



Personal Emergency Preparedness Guide

Please take the time to look through this book.
It is an excellent resource for children, seniors & families

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Learning how to help ourselves is an important first step towards preparing our community to cope with an emergency.

With this guide, the Town of The Blue Mountains is working to equip its citizens with the skills and knowledge to deal with the difficulties we could face.

Together, we can minimize the hardships on our families and neighbours and emerge from a crisis as a stronger community.

The health and safety of our residents –day in and day out -is our number one priority. As the providers of essential services, we recognize that we have a responsibility to protect what our citizen’s value. It is a responsibility that we take very seriously.

The “Personal Emergency Preparedness Guide” is a friendly reminder that there are a number of common sense steps that you can take right now to ensure that you are prepared in the event of an emergency. The Guide will be a valuable addition to every home or business, providing the information that you need to take care of your families, your neighbours and yourselves. The Guide includes information on preparing for many different types of emergencies including winter storms, tornadoes and hazardous spills.

WHEN AN EMERGENCY STRIKES... **ARE YOU PREPARED?**

Every municipality, regardless of size or location, is vulnerable to emergencies. In The Blue Mountains, severe storms (including tornadoes), energy emergencies, flu pandemics and major transportation accidents are examples of potential emergencies.

Your personal planning and well prepared local emergency services make all the difference when it comes to handling these major incidents.

The Town of The Blue Mountains emergency management program includes:

- An Emergency Response plan for our Town , which meets the requirements of the Emergency Management of Ontario (E.M.O.)
- Regular tests and emergency exercises utilizing the Plan.
- A pre-determined means of notifying key officials and staff whenever an emergency response is required.
- A procedure for declaring an emergency, and the legal authority to take action.
- The on-site co-ordination of a multi-agency emergency response.
- An established and equipped Emergency Operations Centre to manage the entire emergency.
- Establishment of Reception and Evacuation Centres.
- Co-ordination of assistance from neighbouring municipalities and senior levels of government.
- Co-ordination of assistance from area volunteer services such as the Red Cross, St. John Ambulance, Amateur Radio, VASOC, etc.
- Co-ordination of community resources such as heavy equipment, evacuation buses, food and shelter for evacuees.

911 SERVICE

Post emergency telephone numbers in a prominent location in your home.

In the Town of The Blue Mountains , 9-1-1 is used for emergency calls to Police, Fire and Ambulance Services.

When calling for help, specify:

- What happened
- Where help is needed
- What help is needed
- Who you are

Planning for an Emergency

How to Plan for an Emergency

Learn First Aid and CPR. Courses are available in the community through the Red Cross and St. John Ambulance. Prepare an emergency kit containing first aid supplies, candles and matches, non-perishable food, water, blankets, a battery-powered radio and flashlight with spare batteries. Your goal should be self-sustenance for at least three days. Check the kit often and carry a similar pack in each family vehicle. Teach children how and when to call for help. Pre-determine a meeting place and message point for family members who are separated by the emergency. This may be a friend or family member in a nearby community. Keep your vehicle gas tank at least half full. In this way, you will be able to evacuate even if gas stations are closed.

What to do when an Emergency Strikes

- Remain Calm
- Listen to your radio for the most up-to-date information and directions from Emergency Services.
- Always follow the instructions given by Emergency Services. Your safety and well-being are at the core of all of their direction and decision-making.
- Do not use the telephone unless absolutely necessary. Telephone capacity is stretched to the limit during major emergencies.
- Attempt to locate members of your household and/or loved ones in your community without putting yourself at risk.

**Emergencies occur without warning.
Don't wait to find out how unprepared you are.
Think about it NOW!**

For further information on Emergency Planning within the Town, please contact:

Town of The Blue Mountains Fire Dept.
Community Emergency Management Coordinator
Fire Station #2
705 444 2244

BE PREPARED –HAVE A PLAN

Make sure everyone in your family knows what to do before, during and after an emergency. Set up a family meeting this week to discuss how you can best prepare for an emergency. Have a plan. If you live alone, develop a plan for yourself with links to neighbours and friends.

Keep Emergency Numbers Handy

Keep a list of key telephone numbers and addresses near the phone. Select a person in another town or city to be your family's contact person in the event that you get separated during an emergency. Ensure that everyone memorizes this person's name and telephone number.

Develop a Fire Escape Plan

Draw a floor plan of your residence that shows the location of doors, windows and stairways. Indicate the location of emergency supplies, fire extinguishers, smoke detectors and utility shut off points. On this same map use a coloured marker to draw two escape routes from the home. Mark a place outside of the house where all household members should meet in case of emergency.

- In most fires you have 30 seconds to get out safely
- Remember “Get Out, Stay Out”
- Change the batteries in your smoke detectors regularly

For further information on developing a Home Escape Plan please contact the Fire Department and ask to speak with the Fire Prevention Officer.

Town of The Blue Mountains Fire Dept.
Fire Station #1
519 599 5411

PREPARE A FAMILY EMERGENCY SURVIVAL KIT



Emergencies and disasters can happen at any time. Utilities can be out, roads closed, and crucial supplies unavailable. While local, provincial and federal officials prepare for emergencies, individuals can plan to be prepared at home and at work.

With increased levels of fear and anxiety throughout Canada and the world, it makes sense to prepare for the unexpected. Everyone should be prepared to take care of themselves and their families for up to three days in the event of an emergency or disaster. For example, it could take that long to clear roads due to a severe winter storm.

The following are recommended guidelines to assist you in gathering items you should have on hand. Everyone in your family should know where these items are stored.

Emergency Food and Water Kit

Have at least a three-day supply of food and water. Choose ready-to-eat foods that don't need refrigeration. Also keep in mind that if the utilities are out and you have no alternate cooking source, you should select foods that won't require cooking.

- three day supply of water - at least four litres per person per day—two for drinking and two for food preparation, hygiene and dish washing. Keep a supply of water purification tablets as well.
- canned food: soups, stews, baked beans, meat, poultry, fish, vegetables, fruit
- pasta, crackers and biscuits, honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee and tea Replace canned

and dry goods once a year. Think of any special needs your family might have and include any other items you would need. Here are some suggestions:

Babies/toddlers: diapers, bottled milk, formula and food, toys, crayons and paper

Other family members : medications, eye glasses, batteries for medical appliances, extra oxygen cylinder (if required) , copies of prescriptions

Pets: supply of food and water

Equipment:

- knives, forks, spoons
- disposable cups and plates
- manual can opener, bottle opener
- fuel stove and fuel (follow manufacturer’s instructions) - do not use a barbecue indoors
- waterproof matches and plastic garbage bags
- pocket knife or multi tool

Survival Equipment Kit :

- flashlight and batteries
- radio and batteries or crank radio
- spare batteries (for radio and flashlight)
- first-aid kit
- candles and matches/lighter
- extra fuel for generators
- extra car keys and cash
- important papers (copies of identification for everyone and personal documents)
- food and bottled water (See “Emergency food and water kit”)
- clothing and footwear (one change of clothes per person)
- blankets or sleeping bags (one blanket or sleeping bag per person)
- toilet paper and other personal hygiene supplies (soap, toothbrush, etc)
- medication
- backpack/duffel bag (or something else to carry the emergency survival kit in, in case you have to evacuate)
- whistle (in case you need to attract someone’s attention)
- playing cards, games

Always keep a smaller survival kit in your car. A blanket, extra clothing, flash light, a candle in a deep can and matches can save your life.

Most importantly, if you are ever in an emergency situation, ***Don't Panic.*** People have survived three days without water and three weeks without food. Your home can take three hours or more to cool off completely in the winter.

BE READY TO EVACUATE

IF THE EMERGENCY IS SERIOUS ENOUGH, YOU MAY BE ASKED TO LEAVE YOUR HOME AND GO TO A NEARBY EVACUATION CENTRE, LIKE THE COMMUNITY CENTRE OR THE ARENA.

If you have to evacuate :

- Leave immediately.
- Take your emergency survival kit with you.
- Listen to the radio and follow instructions from local emergency officials.
- Wear clothes and shoes appropriate to conditions.
- Lock the house.
- Follow the routes specified by the officials. Don't take shortcuts. A shortcut could take you to a blocked or dangerous area.
- Make arrangements for pets.
- If you have time, leave a note telling others when you left and where you went. If you have a mailbox you could leave the note there.
- If you are evacuated, sign up with the registration centre so you can be contacted or reunited with your family and loved ones.

SEVERE WEATHER

Summer Storms

Summer storms are a common occurrence, providing much needed precipitation. Fortunately, a small percentage of these storms intensify and become “severe”, causing damage to property and threatening lives.

Environment Canada issues weather watches and warnings when anticipated weather poses a threat to public safety. These are broadcast on local radio, television, the Weather Channel, Weatheradio and Environment Canada Weather Warning.

Weather Watch

Issued up to six hours in advance, a severe weather watch warns of a high potential for dangerous thunderstorm weather which may include heavy rainfall, damaging winds, hail or tornadoes. At the time the watch is issued, thunderstorms may not yet have developed, but rather, conditions are ideal for their formation.

Thunderstorm Warning

Issued as an alert that severe thunderstorms are imminent in the warning area. Storms could be in progress or are expected to occur within two hours.

Hail

Hail is formed when updrafts in thunderstorms carry raindrops up into extreme cold areas of the atmosphere. These raindrops freeze and merge into heavy lumps of ice which then fall to the ground at speeds up to 100 km/hr. Hailstones as large as grapefruit have been reported in Canada.

Hail may cause extensive damage in only a few minutes. To reduce

personal injury and property damage, seek shelter for family members, pets, livestock, automobiles and machinery.

While hail may or may not precede a tornado, it often appears near tornado formation areas. Once large hail starts to fall, assume a tornado is nearby and seek a sturdy shelter immediately. Once sheltered, remain protected until well after the hail has stopped and the storm has passed.

Tornado Warning

Issued as an alert that a tornado is occurring and will strike within the warning area. Watch the weather closely. You may have to seek shelter immediately.



Tornadoes

Tornadoes are the most dangerous of the severe summer weather systems found in Ontario.

We experience an average of 25 tornadoes a year, over 50% of all those reported in Canada. The majority occur in the southwestern part of the province, but tornadoes have been reported throughout Ontario. Fortunately, 90% of Ontario's tornadoes are considered "weak". Even so, a disastrous tornado is expected somewhere in the province, about every four years.

The tornado "season" in Ontario is from April 1st - September 30th, with the greatest likelihood during May, June, July and August. Tornadoes are produced during intense thunderstorm activity, and are most likely to occur during the warmest part of the day... between 1 and 7 pm. During the season, there will be approximately one tornado every ten days somewhere in the province.

Tornadoes move over the ground, generally from west to east at speeds between 20-90 km/hr., lasting anywhere from a few minutes to almost an hour. Their path of destruction is typically 100 metres wide and 5

kilometres long, although the largest tornadoes may destroy an area 2 kilometres wide and more than 50 kilometres long.

Tornado damage is produced by the combined effects of incredibly high wind speeds and very low pressures within the tornado “vortex” (spiral). Beyond the immediate damage produced by the high winds, considerable damage is caused by debris “missiles” hurled by the wind. The sudden pressure drop associated with the passage of a tornado, also causes a large pressure difference between the inside of a building and the outside, literally creating an explosive outward-acting force on the building. Walls and roofs may be damaged, destroyed or detached by this passing pressure.

- **In homes:** A basement offers the greatest safety. Seek shelter under sturdy furniture if possible. In homes without basements, take cover in the centre of the house on the lowest floor in a small room such as a closet or bathroom or under sturdy furniture away from outside doors and windows.
- **Mobile homes:** These structures are not safe in severe weather. During warnings, go to a pre-arranged substantial structure.
- **Automobile:** get out of the vehicle and into a basement, ditch or ravine - away from the vehicle.

TORNADO WARNING :

- Take shelter in basement.
- Take shelter under furniture.
- Take shelter in a ditch or ravine.
- Take shelter in interior hallways.

Lightning/ Electrical Storms



Lightning is an electrical discharge caused when static electricity builds up between thunderclouds, or thunderclouds and the ground. Lightning strikes carry up to 100 million volts of electricity and travel from cloud to cloud, cloud to ground or vice versa. Lightning tends to strike

higher ground and objects projecting above the landscape, especially good conductors of electricity such as items containing metal. Note that lightning may strike several kilometres away from the parent cloud. Take caution even if the thunderstorm is not directly overhead.

Many people are killed or injured each year when struck by lightning. Although these victims receive severe shocks and may be burned, they can be handled safely. Even victims who appear dead may be revived through prompt application of Cardio-Pulmonary Resuscitation.

Preparation :

- Listen to local radio and television for updates, warnings or instructions.
- Stay inside and if possible avoid travel..
- Close windows and doors, secure objects outside your home (e.g patio furniture, garbage cans, etc)
- Get children and animals inside.
- Turn off unnecessary electrical appliances.

During the Storm :

- Stay inside and keep away from windows, doors, fireplaces, stoves, sinks, bathtubs or other electrical charge conductors.
- Treat all fallen or damaged wires as LIVE – if you are in a vehicle remain inside until emergency personnel arrive – if you see downed lines on your property do not go outside until emergency personnel arrive.
- Avoid using the telephone or any electrical equipment.
- If caught outside – find shelter in a low lying area. Crouch down with your feet close together and head down. Do not lie flat on the ground.

- Keep away from utility lines, metal fences, trees and hilltops, get off bicycles, motorcycles or tractors.
- Do not go under trees for shelter.
- If you are in a vehicle pull over and stop away from trees or power lines and stay in the vehicle until the storm is over.

POWER FAILURE



In many emergencies power may be lost and the power could be out for just a few minutes, several hours or days. The massive blackout of August 14, 2003 illustrated to all residents just how dependent we are on hydro and reinforced the need for preparedness measures in all aspects of our lives.

Preparation :

- If you have a fireplace or woodstove- keep a good supply of wood on hand.
- If you have a generator it is recommended to start and test the unit periodically.
- Conserve and use water wisely.
- Consider purchasing an extra heater that does not require electricity.
- Keep antifreeze on hand to protect plumbing fixtures from freezing.
- Store bottled water if you have an electric water system.
- Ensure that you have extra supplies of warm clothing and blankets.

During a Power Failure :

- Remain calm and in place.
- Turn off any appliances and home entertainment equipment.
- Know the location of your survival kit, try and avoid using candles as they can create a fire hazard.
- Turn on a battery/solar powered radio to find out what is happening in your area.
- Follow the direction of emergency authorities in your area.
- Determine whether the phone system is operational (unless in an electrical storm).
- Report power outages to your local power company.

DRIVERS AND POWER OUTAGES

If you should be driving at the time of a power failure please remember these basic rules:



- If you approach an intersection where the traffic signals are not working, you are obligated by law to come to a complete stop and treat the intersection as you would a four way stop. Proceed with caution only when it is safe to do so.
- If two or more vehicles approach an intersection where the traffic signals are not working, at approximately the same time, the driver of each vehicle is expected to bring the vehicle to a complete stop before entering the intersection. As outlined in Section 135 of the Highway Traffic Act, the driver on the left must yield the right-of-way to the driver of the vehicle on the right.

EMERGENCY BROADCASTS

You will receive warnings and instructions on local radio and television stations:



MIX 106.5 FM Owen Sound
CFOS 560 AM Owen Sound
PEAK 95.1 FM Collingwood

CKCO- TV Kitchener Channel 13
A Channel -TV BARRIE Channel
4 ROGERS LOCAL TV

These emergency broadcasts will describe the type of emergency and remind you of the action that should be taken.

- Emergency information will be broadcast and updated periodically. It is very important to leave all telephone lines open for emergency communications.
- Heed the warning and take appropriate action if you could be affected.

CHEMICAL RELEASE



Hazardous chemicals can be released by accident (e.g. fire, transport truck accident, or an environmental spill into a waterway) or through a deliberate act of criminal intent. Chemical agents that could be used by terrorists vary from warfare agents to toxic chemicals commonly used by industry. In either case, it is important to listen to the directions of emergency responders. When an accidental chemical spill occurs, an evacuation of nearby communities is often ordered as a precautionary measure to safeguard the health and safety of local residents. Stay away from the scene of the accident. Remember to listen to the radio, emergency responders in your area will provide the necessary instructions.

Exposure to a chemical substance, may require quarantine and the attention of medical authorities. Because the type of chemical may not be known right away, treatment is based on symptoms. Keep track of symptoms (breathing and heart rate, perspiration, dizziness, skin tone, deliriousness) and communicate them to medical help and public health agencies.

What should I do in the event of a chemical release?

- Go indoors. Studies have shown that even poorly sealed buildings provide protection. If you are outside, gather your family and pets and go indoors or get in your automobile. Once inside, close all windows and doors, turn off all pilot lights and shut down all ventilation equipment such as heating, ventilating and air conditioning units. Put out fireplace fires and close dampers.
- In planning for an emergency, locate and identify shut-off switches for heating and ventilating equipment. Stay inside, stay tuned to the radio or television and wait for the “ALL CLEAR” announcement.
- If fumes appear to be entering the building and you feel you are in danger, a wet cloth or towel over your nose and mouth will act as a filter and offer some protection.

- **If you are outside** and cannot possibly get indoors, move crosswind (so the wind is blowing on the side of your face). This offers the best advantage for getting out of the path of the release, into a safe area.
- **Children in school** are safer staying in the school building. They will be kept indoors until the danger has passed or transported to a safe location. Parents will be informed by radio or television.
- **Special facilities** such as hospitals and nursing homes will be advised to activate their emergency plan.
- **Use the telephone only for emergencies** such as fire, medical or police emergencies.
- **The “ALL CLEAR”** will be issued by the Fire Department via the radio and television. When the “ALL CLEAR” has been given, move outdoors. In addition, open all windows and doors and start up the heating and ventilating systems to aid in removing any contaminated air that may have entered during the emergency.
- **Evacuation.** Should evacuation become necessary, police or firefighters will advise you of the proper action. Stay tuned to your radio or TV for further directions.
- **If you see** what you think is a chemical emergency, call your local police or fire department immediately.

CHEMICAL RELEASE

- Close all windows and doors.
- Turn off all ventilation systems.
- Stay in car and turn off ventilation system.
- When “ALL CLEAR” sounds, move outdoors.

PANDEMIC INFLUENZA PREPAREDNESS

What is influenza?

Influenza is often referred to as “the flu”. It is a respiratory disease caused by a virus and affects the lungs. Symptoms may include fever, cough, headache, muscle ache, weakness, sore throat, and cold-like symptoms. It’s the complications like pneumonia, heart or kidney failure, arising from the flu that may be deadly.

What is a pandemic influenza?

A pandemic influenza occurs when a large number of people become ill with the influenza virus throughout the world. A pandemic is a global outbreak affecting many people in many countries.

Unlike the usual influenza virus that infects people each winter a pandemic influenza may strike at anytime of the year causing much more sickness and death.

When will it happen?

No one knows when the next pandemic influenza will be. However, the experts agree that it is inevitable and unpredictable. There is a range of 11 to 39 years between pandemics. The world is due for another one.

History of Pandemic Influenza:

Looking back in history, there were 3-4 pandemics each century since the 1500s. During the 20th century there was the Spanish flu in 1918-19 responsible for more than 20 million deaths. In 1957 there was the Asian flu, and in 1968-69 there was the Hong Kong flu.

A second wave of illness often occurs 3-9 months following the initial pandemic. A third wave may also occur.

What would the impact be in Grey & Bruce Counties?

It is estimated that:

- 114,724 people may become infected
- 58,127 people may become clinically ill
- 26,004 people may need outpatient care
- 459 people may be hospitalized with influenza
- 168 people could die

Hospitals and emergency rooms will be severely overburdened. Emergency responders such as police, fire, paramedics, will be overwhelmed.

A pandemic is different from other emergencies because other counties, provinces, and countries will also be simultaneously strained. It will be a challenge to provide medical care with a reduced workforce and few outside resources. It is estimated that one third of the workforce will be ill and unable to work. There will be shortages of vaccine, antiviral drugs and hospital beds. The societal impact will be devastating.

Will there be a vaccine?

Because of the new strain of influenza causing a pandemic, it will be unlikely that a vaccine will be available initially. It takes 6-7 months to produce a vaccine. Because of the worldwide demand, the pandemic flu vaccine may be in short supply. It will be a priority to make vaccine available and distribute it as quickly as possible.

Preparing for a Pandemic Influenza:

Work is occurring at the federal and provincial levels. The Grey Bruce Health Unit is working with local hospitals, emergency services, municipalities, media representatives, community agencies in developing a Grey Bruce Health Unit Pandemic Influenza Contingency Plan. This Plan has been prepared to assist Grey and Bruce counties to better respond to a future pandemic influenza. It is intended to complement the Health Unit Emergency Response Plan, Municipal Emergency Response Plans and the Ontario Health Plan for an Influenza Pandemic. It is a living document and is reviewed and amended based on new scientific developments and planning information provided by local Municipalities, Counties, and the Provincial and Federal pandemic planning agencies. The Grey Bruce Health Unit plan is available at www.publichealthgreybruce.on.ca.

The principal roles of public health are surveillance, coordinating vaccines and antivirals, and communicating information to health care providers and the community. Public health also has a responsibility to support local efforts to respond to and manage the event.

Each municipality, hospital and community agency will be responsible for developing an appendix on pandemic influenza to add to their emergency plan.

The goal of the plan is to reduce influenza illness, death and societal disruption among people of Grey & Bruce Counties.

Before a pandemic strikes:

- Get an annual influenza shot. It is one of the best ways to avoid getting and spreading existing flu strains.
- Wash your hands with soap and water, especially when you are near ill people.
- Keep healthy by exercising regularly and eating a healthy diet with plenty of fruits, vegetables, and whole grains. Avoid smoking cigarettes and get enough rest.

During an influenza pandemic:

- Listen to the media for current information, immunization clinic schedules, and instructions.
- Once the pandemic flu is identified a special vaccine will have to be made. Take advantage of the influenza vaccine once available.
- Wash your hands regularly.
- Cover your mouth when you cough or sneeze.
- Implement your work place contingency plan.
- Participate in any established communication protocol.



For more information on personal Pandemic Preparedness and a Pandemic Preparedness Checklist for Organizations check the Health Unit website at www.publichealthgreybruce.on.ca or telephone (519) 376-9420 or 1-800-263-3456.

EMERGENCY NUMBERS

9-1-1

Fire, Ambulance, Police

Hydro One	1-800-434-1235
Collus Power	705-445-1800
Union Gas	1-877-969-0999
Town of The Blue Mountains	
Water 24hr pager	705-446-5853
Sewer 24hr pager	705-446-5939
Municipal Office	519-599-3131

WHEN CALLING 9-1-1 PLEASE SPECIFY:

- WHAT HAPPENED
- WHERE HELP IS NEEDED
- WHAT HELP IS NEEDED
- WHO YOU ARE



PARTNERS IN PREPAREDNESS

When we think about how an emergency could affect our lives, it can be overwhelming. There could be power outages, telephone lines disconnected, or roadways blocked. More than ever we will depend on our municipal, emergency and volunteer agencies during this time. They have all given emergency planning serious consideration. All of the local services and agencies know what role they would play in an emergency.



TOWN OF THE BLUE MOUNTAINS FIRE DEPARTMENT

If required the fire department will be prepared to provide an emergency site manager to ensure immediate action is taken to eliminate all sources of potential danger in the area of the incident. The fire department is responsible for a wide range of activities. These include firefighting and all categories of rescue matters. Performing activities such as the removal of trapped victims from vehicles or building may be required. The firefighters are also trained in advanced first aid and would assist in the treatment and evacuation of individuals when required. Our fire personnel train on a continuous basis to ensure their ability to respond to emergencies within the town and handle them in a fast and efficient manner. In the event that both of our stations resources are overwhelmed, additional firefighting personnel and equipment from surrounding communities can be provided through mutual aid agreements.



TOWN OF THE BLUE MOUNTAINS DETACHMENT ONTARIO PROVINCIAL POLICE

The Town of The Blue Mountains is protected by a well equipped police service, whose members are trained in emergency response and to deal effectively with any type of emergency. The Police Service has members who have received highly specialized training in response to specific events. In the event of an emergency police personnel will

continue to carry out their normal duties which would then become even more essential. Keeping the peace and protecting life and property is crucial in a crisis where there must be some semblance of order for the general public. Police officers would be involved in securing dangerous areas, traffic control, locating missing person and assisting emergency services personnel.

Should there be a need to evacuate, a police officer and/or emergency services personnel would come to your door to advise of the shelter location and assist if needed. The Police Service will put into place a communication system to those persons evacuated and a security control system. If we should need additional police presence due to the nature of the disaster we would call upon other Detachments of the Ontario Provincial Police.

The Town of The Blue Mountains O.P.P. Detachment is confident that all of our personnel have the skills, knowledge and abilities to handle any emergency and encourages all residents of the Town of The Blue Mountains to plan their “Emergency Preparedness”.

GREY COUNTY EMERGENCY MEDICAL SERVICES

On September 4, 2004, the County of Grey became the direct operator of the service through the Grey County EMS department. There are seven ambulance stations strategically located throughout Grey County to provide quick response at Craigeleith, Dundalk, Durham, Hanover, Markdale, Meaford and Owen Sound. During the day there are twelve (12) ambulances on-site, while during the night time hours, there are a total of five (5) ambulances available to respond to emergency calls. In 2003, Grey County EMS responded to approximately 13,340 calls for service. Currently, Grey County EMS has within their workforce 112 Primary Care Paramedics and 8 management and administrative support staff. All Paramedics are capable of providing defibrillation for patients suffering cardiac arrest and administer a number of medications to treat asthma, heart attack, angina, diabetic reactions, anaphylactic shock and croup. In addition, paramedics can provide a number of first aid treatments.

VICTIM ASSISTANCE SERVICES OF GREY BRUCE COUNTY (VASOC)

At the time of a crisis Victim Assistance Services of Grey Bruce County will offer emotional support, practical assistance and community referral at the scene, over the phone, at the hospital or at the EOC in teams of two volunteers. Support from VASOC volunteers should free up the first response/emergency personnel to attend to their duties at the scene, knowing that the victim's needs are being cared for. Services can be activated by contacting VASOC at (519) 376-0865

CANADIAN RED CROSS



Canadian Red Cross

The Canadian Red Cross will assist the community in an emergency in the form of a registration and inquiry service as described in the Department of National Health and Welfare "Registration and Inquiry Manual". This service will assist the public in locating immediate relatives who have left their homes as a result of the emergency. Inquiry services may be operated from outside the disaster area in accordance with Red Cross standard operating procedures and may involve the assistance of the Amateur Radio emergency Service. When an inquiry service is activated, the Red Cross will arrange that the telephone number (s) to be used by relatives making inquiries is publicized through the media under the supervision of the Director of Social Services and Housing.

The Red Cross will also provide trained volunteers to organize and equip a shelter or reception centre in conjunction with Social Services, Public Health and as documented by Health Canada. Food service within the shelter is delivered under the direction of Public Health and also a supply of individual comfort kits (personal hygiene items, blankets, etc) will be maintained by the organization.

NEIGHBOURS HELPING NEIGHBOURS

Pulling together as a community is the best way to cope with an emergency. After we have prepared a disaster kit and an emergency plan for our families, its time to look beyond our home and into our neighbourhoods.



Emergency Services personnel cannot take care of everyone at once and so with that in mind we ask that you take a look around your neighbourhood to see if someone can use your help. Are there seniors living alone that may require aid? Is there a family with small children that might need assistance? If you have a fireplace maybe you can offer the comfort of warmth, if you have a generator maybe you could offer a hot meal. Is there a neighbour who is a doctor, nurse or paramedic who could possibly help in a medical situation? Are there any electricians, plumbers or building contractors who might be able to lend their services if a need arises? Does someone have access to another form of communications, such as a cell phone or ham radio?

Although we may feel isolated, chances are we won't be alone in our situations. By coming together, we can provide tremendous support for one another, making the most effective use of our resources and help our community pull through a difficult time.

THE FAMILY PET



When you're preparing your homes and families for an emergency be sure to make emergency plans for all members of your family – including your pets. Know where your pet can go if you are evacuated. Pets are not usually allowed in shelters, so make arrangements for your pet to go to the home of a friend relative or someone else who can care for them.

When you are putting together your emergency food kit, include pet food that you can send along with your pet. During the ice storm in Eastern Ontario and Quebec in 1998 many residents were caught with only a few days of pet food on hand. People were isolated and were unable to get additional food for their pets. Suppliers were unable to make deliveries to grocery stores and pet food stores. The Ontario Society for the Prevention of Cruelty to Animals (O.S.P.C.A) suggests keeping one months supply of pet food on hand. It should be fresh so place every new bag of food in your kit and use the bag you stored away.

Sometimes we have to leave our pets in the home if we are evacuated. If there is an evacuation order take a few moments to care for your pets before you leave. Open up the bag of food so your pet can eat for an extended period of time if necessary. Also fill up your sinks with water so your pet has access to fresh water. Remove the toilet seat and lid to prevent it from falling on your pet if they choose to get water from the toilet bowl. Allow your pet to move freely in the house, they will survive longer free and can be rescued by someone. Post a notice in the window announcing that there are pets inside. There are stickers available at any O.S.P.C.A. or Humane Society. The O.S.P.C.A comes to the aide of animals in emergencies along with other rescue agencies. Provide your pet with identification with the microchip registry, collar or Town tag. If you are separated from your pet, identification will help reunite you and your pet.

THE RECOVERY PERIOD

Expect Emotional Reactions

You won't act like yourself for awhile.



Most people caught in a disaster usually feel confused. They may tremble, feel numb, vomit or faint. Immediately after the disaster they often feel bewildered, shocked, and relieved to be alive. These feelings and reactions are perfectly normal.

Following a disaster many people sleep poorly, have no appetite, are

angry with those around them, or panic at the slightest hint of a storm. Kids might start thumb sucking or bed wetting. These feelings and reactions are perfectly normal too.

How to get back on track

Here are some suggestions to help get yourself and your family back on track after the disaster:

- Talk about your feelings. Talk about what's happened.
- Get your kids to express their feelings. They may want to do this by drawing or playing instead of talking. Understand that their feelings are real. Recognize that when you suffer a loss, you grieve. (Yes, you can grieve the loss of a wedding photo or your grandmother's favourite ring.) Feeling apathetic. Feeling hostile. Not sleeping or eating well. These are all grief reactions. You and your family will need time to heal.

Concentrate on your kids

During and after a disaster, your kids will look to you for help and guidance. How you react to the situation gives them clues on how to act. If you show fear, they'll probably get really scared. Even if you show no fear, they'll probably feel anxious.

A child who feels afraid is afraid., After a disaster, kids are most afraid that:

- the event will happen again.
- someone will get hurt or injured.
- they will be separated from the family.
- they will be left alone.
- comfort and reassure them, tell them what you know about the situation, be honest but gentle.
- encourage them to talk about the disaster, to ask questions about the disaster.
- give them a real task to do, something that helps to get the family back on its feet.
- keep them with you, even if it seems easier to look for housing or help on your own. At a time like this it's important for the whole family to stay together.

CHECK YOUR HOME

Check for damage to your home.
Remember the following points:



Use the flashlight, don't light matches or turn on the electrical switches if you suspect damage.

- Check for fires, fire hazards or other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows and get everyone outside quickly.
- Shut off any other damaged utilities.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately. Wear protective clothing. For major spills or leaks, call in professional help.
- Confine or secure your pets.
- Check on your neighbours, especially the elderly or people with disabilities.
- Wells that have been flooded should be tested for bacteria and found to be safe before water from the well is consumed. Information regarding how to obtain water sample bottles and instructions on how to disinfect can be obtained by calling the Grey County Board of Health at 519-376-9420.

IMPORTANT NOTE

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

The Town of The Blue Mountains Fire Department Emergency Management Coordinator would like to thank all stakeholders in emergency preparedness for making this guide possible.

We encourage residents to visit the following website for more detailed information on emergency preparedness
www.emergencymanagementontario.ca

Important Phone Numbers

9-1-1

Fire, Ambulance, Police

Family Doctor: _____

Nearest Hospital: _____

Pharmacy: _____

Out of Town Contact: _____

Relatives: _____

Father (work#): _____

Mother (work#): _____

Schools: _____

Daycare/Babysitter: _____

Vet or Clinic: _____