

Persons with Additional Preparedness & Mobility Needs

Consider how you may be affected during an emergency:

- Plan an evacuation route - without elevator service (if applicable).
- Plan a backup power supply for essential medical equipment.
- Keep a flashlight and a cell phone handy to signal for help.
- Establish a self-help network such as 'buddy system' to check on you during an emergency or to assist with an evacuation.
- Enroll in a medical alert program that will signal for help if you are immobilized.
- Keeping a list of facilities that provide life-sustaining equipment or treatment.

- Keeping a list of medical conditions, treatment and/or medication.



Community Emergency Management Coordinators

A Municipal Partnership

Persons with Additional Preparedness & Mobility Needs

- Township of Alnwick/Haldimand (905 349 2542)
- Municipality of Brighton (613 475 1744)
- Town of Cobourg (905 372 9789)
- Township of Cramahe (905 355 2821)
- Township of Hamilton (905 342 2810)
- Municipality of Port Hope (905 753 2230)
- Municipality of Trent Hills (705 653 1900)
- Northumberland County (905 372 3329)



We know that **YOU** depend on us to help in times of crisis, but during these times, we also depend on **YOU** to be resilient and prepared. As a member of the community, **YOUR** job is to prepare **YOURSELF** and **YOUR** family to be self-sufficient and sustaining for the first 72 hours of an emergency. We strive to ensure that residents are resilient and prepared for emergencies. When hazardous and impending situations occur, local emergency responders' first priority is to respond to the scene.

Your preparedness helps us all!

Northumberland County's Community Emergency Management Coordinators (CEMC's) have developed a program to bring emergency awareness and education to residents across the County.

Our campaign will bring **YOU** checklists to ensure **YOU** have what **YOU** need for: Car Emergency Kits, Power Outages, Pet Preparedness, and Personal with Additional Preparedness & Mobility Needs.

Quick List

Your Name: _____

Date of birth: _____

Allergies: _____

Important Medical information:

Address and Phone number:

Emergency Contact (Name, number, address):

Doctor's information:

In Case of Emergency

To reach Police, Fire, or Ambulance please dial: **9-1-1**

Telehealth Ontario (free medical advice, have your Ontario health card ready, if possible):

Toll-free: 1-866-797-0000

Toll-free TTY: 1-866-797-0007

Poison Control:

1-800-268-9017

Spills Action Centre:

1-800-268-6060 (toll-free), 1-855-515-2759 (TTY)