

# 72 HOURS—

# IS YOUR FAMILY PREPARED?

An Emergency Preparedness Presentation  
for EVERYONE!



# YOU SHOULD BE PREPARED...



**...to take care of yourself and your family for a minimum of 72 hours.** If a disaster happens in your community, it may take emergency workers some time to get to you as they help those in desperate need.

- **Learn a few simple steps today and help your family to be prepared, not scared!**



# STEP 1: 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, from earthquakes in British Columbia, to 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. **We need to prepare for all types of emergencies.**



# NATURAL EVENTS:

- ✓ Floods
- ✓ Earthquakes
- ✓ Landslides & avalanches
- ✓ Drought & wildfires
- ✓ Tsunamis or storm surges
- ✓ Severe storms, including tornadoes & hurricanes
- ✓ Severe winter weather, like blizzards & ice storms
- ✓ Extreme temperatures (heat waves or cold snaps)
- ✓ Infectious disease outbreaks

Tornado in Middlesex Centre,  
June 2008





ONTARIO  
TORNADO

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Centre d'évaluation  
COVID-19  
Assessment Centre

Entrance  
Entrée

Centre d'évaluation  
COVID-19  
Assessment Centre

Entrance  
Entrée

NOTICE  
Persons entering these premises voluntarily  
assume all risks and dangers inherent in  
any area or event.  
AVIS  
Les clients qui entrent en ces lieux de plein  
gré assument tous les risques découlant  
d'une partie ou d'un événement.

2020

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**COVID-19**  
Assessment Centre



Forest fire,  
Northern Ontario

July 2007

Ice Storm, Jan 1998

# HUMAN CAUSED EMERGENCIES:

- Transportation accidents  
(road, rail, air)
- Blackouts
- Hazardous material spills or fumes
- Explosions & fires
- Industrial accidents
- Incidents at nuclear power plants
- Deliberate acts, like arson or terrorism

**Explosion at  
Sunrise Propane  
in Toronto,  
August 2008**





**401 Crash near Windsor, Sept 1999**

**SPECIAL EDITION**

**London Explosion, Aug 14, 2019**

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**Sept 11, 2001**

**Eastern Blackout, Aug 2003**

ISAT GeoStar 45  
23:15 EST 14 Aug. 2003

**Hagersville Tire Fire, Feb 1990**

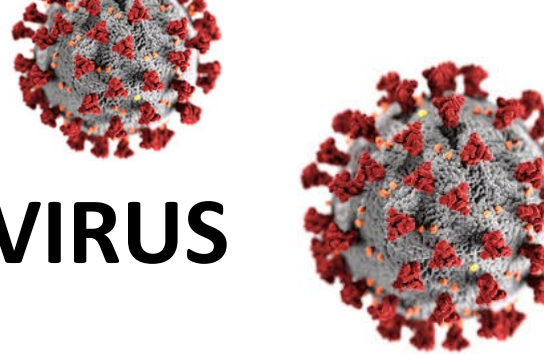
# WHAT COULD HAPPEN HERE?

- **Transportation incidents** involving dangerous goods and/or passengers (Highways 401 & 402, railways & air traffic)
- **Severe summer storms**
- **Tornadoes**
- **Severe winter storms** with ice, freezing rain & snow
- **Human health emergencies**





# COVID-19 VIRUS



- This is the most widespread emergency of our generation, and response to the pandemic has been varied around the world
- In Canada, we have chosen to stop the spread of the virus by physical distancing, which means schools and most businesses are closed, non-essential travel is limited and people are urged to stay safe at home
- By reducing the number of people that get sick, these measures help to “flatten the curve” and keep our healthcare system from being overwhelmed by a surge of patients



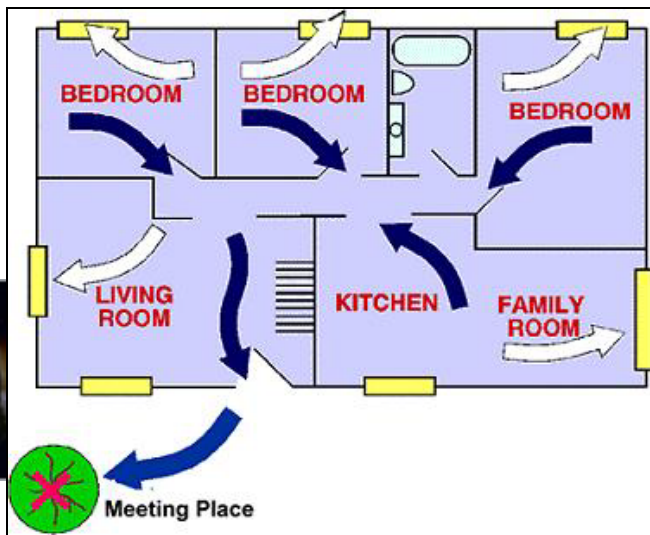
# STEP 2: MAKE A PLAN

- **Every household needs a plan**
- A plan will help you and your family know what to do in case of an emergency
- Your family may not be together when an emergency happens— plan how to meet or contact one another
- **Talk about what you would do in different situations**



# HOUSEHOLD PLAN: ESCAPE ROUTES

- Plan emergency exits from each room of your home
- If you live in an apartment, do not plan to use the elevators in an emergency
- **Identify an escape route from your neighbourhood**, in case you need to leave in a hurry





# HOUSEHOLD PLAN: MEETING PLACES

- **Choose a safe place where everyone should meet if they have to leave the house in an emergency**
- The meeting place should be on the same side of the street as your home, so you won't have to cross the street into traffic or in front of emergency vehicles
- **Also, identify a place to meet if you cannot go home or need to evacuate**



# CHILDREN IN EMERGENCIES

- **Parents should know the emergency plan of their children's school**
- Know what kind of authorization is needed by the school to release children to someone other than the parent, such as a relative, neighbour or babysitter
- **Make sure your school has updated contact information** for your parents and other caregivers
- **Carry a list of important phone numbers** in your school bag, or program them into your cell phone



# PLAN FOR PETS

- Remember that pets are not allowed in emergency shelters and some hotels
- Plan to take your pets with you to family or friends, or identify a “pet friendly” hotel or boarding kennel in advance
- Put **pet food and extra water** in your emergency kit
- Have a **pet carrier** for each pet





# PEOPLE WITH SPECIAL HEALTH NEEDS

- **Establish a support network** of family, friends, health-care providers, co-workers and neighbours who understand your special needs
- **Have copies** of your medical history, prescriptions, insurance, etc.
- Talk to your doctor about having a **"grab-and-go bag"** ready with a two week supply of medication



# NEIGHBOURHOOD SAFETY PLAN

- **Work with your neighbours** to make sure everyone is taken care of in your neighbourhood
- **Identify people who might need extra help** in an emergency
- **Assign “block buddies”** to check on neighbours and take care of each other



# SAFE HOME CHECKLIST

- Ensure **exterior 911 municipal address numbers** are visible for emergency responders
- **Emergency numbers** listed near the phone
- Working **smoke alarm** on every floor and outside each sleeping area
- A **carbon monoxide alarm** outside each sleeping area
- An ABC Rated **fire extinguisher**





# SAFE HOME CHECKLIST

- **Water valve, electrical box & gas valve** – know where they are and how to shut them off
- **Floor drain** – ensure it is kept clear
- **Emergency info** card on fridge, with important phone numbers for family, neighbours, doctor, vet, dentist, childcare providers, utility companies, etc.



## STEP 3: GET A KIT

- In an emergency you will need some basic supplies. You may need to get by without power or tap water. **You should be prepared to be self-sufficient for at least 72 hours.**
- You can make one with your family, or purchase one from Canadian Red Cross, The Salvation Army or at many stores across Canada.



# STORING YOUR KIT

- **Make sure your kit is easy to carry.** Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach place, such as your front hall closet. Make sure everyone in the house knows where to find the emergency kit.





# EMERGENCY KIT CONTENTS:



- **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 (remember to replace the food and water once a year)
- **Manual can opener**
- **First aid kit**  
(get trained in first aid & CPR!)



# EMERGENCY KIT CONTENTS:

- Flashlight and batteries , and a Lantern
- Candles and matches or lighter (make sure an adult is present before using lighters and candles, remember to place candles in sturdy containers and to extinguish all flames before leaving the room– *go out, blow out!*)
- Battery-powered or wind-up radio (and extra batteries)



# EMERGENCY KIT CONTENTS:

- Special items such as **prescription medications, infant formula and equipment for people with disabilities**
- Some **cash in smaller bills**, such as \$10 bills, and change for payphones in case banks are closed and ATMs are not working
- **Extra keys** for your car and house
- A copy of your home emergency plan including **contact information**





# ADDITIONAL KIT SUPPLIES:

- A **change of clothing** and **footwear** for each household member
- **Sleeping bag or warm blanket** for each household member
- **Toilet paper & personal care supplies**
- A **whistle**
- **Garbage bags**



# ADDITIONAL KIT SUPPLIES:



- **Safety gloves**
- **Basic tools** (hammer, pliers, wrench, screwdrivers, nails, pocket multi-tool, etc.)
- **Small fuel-driven stove** and extra fuel, for cooking outdoors, NOT for cooking or heating indoors (follow the directions and store properly)
- **Make a basic emergency kit for your vehicle, too**



# PREPARE NOW!



- **Don't wait for an emergency to happen.** There are simple things you can do now to prepare yourself and your family.
- **Watch this presentation,** together with the members of your household. Work as a family to make a plan and prepare your kit!
- On this date next year, **review** your contact information, **practice** your emergency evacuation plans and **restock** the contents of your kit.





# GET PREPARED WITH YOUR FAMILY!



# MIDDLESEX COUNTY IS PREPARING FOR EMERGENCIES, TOO!



- **Here are some ways we are keeping residents safe:**
  - Emergency Response Plans are maintained for the County and each municipality, and posted on the websites
  - We create public awareness resources for residents and public education programs for school children
  - We plan and implement an annual emergency management exercise and training program, involving staff, first responders and partner volunteer organizations
  - We maintain compliance with all requirements under the *Emergency Management & Civil Protection Act*





# COMMUNITY EMERGENCY RESPONSE VOLUNTEERS



- The CERV Middlesex Team helps to operate Reception Centres, caring for people who have been evacuated from their homes as a result of an emergency
- These volunteers help across the County, and are trained in many emergency skills
- The CERV Team also helps at community events; there are about 40 active CERV volunteers in the County





# ESU – EMERGENCY SUPPORT UNITS

- Middlesex County now has three ESUs, stored in Lucan, Thorndale, and near Glencoe
- Each ESU contains enough supplies to open a Reception Centre for 100 people
- Cots, blankets, radios, recreation materials, signs, personal hygiene kits, safety & first aid kit, office supplies, etc.



# ARE YOU READY?

- Use this time at home to help your family **be prepared, not scared!**





## FOR MORE INFORMATION:

- [getprepared.gc.ca](http://getprepared.gc.ca)
- [theweathernetwork.com](http://theweathernetwork.com)
- [emergencymanagementontario.ca](http://emergencymanagementontario.ca)
- [healthunit.com](http://healthunit.com) (MLHU)
- [middlesex.ca](http://middlesex.ca)
- [library.middlesex.ca](http://library.middlesex.ca)

***Thanks for watching!***

