



Before a disaster strikes:

- Prepare a portable 72-hour emergency kit for your family
- Keep a smaller kit in your car
- Post emergency numbers near the phone
- Learn how to shut off the water, gas and electricity in your home
- Read your community's emergency plan, accessible on the municipality's website
- Know the emergency procedures for your family's workplaces and/or schools
- Take a first aid & CPR course

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|----------------------|-------|---------------------------|---------------|
| Local Radio – | | 100.5 FM | CBC Radio 2 |
| 980 AM | CFPL | 102.3 FM | CHST |
| 1290 AM | CJBK | 103.1 FM | CFHK |
| 1410 AM | CKSL | 103.9 FM | CKDK |
| 89.5 FM | Eagle | 105.7 FM | CJMI |
| 92.7 FM | CJBX | 106.9 FM | CIXX |
| 93.5 FM | CBCL | Television – | |
| 94.9 FM | CHRW | CFPL | CTV Two |
| 95.9 FM | CFPL | CKCO | CTV Kitchener |
| 97.5 FM | CIQM | CICO | TVOntario |
| 98.1 FM | CKLO | Cable 13 | Rogers |
| 99.9 FM | CHJX | www.theweathernetwork.com | |

To report a life-threatening emergency, call 911

- Ontario Provincial Police 1-888-310-1122
- Strathroy-Caradoc Police 519-245-1250
- Middlesex-London Health Unit 519-663-5317 or visit www.healthunit.com
- For information on emergencies in Ontario, visit www.emergencymanagementontario.ca
- For information on Community & Social Services, call 211 or visit www.211ontario.ca

For more information on specific emergencies like tornadoes or winter storms, a series of self-help brochures is available at your local branch of the Middlesex County Library, or on the internet at www.GetPrepared.ca

After a disaster occurs, you may be confused or disoriented. Stay calm and remember the following procedures:

- Help the injured— use the first aid supplies in your emergency kit
- Listen to the radio and follow the instructions of emergency officials
- Do not use the telephone unless absolutely necessary, as emergency workers will need all available phone lines
- Check your home for damage; if you smell gas, open windows and get outside immediately, then turn off the gas at the meter
- Turn off any other damaged utilities
- Drink bottled water, in case of water quality issues
- Comfort and reassure children and seniors; be honest and gentle
- Confine and secure your pets; have pet carriers ready if you must leave
- Check on your neighbours, especially the elderly or disabled
- If advised to evacuate, take your 72-hour kit and leave immediately
- Follow routes specified by officials, and avoid any dangerous areas



Middlesex County
Mutual Aid Fire
Association

ML MIDDLESEX-LONDON
HEALTH UNIT
www.healthunit.com

Take the time to prepare a 72-hour Emergency Kit for your home:

- flashlight & spare batteries
- radio with batteries or crank radio
- first aid kit, pencils & paper, permanent marker
- candles & holders, waterproof matches or lighter
- whistle (in case you need to attract attention)
- extra car keys & cash (coins & small bills)
- photocopies of important documents
- recent photo of every family member (in case someone is missing)
- toilet paper & personal hygiene supplies
- spare set of eyeglasses
- prescription medications & their information
- small camping stove & fuel (always follow manufacturers directions and store properly)
- plastic garbage bags & zip-closure bags
- duct tape, paper towels, antibacterial gel
- disposable plates, cups, knives, forks & spoons
- manual can opener & bottle opener, scissors
- non-perishable food & bottled water (replace yearly)
- one blanket or sleeping bag per person
- spare set of clothes & sturdy shoes
- work gloves & several pairs non-latex gloves
- playing cards, small games & toys, puzzle books
- dufflebag /wheeled suitcase to store & transport

For more information, please contact the County Emergency Management Coordinator 519-434-7321 x2227

Talk to your family about what to do in a local emergency; prepare a 72-hour kit together.



The Middlesex-London Health Unit reminds you to keep your immunizations current.



Emergency Preparedness Information for Residents

This is important information on EMERGENCY PREPAREDNESS for the residents of Middlesex County. Please read it carefully and discuss with the members of your household; keep the magnetic card on your refrigerator as a handy reminder of what to do before, during and after an emergency.

Take these simple steps and be prepared, not scared!

Contact your municipality for local emergency information:

Township of Adelaide Metcalfe

519-247-3687 • www.adelaidemetcalfe.on.ca

Township of Lucan Biddulph

519-227-4491 • www.lucanbiddulph.on.ca

Municipality of Middlesex Centre

519-666-0190 • www.middlesexcentre.on.ca

Village of Newbury

519-693-4941 • www.newbury.ca

Municipality of North Middlesex

519-294-6244 • www.northmiddlesex.on.ca

Municipality of Southwest Middlesex

519-287-2015 • www.southwestmiddlesex.ca

Municipality of Strathroy-Caradoc

519-245-1070 • www.strathroy-caradoc.ca

Municipality of Thames Centre

519-268-7334 • www.thamescentre.on.ca

County of Middlesex

519-434-7321 • www.middlesex.ca