

Personal Planning for Emergency Situations Quick Reference Guide

Be prepared to be self-sufficient for up to three days in the event of an emergency. First responders will always help those in need. By having the resources to manage during the initial stages of a crisis, you will help first responders to initially focus their attention on those with the most urgent need.

<u>SCENARIO</u>	<u>RESPONSE</u>
<p>1: Home Preparedness (shelter in place for three days): power outage caused by weather storms; in-place evacuation caused by chemical spill or fire.</p>	<ul style="list-style-type: none"> • Supply kit: Bottled water (2 litres per person per day), nonperishable and pet food, manual can opener, flashlight, batteries, small amount of cash, first aid kit, toiletries/hygiene items, extra supply of medication, whistle, latex gloves. • Communication: Non-outlet power phones may work during power failure. Keep a battery/windup radio. Limit cell phone use. • Backup power: Keep a battery power pack handy. If using a generator, ensure an electrician has properly connected it to your house. Use BBQs/camp stoves outdoors. • Precautions: Turn off electrical equipment to prevent power surges when power returns. Check the safety of your neighbors. Notify the utility company that your power is out. Throw out food if you are unsure whether it is safe to eat.
<p>2: Evacuation Preparedness (Ready-to-Go Kit for overnight): home evacuation caused by neighborhood fire.</p>	<ul style="list-style-type: none"> • Evacuation kit: large gym bag or backpack, bottled water (2 litres per person per day), nonperishable food snack, battery/ windup radio, flashlight, batteries, maps, toiletries/hygiene items, First Aid kit, blanket, one change of clothes, small amount of cash, family identification, pet food and cage, paper and pencil, whistle, medication. • Preparation: Have a family meeting place and contact person. Listen to local media for emergency information regarding travel routes and evacuation locations. Notify family and evacuation authorities of your destination. • Precautions: Turn off all running equipment and water taps before leaving your home. Do not travel to your child's school - school authorities will take care of your child and notify you of what action to take. If your home has been damaged, have it inspected by a professional for safety before re-entering.
<p>3: Travel Preparedness (overnight): vehicle failure; poor travel route conditions caused by storms.</p>	<ul style="list-style-type: none"> • Supply kit: contents similar to an evacuation kit, plus booster cables, fire extinguisher, contact phone numbers. • Preparation: Listen to local radio stations for emergency detour routes. • Precautions: Remain in a safe location away from high winds, electrical hazards, water courses, and other vehicular traffic. Do not use a cell phone more than absolutely necessary. Over-use will crowd the airways for emergency responder use.



Checklist: 72-hour Emergency Kit

<input type="checkbox"/> Storage	Duffel bag/large plastic bag to keep clothes dry
<input type="checkbox"/> Example food	Bottled water (2 litres per person, per day), food that won't spoil – canned and dried food, sports bars, gum, hard candy; plastic cutlery
<input type="checkbox"/> Clothing	One change of clothes, lounge clothes for sleeping (track pants), socks, underwear, hat
<input type="checkbox"/> Equipment	Flashlight / batteries, blanket or sleeping bag, watch, radio, whistle, map, deck of cards, books, small games
<input type="checkbox"/> Documents	Passport, driver's license, OHIP card, health insurance, will, important pictures, phone numbers, extra cash, debit card
<input type="checkbox"/> Special needs	Medication, copies of prescriptions, eye glasses, contact lens cleaner
<input type="checkbox"/> Hygiene	Deodorant, tooth paste, razor, toiletries, feminine products, wash cloth, towel, hand sanitizer
<input type="checkbox"/> First Aid	First Aid kit, sunscreen, rubber/latex gloves, tissues
<input type="checkbox"/> Pets	Leash and cage, hard food, water/food dish

Community Emergency Management Coordinators

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