



The Township of Warwick
6332 Nauvoo Road, R.R. #8
Watford, ON N0M 2S0
Phone: 519 849-3926
Fax: 519 849-6136

**Emergencies can happen anytime...
That's why it makes good sense to
be prepared all year 'round!**

Please read this fact sheet for tips on preparing for winter emergencies!

Be prepared...

- ☑ *...to take care of yourself and your family for at least 3 days following an emergency - even if there's no water, gas or hydro. Maintain a supply of food and water for each person and don't forget about pets!*
- ☑ *...by knowing the hazards and risks in your home and community. Think of things you can do to be prepared if an emergency happens.*
- ☑ *...by knowing where to find information in an emergency.*

Germs... You're all washed up!



Did you know that cold viruses can live on surfaces such as doorknobs and handrails for up to 6 hours, and flu viruses for up to 48 hours?

Germs can "hitchhike" on our hands and can cause flu or colds when we touch our nose, mouth, or eyes. Hand washing is the easiest way to prevent the spread of germs.

Germs can also be spread through the air, so coughing into your sleeve or covering your nose and mouth with a tissue will "catch" germs and prevent them from being spread to other people or objects. Don't forget to wash your hands after you dispose of the dirty tissue.

For more information, contact the County of Lambton Community Health Services Department at: 519 383-8331 or toll free: 1-800-667-1839, or visit: www.lambtonhealth.on.ca/communicable/handwashing.asp

Would YOU know what to do during a power failure?

- Report power outages by contacting your electricity service provider. **Do not call 9-1-1 to report a power outage! Only call 9-1-1 if you or someone nearby needs help from police, fire or medical services.**
- Do not use the telephone unless it is absolutely necessary.
- Listen to local radio broadcasts (on your battery-powered radio) to get information.
- Turn off electrical equipment - power can be restored more easily when the system isn't overloaded.
- Do not open your fridge or freezer unless absolutely necessary.
- Discard thawed food that has been at room temperature for more than 2 hours.
- Give the electrical system a chance to stabilize before reconnecting and turning on tools and appliances.
- Tune to one of the following local radio stations to obtain emergency information and further instructions from local public authorities: 1070 AM, 99.9 FM, 103.9 FM or 106.3 FM.

The Dangers of Carbon Monoxide...

If the electricity goes out during the fall or winter, the loss of heating may be one of your biggest concerns...

NEVER use barbeques or outdoor heaters to heat your home or cook indoors. These appliances give off odourless, but deadly carbon monoxide gas.

Unfortunately, many people do not know they've been exposed to dangerous levels of the potentially deadly gas until they experience symptoms such as headache, dizziness, fatigue, confusion, increased heart rate and rapid breathing. Those who are exposed to high levels of carbon monoxide will often slip into unconsciousness and eventual death. Defective furnaces can vent carbon monoxide into living quarters, so it is very important to have furnaces serviced regularly.

For more information about home emergency preparedness, please visit the following websites:

www.warwicktownship.ca/protection.php , www.lambtononline.com/emergency_preparedness or www.emergencymanagementontario.ca

The 72-Hour Emergency Supplies Kit

One of the best ways to be prepared for emergencies is to have enough supplies to feed and care for you and your family for at least 72 hours (that's 3 days!). If you and your family can take care of yourselves for the first hours following a disaster, emergency officials can help those in greatest need.

Do you have these important items at home?

- Flashlight & Batteries (in case the lights go out)
- Radio & Batteries or Crank Radio
- Spare Batteries
- First Aid Kit
- Candles and Waterproof Matches/Lighter
- Extra Car Keys & Cash (including coins)
- Important Papers (ID for everyone)
- Canned or dry foods that are easy to prepare, or don't have to be cooked
- Bottled Water (at least four litres per person per day)
- Disposable Knives, Forks, Spoons, Cups & Plates & Plastic Garbage Bags
- Fuel Stove and Fuel (Don't use barbecues or propane lanterns, etc. indoors!)
- Toilet Paper, Diapers & Other Personal Supplies
- Medication, Eyeglasses, Copies of Prescriptions
- Playing Cards, Games and Toys
- Supplies Kit Container (so you can take your supplies if you have to evacuate)



Smoke Detectors Save Lives!

Every residence in Ontario must have a working smoke alarm located on every level and outside all sleeping areas - **it's the law!** Penalties range from a \$235 ticket or a fine up to \$50,000 for individuals, and \$100,000 for corporations.

Smoke alarm facts:

- Over 90% of residential fires are preventable.
- From 1995 to 2004, smoke alarms were present and working at only 35% of fires.
- Smoke alarms must be replaced every 10 years.

Safety Tips:

- Replace batteries at least once a year.
- Test your smoke alarms at least every month.
- Make sure everyone in the household knows what to do if the smoke alarm sounds. Develop a home fire escape plan and practice it with the entire household.

Call 9-1-1 when you need help, not information...!

9-1-1 is **not** an information line. The 9-1-1 system provides a way for people to ask for help from police, fire or ambulance. In an emergency, municipal officials and emergency personnel will work together to provide information and instructions to the media, so they can get it out to the public as quickly as possible. It may seem like a long time to wait for a radio announcement, but officials are doing all they can, so please do not call 9-1-1 unless you or someone needs immediate help.

If you want information, turn on your radio, tune to a local radio station and leave it at that station (unless you are advised to do otherwise) and wait for the broadcast.

Local stations in Lambton County are 1070 AM, 103.9 FM, 99.9 FM and 106.3 FM.

On the Road...



During winter storms, local police will often advise people to stay home if they don't have to go out – that's good advice! During the Snowstorm Emergency of 2010, nearly 700 people were known to have been stranded on Highway #402 and area roads, and to have taken refuge in community shelters. An unknown number of people were also taken in by area residents.

Check weather & road condition reports before leaving on a trip. If travelling a long distance, call ahead to your destination for conditions. If the weather and travelling conditions are poor, delay your trip if possible. Always keep an emergency supplies kit in your vehicle, along with winter coats, boots and gloves for everyone in the vehicle. Bring essential medications!

At a minimum, a winter driving kit should contain the following:

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| <input type="checkbox"/> Shovel | <input type="checkbox"/> Emergency food pack | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Booster cables | <input type="checkbox"/> Sand, kitty litter or traction mats | <input type="checkbox"/> Tow chain |
| <input type="checkbox"/> Coat, heavy socks & boots | <input type="checkbox"/> Fuel line antifreeze | <input type="checkbox"/> Winter windshield washer fluid |
| <input type="checkbox"/> "Survival" blanket | <input type="checkbox"/> Matches and a "survival candle" | <input type="checkbox"/> Road maps |

Visit www.weatheroffice.gc.ca or telephone **519 464-5121** for local weather conditions.

Visit www.mto.gov.on.ca and look under the heading *Traveller's Information* to obtain details about Provincial Highway road conditions and closures.