

be prepared pelham



72 Hour Emergency Kit



Know the Risks | Make a Plan



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72 Hour Emergency Guide

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72 Hour Emergency Guide

Know the Risks

Although the consequences of various disasters can be similar, knowing the risks in your region can help you better prepare. Across Canada, we face a number of hazards, such as earthquakes in British Columbia, blizzards in Nunavut and tornadoes in Ontario. In addition to natural disasters, there are other types of risks, such as power outages and industrial or transportation accidents.

Some of the risks may be relevant to our community. Find out which ones by visiting www.pelham.ca. You may want to identify the most likely ones for easy reference.

Learn more about disasters, including those triggered by natural hazards, technological hazards or conflict by using the Canadian Disaster Database at www.publicsafety.gc.ca/cdd.

To learn more about emergency preparedness or to order copies of the guide, call:

(905) 892-2607 ext. 332

Visit: www.pelham.ca or www.GetPrepared.ca

Pelham residents wishing to keep informed during an emergency should monitor the following media:

- Television – Tune into TVCogeco
- Radio – always keep a crank or battery powered radio on hand in the event of a power failure
 - 97.7 HTZ FM
 - 91.7 Giant FM
 - 610 CKTV AM
- Newspapers
 - The Pelham Voice
 - Pelham News
 - The Welland Tribune
- Weather Warning Updates
 - Environment Canada (www.weatheroffice.gc.ca)
 - The Weather Network (www.theweathernetwork.com)

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Make a Plan

Every Canadian household needs an emergency plan. It will help you and your family know what to do in case of an emergency. It will take you about 20 minutes to make your plan.

Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations.

Use the following pages to create your plan. Most of this information can be filled out on your own.

Keep this document in an easy-to-find, easy-to-remember place (for example, with your emergency kit). Photocopy this plan and keep it in your car and/or at work.

Household Plan

Emergency Exits

Draw up a floor plan of your home that shows all possible exits from each room. Plan a main exit route and an alternate exit route from each room. If you live in an apartment, plan to use the stairs instead of the elevators. If you are unable to use stairs, notify emergency personnel ahead of time. Also, identify an evacuation route from your neighbourhood in case you need to leave in a hurry (and think of more than one option).

TIP

Along with making emergency plans and preparing an emergency kit, knowing first aid could save a life. Contact your local Canadian Red Cross or St. John Ambulance office to find out about first aid courses in the area.

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Meeting Places

Identify safe places where everyone should meet if you cannot go home or you need to evacuate.

Safe meeting place near home:

Safe meeting place outside

immediate neighbourhood:

Evacuation routes from

neighbourhood:

TIP

Make copies of important documents such as birth and marriage certificates, passports, licenses, wills, land deeds and insurance. Take photos of family members in case a lost persons record is created. Keep them in a safe place, both inside and outside your home. You might want to put them in a safety deposit box or give them to friends and family who live out of town.

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Workplace

Learn about the emergency evacuation plans in place and what you will need to do. You may want to have some basic supplies at work, such as water and food that won't spoil, in case you need to stay put for a while. Check with your employer about workplace emergency plans, including fire alarms, emergency exits, meeting points, and designated safety personnel or floor wardens.

Children

Ask your children's school or daycare about their emergency policies. Find out how they will contact families during an emergency.

Find out what type of authorization the school or daycare requires to release your children to a designated person if you can't pick them up.

Make sure the school or daycare has updated contact information for parents, caregivers and designated persons.

Designated Person 1: _____ **Phone:** _____

Designated Person 2: _____ **Phone:** _____

School Contact Information: _____

Plan for Pets

In case of an evacuation, remember that pets are not allowed in some public shelters or hotels. In case of an evacuation, prepare to take your pets with you to the home of a relative or friend, or take steps to identify pet friendly hotels or pet boarding facilities in your area and further away from home.

Location and Contact Information: _____

Special Health Needs

Establish a personal support network of friends, relatives, health-care providers, co-workers and neighbours who understand your special needs.

Write down details about:

- Accommodation needs
- Allergies
- Emergency contacts
- Family medical history
- Health screenings

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- Insurance information
- Medical conditions
- Medication
- Recent vaccinations
- Surgeries

For Individuals with disabilities consider:

- If you use a mobility device, include a tire patch kit, can of seal-in-air product, supply of inner tubes, pair of heavy gloves and a spare deep-cycle battery for motorized wheelchair or scooter
- If you have a visual impairment, include an extra cane, talking or brail clock and any reading devices/assistive technology to access information
- If you have a hearing impairment include extra writing pads and pencils for communication, pre-printed key phrases you would use during an emergency, and extra batteries for assistive devices

Health Information:

Medication and Medical Equipment:

Grab-and-GO Bag Location: _____

Plan for Specific Risks

Public Safety Canada offers brochures on specific risks, such as earthquakes, power outages, floods and severe storms. Download your free copies at www.GetPrepared.ca. For more specific information regarding our area, visit www.pelham.ca.

Neighbourhood Safety Plan

Work with your neighbours to identify people who may need extra help during an emergency. To help make sure everyone is taken care of, assign “block buddies”.

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Emergency Contact Information

Photocopy this list. Put a copy close to your telephone. If possible, program these phone numbers into your home phone and cell phone.

Public Emergency Meeting Locations

A number of locations located throughout the Town have been identified as public meeting locations in the event an emergency situation. These locations are as listed:

- Fire Station #2 - 766 Welland Road, Fenwick
- Fire Station #3 – 2355 Cream Street, North Pelham
- Old Pelham Town Hall – 491 Canboro Road, Ridgeville
- Pelham Arena – 1120 Haist Street, Fonthill, Ontario
- St Alexander Catholic Elementary School - 26 Hwy 20 E, Fonthill
- A K Wigg Public School - 1337 Haist St, Ridgeville

Familiarize yourself with these locations and know where your closest meeting area is.

Emergency Numbers

Fire, police, ambulance: 9-1-1

Other: _____

Non-Emergency Numbers

Police: (905) 688-4111

Fire: (905) 684-4311

Public Health & Poison Control: (905) 685-1571

Other Contact Numbers:

Out-of-town Contact

Name:

Home Phone: _____

Work Phone: _____

Cell Phone: _____

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Email: _____

Home Address:

Family

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email: _____

Home Address: _____

Friend/Neighbour

Name: _____

Home Phone: _____

Work Phone: _____

Cell Phone: _____

Email: _____

Home Address: _____

School

Name: _____

Phone: _____

Address: _____

Family Doctors

Patients' Name: _____

Doctors' name and Phone Numbers: _____

Insurance Agent/Company

Agent's/Company's Name: _____

Phone: _____

Home and Car Policy Numbers: _____

Home Security System:

Company's Name: _____

Phone: _____

Safe Home Instructions

Make sure you have a working carbon monoxide detector, smoke alarm, fire extinguisher and well stocked first aid kit. If you live in an apartment, or if you are staying in a hotel, know where the fire alarms and emergency exits are located. Make sure you have fire extinguishers on every level of your home, including one in your kitchen. Everyone in your home should know where to find the fire extinguishers. All capable adults and older children should know how to use it. See instructions regarding the lifetime of your fire extinguisher and check with our local fire department for more information.

Older children and adults should know how to turn off your home's water, electricity and gas. Make large, easy-to-see signs for water and gas shutoffs as well as for the electrical panel.

If you are new to Canada or have recently moved to a new area, make arrangements through friends, cultural associations or community organizations.

Teach children how and when to dial 9-1-1 as well as how to call the designated out-of-town contact.

TIP

Arrange for each family member to call, email or text the same out-of-town contact person in case of emergency. Choose an out-of-town contact who lives far enough away that he or she is unlikely to be affected by the same event.

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Locations of fire extinguishers:

Water valve location:

Utility Company Phone Number: 905-892-2607

Electrical panel location:

Utility Company Phone Number: _____

Gas valve locations:

Utility Company Phone Number: 1-866-763-5427

(Shut off gas only when authorities tell you to do so)

Floor drain Location:

(Always make sure the drain area is clear of boxes, furniture, etc., in case of flooding)

Emergency Instructions

Call 9-1-1 to report fire, a crime or to save a life.

For non-emergency calls, use the ten-digit numbers listed in your local phone book, or this emergency plan, for police, fire and other health services.

When notifying emergency services of your location, provide the exact street or civic address and nearest intersection.

TIP

*Limit phone calls to urgent messages only.
Keep calls short to free up the lines for others*

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In an emergency:

- Follow your emergency plan.
- Get your emergency kit
- Make sure you are safe before assisting others

Listen to the radio or television for information from authorities. Local officials may advise you to stay where you are. Follow their instructions. Stay put until all is safe or until you are ordered to evacuate.

Evacuation Orders

Authorities will not ask you to leave your home unless they have reason to believe you are in danger.

If you are ordered to evacuate, take your emergency kit, your wallet, personal identification for each family member and copies of essential family documents with you. Bring a cellular phone and spare battery or charger with you, if you have one. US travel routes specified by local authorities.

If you have time, call or email your out-of-town contact. Tell them where you are going and when you expect to arrive. Once you are safe, let them know. Tell them if any family members have become separated.

If possible, leave a note telling others when you left and where you are. Shut off water and electricity if officials tell you to do so.

Leave natural gas service on unless officials tell you to turn it off. If you turn off the gas, the gas company has to reconnect it. In a major emergency, it could take weeks for a professional respond.

Take pets with you. Lock your home. Follow instructions from authorities. If you go to an evacuation centre, register your personal information at the registration desk. Do not return home until authorities advise that it is safe to do so.

TIP

For the gas and water valves, keep shut-off instructions close by and read them carefully.

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Get an Emergency Kit

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

You may have some items already, such as food, water and a battery operated or crank flashlight. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach accessible location, such as your front-hall closet. If you have many people in your household, your emergency kit could get heavy. It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize his or her grab-and-go emergency kit.

Basic Emergency Kit

- △ Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- △ Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
 - △ Manual can-opener
 - △ Crank or battery-powered flashlight (and extra batteries). Replace batteries once a year.
 - △ Crank, battery-powered radio (and extra batteries) or a Weatheradio
 - △ First Aid Kit
 - △ Extra keys to your car and house
 - △ Some cash in smaller bills, such as \$10 bills and change for payphones
 - △ A copy of emergency plan and contact information
 - △ If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

TIP

Keep a corded phone in your home, as most cordless phones will not work during a power outage.

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Recommended Additional Items

- △ Two additional litres of water per person per day for cooking and cleaning
- △ Candles and matches or lighter (place candles in deep, sturdy containers and do not burn unattended)
- △ Change of clothing and footwear for each household member
- △ Sleeping bag or warm blanket for each household member
- △ Toiletries
- △ Hand sanitizer
- △ Utensils
- △ Garbage bags
- △ Toilet paper
- △ Household chlorine bleach or water purifying tablets
- △ Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- △ A whistle (in case you need to attract attention)
- △ Duct tape (to tape up windows, doors, air vents etc...)

TIP

When in doubt, do not drink water you suspect may be contaminated. Check with your municipality or local authorities for details. Keep some cash on hand, as automated bank machines and their networks may not work during an emergency. You may have difficulty using debit or credit cards.

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Pre-Packaged kits

Canadian Red Cross kits can be purchased at www.shop.redcross.ca. Various kits and supplies are also available for sale from other commercial entities.

Emergency vehicle kit

Prepare a small kit to keep in your vehicle

The basic kit should include:

- △ Blanket
- △ Candle in a deep can and matches
- △ Extra clothing and shoes
- △ First aid kit with seatbelt cutter
- △ Flashlight (crank or battery-powered). Replace batteries once a year.
- △ Food that won't spoil such as energy bars
- △ List of contact numbers
- △ Radio (crank or battery powered). Replace batteries once a year
- △ Small shovel, scraper and snowbrush
- △ Warning light or road flares
- △ Water
- △ Whistle

Recommended additional items to keep in your vehicle

- △ Antifreeze, windshield washer fluid
- △ Fire extinguisher
- △ Road Maps
- △ Sand, Salt or cat litter (non-clumping)
- △ Tow rope and jumper cables

EMERGENCY KIT BASIC ITEMS



- △ Water – at least 2 litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- △ Food that won't spoil, such as canned food, energy bars and dried food (replace food and water once a year)
- △ Manual can-opener
- △ Crank or battery- powered flashlight (and extra batteries)
- △ Crank or battery-powered radio (and extra batteries)
- △ First aid kit
- △ Extra keys to your car and house
- △ Some cash in smaller bills, such as \$10 bills and change for payphones
- △ A copy of your emergency plan and contact information
- △ If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, food, water and medication for your pets or service animal (personalize according to your needs).