Could they manage?

**These are questions every Ontarian needs to
address while not under the stress of a community
emergency.**

Please keep this booklet and use it to help your family
get prepared.

VISIT www.perthcounty.ca FOR A COPY OF THE
COUNTY OF PERTH AND MEMBER MUNICIPALITIES EMERGENCY PLAN

Prepare an Emergency Survival Kit

Aim to have an emergency survival kit that will keep you and your family self-sufficient in your home for at least three days. There are six basics you should stock in your home: **water, food, first aid supplies, tools and supplies, clothing and bedding, and personal items.** Keep the items that you would most likely need during an evacuation in a waterproof easy-to-carry container. Make sure everyone knows where to find the family emergency survival kit.



Water

Preparing an emergency water supply:

- ✓ Store at least a three-day supply of water for each member of your family.
- ✓ A normally active person needs to drink at least two litres of water each day, so store at least four litres per person per day to provide additional water for washing, etc.
- ✓ Children, nursing mothers and people who are ill will require more water.
- ✓ Never ration water. Drink the amount you need and try to find more for tomorrow.
- ✓ Minimize the amount of water your body needs by reducing activity.
- ✓ Store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers.
- ✓ Never use a container that has held toxic substances.
- ✓ Change your stored water supply every six to twelve months to ensure it stays fresh.

Purifying a water supply during an emergency:

- ✓ Heating water to a rolling boil for one minute is an effective method of disinfecting water.
- ✓ Boiled water will taste better if you put oxygen back into it by pouring it back and forth between two clean containers.
- ✓ Chlorination uses liquid chlorine bleach to kill micro-organisms. Add 0.018 ml (2 drops) of fragrance-free household bleach to 4 ½ litres (1 gallon) of water. Mix well and allow to stand at least one hour before drinking.
- ✓ Purification tablets release chlorine or iodine. They are inexpensive and available at most sporting good stores and some drugstores. Follow the package directions.

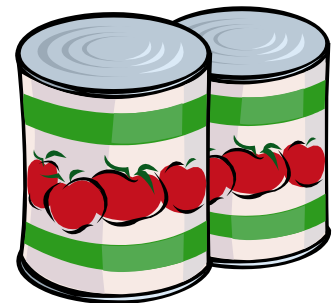
Food

Preparing and emergency food supply:

- ✓ Store at least a three-day supply of non-perishable food.
- ✓ Select foods that require no refrigeration, preparation or cooking, and little or no water.
- ✓ If you must heat food, pack a can of sterno (available at camping supply outlets) or other heat source.
- ✓ Select food items that are compact and lightweight, such as:
 - Ready-to-eat canned meats, fruits and vegetables.
 - Canned juices, milk, soup (if powdered, store extra water).
 - Staples such as: sugar, salt, pepper, spices.
 - High-energy foods (peanut butter, jelly, crackers, granola bars, trail mix).
 - Foods for infants, elderly person or persons on special diets.
 - Comfort/stress foods – cookies, hard candy, sweetened cereals, instant coffee, tea bags, hot chocolate.
- ✓ Individuals with special diets and allergies will need particular attention, as will babies, toddlers, nursing mothers and the elderly.
- ✓ Make sure you have a manual can opener and disposable utensils.
- ✓ Don't forget non-perishable food for your pets.

Some general guidelines for rotating emergency foods:

- ✓ Don't store longer than six months:
 - Powdered milk (boxed)
 - Dried fruit (in sealed container)
 - Dry crisp crackers (in sealed container)
 - Potatoes
- ✓ Don't store longer than one year:
 - Canned meat and condensed vegetable soups
 - Canned fruits, fruit juices and vegetables
 - Ready-to-eat cereals and uncooked instant cereals (in containers)
 - Peanut butter and jams (if seal unbroken)
 - Hard candy, chocolate bars and canned nuts



Storing and using food properly during an emergency situation

If there is a power failure:

- Meat, dairy and frozen foods can be hazardous if not stored properly. (Store these foods at 4°C or less, or 60°C or higher)
- Use perishable food and foods from the refrigerator first.
- To minimize the number of times you open the freezer door, post a list of freezer contents on it.
- A full freezer will keep food frozen for about two days. A half-full freezer will keep food frozen for one day. Cover with blankets for extra insulation.

- The refrigerator will keep food cool for four to six hours, depending on the kitchen temperature.
- Keep the door shut as much as possible.
- Finally, begin to use non-perishable foods.

How to cook if the power goes out

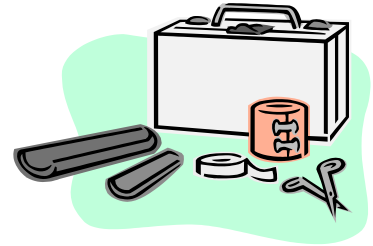
For emergency cooking, you can use a barbeque, a charcoal grill or camp stove, **outdoors only**. You can also heat food indoors using candle warmers, chafing dishes and fondue pots.

**A good rule when dealing with food is:
WHEN IN DOUBT THROW IT OUT**

First Aid Supplies

Purchase a complete first aid kit and first aid manual. Add personal care items such as toothpaste and soap, and a supply of non-prescription drugs such as:

- Pain relievers (e.g. acetaminophen)
- Anti-diarrhea medication
- Sunscreen (SPF 15 or higher)
- Antacid
- Laxative
- EpiPen for allergic reactions



***If you must leave your home in an emergency, be sure to take prescription drugs with you.**

Tools and Supplies

The following are examples of the type of items you should consider:

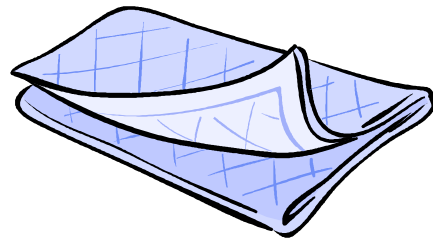
- Paper cups, plates and plastic utensils, storage containers
- Battery-operated radio, flashlight and extra batteries
- Lantern and fuel, candles, matches (in waterproof container)
- Fire extinguisher (small canister, ABC type)
- Duct tape
- Pliers, hammer, nails, crowbar, shut-off wrench for household gas and water
- Compass, signal flare, whistle
- Paper, pencils, needles, thread
- Plastic sheeting
- Map of your community (for locating shelters)
- Toilet paper, towelettes

- Soap, liquid detergent, unscented household chlorine bleach
- Plastic garbage bags, ties (for personal sanitation use)
- Plastic bucket with tight lid
- Emergency blanket
- Mosquito repellent
- Rope and shovel
- Playing cards, colouring books, crayons

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat, gloves and scarves
- Thermal underwear
- Sweaters



Special Items

Keep important family records and documents in a waterproof, portable container or a bank safety deposit box:

- Passports
- Health cards
- Bank account and credit card numbers, and a small amount of cash
- Photos of family members in case you are separated in an emergency

Remember family members with special needs, such as infants and elderly or disabled persons. Include any relevant medications, denture needs, corrective lenses, hearing aids and batteries. For people with mobility problems, consider the need for the following:

- Extra wheelchair batteries, oxygen, medication, catheters, food for guide or service dogs, plus other special equipment you might need.
- A list of individuals to contact in the event of an emergency.
- A list of the style and serial number of medical devices, such as pacemakers
- Store back-up equipment, such as a manual wheelchair, at a neighbour's home, school or your workplace.
- Keep the shut-off switch for oxygen equipment near your bed or chair so you can get to it quickly if there is a fire.

If you have to evacuate

Be sure to take the following items with you:

- Eyewear (glasses/contact lenses)
- Identification (and other personal documents)
- Cell phone (with charger and extra batteries)
- Small amount of cash, debit/credit cards
- One day supply of food and water
- Medication
- Toiletries
- Extra clothing
- Contact numbers
- Keys
- Paper, pencils, pens

Evacuation Procedures:

If authorities ask you to leave your home, they have a good reason to make this request, and you should heed their advice immediately.

- Listen to local radio/TV
- Wear long sleeved shirts, pants and sturdy shoes to protect as much as possible
- Lock your home
- Take your emergency supplies kit
- Take a cellular phone if you have one
- Use travel routes specified by authorities

Pets and Livestock during an Emergency

Have a plan of action for care of your pets and livestock during an emergency. Prepare for the possibility you may have to evacuate and relocate your animals. Since you may not be home when an evacuation order comes, find out if a trusted neighbour would be willing to take your pets and meet you at a prearranged location. Research and make your contingency plans for possible relocation of livestock in the midst of an emergency.



Personal Record of Important Information

Local contact:

Name: _____
Address: _____
Telephone: Day: _____ Evening: _____

Nearest relative:

Name: _____
Address: _____
Telephone: Day: _____ Evening: _____

Family work numbers: 1. _____
2. _____

Family cell phone/pager numbers: 1. _____
2. _____

Family out-of-area contact:

Name: _____
Address: _____
Telephone: Day: _____ Evening: _____

Children's School(s)/Day Care Provider:

Hospital: _____
Family Physician: _____

Emergency Reunion Locations:

1. Outside your home: _____
2. Away from the neighbourhood, in case you cannot return home, meet at:
Address: _____
Telephone: _____
3. Travel route to try first: _____

For emergency information listen to the local radio and television stations, or check internet sites.

Our emergency radio is located: _____

Extra batteries are located: _____

Flashlight/candles/matches are located: _____

Our emergency survival kit is located: _____

Shut-off switches for heating & ventilating equipment and utilities are marked with an _____ and are located: _____

Gas: _____ **Provider:** _____ **Water:** _____

Electricity: _____ **Provider:** _____

Other: _____

Caution: If you turn off the gas, it should only be turned back on by a professional from the gas company.

Our emergency heat source is: _____

Our insurance company is: _____

Policy No.: _____ Insurance Agent: _____

Emergency Numbers

**In a *life-threatening* emergency,
Dial 9-1-1.**

When should you call 9-1-1?

- ✓ Call 9-1-1 when you require the immediate response of police, fire and/or Emergency Medical Services to:
 - ✓ Report a fire or other dangerous situation
 - ✓ Save a life
 - ✓ Stop a crime in progress



Do not call 9-1-1 during an emergency to:

- ✗ Locate relatives during an emergency
- ✗ Ask about the availability of gas at local pumps
- ✗ Find out the location or availability of shelters and other services

Ensure that emergency responders can find your address.

For urban residents:

- ✓ Post your house number at the front of your home where it is clearly visible from the street.
- ✓ Install a light fixture about the house numbers.
- ✓ Use large, plain numbers – not script or other hard-to-read lettering.
- ✓ Use colours that contrast, such as black on white.

For rural residents:

- ✓ The municipality has established a Municipal Addressing System for all properties on municipal roads in rural areas.

Non-Emergency Numbers

**In a *life-threatening* emergency,
Dial 9-1-1.**

Poison Information Centre:	1-800-268-9017
Spills Action Centre:	1-800-268-6060
Canadian National Railway:	1-888-888-5909
Hydro One:	1-800-434-1235
Union Gas:	1-877-969-0999
Perth District Health Unit:	519-271-7600
TeleHealth:	1-866-797-0000
Community Emergency Management Coordinator:	519-301-3586

