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Learn to Prepare For Emergencies!

Fall/Winter 2005 - 2006

Severe winter storms are not uncommon in Ontario. We are fortunate in this area of the Province that most snowstorms only result in cancelled school buses, increased travel times and extra snow shovelling! But every winter season brings the potential for more serious consequences. For example, the January 1998 Eastern Ontario Ice Storm resulted in 66 communities declaring municipal emergencies and an economic loss of close to \$7 billion. One year later, two severe snowstorms paralyzed the City of Toronto, dumping a total of 118 centimetres of snow. All of south-western Ontario was affected and widespread damages were estimated at \$122 million. As you can see, it makes sense to be prepared! Please review the following tips to help you prepare for this coming winter.

At Home:

If you lose electrical power at home, the loss of heating may be one of your biggest concerns. NEVER use barbeques, propane stoves or similar appliances to heat your home or to cook indoors! These appliances give off carbon monoxide which is odourless but deadly. If you cannot get to another building with heating, stay indoors, dress warmly, do light exercises to keep warm and use candles or coal-oil lanterns for lighting (they may even help keep temperatures above freezing in smaller rooms).

Do You Know What To Do During A Winter Power Failure?

- ◆ Report power outages by contacting your local supplier. (Only use 9-1-1 to give information – never to obtain information.)
- ◆ Do not use the telephone unless it is absolutely necessary.
- ◆ Listen to local radio broadcasts (on your battery powered radio) to find out if people are being asked to remain at home.
- ◆ If you must travel, use caution.
- ◆ Turn off all tools, appliances, computers or other 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.
- ◆ Check on elderly or disabled neighbours.
- ◆ Conserve water until full power is restored (you may want to drain water from the plumbing system however to prevent waterline freeze-up and damage).
- ◆ Use proper candleholders and never leave candles unattended.
- ◆ Give the electrical system a chance to stabilize before reconnecting tools and appliances. Plug in and turn on equipment gradually over an extended period of time.
- ◆ 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 or 106.3 FM.

Take a few moments to think about the possible emergency situations you could face in your community and consider:

- ◆ Developing a Home Emergency Plan.
- ◆ Preparing to be self-sufficient for up to 3 days even if there is no water, gas or hydro.
- ◆ Preparing a 3 day supply of food and water for each household member. (Don't forget pets!)
- ◆ Knowing the specific hazards and risks in your home and community.
- ◆ Knowing what to do if asked to "shelter-in-place" or evacuate.
- ◆ Making sure you have an out-of-town contact you can check-in with.

"Prepare now! Learn how!"

You can obtain information from your local Municipal Office and brochures are available through your local Lambton County Library Branch.

You can also refer to: www.lambtononline.ca under Community Emergency Planning or the Emergency Management Ontario website at: www.emergencymanagementontario.ca.

Guess What?!

- * You should wear a hat in cold weather! You lose 50% to 70% of your body heat through the top of your head!
- * About one septillion (that's 1,000,000,000,000,000,000,000,000) snowflakes fall on Canada each Year!



Remember:

9-1-1 is for emergency calls only!



AMBULANCE



POLICE



FIRE

The 72-Hour Emergency Supplies Kit

These items are considered crucial in times of emergency. Do you have them on hand?

- Flashlight & Batteries (in case the lights go out)
- Radio & Batteries or Crank Radio (so you can listen to news bulletins)
- Spare Batteries (for flashlight or battery operated radio)
- First Aid Kit
- Candles and Waterproof Matches/Lighter
- Extra Car Keys & Cash (including coins for pay telephones)
- Important Papers (identification for everyone, personal documents)
- Food & Bottled Water (three days worth per person)
- Disposable Knives, Forks, Spoons Cups & Plates & Plastic Garbage Bags
- Fuel Stove and Fuel (be sure to follow manufacturer's instructions – do not use barbecues, fuel stoves or propane lanterns indoors!).
- Clothing & Footwear (one change of clothes per person)
- Blankets or Sleeping Bags (one blanket or sleeping bag per person)
- Toilet Paper, Diapers & Other Personal Supplies
- Medication, Eyeglasses, Copies of Prescriptions
- Whistle (In case you need to attract someone's attention)
- Playing Cards, Games and Toys
- Supplies Kit Container (something that will carry the emergency survival kit in case you have to evacuate)

How Much is Enough?

Drinking Water: At least three days worth - four litres per person per day.

Food: At least three days worth of canned food (you'll need a hand-operated can opener!): soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits. Crackers & biscuits. Honey, peanut butter, syrup, jam, salt & pepper, sugar, instant coffee, tea. Choose foods that are easy to prepare and don't necessarily have to be heated.


For more information about the importance of Emergency Supplies Kits, please visit the Emergency Management Ontario website at www.emergencymanagementontario.ca.


The following winter-related brochures are available online:


- ◆ Winter Driving
- ◆ Winter Power Failures
- ◆ Severe Storms
- ◆ Be Prepared, Not Scared


For more information, contact the Warwick Township Office at 849-3926. You can also visit the Township's website at www.warwicktownship.ca.

On the Road:

 Get your vehicle tuned up & have the condition of your tires & battery checked before winter hits.

 Listen to local weather & road condition reports before setting out on a trip. If travelling long distances, call ahead to your destination for conditions. If you have access to the Internet, visit www.weatheroffice.ec.gc.ca or telephone 464-5121 for local weather conditions. To obtain information about road conditions, visit www.mto.gov.on.ca & look under the heading, Travellers Information – Road Closures (you can look under the related link, World Weatherwatch for a map which indicates the conditions of Provincial highways).

 If the weather and travelling conditions are poor, delay your trip if possible. Give road crews an opportunity to clear the way.

 Clear all windows on your vehicle of ice and snow before heading out & adjust your driving to account for road conditions.

Prepare a winter driving kit & keep the following items in your vehicle:

- Shovel
- Sand, kitty litter or traction mats
- Tow chain
- Compass
- Cloth or roll of paper towels
- Warning light or road flares
- Extra clothing, heavy socks & winter boots
- Emergency food pack
- Booster cables
- Ice scraper & snow brush
- Matches and a "survival candle"
- Fire extinguisher
- Extra winter season windshield washer fluid
- Fuel line antifreeze
- Road maps
- First aid kit
- "Survival" blanket



Did you know that exposure to cold puts additional strain on your heart? The second most likely cause of winter storm-related deaths is heart attacks caused by activities such as shovelling snow and pushing cars out of snow banks. Take it easy!