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INTRODUCTION

To the Residents of the County of Wellington

This Community Emergency Preparedness Reference Guide will be a valuable addition to every business and home, providing the resources we need to take care of our families, our neighbors and ourselves. The guide includes information on preparing for many different types of emergencies including: winter storms, flooding, tornadoes, hazardous spills and others. By learning how to prepare for emergencies we not only prepare ourselves for future emergency situations, but will also improve our ability to cope with the lingering after effects of a disaster.

We are fortunate to live in an area that has had little exposure to severe weather conditions, natural or human disasters, as compared to many other parts of the world. The down side of such good fortune is that many of us are unprepared to handle such tragedies. We hope this guide will help to ensure we are prepared and that we can work together to survive anything that comes our way!

Best regards,

Doug Sherwood
Centre Wellington Hydro

FERGUS AND ELORA EMERGENCY NUMBERS

IMPORTANT NUMBERS

Public Health Offices:

Fergus (519)843-2460

Ambulance:

St. John Ambulance Service (519)843-3661

Hospitals:

Groves Memorial Comm Hosp (519) 843-2010

School Boards:

Upper Grand Dist. Brd. (519) 822-4487

Wellington Catholic Dist. Brd. (519) 821-4600

Area Schools:

Alma Public School (519)846-5110

Elora Public School (519)846-5999

John Black (519)843-2665

James McQueen (519)843-1700

C.W.D.H.S. (519)843-2500

J.D. Hogarth (519)787-0151

Salem Public School (519) 846-5363

Maranatha Christian (519)843-3029

St. Mary Separate School (519) 846-9921

St. Joseph Separate School (519) 843-3810

Clergy:

Unitarian (519)843-2518

Bellwood-Metz (519)843-1227

St. Josephs R.C. (519)843-5240

St. Marys R.C. (519)846-5093

Canadian Reformed Church (519)843-1118

Grace Christian Fellowship (519)787-1978

St. Andrews Presbyterian (519)843-3565

Melville United (519)843-1781

St. James Anglican (519)843-2141

Bethel Baptist (519)843-2890

Jehovah's Witness (519)787-1985

Faith Evangelistic Lutheran (519)843-5030

Bethel Mennonite Church (519)846-0180

Central Pentecostal Church (519)846-0272

Knox Presbyterian Church (519)846-0680

Can.Reformed Church of Elora (519)846-2262

Elora United Church (519)846-0122

FIRE – POLICE - AMBULANCE

9-1-1

FERGUS AND ELORA ADMINISTRATIVE (NON-EMERGENCY) NUMBERS

ONTARIO PROVINCIAL POLICE

Fergus (519)843-4240

FIRE DEPARTMENTS

Arthur (519)848-2535

Elora (519)846-5851

Fergus (519)843-1950

TOWNSHIP OF CENTRE WELLINGTON

Chief Administrative Officer (519)846-9691

Building Dept. (519)846-0265

Clerk's Dept. (519)846-9691

Emergency After Hours

Hydro (519)827-8588(9)

Water-Sewer-Roads (888) 886-9281

Finance Dept. (519)846-9691

Fire Information Calls (519)846-9691

Centre Wellington Hydro (519)843-2900

Parks & Recreation Dept. (519)843-2800

Public Works (519) 846-9801

(Water, sewer, roads)

FERGUS AND ELORA IMPORTANT NUMBERS

Cranes and Bulldozers:

Ken's Crane Service (Guelph) (519) 836-1130

Process Crane Serv. (Ayr) 1(800) 308-3079

Cousins & Johnson (Elora) (519) 846-9200

Skerritt Excavating (Alma) (519) 846-0415

Stumpf Bros. Excavating (519) 846-9912

Dave Martin Excavating (519) 846-5007

Customs Services:

Stratford 1(800) 461-9999

Dangerous Goods:

Canutic, Ottawa 1(613) 996-6666

Express Agencies:

Purolator 1(800) 265-4911

U.P.S. 1(800) 268-4793

First Aid:

St. John Ambulance Corp. Elora (519) 846-5307

Fergus (519) 846-1452

Funeral Homes:

Thomson-Jeffrey Funeral Home (519) 843-2380

Graham Giddy Funeral Home (519) 846-5352

Highway Transport Vans (Refrigerated):

Erb Transport Ltd. 1(800) 665-2653

(New Hamburg)

Hotels and Motels:

Blue Horizon Inn (519) 843-2100

Village Inn (519) 846-5333

Portable Toilets:

Abners Special Events Portable

Toilets (519) 763-9838

Campbell's Portable Toilets (519) 822-1521

HFI Services Inc. 1(800) 265-1672

Canadian Waste Services (519) 824-9210

Tent Rentals:

Drumbo Tent Rental 1-800-265-8368

Four Seasons Tent Rental 1-800-363-0782

Royal Rentals (519) 823-1881

Sunshine Tent Rental 1-888-658-8368

Portable Water:

Arctic Clear (519) 843-4469

Cambridge Spring Water Corp. (519) 894-3717

Culligan Water (519) 836-2627

Morgues:

Groves Memorial Hospital (519) 843-2010

Equipment Rentals:

Fergus Rentals & Service (519) 843-4570

Komatsu Rents 1(905) 625-6292

Animal Shelters:

Ash Rac Kennels (519) 648-2039

Guelph Animal Hospital (519) 836-2782

Pinetree Pet Care (519) 787-9934

In the Ruff (519) 848-3365

Pharmacies:

Andy's Pharmacy (519) 843-4690

Shopper's Drug Mart Elora (519) 846-5379

Shopper's Drug Mart Fergus (519) 843-3160

Zehrs Pharmacy (519) 843-5522

Zellers Pharmacy (519) 787-7043

PROVINCIAL AND FEDERAL DEPT.

Dept. of Communications 1(800) 265-1273

Canadian Coast Guard (519) 383-3966

Canutec (Ottawa) 1(613) 996-6666

Teap – Dow Chem. Sarnia (519) 339-3911

Chemtrec – Washington DC 1(800) 424-9300

Atomic Energy Control Brd. 1(613) 995-0479

Pickering Generating Stn. 1(416) 965-8178

(Radiation) 1(800) 263-4695

FERGUS AND ELORA IMPORTANT NUMBERS

PROVINCIAL AND FEDERAL DEPT. (CONT'D)

Ministry of the Environment

Guelph Office (519) 826-4255
South-Western Office 1(800) 265-7672

M.O.E. Spills Center
(Toronto) 1(800) 268-6060

CN Railway

Operations Control Center 1(416) 860-2330

Airport Crash:

Transportation Canada 1(416) 676-4509

Transportation Safety Brd. 1(416) 224-3628
1(416) 676-3138

Canadian Armed Forces
Central Region Operations
(Toronto) 1(416) 633-6200

Ministry of the Solicitor General:

Headquarters, OPP 1(705) 329-6950
Orillia 24 hrs
Emergency Measures Ontario
Regional Representative 1(416) 314-3723
Steve Beatty (London) 1(519) 679-7055

Recognized Reception Centers:

Centre Wellington Community
Sportplex, Fergus (519) 843-2800
Elora Public School (519) 846-5999
Elora Community
Center & Arena (519) 846-0411
Arthur & District
Community Center & Arena (519) 848-3820

Media Outlets:

Radio (519 area code)

CKNX AM/FM (519) 357-1310
CHYM FM 96.7 (519) 743-2611
CJCS (519) 271-2450
MAGIC FM 106.1 (519) 824-7000
CHOY AM 1460 (Guelph) (519) 824-7000
CHAM 820 AM (Hamilton) 1(905) 526-8200

Press

Fergus Elora News Express (519) 843-1310
Grand River Booster (519) 843-2345
Guelph Mercury (519) 843-3130
Kitchener Waterloo Record 1(800) 265-8261
Wellington Advertiser (519) 843-5410

Television

The New NX (519) 357-4438
The New PL (519) 686-8810
CKCO 1(800) 265-8950

9-1-1 INFORMATION

PROPER USE OF THE 9-1-1 EMERGENCY TELEPHONE NUMBER

Since its introduction to the Wellington area, the 911 emergency telephone number has proven to be a very effective tool during emergencies. The 911 emergency number provides instant access to emergency services should the need for immediate police, fire and ambulance response arises.

This service, like any useful tool, does have its limitations. If the service is flooded with non-emergency calls, then the emergency calls will have a more difficult time getting through.

“The 911 emergency number provides instant access to emergency services...”

The most significant thing about an emergency is its suddenness. In a situation like this, residents can be so overwhelmed that they may unwittingly tie up the emergency service with non-emergency calls. Some examples of these are: to locate relatives, to ask about the availability of gas at local pumps, to find out the location or availability of shelters and other services. Calls like these, though important, could be handled through other means. Using other available non-emergency numbers would leave the 911 service available to handle the calls it was designed to serve.

How do you know when you should call 911? When a situation requires the immediate response of: police, fire-fighting and/or ambulance personnel. Some examples of these calls are: to report injuries and life-threatening emergencies and to report fire.

WHAT HAPPENS WHEN YOU DIAL 9-1-1

**Person Dials
9 - 1 - 1**

Call Taker Asks:
“9-1-1...Do you need police, fire or ambulance?”

Call Taker Says:
“Stay on the line. Your call is being transferred.”

Using the information provided by the Enhanced 9-1-1 system, the call is quickly transferred to the emergency service requested.

POLICE
Call is routed to an appropriate Police Dispatch Centre as determined by the Enhanced 9-1-1- system, based on the municipal address of the telephone from which the call is being made.

Police Dispatcher Asks:
(Using the information on the computer screen)
“Is Police assistance required at your address?”

Emergency Vehicle is Dispatched

FIRE
Call is routed to the appropriate Fire Dispatch Centre as determined by the Enhanced 9-1-1 system, based on the municipal address of the telephone from which the call is being made.

Fire Dispatcher Asks:
(Using the information on the computer screen)
“Is Fire assistance required at your address?”

Emergency Vehicle is Dispatched

AMBULANCE
Call is routed to the appropriate Ambulance Dispatch Centre as determined by the Enhanced 9-1-1 system, based on the municipal address of the telephone from which the call is being made.

Ambulance Dispatcher Asks:
(Using the information on the computer screen)
“Is an Ambulance required at your address?”

Emergency Vehicle is Dispatched

EMERGENCY PREPAREDNESS

BE PREPARED FOR AN EMERGENCY OR DISASTER IN YOUR COMMUNITY

Be Alert, Be Informed

Emergencies and disasters can occur anytime, anywhere. Some are primarily seasonal and allow for some preparations; others occur swiftly and without warning. Your key to surviving an emergency is to be prepared. You can learn an emergency's impact by knowing what to do before, during and after one occurs. Begin by learning how to recognize an emergency warning.

“Find out which local radio and TV stations broadcast emergency instructions and monitor them regularly ...”

- ❑ **Know the warning systems your local government uses.** Learn to recognize what the signals are, what they mean and what action to take when you hear them.
- ❑ **Find out which local radio and TV stations broadcast emergency instructions** and monitor them regularly, particularly during uncertain weather conditions. Post the dial/channel numbers of these stations for easy access. Have an arrangement in place with neighbors to advise one another of an emergency notification.
- ❑ **Be familiar with your workplace emergency plan and your children's school and/or day care emergency plans.** Have written backup care arrangements in place with the school or day care in the event you are detained in an emergency.
- ❑ **Post all emergency plans/phone numbers** in a prominent place at home and in the office.
- ❑ **Learn first aid.** Professional medical assistance may not immediately be available.

Develop A Family Emergency Plan

Emergency planning can help to ensure an effective response to emergencies and disasters. Have a family meeting to discuss potential emergency situations. Talk about what each family member should do in different situations.

- ❑ **Develop your plan** based on an assessment of the kinds of emergencies that can occur in your province, territory and community. Natural events can include winter storms, floods or tornadoes. Secondary events, such as water-induced landslides and toxic spills can exacerbate a weather-related event and prolong a state of emergency. While the emergency incident may vary, the elements of an effective response are often the same.
- ❑ **Ensure elderly family members**, who may not live with you, are included in your emergency plan.
- ❑ **Conduct a hazard audit of your home.** Review fire safety features such as smoke detectors and how to monitor them. Check for frayed electrical cords or overloaded circuits. Don't keep flammable materials near electrical equipment or your furnace. Learn how to safely turn off main water and electrical switches in your home. Locate the safe areas in your home in case of a tornado (ie: interior bathrooms, closets, lowest floor level).
- ❑ **Select a predetermined meeting place** if a fire or other event forces your family out of your home. Ask someone outside your immediate area to act as a central point of contact for your family members, relatives and friends in an emergency.

EMERGENCY PREPAREDNESS

BE PREPARED FOR AN EMERGENCY OR DISASTER IN YOUR COMMUNITY (CONT'D)

- ❑ **Prepare an Emergency Car Kit.**
 - Battery powered radio and extra batteries
 - Blanket
 - Booster cables
 - First Aid kit and manual
 - Fire extinguisher (2A-IOCB type)
 - Flares or reflectors
 - Flashlight and extra batteries
 - Food: non-perishable high energy food such as granola bars, raisins etc.
 - Maps
 - Shovel
 - Tire repair kit and pump
 - Water

- ❑ **Decide ahead of time on a system of communication.** Pick *one* out of province and *one* local friend or relative for family members to call if separated because of a disaster. It is often easier to call out of province than within the affected area.
- ❑ **All members of your family should have a means of identification on them at all times:** e.g., clothing label, wallet card, bracelet with name and address.
- ❑ **Maintain a list of family's required medications,** giving generic names and prescribed dosage. List the name and telephone numbers of family doctors. For those who use pacemakers or other medical equipment, keep the style, serial number and other pertinent information with you at all times.
- ❑ **Keep family records,** such as mortgage documents, medical records, insurance policies, birth certificates, marriage licences, wills, stock and bond certificates, tax records in one central location so that they can be easily accessed in the event you must leave the area quickly. Keep all papers in a waterproof container.

- ❑ **Keep treasured items** such as family photo albums in a place where they can be quickly accessed if you must leave your home in a hurry.
- ❑ **Educate yourself** with basic first aid or take a class.
- ❑ **Take a CPR class.**
- ❑ **Involve all family members** in planning for an emergency.
- ❑ **Test your plan.** Chances of survival are improved if you exercise your plan.

MAINTAIN A SUPPLY OF FOOD AND EMERGENCY ITEMS.

An emergency could isolate you in your home for several days. Try to ensure you have a five-day supply of food and water for each family member. Rotate foods in to your regular pantry supplies and replace stored water every few months.

Other items you may want to keep stocked in your home for emergency use:

- ❑ Special medicines or food required by members of your family, such as insulin, prescription medications, baby food or food required for special diets.
- ❑ Solar, crank or battery-powered radio and flashlight (one per person) in working order and extra batteries for each, first aid kit and manual.
- ❑ All-purpose fire extinguisher (rated A-B-C)
- ❑ Waterproof matches, or matches in a waterproof container.

Note: Candles are no longer recommended due to the number of house fires associated with leaving them unattended during power failures. There are a variety of flashlights available that should be used instead.

EMERGENCY PREPAREDNESS

BE PREPARED FOR AN EMERGENCY OR DISASTER IN YOUR COMMUNITY (CONT'D)

- ❑ A five-day supply of food items for each member of the family. Choose foods that require no refrigeration, cooking or preparation, are compact and lightweight, and familiar to users. If food must be cooked, include stove and fuel.
- ❑ A five-day supply of water for each member of the family sealed in unbreakable containers (replace stored tap water every few months). Plan on a minimum of one liter per person per day for drinking purposes only.
- ❑ A catalytic heater (usually kerosene or propane). Follow instructions carefully and ensure there is adequate ventilation to avoid build-up of hazardous fumes when using any kind of fuel. Install a carbon monoxide sensor (battery-operated).

PEOPLE WITH SPECIAL NEEDS

Register in Advance. In case of evacuation, some people may require transportation assistance to Reception Centres or group Lodging facilities. People who require this help may have a physical, neurological or psychological disability or have mobility problems. Persons who are unable to respond independently to an emergency situation which requires them to evacuate their home should register with the local senior's organization or emergency measures organization.

Some Health Care Patients. Persons who receive home health care should discuss emergency plans with their caregiver or home care agency. Persons should also check with their physician if prior arrangements would be necessary for evacuation to a hospital.

Electrical Life Support. If a member of the household is bedridden and requires constant medical care or has electrical life support equipment at home, discuss this NOW with his physician or local emergency measures organization.

IF AN EVACUATION IS IMMINENT, CONSIDER ADDING THESE ITEMS TO YOUR EMERGENCY SUPPLIES

- ❑ Warm and waterproof clothing
- ❑ Extra food, based on the specific requirements
- ❑ Money and credit cards (money machines may not be working)
- ❑ Toys to comfort and amuse the children (favorite toy, stuffed animal, cards)
- ❑ Reading material for adults
- ❑ Pet Food
- ❑ Sleeping bags or blankets, in a waterproof bag

IF YOU EXPECT TO BE EVACUATED FROM YOUR HOME OR WORKPLACE

Do not assume an evacuation will last only a few hours. Plan to evacuate with enough items to keep your family comfortable for at least five days.

If an emergency is imminent, keep phone lines open for use by emergency workers. Monitor local radio broadcast for emergency instructions and current information.

Assemble the food and supplies you plan to take with you. Refer to lists of family medications, records and irreplaceable items. (See Develop a Family Emergency Plan).

Keep your car fuelled.

Turn off main water and electrical switches before leaving home.

Follow local government instructions. If you are asked to evacuate, do so promptly. Travel only on routes recommended by your local government.

An emergency reception centre may be set up to provide food and shelter to people affected by an emergency. If you are going somewhere other than the reception centre, advise the centre, local government or police of your whereabouts.

AFTER THE EMERGENCY OR DISASTER

The dangers associated with a disaster are not over once the flood waters have receded or the tornado has passed. Ensure you and your family are safe by following the advice below.

- ❑ Don't visit the disaster area. You may hinder rescue efforts.
- ❑ Monitor local media reports for when it is safe to return to your home. They can also provide other post-incident advice and assistance.
- ❑ Drive carefully and watch for debris, dangling or broken wires and damaged bridges and roads. Report problems to police or fire departments.
- ❑ Use extreme caution. Wait until you are advised by authorities that it is safe to enter buildings that may have been structurally damaged.
- ❑ Use only battery-powered lanterns or flashlights to examine your home for damage, which may contain flammable items. ***Do not use candles or matches.***

Check for leaking gas pipes in your home. If you smell gas:

- ❑ Immediately open windows and doors
- ❑ Turn off the main gas valve
- ❑ Leave the house
- ❑ Go to another location and notify the gas company, police and fire department
- ❑ Do not re-enter the house unless you are advised by authorities that it is safe to do so

If electrical appliances are wet (and you are NOT wet or standing in water) turn off the main power switch. Then, unplug the wet appliances and let them dry before checking for visible damage. If there is no damage, reconnect the appliances and turn on the main power switch. If the fuses blow when the power is restored, turn off the main power switch again and look for short circuits in your home wiring, appliances and equipment. If a problem still exists, call your utility company.

Follow your local health authority's instructions concerning the use of food and water supplies. Any food affected by lack of refrigeration, chemicals or flood waters should be discarded.

Check to see that sewage lines are intact before flushing toilets.

Report damaged water, sewage and gas lines to the proper authorities.

Notify your insurance agent or broker immediately if your property was damaged.

The emotional impacts of disasters on those affected are well known. Pay attention to your feelings and those of your family members. Local mental health services are usually able to provide assistance in coping with trauma resulting from a disaster.

YOUR IMPORTANT TELEPHONE NUMBERS

Out-of-Province Contact

Name _____

City _____

Telephone (Day) _____

(Evening) _____

Local Contact

Name _____

Telephone (Day) _____

(Evening) _____

Nearest Relative

Name _____

City _____

Telephone (Day) _____

(Evening) _____

Family Work Numbers

Father _____

Mother _____

Other _____

Emergency Telephone Numbers

In a life-threatening emergency, dial 911 or the local emergency medical services system number.

Police Department _____

Fire Department _____

Hospital _____

Family Physicians _____

Name _____

Telephone _____

Name _____

Telephone _____

Name _____

Telephone _____

Reunion Locations

1. Right outside your home
2. Away from the neighborhood, in case you cannot return home.

Address _____

Telephone _____

Route to try first _____

HOW TO DEVELOP YOUR HOME ESCAPE PLAN

In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

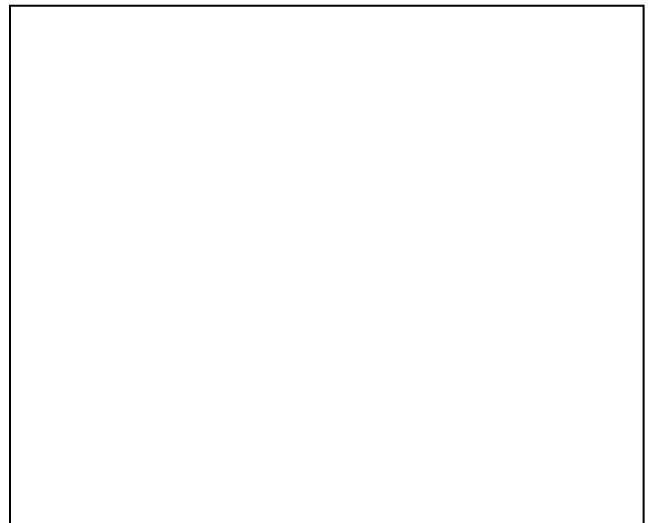
Develop an escape plan by drawing a floor plan of your residence. Using a black or blue pen, show the location of doors, windows, stairways and large furniture. Indicate the location of emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut off points. Next, use a coloured pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside of the home where household members should meet in case of fire.

“Develop an escape plan by drawing a floor plan of your residence.”

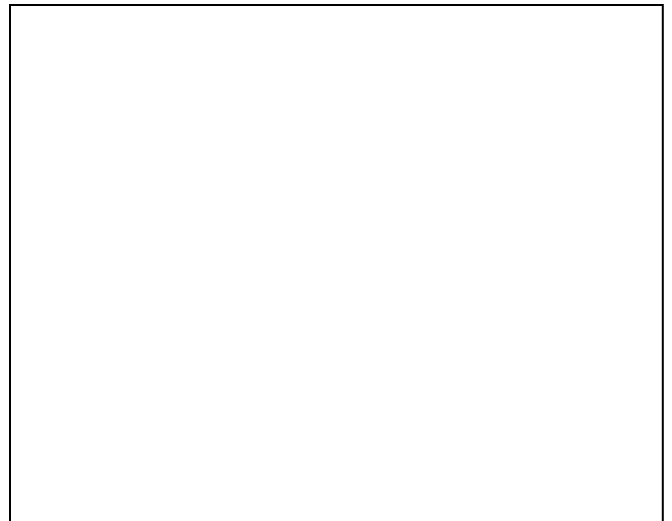
Be sure to include important points outside such as garages, patios, stairways, elevators, driveways and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with all household members at least two times each year.

- Normal Exit Route
- Emergency Exit Routes
- Fire Extinguisher
- Smoke Detectors
- Disaster Supplies Kit
- Doors
- Collapsible Ladder
- Reunion Location (Outside)
- Stairways
- Utility Shut Off
- Windows
- First Aid Kit

FLOOR PLAN Floor One



Floor Two



FAMILY DISASTER SUPPLY KIT

After a disaster, local officials and relief workers will be on the scene but they cannot reach everyone immediately. You could get help within hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

To prepare your kit:

Review the checklist below.

Gather the supplies that are listed. You may need them if your family is confined at home.

Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

WATER

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two liters of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- ❑ Store four litres of water per person per day (two litres for drinking, two litres for food preparation/sanitation)*
- ❑ Keep at least a three-day supply of water for each person in your household.
- ❑ Purification tablets or chlorine bleach and eye dropper.

"...if you've gathered supplies in advance, your family can endure an evacuation or home confinement."

FOOD

- ❑ Store at least a three-day supply of non-perishable food. Select foods that do not require refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.
- * Include a selection of the following foods in your Disaster Supplies Kit.
 - ❑ Ready-to-eat canned meats, fruits and vegetables
 - ❑ Canned juices, milk, soup (if powdered, store extra water)
 - ❑ Staples – sugar, salt, pepper
 - ❑ High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
 - ❑ Vitamins
 - ❑ Foods for infants, elderly persons or persons on special diets
 - ❑ Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

FAMILY DISASTER SUPPLY KIT (CON'T)

First Aid Kit

Assemble a first aid kit for your home which should include the following:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypo-allergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- Stainless Steel Scissors
- Tweezers
- Moistened towelettes
- Antiseptic or antiseptic towelettes
- Thermometer
- Tongue depressor
- Instant cold pack
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen (SPF 15 or higher)

Non-Prescription drugs

- Aspirin or non-aspirin pain reliever (children's chewable aspirin preferred)
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Centre)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)
- St. John Ambulance First Aid Manual

Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's cheques, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Tube test
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)
- Sanitation
- Toilet paper, towelettes
- Soup, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Hammer and nails, crowbar
- Lantern and fuel
- Emergency blanket
- Mosquito repellent
- Shovel
- Sun Screen
- Rope
- Extra gas (fuel) for car

FAMILY DISASTER SUPPLY KIT (CONT'D)

Clothing and Bedding

* Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves, scarves, mittens
- Thermal underwear
- Sweaters

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby

- Formula with extra sterile water to mix it if powdered or concentrate
- Bottles
- Disposable Diapers
- Vaseline, Penaten Cream
- Powdered Milk
- Diaper Wipes
- Extra clothing as babies may soil more clothing than older children
- Snowsuit if cold
- Medications

For Adults

- Heart and high blood pressure medication
- Insulin
- Denture needs
- Extra eye glasses
- Entertainment – games and books
- Prescription drugs
- Contact lenses and supplies
- Hearing aids and batteries

For people with mobility problems

- Extra wheelchair batteries, oxygen, medication, catheters, food for guide or service dogs, or other special equipment you might need.
- A list of family physicians and the relative or friend who should be notified if you are injured.
- A list of the style and serial numbers of medical devices such as pacemakers.
- An extra set of car keys.

Also:

- Store back-up equipment, such as a manual wheelchair, at a neighbor's home, school, or your workplace
- Keep the shut-off switch for oxygen equipment near your bed or chair, so you can get to it quickly if there is a fire.

FAMILY DISASTER SUPPLY KIT (CONT'D)

Important family documents

Keep these records in a waterproof, portable container.

- ❑ Will, insurance policies, contracts, deeds, stocks and bonds
- ❑ Passports, social security cards, immunization records
- ❑ Bank account numbers
- ❑ Credit card account numbers and companies
- ❑ Inventory of valuable household goods, important telephone numbers
- ❑ Family records (birth, marriage, death certificates)
- ❑ Photos of family members in case you are separated in an emergency

To get started ...

- ❑ Find out which disasters are most likely to happen in your community
- ❑ Ask how you would be warned
- ❑ Find out how to prepare for each

Meet with you family

- ❑ Discuss the types of disasters that could occur
- ❑ Explain how to prepare and respond
- ❑ Discuss what to do if advised to evacuate
- ❑ Practice what you have discussed
- ❑ Plan how your family will stay in contact if separated by disaster
- ❑ Pick two meeting places:
 - 1) a location of safe distance from your home in case of fire
 - 2) a place outside your neighbourhood in case you can't return home
- ❑ Choose an out-of-province friend as a "check-in contact" for everyone to call
- ❑ If you live in an apartment, ask the management to identify and mark accessible exits

- ❑ If you or someone in your household uses a wheelchair, make more than one exit from your home

Complete these steps

- ❑ Post emergency telephone numbers by every phone
- ❑ Show responsible family members how and when to shut off water, gas and electricity at main switches
- ❑ Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries two times each year
- ❑ Contact your local fire department to learn about home fire hazards
- ❑ Learn first aid and CPR

Meet with your neighbours

Plan how the neighbourhood could work together after a disaster. Know your neighbours' skills (medical, technical). Consider how you could help neighbours who have special needs, such as elderly or disabled persons. Make plans for childcare in case parents can't get home.

Remember to practice and maintain your plan

Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond.

A highway spill of hazardous material could mean instant evacuation.

A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services (gas, water, electricity and telephones) for days.

Supplies

There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items.

Keep the items that you would most likely need during an evacuation in an easy-to-carry container.

Possible containers include:

- a large, covered trash container
- a camping backpack
- or a duffel bag

Suggestions and reminders

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car
- Keep items in air tight plastic bags
- Change your stored water supply every six months so it stays fresh
- Rotate your stored food every six months
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

FIRST AID KITS FOR THE CAR AND COTTAGE

A first aid kit for the car

- St. John Ambulance manual
- 6 triangular bandages
- 4 pressure dressings
- Twelve 4-by-4 inch sterile gauze dressings
- 1 large non-stick burn dressing
- Two 3-inch Kling roller bandages
- 1 roll one-inch adhesive tape
- 36 adhesive strips
- 1 pair heavy-duty first aid scissors
- 6 large safety pins
- Antiseptic towelettes
- Emergency blanket (weatherproof foil or plastic)
- Notepad and pencil
- Change for a telephone call

A first aid kit for the cottage

- St. John Ambulance manual
- Six one-inch roller bandages
- Six two-inch roller bandages
- Six large gauze pressure dressings
- Twelve 3-by-3 inch sterile gauze dressings
- Twelve 4-by-4 inch sterile gauze dressings
- 2 sterile surgical pads
- 1 large non-stick burn dressing
- 2 rolls one-inch waterproof adhesive tape
- 36 rolls adhesive strips
- 6 triangular bandages
- 1 box cotton-tipped swabs
- Antiseptic soap
- Rubbing alcohol
- 1 pair heavy-duty first aid scissors
- 6 large safety pins
- Tweezers
- Sharp sewing needle
- Thermometer (bulb type, oral)
- Ice pack
- Sunburn ointment
- 1 bottle children's aspirin
- Emergency blanket
- Notepad and pencil
- Phone numbers of local ambulance, police, fire department (some rural areas do not have 911)

NOTE: If a member of your family has a known or suspected allergy to bee stings, consult your family physician about the advisability of purchasing an Ana Kit or EpiPen

NO TRUNK SHOULD EVER BE WITHOUT A CAR SURVIVAL KIT

Every driver should carry a survival kit in their vehicle's trunk, especially on long trips. Here are some important items to consider:

- ❑ Booster cables. The thicker, the better. Don't waste your money on cheap products with thin cables because they'll burn out quickly and can cause fires. Look for four or six-gauge cables. The tips of clamps should be angled so they'll work with batteries where the terminals are on the side instead of on top.
- ❑ Chemicals. These include windshield washer fluid, motor oil, transmission oil, power steering fuel, brake fluid and WD-40. Remember to also have some rags on hand for wiping dipsticks so fluid levels can be checked properly.
- ❑ A plastic container able to hold up to four litres of gasoline for that day when you run out of fuel and you have to trek to a service station.
- ❑ Spare windshield wiper blades and washer fluid.
- ❑ Emergency flares. If you ever have to use them, remember to place them at least 15 metres away from your car to give other drivers enough warning of the problem.
- ❑ Sand, salt or kitty litter during winter. This comes in handy if stuck when wheels are spinning on ice.
- ❑ Traction bars. These look like a set of folding metal jaws and can be placed underneath a tire to gain traction on slippery ground.
- ❑ A mini air compressor to help re-inflate a flat tire and/or a puncture seal, get such as Patch a Flat.
- ❑ A tire gauge for measuring the air pressure in your tires.
- ❑ A flashlight and spare fuses. Carry an assortment of fuses that includes at least one of 7.5, 10, 15, 20, 25 and 30 amps.
- ❑ Tool kit, including a 12-volt automotive test light, a good quality screwdriver set with a flat head, Phillips head and a Torx or star-shaped head, pliers, small hammer, utility knife, ratchet socket set, a four-way wrench. Vise-Grip pliers, rolls of electrical and duct tape and a set of five metric wrenches. (Don't use an adjustable wrench because you can strip the bolts on your car).
- ❑ A mini trolley floor jack, which is sturdier than the jacks supplied with most cars. Plus a 60 cm by 60 cm sheet of plywood to provide a flat surface on which to stand your jack.
- ❑ First-aid kit.
- ❑ A blanket, a candle, camping matches
- ❑ Fire extinguisher

PREPARING AN EMERGENCY WATER SUPPLY

In a disaster, you might be cut off from food, water and electricity for days. By preparing emergency provisions, you can turn what could be a life-threatening situation into a manageable problem.

WATER: The Absolute Necessity

Stocking water reserves and learning how to purify contaminated water should be among your top priorities in preparing for an emergency. You should store at least a two-week supply of water for each member of your family. Everyone's needs will differ, depending upon age, physical condition, activity, diet and climate. A normally active person needs to drink at least two quarts of water each day. Hot environments can double that amount. Children, nursing mothers and ill people will need more. You will need additional water for food preparation and hygiene. Store a total of at least one gallon per person, per day.

If your supplies begin to run low, remember: Never ration water. Drink the amount you need today, and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.

How to store emergency water supplies

You can store your water in thoroughly washed plastic, glass, fiberglass or enamel lined containers. Never use a container that has held toxic substances, because tiny amounts may remain in the container's pores. Sound plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums.

Before storing your water, treat it with a preservative, such as chlorine bleach, to prevent the growth of micro-organisms. Use liquid bleach that contains 5.25 per cent sodium hypochlorite and no soap. Some containers warn, "Not For Personal Use." You can disregard these warnings if the label

states sodium hypochlorite is the only active ingredient and if you use only the small quantities in these instructions.

Add four drops of bleach per quart of water (or two scant teaspoons per 10 gallons), and stir. Seal your water containers tightly, label them and store them in a cool, dark place.

Hidden water sources in your home

If a disaster catches you without a stored supply of clean water, you can use water in your hot-water tank, in your plumbing and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl), but purify if first.

Water beds hold up to 400 gallons, but some water beds contain toxic chemicals that are not fully removed by many purifiers. If you designate a waterbed in your home as an emergency resource, drain it yearly and refill it with fresh water containing two ounces of bleach per 120 gallons.

To use the water in your pipes, let air into the plumbing by turning on the highest faucet in your house and draining the water from the lowest one.

To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty. Do you know the location of your incoming water valve? You'll need to shut it off to stop contaminated water from entering your home if you hear reports of broken water or sewage lines.

Emergency Outdoor Water Sources

If you need to seek water outside your home, you can use these sources. But purify the water before drinking it.

- ❑ Rainwater
- ❑ Streams, rivers and other moving bodies of water
- ❑ Ponds and lakes
- ❑ Natural springs

Avoid water with floating material, an odour or dark colour. Use saltwater only if you distill it first.

Three Easy Ways to Purify Water

In addition to having a bad odour and taste, contaminated water can contain micro-organisms that cause diseases such as dysentery, cholera, typhoid and hepatitis. You should therefore purify all water of uncertain purity before using it for drinking, food preparation or hygiene. There are many ways to purify water. None are perfect. Often the best solution is a combination of methods. Before purifying, let any suspended particles settle to the bottom, or strain them through layers of paper towel or clean cloth.

Three easy purification methods are outlined below. These measures will kill microbes but will not remove other contaminants such as heavy metals, salts, most other chemicals and radioactive fallout.

Boiling is the safest method of purifying water. Bring water to a rolling boil for 10 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring it back and forth between two containers. This will also improve the taste of stored water.

Chlorination uses liquid chlorine bleach to kill micro-organisms. Add two drops of bleach per

quart of water (four drops if the water is cloudy), stir and let stand for 30 minutes. If the water does not taste and smell of chlorine at that point, add another dose and let stand another 15 minutes.

If you do not have a dropper, use a spoon and a square-ended strip of paper or a cloth about $\frac{1}{4}$ inch by 2 inches. Put the strip in the spoon with an end hanging down about $\frac{1}{2}$ inch below the scoop of the spoon. Place bleach in the spoon and carefully tip it. Drops the size of those from a medicine dropper will drip off the end of the strip.

Purification tablets release chlorine or iodine. They are inexpensive and available at most sporting goods stores and some drugstores. Follow the package directions. Usually one tablet is enough for one quart of water. Double the dose for cloudy water.

More Rigorous Purification Methods

While the three methods described previously will remove only microbes from water, the following two purification methods will remove other contaminants.

PREPARING AN EMERGENCY WATER SUPPLY

Distillation will remove microbes, heavy metals, salts, most other chemicals, and radioactive dust and dirt, called radioactive fallout. Filtering will also remove radioactive fallout. (Water itself cannot become radioactive but it can be contaminated by radioactive fallout. It is unsafe to drink water that contains radioactive fallout).

Distillation involves boiling water and then collecting the vapour that condenses it back to water. The condensed vapour will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down. Put the lid on the pot upside down (make sure the cup is not dangling into the water), and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

To make a fallout filter, punch holes in the bottom of a large bucket, and put a layer of gravel with a towel cut in a circle slightly larger than the bucket. Cover the towel with six inches of clayish soil dug from at least four inches below ground level. Cover the soil with a towel, place the filter over a large container, and pour contaminated water through. Then, disinfect the filtered water using one of the methods described above. Change the soil in your filter after every 50 quarts of water.

AVOID POSSIBLE DAMAGE TO WATER TREATMENT EQUIPMENT

Be Prepared in Case of a Power Outage

When shutting off the water supply to the main house, remember to shut off all water using appliances and equipment. Any water-using equipment must not be exposed to temperatures below freezing. Water, when frozen, expands and could cause fractures, thus damaging equipment. In the case of all in-line water softeners, conditioners, filters, etc., they should be disconnected. Our experience from the last episode, reminds us that NOT ALL insurance companies may cover such storm damage, so "fore-warned is fore-armed".

Steps in Prevention:

- Detaching the unit at the by-pass valve
- Remove valve and timer from tank
- Siphon and remove as much water as possible from tank
- Fill with "non-toxic" antifreeze. They can be purchased from any recreational vehicle dealership.

It is relatively easy to "shut-down" most makes of equipment BUT, when you are not sure, call a professional.

PREPARING AN EMERGENCY FOOD SUPPLY

Food: Preparing an Emergency Stockpile

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

If your water supply is limited, try to avoid foods that are high in fat and protein, and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole-grain cereals and canned foods with high liquid content.

You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in time of stress. Also, canned foods won't require cooking, water or special preparation. Following are recommended short-term and long-term food storage plans.

Short-Term Food Supplies

Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should prepare a supply that will last that long. A two-week supply can relieve a great deal of inconvenience and uncertainty until services are restored.

The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves. Remember to compensate for the amount you eat from other sources (such as restaurants) during an average two-week period.

You may already have a two-week supply of food on hand. Keeping it fresh is simple. Just rotate your supply once or twice a year.

Nutrition Tips

In a crisis, it will be vital that you maintain your strength. So remember:

- ❑ Eat at least one well-balanced meal every day.
- ❑ Drink enough liquid to enable your body to function properly (two quarts a day).
- ❑ Take in enough calories to enable you to do any necessary work.
- ❑ Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

Special Considerations to Keep in Mind

As you stock food, make note of your family's unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best.

Individuals with special diets and allergies will need particular attention, as will babies, toddlers and the elderly. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for the ill or elderly. Make sure you have a can opener and disposable utensils. And don't forget non-perishable foods for your pets.

PREPARING AN EMERGENCY FOOD SUPPLY (CON'T)

How to Store Your Short-Term Stockpile

Keep canned foods in a dry place where the temperature is fairly cool – not above 70 degrees Fahrenheit and not below freezing. To protect boxed foods from pests and to extend their shelf life, store the boxes in tightly closed cans or metal containers.

Rotate your food supply. Use foods before they go bad and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

Your emergency food supply should be of the highest quality possible. Inspect your reserves periodically to make sure there are no broken seals or dented containers.

Storage Tips

Keep food in the driest and coolest spot in the house – a dark area if possible.

Keep food covered at all times.

Open food boxes or cans carefully so that you can close them tightly after each use.

Wrap cookies and crackers in plastic bags, and keep them in tight containers.

Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to protect them from pests.

Inspect all food containers for signs of spoilage before use.

How to Cook if the Power Goes Out

For emergency cooking you can use a fireplace, a charcoal grill or camp stove outdoors only. You can also heat food with candle warmers, chafing dishes and fondue pots. Canned food can be eaten right out of the can. If you heat food in the can, be sure to open the can and remove the label first.

Long-Term Food Supplies

In the unlikely event of a military attack or some other national disaster, you may need long-term emergency food supplies. The best approach is to store large amount of staples along with a variety of canned and dried foods.

Bulk quantities of wheat, corn, beans and salt are inexpensive and have nearly unlimited shelf life. If necessary, you could survive for years on a small daily amount of these staples. Stock the following amount per person, per month:

ITEM	AMOUNT
Wheat	20 pounds
Powdered Milk	20 pounds
Corn	20 pounds
Iodized Salt	1 pound
Soybeans	10 pounds
Vitamin "C"	15 grams

PREPARING AN EMERGENCY FOOD SUPPLY (CONT'D)

Storage and Preparation of Food Supplies

Store wheat, corn and beans in sealed cans or plastic buckets. Buy powdered milk in nitrogen-packed cans. Leave salt and vitamin C in their original packages.

If these staples comprise your entire menu, you must eat all of them together to stay healthy. To avoid serious digestive problems, you'll need to grind the corn and wheat into flour and cook them, as well as boil the beans, before eating. Many health food stores sell hand-cranked grain mills or can tell you where you can get one. Make sure you buy one that can grind corn. If you are caught without a mill, you can grind your grain by filling a large can with whole grain one-inch deep, holding the can on the ground between your feet and pounding the grain with a pipe.

Ways to Supplement Your Long-Term Stockpile

The above staples offer a limited menu, but you can supplement them with commercially packed air-dried or freeze-dried foods and supermarket goods. Rice, popcorn and varieties of beans are nutritious and long-lasting. The more supplements you include, the more expensive your stockpile will be.

Following is an easy approach to long-term food storage:

1. Buy a supply of bulk staples listed above.
2. Build up your everyday stock of canned goods until you have a two-week to one-month surplus. Rotate it periodically to maintain a supply of common foods that will not require special preparation, water or cooking.
3. From a sporting or camping equipment store, buy commercially packaged, freeze-dried or air-dried foods. Although costly, this will be your best form of stored meat, so buy accordingly.

Shelf Life and Foods for Storage

Here are some general guidelines for rotating common emergency foods.

Use within six months:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

Use within one year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut Butter, Jelly
- Hard candy, chocolate bars and canned nuts

May be stored indefinitely (in proper containers and conditions):

- Wheat, corn, soybeans
- Vitamin C, salt, white rice
- Powdered milk (in nitrogen-packed cans)
- Vegetable oils, dry pasta
- Instant coffee, tea and cocoa
- Non-carbonated soft drinks
- Bouillon products, baking powder

If Electricity Goes Off...

First, use perishable food and foods from the refrigerator. Then use foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it. In a well-insulated freezer, foods will usually still have ice crystals in their centres (meaning the foods are safe to eat) for at least three days.

Finally, begin to use non-perishable foods and staples.

PURCHASING A GENERATOR

Here are some suggestions to assist when looking to buy a generator.

1. Generators for home use are to be viewed as emergency backup only and should not be considered an alternative power source.
2. Before purchasing the generator consider:

What are your needs:

- Sump pump
- Oil or gas fired furnace c/w their fans
- Refrigerators
- Water pump for wells
- Freezers
- How long do you want the generator to operate, (ie: one hour or six hours between gas fill ups).

Miscellaneous uses such as:

- Toasters
- Lights
- Coffee maker

3. Generators are available in many sizes and come with numerous features (much like buying a car). The following list of miscellaneous user requirements should help with your decision.

Sump pumps at 1/3 H.P. use approximately 500 running watts and 1,500 starting watts.

Furnace burners at 1/6 H.P. use approximately 300 running watts and 900 starting watts.

Oil or gas fired hot water tanks at 1/6 H.P. use approximately 300 running watts and 900 starting watts.

Furnace fans at 1/2 H.P. use approximately 1,000 running watts and 2,200 starting watts.

Refrigerators at 1/4 H.P. use approximately 500 running watts and 1,400 starting watts.

Water pumps for wells are generally 1/2 to 1 H.P. However, they may be either 120 volts or 240 volts. This is where you must understand your home systems. Your owner's manual should provide you with all necessary information. Otherwise check with appropriate area contractors.

Freezers at 1/4 to 1/2 H.P. consume wattage's as shown above.

Toasters, coffee makers and electric kettles use 1,000 to 1,500 watts each. Therefore these are generally operated only one-at-a-time to ensure you do not trip the generator circuit breaker.

SUMMARY:

Determine your emergency generator size.
Purchase a suitably sized unit with some spare capacity.

Examples:

A 2,500 watt at 120 volt unit will only run one furnace/fan combination. You will have to shut-off this unit before starting something else.

A 5,000 watt unit with both 120 and 240 volt capability will operate a 3/4 H.P. water pump at 240 volts, one furnace/fan unit at 120 volts and several lights.

Costs are also a factor. Generators can be purchased for between \$500 to \$3,500 depending upon their features. As with most purchases, the higher the quality, the greater the costs.

All 120-volt units should have three wire hook-up similar to any utility outlet. A chassis ground is generally provided for connection to your main house ground.

240 volt units come with two variations of wiring. Both types provide 120-volt receptacles and 240-volt receptacles. It is the 240 volt receptacle wiring which varies. Generally, the more expensive units have a four wire receptacle which makes wiring to the electrical panel more closely resemble normal power inputs. The alternative 240 wiring comes with a three wire receptacle which provides 240 volt only unless a neutral to ground jumper wire is added to one of the 120 volt receptacles. The end result is the same but requires extra care.

Engine type and controls provide conveniences such as idle control, low oil shutoff, various gas tanks sizes to name a few.

PURCHASING A GENERATOR (CON'T)

Electric start is available either for convenience or for health reasons.

Fuel gauges are a helpful accessory.

“DO NOT operate them inside the house or any area such as a garage with doors closed.”

Generally:

If you need only a 120 volts for a small fan such as a fireplace blower then a 1,000 to 1,500 watt unit should provide a suitable emergency unit.

If you need only a 120 volts to power your furnace/fan plus an accessory such as a sump pump then a 3,000 watt unit should provide a suitable emergency unit.

If you require both 120 and 240 volts then look for a 4,000 to 5,000 watt generator.

However, regardless of what type of unit you purchase, be sure to have it installed by a qualified person only. This power is just as lethal as that provided by Ontario Hydro.

Oil changes are also to be carefully monitored. The first oil change is usually required within the first five to 10 hours of operation. Subsequent changes are required every 50 to 100 hours of use.

Some Safety Tips:

A word of caution when running your generator – please ensure you operate it in a well ventilated area. Fumes from these engines are lethal. DO NOT operate them inside the house or any area such as a garage with doors closed.

Keep a fire extinguisher nearby for emergency use. It is also suggested that if at all possible do not leave the generator running while you are sleeping. It is preferable to let the house cool down and then warm it up in the morning while you are awake and are able to watch it and respond accordingly, if necessary.

Look for either CSA and/or UL approval. Either of these two labels give some assurances that the units are at least manufactured to an acceptable standard for our country.

Be sure to read the instruction manual thoroughly. It contains pertinent information required for the safe operation of the generator.

Do not refill the gas tank while the generator is running.

One last issue. Many of these units come with engines which meet California's more stringent environmental regulations. This requires that crankcase vapours are recycled through the carburetor for re-burning before being discharged into the atmosphere. While this is certainly more environmentally friendly, it creates combustion problems in cold environments such as ours. While the tube from the crankcase to the carburetor should remain connected for warm weather, disconnecting it during the winter is almost a necessity or the carburetor will freeze-up due to water vapours coming from the crankcase. Consult your supplier concerning the location of this tube before altering the unit.

DON'T GET "BURNED" WHEN PURCHASING FIREWOOD

Firewood is sold in a measurement called a Cord. To be sure you have a cord, stack the wood in a line or row making it compact. Then measure the stack. If it doesn't equal 4 feet X 4 feet X 8 feet cubic feet it's not a cord.

A cord, like other measurements, is defined by law. A seller of firewood cannot use terms such as truckload, rack or pile because they have no legally defined meaning, therefore you have no way of determining how much firewood you are actually receiving. If a seller uses these terms, then it should alert you to a possible problem. Wood can only be sold by the cord or by fractions of a cord.

"A seller of firewood cannot use terms such as truckload, rack or pile because they have no legally defined meaning, therefore you have no way of determining how much firewood you are actually receiving."

To protect yourself when purchasing firewood, make sure to get a receipt which shows the seller's name and address, as well as the price, amount, and kind of wood purchased. Where possible, try to get the seller's phone number and write down the license plate number of the delivery vehicle. It is also helpful to document the possible shortage by taking a picture of the stacked wood. Be sure to measure the wood before burning any. If the cubic measurement indicates that you didn't receive the correct amount, contact the seller before you burn any wood.

Key things to remember:

1. If it doesn't equal 4 feet X 4 feet x 8 feet cubic feet it's not a cord.
2. Be sure to measure the stack before using any
3. Get what you pay for ... Get it in writing

Purchasing Tips

An extra hint for buying wood is the type that you buy. There is a choice of hard or soft wood and wet or dry wood. Hardwood is good because it heats the home more efficiently, burns for a longer period of time, but is the most expensive. Soft wood tends to clog the chimney, causes more ashes and residue, but is the least expensive. As for wet versus dry, dry wood is easier for starting fires as well as burning for a longer period of time. Wet wood doesn't burn very well and will cause your fire to smother and fill your home with smoke.

CARBON MONOXIDE DETECTORS

A product of incomplete combustion is the cause of many fatalities and near fatalities each year both at work and in the home. Carbon monoxide gas is a sinister and silent poisonous gas which is colourless, odourless and tasteless. Carbon monoxide (CO) can be produced in homes by improperly operating or improperly vented fuel burning appliances (including wood stoves), by a car idling in a garage or by using charcoal grills indoors.

Without special detectors to provide ample warning of increasing carbon monoxide levels in your home your body becomes the detector...an unreliable detector at that. In some cases CO poisoning produces warning signs in the form of flu-like symptoms including dizziness, fatigue, headache and nausea. Unlike the flu however, CO poisoning does not produce a fever or general muscle aching. Be aware...an important indicator of a CO problem in the home is complaints of the same symptoms by more than one family member. Unfortunately the "biological detection system" does not always work because these warning symptoms are not always

“In some cases CO poisoning produces warning signs in the form of flu-like symptoms including dizziness, fatigue, headache and nausea.”

experienced. The victim simply “falls asleep”, and never awakens.

Although there has been some controversy regarding the effectiveness of carbon monoxide detectors (eg. Popular Science_January 1998, “Carbon Monoxide Detectors_What You Need To Know”), they are still an important line of defense against possible overexposure. Popular Science states in the above-mentioned article that CO detectors are “as crucial to your home as smoke detectors, fire extinguishers and first aid kits”. This viewpoint is supported by all major safety and health organizations including the IAPA.

CO detectors are designed to warn before symptoms appear. There are three basic types of sensors used for CO detection: diomimetic, metal oxide and electrochemical. Popular Science noted that each have their advantages and disadvantages with regard to sensitivity to humidity and temperature, interference from household chemicals, energy consumption, responsiveness reliability, longevity and cost. Regardless of the type, they should be installed, checked and maintained according to the manufacturers’ recommendations. The preferable location for installation is near sleeping area and if possible on each floor. Locations to avoid include near fuel-burning appliances, household chemicals, dead air spaces, ceiling fans or fresh air vents or in any area where there are wide swings in temperature and humidity.

CO detectors, when properly installed and maintained, will provide a good measure of warning for your household. However, CO detectors are not foolproof! The first line of defense is to control potential problems through proper installation, maintenance, use and regular inspection of fuel-burning equipment. Take the proper precautions! Don’t let your family be the next victims of the “silent killer.”

ELECTRICAL SAFETY

Power Failure

- ❑ Turn off main switch
- ❑ Unplug and turn off appliances
- ❑ Turn furnace to minimum
- ❑ Turn off water to clothes washer and dishwasher
- ❑ When power resumes plug in only the most essential appliances before reconnecting everything

Emergency and Rescue

- ❑ Treat all wires as live regardless of location, stay clear, don't touch
- ❑ If person or vehicle comes in contact with outdoor wires, don't touch either person or vehicle, call PUC
- ❑ Where dislodged wires are in contact with vehicle, don't get out until wires are removed
- ❑ In case of fire, jump free with both feet together and without touching vehicle and the ground at the same time
- ❑ If someone receives a shock from faulty appliance and is still in contact with it, don't touch appliance before unplugging it first

Electrical Fire

- ❑ Unplug equipment whenever possible
- ❑ Never use water on electrical equipment or wires.
- ❑ Use baking soda or recommended dry chemical electrical fire extinguisher

Children

- ❑ Teach to respect electricity
- ❑ Warn of danger of touching wires. The contact of a kite or model airplane with overhead lines can cause serious injury by simply touching string or control wire
- ❑ Remind to avoid areas marked "Keep Out" or "Danger".
- ❑ Climbing poles, towers, fences or trees surrounding electrical equipment or power lines, is extremely dangerous
- ❑ Never poke or push things into electrical equipment or outlets

ELECTRICAL SAFETY (CONT'D)

Main Switch and Panel

- ❑ Always shut off main switch when changing fuses or doing work around the house
- ❑ Never open door to main switch for there are live contacts inside
- ❑ Electrical panel covers should always be intact
- ❑ Breaker operation should be firm, not loose
- ❑ Fuses should be screwed in tightly to prevent overheating
- ❑ Install proper size fuses, never install larger than required
- ❑ Never replace fuse with penny, dime or any metal object
- ❑ Use time delay or dual element fuses “D” for “P”
- ❑ “P” recommended for circuits with heat generating appliances which aren’t motorized (water heaters, ranges)
- ❑ “D” recommended for motorized appliances (dryers, furnace, refrigerators)

Warning Signs of Trouble That Shouldn’t Be Ignored

- ❑ Repeatedly tripped breakers or blown fuses
- ❑ Overheating or discoloration in panel
- ❑ Rust in panel
- ❑ Flickering lights

Cord Care

The following cord conditions represent hazards which can cause short circuits, shocks and fires:

- ❑ Worn or damaged cords
- ❑ Plugging a number of cords into single outlet
- ❑ Pulling plug by the cord
- ❑ Cords under carpets
- ❑ Near sources of heat or water
- ❑ Breaking of third prong on plugs
- ❑ Extension cords used as permanent wiring

SAFEGUARDING YOUR HOME

It is important to protect your home against unwanted entry. Many believe that it is necessary to buy a high tech security system in order to feel safe these days, but what happens when power failure occurs? The security system is no longer functional. Here are a few tips that you can follow to safeguard your home.

Fencing, Shrubs and Trees

Any type of fencing or hedge can be a deterrent to illegal entry. A thief needs to think that he can easily get away with whatever it is that he plans to take from your home. However, some types of fencing can be appealing to a thief. They can sometimes provide cover while the thief cleans your home of all your possessions. A chain link fence may be the best alternative. It allows neighbors to detect break-ins and slows down entry or exit. High hedges and shrubs should be cut back, especially near windows, so thieves cannot hide behind them. Locate big trees away from your house preventing access to second story windows.

Doors and Windows

The best protection is provided by windowless doors with mailslots or other openings placed away from the latch. Dead bolt locks, when used in addition to a key-in-knob lock provide added security from illegal entry. If you leave your home, lock your doors and windows properly. Always double check and never leave keys in obvious hiding places like under door mats or mailboxes. Interior doors were designed for privacy rather than security.

“Always double check and never leave keys in obvious hiding places like under door mats or mailboxes”.

There are usually no locking devices on these doors. You might want to consider installing key-in-knob locks to replace the other door knobs. By locking these doors you are creating another obstacle for the thief.

Do Not Advertise Your Absence

When you have to leave, you should only tell the people you trust to look after your home. Avoid telling casual friends or delivery people.

SAFEGUARDING YOUR HOME (CONT'D)

Have a Friend Watch While You Are Gone

Have them cut your grass or shovel your driveway, adjust curtains and collect your mail/newspaper while you are away. This gives your home the lived-in look. Mail or newspapers piled up at your door can be a sure giveaway that nobody is home and becomes an open invitation to any thief.

Keep Expensive Items Out of Sight

Expensive equipment such as stereo systems and televisions should be kept away from windows. If you must leave your home, store them in a closet. A thief will not break into your house if he believes that it is not worthwhile. It is also a good idea to keep expensive jewelry in a safe deposit box. Avoid keeping large amounts of money in your home.

Keep A Household Inventory List

Keep an inventory of all your possessions. List the item, approximate costs, serial numbers, and a short description. Photographs are an excellent way of recording objects of extraordinary value. It is also a good idea to add a personal identification code on your valuables. This allows you to identify your belongings in the event of a break-in. Once you have completed your list, discuss it with your insurance agent.

Safes and Vaults

If your budget permits it, buy a large safe or a vault. By putting all your valuables in the safe you are making it more difficult for a thief to get access to your belongings. It is also a good idea to have the safe or vault built directly into a wall or a closet. This prevents the thief from stealing the entire safe.

Get A Dog

“Beware of Dog” signs might deter the thief away from your home. He will not want to take the chance of being attacked or apprehended.

Where you live and the physical layout of your residence will have a bearing on the extent to which you can implement security in and around your home. It is impossible to make your home 100 percent safe against crime. However, if you follow these guidelines you have taken the first steps towards safeguarding your home.

LOOKING OUT FOR YOUR NEIGHBOURS

There are times that people are caught off guard by mother nature's weather changes and are ill-prepared for the storm that is impending.

However, there are some who are even less fortunate and are living with bare essentials or are complete shut-ins. It is this point that we should not only look at our own well-being, but at helping our neighbours in a time of need.

Some Simple Tasks You Can Do:

- ❑ Check on your neighbors, relatives and friends
 - ❑ Inform them of the problem and what is being done
- Keep them up to date especially if they do not have a radio

“...there are some who are even less fortunate and are living with bare essentials or are complete shut-ins. It is this point that we should not only look at our own well-being, but at helping our neighbours in a time of need.”

See if they have any disaster supplies such as:

- ❑ Extra blankets
- ❑ Stored/available drinking water
- ❑ No-cook food or canned food with non electric can opener
- ❑ Flashlight(s)
(extra batteries and matches/lighter)
- ❑ Any heat sources
- ❑ First aid kit and extra medications

If you have a vehicle...offer to pick up any supplies for them while you're out.

On the other hand, if you've assessed the situation and feel it would be unsuitable for them to stay in their home, recommend to them that they should go to a designated reception centre. Advise them that at the shelter there is necessary food, water and medical supplies available. Encourage them to go for their own well being and staying in their home may cause danger to their welfare. Reassure them that you will watch their house, so that there may be less hesitation involved.

In most cases, seniors and neighbours forced to stay in their homes, will be most appreciative of your thoughtfulness to their well being.

KNOW YOUR INSURANCE

Damage from most storms, including hurricanes, tornadoes, wind and hail, are generally covered by insurance. Also, water damage caused by water coming through storm-damaged roof and windows, broken pipes or overflowing appliances is usually covered. Other water damage such as sewer backup may, or may not, be covered.

Insurance covers more than damage to your home and contents. An example of this is that they often provide coverage for additional living expenses. It pays for the increase in living expenses, including moving expenses, if your home is made unfit to live in or you have to move out while repairs are being made.

Be prepared. Protect your financial assets. Discuss your insurance needs with an agent, broker or insurance representative.

What Should You Do If Damage Occurs?

Take steps immediately to protect your property from further damage. Board up holes or shut off water supplies to ensure your belongings are not damaged more than they already have been. If possible, get your car under cover. Save receipts for materials you use. Any reasonable costs incurred to protect your property will be covered by your insurance company.

For free information on car and home insurance, call Insurance Bureau of Canada's consumer information centre at 1-800-387-2880 or visit their website at www.ibc.ca.

DISASTER PLANNING FOR LIVESTOCK

Disaster planning is as necessary to your livestock's survival as food and water are to your good health. This information is designed to give you, the livestock owner, a head start in this planning.

Realize that the planning may not be the same for each type of disaster. Fire and earthquake situations do not allow for much or any advanced warning, while floods and hurricanes usually allow sufficient time for some preparation and evacuation.

Be aware of the hazards of barbed wire and replace it now before a frightened horse becomes entangled. If you are in a fire area, clear brush and debris, make evacuation arrangements, locate alternate evacuation routes/trails. In hurricane, tornado, earthquake areas mass destruction, flying debris, collapsing barns can pose major threats to the well being of our animals.

With ample warning, evacuation is the order of the day, without it you may need to consider letting animals run free and rely on their instincts to avoid the debris.

Since our animals are important to us and helpless without us, we owe it to them to learn from prior disasters, and to band together to prepare ourselves and our communities for the future.

Evacuation Decisions

In a disaster situation, you may be faced with the need to:

1. evacuate your horses/livestock, or
2. maintain them under shelter at your facility, or
3. to turn them loose to find their own way

Depending on the situation, the decision may be solely yours, or emergency management personnel may mandate the measures required for the animals safety.

The health and safety of your animals may be dependent on how well-prepared you are for these options in the event of an emergency.

If The Animals Are To Be Maintained Under Shelter In Your Facility:

The facility will be capable of withstanding the situation. (Hurricane, high winds, heavy snows, earthquakes, etc.) If not, make necessary repairs to the facility or evacuate. Be sure that the windows and doors are fully functional for good closure of the building.

You may be gone for an extended period – adequate water and hay must be available and accessible to animals at all times.

DISASTER PLANNING FOR LIVESTOCK (CONT'D)

In recent disasters one fact stood out, the lack of water presented the number one hazard to horses and livestock.

These animals, many that require 15 to 30 gallons of water per day dehydrate very easily. Water can be stored in 55 gallon drums, keep enough on hand for a minimum of seven days. Keep it fresh by changing every three to six months. If you are lucky enough to have a fresh water stream on your property you should be prepared to dam it quickly to pool water for storage in an emergency.

Extra water may have to be stored in the event that there is no water supply available due to contamination or lack of electricity upon your return.

All animals will need halters, collard, etc. with identification attached. Hay and feed left behind will have to be stored in such a manner that it will remain clear and dry. Remember that animals will need to be checked on daily.

If You Are Evacuating, Preparations Must Be Made As Far In Advance As Possible To Avoid Stress To You And The Animals

These preparations include:

1. Know where you are going to be relocating your animals.
2. If the decision is made to evacuate, you should call ahead to confirm availability of space and personnel care for the animals.
3. You will need to listen to the Emergency Broadcasting System for possible road closings and alternate evacuation routes.
4. Complete the following checklist:
 - Vehicle full of Gas/Oil
 - Emergency Kit Packed
 - Adequate Hay/Grain/Water
 - Trailer Safe/Workable
 - First Aid Kit Packed

Suggestions For The Contents Of Your First Aid Kit And Emergency Kit Listed Below.

You must always ensure that you have a copy of Coggins, shot records and veterinarians phone numbers with you.

If you will be staying with your animals, be sure your needs are taken care of i.e. food, clothing, drinks, blankets, bedding, toilet items, etc.

Relocation Sites

1. Check your animals into the relocation site according to established rules for maximum comfort and safety.
2. Give adequate hay/grain/water and stay with them until calm or as long as practical.
3. If you must leave the relocation site make sure the animals are safe and secure. Leave adequate hay/feed and water depending on the length of stay anticipated.
4. Check on your animals often or make arrangements for someone else to check on them.

Returning Home

Before returning home with your animals you should use the following checklist to inspect your facility.

- Barn is structurally sound and debris free
- Water supply is clean and not contaminated
- Feed/hay supply is clean and dry
- Fencing is in place and secure
- Electricity is available and safe

When you are satisfied that the area is safe and secure it is important that you return your animals to familiar surroundings.

DISASTER PLANNING FOR LIVESTOCK (CONT'D)

Your first aid kit should contain some or all of the following items:

- Gauze pads (3-in minimum)
- Non-stick pads (for protecting wrap)
- 2-4 Ace bandages (4-in wide)
- Roll of 2-in adhesive tape
- 1 lb. roll of cotton/small box sanitary napkins
- Disposable diapers/sheet cotton
- Ross black electrical tape (to hold ice packs, poultices, etc.)
- Cotton swabs (various sizes)
- *Military compress bandage dressing
- Mild surgical soap, Rubbing alcohol
- Nitrofurazone (salve, powder, spray)
- Epsom salts, saline solution
- Fly spray (seasonal)
- Hydrogen peroxide
- Iodine, Mild liniment
- Desitin ointment, Vaseline
- *Povidone iodine wound dressing
- *Povidone iodine solution
- Scissors, sharp knife
- Thermometer
- Tweezers/hemostats
- Twitch/hoof nippers/clippers
- Sponges/bucket
- *Oral and injectable antibiotics
- *Baramine injectable/paste
- *Tranquilizer for horses
- *Bute oral/injectable

*See your veterinarian for these items and a written authorization certificate.

Emergency Kit Vehicle/Trailer

- Extra halter per animal – preferably leather
- Extra long lead line per animal
- Flashlight with extra batteries
- Spare double ended snaps
- Leatherman/Swiss army knife (folding tool)
- Nylon stockings/cotton filled (ear plugs)
- Lounge line
- 200 feet 5/8-in cotton rope
- Blankets
- Leather work gloves
- Veterinarian phone numbers
- Medication if necessary
- Portable radio with extra batteries
- Coggins and shot record
- Tranquilizer
- Bucket

PETS AND DISASTERS

Be Prepared With A Disaster Plan

The best way to protect your family from the effects of a disaster is to have a disaster plan. If you are a pet owner, that plan must include your pets. Being prepared can save their lives.

Different disasters require different responses. But whether the disaster is a hurricane or a hazardous spill, you may have to evacuate your home.

In the event of a disaster, if you must evacuate, the most important thing you can do to protect your pets is to evacuate them, too. Leaving pets behind, even if you try to create a safe place for them, is likely to result in their being injured, lost or worse. So prepare now for the day when you and your pets may have to leave your home.

Have A Safe Place To Take Your Pets

It may be difficult, if not impossible, to find shelter for your animals in the midst of a disaster, so plan ahead. Do not wait until disaster strikes to do your research.

- ❑ Contact hotels and motels outside your immediate area to check policies on accepting pets and restrictions on number, size, and species. Ask if “no pet” policies could be waived in an emergency. Keep a list of “pet friendly” places, including phone numbers, with other disaster information and supplies. If you have notice of an impending disaster, call ahead for reservations.
- ❑ Ask friends, relatives, or others outside the affected area whether they could shelter your animals. If you have more than one pet, they may be more comfortable if kept together, but be prepared to house them separately.
- ❑ Prepare a list of boarding facilities and veterinarians who could shelter animals in an emergency; include 24-hour phone numbers.

- ❑ Ask local animal shelters if they provide emergency shelter or foster care for pets in a disaster. Animal shelters may be overburdened caring for the animals they already have, as well as those displaced by a disaster, so this should be your last resort.

Assemble a Portable Pet Disaster Supplies Kit

Whether you are away from home for a day or a week, you’ll need essential supplies. Keep items in an accessible place and store them in sturdy containers that can be carried easily (duffel bags, covered trash containers, etc.) Your pet disaster supplies kit should include:

- ❑ Medications and medical records (stored in a waterproof container) and a first aid kit.
- ❑ Sturdy leashes, harnesses and/or carriers to transport pets safely and to ensure that your animals can't escape.
- ❑ Current photos of your pets in case they get lost.
- ❑ Food, portable water, bowls, cat litter/pan and can opener.
- ❑ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- ❑ Pet beds and toys, if easily transportable.

PETS AND DISASTERS (CON'T)

Know What To Do As A Disaster Approaches

- ❑ Often, warnings are issued hours, even days, in advance. At the first hint of disaster, act to protect your pet.
- ❑ Call ahead to confirm emergency shelter arrangements for you and your pets.
- ❑ Check to be sure your pet disaster supplies are ready to take at a moment's notice.
- ❑ Bring all pets into the house so that you won't have to search for them if you have to leave in a hurry.
- ❑ Make sure all dogs and cats are wearing collars and securely fastened, up-to-date identification. Attach the phone number and address of your temporary shelter, if you know it, or of a friend or relative outside the disaster area. You can buy temporary tags or put adhesive tape on the back of your pet's ID tag, adding information with an indelible pen.

You may not be home when the evacuation order comes. Find out if a trusted neighbour would be willing to take your pets and meet you at a prearranged location. This person should be comfortable with your pets, know where your animals are likely to be, know where your pet disaster supplies kit is kept, and have a key to your home. If you use a pet-sitting service, they may be available to help, but discuss the possibility well in advance.

Planning and preparing will enable you to evacuate with your pets quickly and safely. Be mindful that animals react differently under stress. Outside your home and in the car, keep dogs securely leashed. Transport cats in carriers. Don't leave animals unattended anywhere they can run off. The most trustworthy pets may panic, hide, try to escape, or even bite or scratch. When you return home, give your pets time to settle back into their routines. Consult your veterinarian if any behavioral problems persist.

Veterinary hospitals are presented with a very wide range of emergencies on a regular basis. Obviously some emergencies can be more critical than others, and knowing the difference can be difficult. Physical trauma, (ie hit by a car) is one of the more common reasons for clients to contact veterinarians after hours. Many of these patients are in critical condition and require immediate life saving therapy. Other presentations such as intermittent vomiting or a chronic cough might not be as critical but patient comfort and a fast resolution of the problem can be achieved through early intervention. A common definition for an abnormality or poor health is "the opposite of normal and good health". This definition appears simplistic, when it comes to deciding what normal behavior is in regards to their pet and therefore are the most qualified in recognizing the abnormalities their pet is experiencing. Of course, if there is any doubt regarding the health of a pet, call a veterinarian for assistance. Some conditions can be handled over the phone and others require immediate assistance. As a rough guide some normals for both cats and dogs are listed below.

	DOG	CAT
Heart Rate (beats / min)	70-120	110-130
Respiration Rate (breaths / min)	10-30	20-30
Mucous Membranes	Pale Pink	Pale Pink
Capillary refill time	1-1.5 sec.	1-1.5 sec
Rectal Temp.	38-39 C	38-39 C
Average water consumption	70ml/kg/day	70ml/kg/day

There is a wide range of environmental factors that can alter normals without a pathological condition being present.

FOCUS ON FLOODING

Flood damage costs Canadian taxpayers millions of dollars annually, to say nothing of the cost in terms of human lives and suffering. All governments work to reduce the chance of floods, but the first line of defense is the individual. Each of us has a responsibility to protect our homes and families to the greatest extent possible. By planning ahead and taking sensible precautions, you can do your part to minimize flood damage.

At Work For You

Through radio and TV, local governments do their best to keep residents of areas likely to be affected well informed. When flooding is imminent or has occurred, detailed instructions by municipal or provincial authorities will be given as the need arises.

“By planning ahead and taking sensible precautions, you can do your part to minimize flood damage.”

Be Prepared For Flooding

Home owners, renters and businesses can take the following precautions to help prevent or lessen the effects of flooding:

- ❑ If necessary, have a professional inspect your roof for excessive snow loads
- ❑ Check your sump pump to see if it's working
- ❑ Check to see if your eavestroughs, culverts and draining ditches are clear
- ❑ Review your insurance policy to ensure you are adequately covered. Make sure you have sewer back-up insurance

If You're At Risk

When authorities have advised you that flooding is imminent, take precautions to ensure that you, your family and property are protected.

- ❑ Make sure your battery radio is in working order and listen to local instructions
- ❑ Have emergency food, water and medical supplies on hand
- ❑ Move furniture, electrical appliances, livestock, equipment and other belongings to higher levels
- ❑ Remove or seal hazardous products like weed killer or insecticides
- ❑ Remove toilet bowl water and plug basement sewer drains and toilet connection
- ❑ Disconnect eavestroughs if they are connected to the house sewer
- ❑ Have sandbags ready to use

Evacuation

If you are advised by the authorities to evacuate your home, then do so. Ignoring the warning could jeopardize the safety of your family or those that might have to rescue you.

Before you leave, turn off the power and gas. Make arrangements for your pets. Should time allow, leave a note informing others when you left and where you went. If you have a mailbox, leave the note there.

FOCUS ON FLOODING (CONT'D)

Evacuation Cont'd

If you are evacuated, register with the reception centre so that you can be contacted and reunited with your family and loved ones.

When you leave, take with you:

- ❑ Battery powered radio, flashlights and spare batteries
- ❑ Warm clothing, waterproof clothing and blankets
- ❑ Valuables like photo albums, home videos, etc.
- ❑ Essential medicines and as many emergency supplies as you can
- ❑ Infant care items
- ❑ Personal toiletries
- ❑ Identification for each member of your family
- ❑ Personal and family documents

On The Road...

- ❑ Follow the routes specified by officials. Don't take shortcuts. They could lead you to a blocked or dangerous area
- ❑ Travel very carefully and only if absolutely necessary through flooded areas. Roads may be washed away or covered with water. If you come across a barricade or a flooded road, take a different route
- ❑ Keep listening to the radio or TV for information
- ❑ Emergency workers will be busy assisting people in flooded areas. Help them by staying out of the way
- ❑ If you must walk or drive in a flooded area, make sure you are on firm ground
- ❑ Watch out for power lines that are down

Returning Home

Care should be taken when re-entering your home. Flood water is heavily contaminated with sewage and other pollutants that can pose a serious health hazard.

- ❑ Before entering a flooded building, check for foundation damage and make sure all porch footings and overhangs are supported
- ❑ Use a flashlight to inspect for damage inside your house. Do not strike a match or use an open flame unless you know the gas has been turned off
- ❑ Using a dry piece of wood, turn off the electricity at the main breaker or fuse box.
- ❑ Wear rubber gloves, rubber boots and protective eye wear when cleaning up
- ❑ Do not use wet appliances or motors unless they have been serviced by a qualified electrician
- ❑ Contact your local heating repair company to inspect your furnace and chimney
- ❑ Do not use your regular water supply or septic system until it has been inspected and declared safe for use
- ❑ Dispose of all contaminated food
- ❑ If children must be present during the clean-up operations, supervise them closely
- ❑ For instructions on how to clean rooms, household items, wells and cisterns, contact your local health authority
- ❑ Check your newspaper or listen to your radio or television for information about help that may be provided

FOCUS ON FLOODING (CONT'D)

Drinking Water Supply

- ❑ Water from wells that have been flooded should be considered unsafe to drink due to the risk of bacterial contamination
- ❑ It is recommended that wells used for drinking water, which have been flooded, be disinfected after floodwaters recede
- ❑ Wells that have been flooded should be tested for bacteria and found to be safe before water from the well is consumed
- ❑ Water sample bottles and instructions for disinfecting your well are available at Health Unit offices and at municipal offices located in the Town of Fergus and Elora.

General Clean Up After The Flood

- ❑ Any materials left on your yard or property from the floodwater should be removed as soon as possible
- ❑ Any surfaces such as walls and floors or articles such as tables or chairs should be cleaned and disinfected. (Use a disinfectant household cleaner or a solution of 1 part bleach to 10 parts water after all visible soiling is removed).
- ❑ Soiled carpeting or upholstery should be thoroughly cleaned or thrown away

How To Prevent, Identify and Treat MOLD!

Prevention:

- ❑ Molds often cause allergies, asthma or other health problems. If you discover mold in your home destroy it.
- ❑ Try to keep things dry as much as possible
- ❑ Keep air circulating in your home
- ❑ Find and correct obvious sources of moisture and cold surfaces when moisture condenses
- ❑ Regularly clean off all surfaces where moisture collects

Identification:

- ❑ They often look like a smudge, stain or discoloration; have an earthy or musty smell or smell faintly like alcohol
- ❑ Dab a suspected mold spot with a drop of chlorine bleach. If the colour or the spot changes or the spot disappears, the stain was likely organic and probably a mold

Treatment:

- ❑ Chlorine bleach is the only product that kills mold on contact
- ❑ Keep in mind that bleach is a strong chemical. Handle it carefully
- ❑ Wear gloves and a face mask
- ❑ Keep air circulating in the area you are working in
- ❑ Kill mold patches first, then wash down the entire area with one part chlorine, 4 parts water and a few drops of non-ammonia dishwashing detergent, rinse thoroughly and dry quickly

THE TRUTH ABOUT TORNADOES

They can occur in many parts of Canada between the months of May and September. They can cause tremendous destruction with wind speeds of up to 500 km/h or more. We're talking about tornadoes, and in an average year in Canada, 80 tornadoes cause two deaths and 20 injuries, and tens of millions of dollars in property damage. Although we can't do anything to prevent a tornado, we can certainly be prepared!

It's Up To You!

Despite advance warning, some people are unprepared for a tornado. Some did not hear the warning while others received the warning but did not believe a tornado would actually affect them. It's up to you. You can prepare by having a plan in place long before the tornado hits. You must make the decision to seek shelter before the storm arrives. It could be the most important decision you will ever make.

Warning Signals That A Tornado May Be Near

A severe thunderstorm is the driving force behind a tornado. Hot, humid weather combined with a cold front could be a sign that a tornado is brewing, and a funnel cloud hanging from a dark cloud may be visible before the tornado actually occurs. A tornado may be accompanied by lightning, high winds, and hail. Stay tuned to your local TV and radio stations for updated storm information especially when weather conditions are right for generating a tornado. As well, it's important to know the difference between a tornado watch and a warning.

- ❑ Tornado Watch: a tornado is possible in your area and you should be on alert
- ❑ Tornado Warning: a tornado has been sighted and you should take cover immediately
- ❑ If you are at home, go to the basement or take shelter in a small interior ground floor room such as a bathroom, closet or hallway. Failing that, protect yourself by taking shelter under a heavy table or desk. In all cases, stay away from windows and outside walls and doors.
- ❑ If you are at the office or in an apartment building, take shelter in an inner hallway or room, ideally in the basement or the ground floor. Do not use the elevator and stay away from windows. Avoid buildings such as gymnasiums, churches and auditoriums with freestanding roofs. These roofs do not have supports in the middle and may collapse if a tornado hits them. If you are in one of these buildings take cover under a sturdy structure.
- ❑ Do not get caught in a car or mobile home. More than 50 per cent of all deaths from tornadoes happen in mobile homes. Take shelter elsewhere – such as a building with a strong foundation. If no shelter is available, then lie down in a ditch away from the automobile or mobile home.
- ❑ If you are driving and spot a tornado in the distance, try to get to a nearby shelter. If the tornado is close by, get out of your car and take cover in a low-lying area or even under an overpass on a freeway. Crawl right up the bank to just under the road of the overpass. If a tornado seems to be standing still then it is either travelling away from you or heading right for you.
- ❑ In all cases, get as close to the ground as possible, protect your head and watch out for flying debris. Small objects such as sticks and straws can become lethal weapons when driven by a tornado's winds.

THE TRUTH ABOUT TORNADOES (CONT'D)

"You must make the decision to seek shelter before the storm arrives. It could be the most important decision you will ever make."

After The Event...

If your home or family is affected by the tornado, you should:

- ❑ Monitor local media reports for advice and to find out where assistance is available
- ❑ Check for gas leaks in your home. If you smell gas,
 1. immediately open windows and doors
 2. turn off the main gas valve
 3. leave the house (post a note stating your whereabouts)
 4. go to another location and notify the gas company, police or fire department
- ❑ Check for blown fuses and look for short circuits in your home wiring, and equipment – if a problem exists, call your utility company
- ❑ Drive carefully and watch for debris, damaged bridges/roads and dangling wires
- ❑ Report any emergency situation to the local police or fire department
- ❑ Notify your insurance agent or broker if your property is damaged
- ❑ Check with your local government if you need counseling to help you cope with the emotional trauma associated with disasters

"In all cases, get as close to the ground as possible, protect your head and watch out for flying debris. Small objects such as sticks and straws can become lethal weapons when driven by a tornado's winds."

TORNADO MYTHS

Contrary to popular belief:

- ❑ Areas near rivers, lakes, and mountains are NOT safe from tornadoes
- ❑ The low pressure with a tornado does NOT cause buildings to "explode" as the tornado passes overhead
- ❑ Windows do NOT equalize pressure and minimize damage
- ❑ You're NOT safe if you're downtown

SEVERE STORMS

A thunderstorm develops in an unstable atmosphere when warm moist air near the earth's surface rises quickly and cools. The moisture condenses to form rain droplets and dark thunder clouds called cumulonimbus clouds. These storms are often accompanied by hail, lightning, high winds, heavy rain and tornadoes. Thunderstorms are usually over in an hour, although a series of thunderstorms can last for several hours.

Lightning

To estimate how far away the lightning is, count the seconds between the flash of lightning and the thunderclap. Each second is about 300 meters. If you count fewer than five seconds, take shelter immediately, as lightning is near and you do not want to be the tallest object in the area.

At The Office Or House

- ❑ If indoors, stay there but away from windows, doors, fireplaces, radiators, stoves, sinks, bathtubs, appliances, metal pipes, telephones, and other materials which conduct electricity. (You can use a cellular telephone)
- ❑ Unplug radios and televisions
- ❑ Do not go out to rescue the laundry on the clothesline as it conducts electricity

Outside

- ❑ Take shelter in a building or depressed area such as a ditch or a culvert but never under a tree
- ❑ Do not ride bicycles, motorcycles or golf carts or use metal shovels or golf clubs as they conduct electricity
- ❑ If swimming or in a boat, get back to shore immediately
- ❑ If caught in the open, do not lie flat but crouch in the leap frog position and lower your head
- ❑ If you are in a car, stay there but pull away from trees which might fall on you

Blizzards

In Canada, blizzards are most common in the southern Prairies, the Maritimes and the eastern Arctic. On average, the storms and cold of winter kill more than 100 people every year. That is more than the total number of people killed by hurricanes, tornadoes, floods, lightning, and extreme heat.

SEVERE STORMS (CONT'D)

At Home

If you live in a rural community located in one of the areas where blizzards are frequent, you may want to consider stocking up on heating fuel, ready-to-eat food as well as battery-powered flashlights and radios – and extra batteries.

- When a blizzard is forecast, leave your radio on. If you are on a farm with livestock, bring the animals into the barn. Make sure they have plenty of water and food. You may also want to string a lifeline between your house and any outbuildings which you may have to go to during the storm
- When a blizzard hits, stay indoors. If you must go to the outbuildings, dress for the weather. Outer clothing should be tightly woven and water-repellent. The jacket should have a hood and wear mittens. Do not try to walk to another building unless there is a rope to guide you or something you can follow

In Your Car

As a rule, it is a good idea to keep your gas tank almost full during the winter and to have extra windshield washer fluid and anti-freeze on hand. You may want to put together an emergency kit. If you do not already have a cellular telephone – and if they work in your area – you may want to consider having one in your car for emergencies. If you must travel during a snow storm, do so during the day and let someone know your route and arrival time. If your car gets stuck in a blizzard, remain calm and stay in your car.

Keep fresh air in your car by opening the window slightly on the sheltered side – away from the wind. You can run the car engine about 10 minutes every half hour if the exhaust system is working well. Beware of exhaust fumes and check the exhaust pipe periodically to make sure it is not blocked with snow. (Remember – you can't smell potentially fatal carbon monoxide fumes).

Finally, to keep your hands and feet warm exercise them periodically. In general, it is a good idea to keep them moving to avoid falling asleep. If you do try to shovel the snow from around your car avoid over-exerting yourself as shoveling and the bitter cold can kill. Keep watch for traffic or searchers.

PREPARE TO SURVIVE A MAJOR EARTHQUAKE

What Happens During An Earthquake?

If you are near the source of an earthquake, expect a loud bang followed by shaking. If you are further away, the first warning may be a sudden noise, roar or swaying of the building you are in. Next, you will feel shaking, quickly followed by a rolling motion that rotates up, down and sideways. It's bound to be a frightening experience. A moderate earthquake may last only a few seconds. A large earthquake could last several minutes.

Earthquake Myths

An earthquake does not cause the earth to split open and swallow up people and neighborhoods. Buildings do not automatically collapse, either. However, you could be hurt by shattered glass, falling objects and heavy objects thrown around by the shaking. Broken gas mains and fallen chimneys can cause fires. Downed power lines and broken water mains can also wreak havoc.

Tips On What To Do Before An Earthquake

- ❑ Prepare an emergency plan for your family and household
- ❑ If you live alone, develop a plan for yourself with links to neighbors and friends
- ❑ Take a first aid course, including cardiopulmonary resuscitation (CPR)
- ❑ Know the safe places to be – and where not to be – in your home during an earthquake. Practice taking cover in the safe places.

Safe Places: under heavy tables or desks; inside hallways; corners of rooms or strong archways

Dangerous places: near windows or mirrors; under any heavy objects that can fall; the kitchen where the stove, refrigerator or contents of cupboards may fall on you; doorways where the shaking may slam the door on you.

Prepare Your Home For Earthquakes

Go through your home imagining what could happen to each part of it, if shaken by a violent earthquake.

- ❑ Teach everybody in the family how to turn off the water and electricity
- ❑ Clearly label the on-off position for the water, electricity and gas
- ❑ If your home is equipped with natural gas: tie or tape the appropriate wrench on or near the pipe, to turn off the gas, if necessary. (Don't shut off the gas unless there is a leak or a fire. If the gas is turned off, don't turn it on again. That must be done by a qualified technician).

If you live in an apartment block or a multi-story building, you may experience more sway and less shaking than in a smaller, single-story building. Work with your building manager or condominium board to decide how best to "quake-safe" your unit. Seek advice from professionals (building engineers, architects, emergency preparedness authorities) if you are unsure about what to do.

PREPARE TO SURVIVE A MAJOR EARTHQUAKE (CONT'D)

Check For Home Hazards

Previous earthquakes show that you have a better chance of surviving and minimizing damage to your home if you take the following preventive measures now:

- ❑ Make sure the house is bolted to its foundation
- ❑ Make sure the walls are braced
- ❑ Repair loose roof shingles
- ❑ Make sure the chimneys are strong and well-braced
- ❑ Tie down the water heater and other heavy appliances (stove, washer, dryer) that could break gas or water lines if they topple
- ❑ Secure top-heavy furniture and shelving units to prevent tipping. Keep heavy items on lower shelves
- ❑ Affix mirrors, paintings and other hanging objects securely, so they won't fall off hooks
- ❑ Locate beds and chairs away from chimneys and windows. Don't hang heavy pictures and other items over beds. Closed curtains and blinds will help stop broken window glass from falling on beds
- ❑ Put anti-skid pads under TVs, VCRs, computers and small appliances or secure them with velcro or other such product
- ❑ Use child-proof or safety latches on cupboards to stop contents from spilling out
- ❑ Keep flammable items and household chemicals away from heat and where they are less likely to spill
- ❑ Put plywood up in the attic on joists around each chimney to help prevent bricks and mortar from coming through the ceiling. (Check clearances with your local fire department)

Discuss earthquake insurance with your insurance broker. Check your coverage – it could affect your financial ability to recover losses after an earthquake

How To Protect Yourself During An Earthquake

Practicing and reading about what you should do during an earthquake will help you remain calm, be better prepared to protect yourself and help others. Identify safe spots in each room in your home. Reinforce this knowledge by physically placing yourself in the safe location. This is an especially important exercise for children.

If Indoors:

- ❑ Stay there. Don't run outside
- ❑ Take cover under a heavy table, desk or any solid furniture and hold on
- ❑ If in a hallway, crouch down against and inside wall
- ❑ Avoid doorways. Doors may slam shut and cause injuries
- ❑ Protect your head and face
- ❑ Move away from windows, glass partitions, mirrors, fireplaces, bookcases, tall furniture, light fixtures
- ❑ If in a wheelchair, lock the wheels and protect the back of your neck and head
- ❑ If in a hotel, keep shoes under the bed; clothes close by; consider travelling with a battery-powered radio and flashlight and extra batteries; identify the safest place in your hotel room to take shelter (such as under a table); read all material on safety provided in your room and note the emergency exits on your floor
- ❑ Do not use elevators. If you're in an elevator during an earthquake, hit the button for every floor and get out as soon as you can

If Outdoors:

Stay there. Try to move to a safe spot away from windows, buildings, overhead wires or telephone poles.

PREPARE TO SURVIVE A MAJOR EARTHQUAKE (CONT'D)

If You Are In A Vehicle:

Try to pull over to a safe place. Try not to block the road. Park away from bridges, overpasses and buildings, if possible. Stay in the vehicle.

If You Are In A Crowded Place:

Try to take cover where you won't get trampled. If you are inside, don't run outside where you may be hit by falling debris. Sidewalks next to tall buildings are particularly dangerous. In shopping centres, try to take cover in the nearest store. Keep away from windows, skylights, and display shelves laden with heavy objects.

If At School:

Get under a desk or table and hold on. Face away from windows.

If On A Bus:

Stay in your seat until the bus stops.

Wherever you are, expect the ground or floor to move violently. Take cover. If you can't take cover, sit down in a crouched position and protect your head and face from falling debris and splintering glass. Remain in a protected place until the shaking stops. Expect aftershocks – they may occur for some time after the initial quake.

DRIVING IN AN ICE STORM

During the course of an ice storm it is wise to just stay home, as advised by emergency workers, and wait for the pictures and stories to come out in the aftermath. Many people like to drive around and look at the scenic ice covered city. There are many dangers associated with driving around such as fallen trees and branches, slick streets and highways, and non-functioning traffic light intersections.

When approaching an intersection where the traffic lights are not working; **THE INTERSECTION BECOMES A FOUR-WAY STOP WHEN THE LIGHTS ARE NOT WORKING.** Here are the rules of a four-way stop:

- ❑ The first vehicle to arrive and stop has the right of way.
- ❑ If two or more vehicles stop at the same time then the vehicle on the right has the right of way.

HIGHWAY HELP PROGRAM

Being stranded on the side of the road can be very traumatic and dangerous, even after you have pulled out of traffic and have parked on the side of the road. With this in mind, the Ontario Association of Chiefs of Police (OACP) introduced the Highway Help Program. This program is designed to provide help for stranded motorists on highways and other areas where they do not feel safe. It creates quick and safe emergency communication between stranded motorists, other drivers and the police.

“When you are stranded on the side of the road, you may be seen by some as a vulnerable target. By using the sign, you may deter criminals and make yourself much less vulnerable.”

Drivers may purchase a “CALL POLICE” highway sign at local stores, such as Shoppers Drug Mart, Zellers, participating Canadian Tire stores, CAA and other retail outlets. The sign is durable and reflective. It can be seen in both directions at night and in any kind of weather. The sign allows you to ask for assistance without leaving your vehicle.

Police recommend using the sign when you have become stranded and that you follow this procedure.

1. Pull the vehicle completely off the road
2. Turn your emergency flashers on
3. Roll the driver’s window down halfway
4. Hook the sign on the window
5. Roll the window back up
6. Lock all doors and remain in the vehicle
7. Open the window 1 cm or half-an-inch, for ventilation
8. If someone other than police approaches your vehicle – DO NOT open windows further or unlock the doors.

If you see a “CALL POLICE” highway help sign, the OACP asks motorists to help the police by following three easy steps.

1. Please DO NOT stop
2. Note the location of the vehicle
3. Call OPP or the local police, with your cellular phone. If you do not have a cellular phone, stop at the nearest gas station or store to use a pay phone.

When you are stranded on the side of the road, you may be seen by some as a vulnerable target. By using the sign, you may deter criminals and make yourself much less vulnerable.

The Highway Help Program is a non-profit, province-wide police program, recognized and supported by Ontario Police Services. It is sponsored by CAA, ALL-STATE, THE ONTARIO TRUCKING ASSOCIATION and many more. It is with their support that we will keep Ontario’s motorists safe. If you would like more information on the program, you can call 1-888-hook-it-on.

COPING IN WINTER POWER OUTAGES

Water Pipes & Flooding

In the dead of winter, power outages can create problems such as pipes freezing and basements flooding, especially if you live in the country and are on a well and septic system. Power outages mean no running water, which leads to no flushing of toilets and you are without heat.

“In the dead of winter, power outages can create problems such as pipes freezing and basements flooding, especially if you live in the country and are on a well and septic system.”

There is the added threat of pipes freezing and bursting.

To prevent pipes from freezing, it is a good idea to drain the pipes and shut off the main water supply. Before you drain your pipes you may first want to collect water in clean containers for emergency drinking and cleaning purposes. Open all faucets, including your water heater. If you have an electric hot water heater, drain the hot water heating system by turning it off and leaving the valves open. Add plumbing antifreeze or recreational vehicle winterizing solution to the toilet and other pipes and traps with standing water. If you have a septic tank, antifreeze could damage it so make sure you pump the chemical from the plumbing fixtures and pipes before they are refilled with water. Do not drink water you have added anti-freeze to.

If you have no running water and wish to continue to use your toilet, fill your bathtub with snow or water from a creek. After using the toilet, pour a bucket of water in the toilet and it will flush automatically.

If your pipes do freeze, do not attempt to thaw them yourself. Contact a qualified professional. Many people set fire to their houses attempting to thaw water pipes themselves.

If your basement is flooding and you have no emergency generator to power a sump pump or other means to pump the basement, move all furniture and anything of value to a dry location and disconnect the power supply to prevent damage when the power comes back on.

HANDLING ELECTRICITY

To Disconnect Power Supply:

- Turn off main breaker switch or
- Remove all fuses
- Unplug all large appliances (freezer, refrigerator, stove, television, computer)

When the power comes back on do not turn on everything at once. Reconnect main power supply and connect large appliances one every hour. Do not plug in and use your computer for at least 24 hours as there will be power surges which can fatally damage your computer.

KEEPING YOUR FAMILY WARM (PREVENT HYPOTHERMIA)

Keeping Babies Warm

If you have experienced electricity failure, please:

- ❑ Dress your baby warmly (diaper, undershirt, sleeper, sweater, blanket or light bunting)
- ❑ Keep a light hat on your baby's head (70% of body heat is lost through the head)
- ❑ Keep your baby close to you (your body heat will keep him warm and the closeness will reduce anxiety)
- ❑ Your baby can sleep with you in your bed to stay warm
- ❑ Babies should never sleep on or be placed on a waterbed (risk of suffocation)
- ❑ DO NOT bathe your baby (keep your baby's face and bottom clean by using a washcloth)

Keeping Warm In Your Home

If you have experienced electricity failure, please:

- ❑ Dress warmly, cover all body parts (wear socks, shoes/slippers, hats and extra clothing)
- ❑ Keep active and busy (moving around will help to keep your body warm)
- ❑ Bundle up more at night (body temperature drops at night)
- ❑ Use extra blankets
- ❑ Family members could sleep in the same bed to keep warm
- ❑ DO NOT let infants sleep in waterbeds (may cause suffocation)
- ❑ Hot water bottle or other heating devices can be used to warm bed (remove them before sleeping to prevent burns)
- ❑ Elderly persons should be especially careful as their bodies do not adjust as easily to temperature change

EMERGENCY RESPONSE TO A HAZARDOUS SPILL

What To Do If Involved In An Emergency?

- ❑ Generally, if there is an emergency, the municipality will provide you with the information you will need.
- ❑ Additionally, radio stations will broadcast significant emergency information.

What Should You Generally Do In An Emergency?

- ❑ Stay as calm as you can.
- ❑ If you are outside, seek shelter in a house or vehicle.
- ❑ Turn on your radio.
- ❑ Remain indoors.

What If The Emergency Involves Smoke Or Fumes?

- ❑ Check the wind direction. Observe the path of the smoke or fumes and whether they are rising or following the ground.
- ❑ Move out of the path of smoke or fumes to seek shelter indoors. **DO NOT** attempt to go through smoke or fumes.
- ❑ If caught in smoke or fumes, **REMEMBER A CROSSWIND PATH** (at a right angle to the wind) **IS THE SHORTEST, FASTEST PATH TO ESCAPE.**
- ❑ Seek shelter in a house or automobile – this can reduce your exposure to 1/10 of that outdoors.
- ❑ Turn on your radio.
- ❑ Remain indoors. Close all doors and windows. Shut down air conditioners, fans, etc. which bring in outside air. Close all interior doors so that you “compartmentalize” your house.

These simple measures, plus that of placing wet towels under the doors, would do much to prevent the entry of smoke and/or fumes into the relatively airtight homes of today.

What If Fumes Threaten Me Personally?

- ❑ Cover your mouth and nose with a wet handkerchief or towel.

What About Evacuating?

- ❑ Evacuate only if told to do so. In the short term, staying indoors with the house closed up is the most effective action you can take.

What If I’m Told To Evacuate?

- ❑ Take along: essential medicines, clothes for overnight stay.
- ❑ Bring some water for 2 days and food or snacks.
- ❑ Leave as quickly as possible. Lock your doors as you leave. Follow routes given. Listen to your car radio.

What Should I NOT Do In An Emergency?

- ❑ Do **NOT** use the telephone unless absolutely essential. If many people use the phones, it overloads circuits and prevents emergency calls getting through.
- ❑ Do **NOT** call or travel to your children’s school. Police and fire officials will take care of schools.

PREVENTING FOOD POISONING

Preventing Food Poisoning

Food poisoning can be easily prevented by following some guidelines about storage of foods.

Foods that do not require refrigeration are: vegetables, fruit, bread, pasta, flour and canned foods.

The following foods are hazardous and must be kept at a temperature of 4 degrees Celsius or lower or must be kept frozen at 18 degrees Celsius or lower.

- ❑ All meat products including beef, poultry, fish and pork.
- ❑ All dairy products including cream, milk, cheeses and eggs.

Frozen foods, if thawed and kept at room temperature higher than 4 degrees Celsius for longer than 4 hours must be thrown out and not cooked or eaten.

Storing Foods Properly Without Refrigeration

- ❑ Hazardous foods must be stored at temperatures 4 degrees Celsius or lower (use thermometers to be sure of temperature). Bacteria grows at temperatures between 5 degrees Celsius and 60 degrees Celsius.
- ❑ Food can be stored in coolers if individually wrapped. To keep cooler at required temperature, fill with ice or ice packs and keep covered to help insulate.
- ❑ AVOID – any food prepared with mayonnaise or any foods that have been cooked and kept for a day without refrigeration.
- ❑ Keep raw foods separate from prepared foods.
- ❑ Prevent meat from dripping on other foods by placing them on the bottom of a rack (drippings can cause contamination).
- ❑ If a power outage occurs, cover freezers with blankets for extra insulation.
- ❑ Do not refreeze thawed foods.
- ❑ Do not eat foods that have come in contact with flood water or sewage water.
- ❑ A good rule when dealing with food is **WHEN IN DOUBT, THROW IT OUT.**

IMMUNIZATION REQUIREMENTS

Immunization Can Help Prevent Disease

Incidence of certain diseases can cause worry for parents of small children, the elderly and persons who have high-risk medical conditions.

Being up-to-date on you recommended immunization is your best defense against acquiring some diseases.

The following is the Recommended Immunization Schedule for Ontario residents:

Age	Vaccine
2 months	DPT Polio + Act-Hib
4 months	DPT Polio + Act-Hib (Diphtheria, Pertusis, Tetanus + Haemophilias b vaccine)
6 months	DPT Polio + Act-Hib
After 1 st Birthday	MMR (Measles, Mumps, Rubella)
18 months	DPT Polio, Act-Hip
4-6 years	DPT Polio, MMR
Grade 7	Hepatitis B
14-16 years	Td (Tetanus, Diphtheria) Polio
every 10 years	Td
over 65 years	pneumococcal vaccine (see influenza prevention for flu shot recommendations)

Influenza Prevention

If you are over 65 years of age and are in good health you should be getting a yearly flu vaccine – call your local Health Unit to book an appointment.

The following high risk groups should call a doctor to make an appointment to get a flu vaccination:

- ❑ Adults and children with chronic cardiac or pulmonary disorders.
- ❑ Adults or children with chronic conditions such as diabetes, cancer, immunodeficiency (HIV) immunosuppression hemoglobinopathy.

- ❑ Children and adolescents (6 months to 18 years) treated for long periods of time with acetylsalicylic acid.

Washing Hands Can Help Prevent The Spread Of Disease

Handwashing is one of the most important things you can do to prevent the spread of disease.

Although it may seem basic, proper handwashing is not always practiced. Handwashing is especially important when handling food.

Washing hands should take 10-15 seconds and include the following steps:

- ❑ Wet hands with running water
- ❑ Apply soap in the middle of wet hands
- ❑ Lather well
- ❑ Use vigorous friction by rubbing the hands together
- ❑ Pay attention to your nails and between fingers and thumbs
- ❑ Rinse hands thoroughly with running water
- ❑ Pat hands dry with a paper towel
- ❑ Turn water tap off with paper towel

If running water is not available, follow the above steps using a bucket or pail of potable water. If a water source of any kind is not available, any liquid hand sanitizer sold at drug stores is recommended.

COPING WITH DISASTER

When Something Big Happens ... How Will You Cope?

Life is upside down. It is normal to be upset about what has happened.

Right after it happens, you may feel:

- Afraid
- Shocked
- Numb

It may be hard to decide what to do next. You may want to:

- Find out as much as you can about what happened.
- Help yourself and your family.
- Help others who are going through the same thing.

A few weeks after it is over, you may feel:

- Really mad.
- In a bad mood.
- Afraid of the future.
- Guilty because there was nothing you could do.

You may also feel that:

- You don't trust anyone.
- It was "all too much for me" (overwhelmed).
- You are not getting enough help.
- The help you are getting is not good enough.
- You want to be alone.

The way you feel may affect your body. You may have:

- No desire to eat OR you may eat too much.
- Upset stomach.
- Headaches.
- A hard time sleeping.
- Crying spells.

Here's What You Can Do:

1. For Yourself

- Try to eat meals at the normal times.
- Get enough sleep.
- Do some kind of exercise.
- Take a step back and look at what happened.
- Try to solve problems WITH other people, not alone.
- Take some time to be alone.
- Take some time to be with loved ones or friends.
- Try to enjoy the small things of life.
- Go easy. Do not ask too much of yourself.

2. For You Spouse

- Take some time to be alone together.
- Take time to talk about what happened.
- Keep an open mind. The way YOU think about what happened may NOT be the way your spouse sees it.
- Be more willing to listen.
- Take turns hearing what the other has to say.
- Hug each other.
- Don't take your anger out on the one you love.

3. For Your Children

- Kids have their own way of dealing with things. If you have young children you may find that they:
- Go back to baby things, like sucking their thumb OR wetting the bed.
 - Want to be close to you all the time.
 - Don't want to go to bed.
 - Have bad dreams.
 - Cry and scream.
 - Pretend that the "bad thing" never happened.
 - Become very quiet.
 - Don't want to play active games.
 - Don't want to go to school.
 - Start to have problems at school.

COPING WITH DISASTER (CONT'D)

Here are some things you can do to help your children.

- ❑ Talk about what happened.
- ❑ Tell them about it in a way they will understand
- ❑ Say how YOU feel about what happened.
- ❑ Let them know they are safe. Tell them this OFTEN.
- ❑ Hug them or hold them. This makes them feel safe.
- ❑ Tell them about safety rules so they know what to do if it happens again.
- ❑ Spend more time with them. Try to be there at bedtime.
- ❑ Praise them when they do things right.
- ❑ Make sure you tell teachers, baby-sitter or others how your child is coping with this.

4. For Older Parents, Friends Or Relatives

- ❑ Let them talk about how they feel.
- ❑ Try to find out what they are afraid of AND what they need.
- ❑ Respect what they say and the choices they make.
- ❑ Let them know that they WILL be able to cope. Remind them that they coped with many other bad or sad things in their life.
- ❑ Offer to help them out by driving them places or cleaning the house.
- ❑ If you can't help them, tell them about people or groups who can.
- ❑ Plan to do something with them that they enjoy, like playing cards.
- ❑ Don't pressure them to make any big changes, like selling their house.

5. For Your Community

- ❑ Listen to people who are having problems.
- ❑ Say how you feel about what happened.
- ❑ Keep in mind that tempers may be short. Some people may be having a very hard time.
- ❑ Tell people where they can go for help, if you know where to go.
- ❑ Give credit to all those who are helping out.

You will know life is getting back to normal when...

- ❑ You feel better.
- ❑ You are doing your normal work each day.
- ❑ You feel you can enjoy the simple things in life.

ACTIVITIES TO OCCUPY YOUR CHILDREN

In our technology-based society, children, as well as parents, rely on such things as television and video games to entertain themselves. However, during a disaster such as a storm you may find yourself scurrying to find batteries and some source of heat. In the midst of all of this, there are bored children. Trying to keep children occupied can be a challenge in itself.

Here Are Some Activities To Occupy And Entertain Your Children:

- ❑ Board games (snakes and ladders, monopoly etc.)
- ❑ Card games (UNO, crazy eights)
- ❑ Tell ghost stories by candlelight
- ❑ Roast marshmallows over fireplace
- ❑ Crafts (cutting and pasting, bead necklaces)
- ❑ Homework
- ❑ Read books
- ❑ House maintenance (change their bedroom around)
- ❑ Draw/color, playdough
- ❑ Build a fort with sleeping bags
- ❑ Paint (finger painting, if you have water to clean up)

HELPING CHILDREN COPE WITH DISASTER

Hazardous Materials Spill – Winter Storm – Fire – Flash Flood – Hurricane – Tornado – Earthquake

Disasters may strike quickly and without warning. These events can be frightening for adults, but they are traumatic for children if they don't know what to do.

During a disaster, your family may have to leave your home and daily routine. Children may become anxious, confused or frightened. As an adult, you'll need to cope with the disaster in a way that will help children avoid developing a permanent sense of loss. It is important to give children guidance that will help them reduce their fears.

Ultimately, you should decide what's best for your children, but consider using these suggestions as guidelines.

“As an adult you'll need to cope with the disaster in a way that will help children avoid developing a permanent sense of loss.”

Children And Their Response To Disaster:

Children depend on daily routines: They wake up, eat breakfast, go to school, play with friends. When emergencies or disasters interrupt this routine, children may become anxious.

In a disaster, they'll look to you and other adults for help. How you react to an emergency gives them clues on how to act. If you react with alarm, a child may become more scared. They see our fear as proof that the danger is real. If you seem overcome with a sense of loss, a child may feel their losses more strongly.

Children's fears also may stem from their imagination, and you should take these feelings seriously. A child who feels afraid is afraid. Your words and actions can provide reassurance. When talking with your child, be sure to present a realistic picture that is both honest and manageable.

Feelings of fear are healthy and natural for adults and children. But as an adult, you need to keep control of the situation. When you're sure that danger has passed, concentrate on your child's emotional needs by asking the child what's uppermost in his or her mind. Having children participate in the family's recovery activities will help them feel that their life will return to “normal.” Your response during this time may have a lasting impact.

Be aware that after a disaster, children are most afraid that:

- The event will happen again.
- Someone will be injured or killed.
- They will be separated from the family and be left alone.

Advice To Parents: Prepare For Disaster:

You can create a Family Disaster Plan by taking four simple steps. First, learn what hazards exist in your community and how to prepare for each. Then meet with your family to discuss what you would do, as a group, in each situation. Next, take steps to prepare your family for disaster such as: posting emergency phone numbers, selecting an out-of-town family contact, assembling disaster supplies kits for each member of your household and installing smoke detectors on each level of your home. Finally, practice your Family Disaster Plan so that everyone will remember what to do when a disaster does occur.

HELPING CHILDREN COPE WITH DISASTER (CONT'D)

Develop and practice a Family Disaster Plan. Contact your local fire department or municipal office, or your local Red cross for materials that describe how your family can create a disaster plan. Everyone in the household, including children, should play a part in the family's response and recovery efforts.

Teach your child how to recognize danger signals. Make sure your child knows what smoke detectors, fire alarms and local community warning systems, (horns, sirens) sound like.

Explain how to call for help. Teach your child how and when to call for help. Check the telephone directory for local emergency phone numbers and post these phone numbers by all telephones. If you live in a 9-1-1 service area, tell you child to call 9-1-1.

Help your child memorize important family information. Children should memorize their family name, address and phone numbers. They should also know where to meet in case of an emergency. Some children may not be old enough to memorize the information. They could carry a small index card that lists emergency information to give to an adult or babysitter.

Teaching Your Children How To Call For Help

Teach your child how and when to call for help. They should call 9-1-1 if you live in a 9-1-1 area. If not, check the telephone directory for local emergency numbers.

Even very young children can be taught how and when to call for emergency assistance. If your child can't read, the following chart has pictures that may help them identify the correct number to call in the event of an emergency.

As you explain each picture, have your child color the symbol on the emergency phone number chart. Doing so may help your child remember who they should call in an emergency.

HELPING CHILDREN COPE WITH DISASTER (CONT'D)

Emergency Phone Numbers

My Family Name: _____

My Phone Number: _____

My Address: _____

My Town: _____

My Country: _____

After The Disaster: Time For Recovery

Immediately after the disaster, try to reduce your child's fear and anxiety.

Keep the family together. While you look for housing and assistance, you may want to leave your children with relatives or friends. Instead, keep the family together as much as possible and make children a part of what you are doing to get the family back on its feet. Children get anxious and they'll worry that their parents won't return.

Calmly and firmly explain the situation. As best as you can, tell children what you know about the disaster. Explain what will happen next. For example, say "Tonight, we will all stay together in the shelter." Get down to the child's eye level and talk to them.

Encourage children to talk. Let children talk about the disaster and ask questions as much as they want. Encourage children to describe what they're feeling. Listen to what they say. If possible, include the entire family in the discussion.

Include children in recovery activities. Give children chores that are their responsibility. Having a task will help them understand that everything will be all right.

You can help children cope by understanding what causes their anxieties and fears. Reassure them with firmness and love. Your children will realize that life will eventually return to normal. If a child does not respond to the above suggestions, seek help from a mental health specialist or a member of the clergy.

THE PHASES OF A DISASTER: EFFECTS ON INDIVIDUALS AND COMMUNITIES

There is a certain predictability about the reactions of communities and individuals to disasters. It is important to note that while these reactions are talked about as “phases”, this does not mean that they will occur for all people at the same time or in a sequential manner. The length of time of each of these “phases” will also vary and is not predictable.

1. Heroic

The reactions described within the “heroic” phase will usually occur at impact and in the early stages immediately following the event. A sense of altruism is likely to be experienced as those involved at the disaster site become involved in a range of activities aimed at saving lives and material possessions.

2. Honeymoon

As stated in the section on individual and community responses to disaster, strong bonds are likely to be formed by those members of the community who have experienced a dangerous event together. This sense of shared survival, together with the anticipation of help engendered through the promises and offers of assistance made through political, media and broader community interest in the event, are often referred to as a “honeymoon” phase.

3. Disillusionment

As the recovery process progresses much of the initial euphoria at surviving and the anticipation of assistance diminishes. This often leads to a sense of “disillusionment” with feelings of anger, frustration and disappointment evident. Diminished support from the broader community, together with a realization of the enormity of tasks such as rebuilding and refinancing of homes, add to this sense of disillusionment.

4. Reconstruction

The “reconstruction” phase sees a realization that the ultimate responsibility for recovery lies with individuals and within the affected community. During this period the range of community restoration, physical reconstruction and community programs reaffirm the belief of those affected by disasters in themselves and in their community.

HELPING CHILDREN COPE WITH THE AFTERMATH OF A DISASTER

The following is a list of some of the normal responses many children have in the week and months following a natural disaster.

- ❑ Difficulty readjusting to normal routines
- ❑ Increased agitation and anxiety
- ❑ Increases apathy or lethargy
- ❑ Decreased interest in school or extra-curricular activities
- ❑ Difficulty with sleep e.g. nightmares or insomnia
- ❑ Increased physical complaints e.g. stomach or headaches
- ❑ Slightly more pronounced aggressive or withdrawn behavior
- ❑ Poor concentration
- ❑ Fear of harm from future disasters

In addition to the above, older children and teenagers may respond with:

- ❑ Greater emotional guardedness
- ❑ Increased rebelliousness
- ❑ Resentment of the extra chores and expectations related to disaster recovery
- ❑ Anxiety about grown-up concerns such as family financial problems, parental stress and worry about future losses
- ❑ Increased recklessness and risk-taking behaviors
- ❑ Anxiety about losing their school year or opportunities for higher education

It's important to know that these are *normal* reactions to an abnormal, unusually stressful event and that these responses will usually diminish as the months go by.

HELPING CHILDREN COPE WITH THE AFTERMATH OF A DISASTER (CONT'D)

Family Coping Tips

The following ideas may help reduce family stress during a disaster recovery period:

- ❑ Slow down. It will take time to recover and rebuild. We need to pace ourselves and not expect everything to go forward at normal speed.
- ❑ Take time for fun, friends and family activities. We need to make time for fun and ensure the extra work doesn't isolate us from others.
- ❑ Listen without judging. Encourage all family members to share their stories and feelings about the disaster.
- ❑ Be kind to our bodies. Eat regularly and well, get enough sleep and exercise regularly. Avoid excessive caffeine, sugar, fatty foods and alcohol. It will give us better physical resources to cope.
- ❑ Minimize other major changes. We need to try to reduce the number of other disruptive changes in our lives this year to avoid cumulative stress.
- ❑ Be tolerant of others. When we are tired or stressed it's easy to misinterpret the behavior or words of others. Tempers may flare and nerves may fray. We need to show each other a little more understanding, be quick to show we care and slow to take offence. The recovery period can be used as an opportunity to strengthen family and neighbourhood ties.
- ❑ Laugh. We can use humor to lighten the situation as much as we can.
- ❑ Give extra hugs. We can take time to appreciate and praise each other in the midst of our extra work.
- ❑ Prepare for the possibility of future disasters. We can involve children and other family members in making a plan to care for ourselves in case of another disaster. For example, teach children to call posted emergency number that may be needed, carry out fire safety activities and stock up supplies before the snow season hits again.

Some children are affected more severely than others. Extra support may be needed to help children who are particularly vulnerable, including children who have experienced previous major losses or disruptions in their lives.

DISASTERS AND THE ELDERLY

Most elderly persons demonstrate resilience and fortitude in the face of disasters because they have experienced illness, death of loved ones, or perhaps separation and divorce. Disaster literature indicates that the elderly tend to recover more successfully and more readily within a one-year period than other age groups. However, some elderly do experience emotional reactions and stress. Intervenors in disaster areas should be prepared to identify and assist individuals who experience brief reactions of depression, confusion and disorganization in the weeks following the event, or a sense of helplessness and despair when confronted with the tasks of rebuilding their lives.

Anxiety, depression, fear, anger, guilt, grief are normal and appropriate emotional reactions that can be anticipated. This is their way of expressing concern about the future, loss of physical health, familiar roles, social contacts, financial security. They want to maintain a sense of independence, a certain degree of control over their lives and environment.

Anger, in particular, can be expected as it is a way of striking back at the cause of the injury. Unfortunately the pent-up rage may be directed at children, relatives or relief workers. This misdirected anger should not be viewed with alarm as it is a natural response to pain and frustration and helps the elderly to work through their losses.

Grief is also to be expected and the elderly should be allowed and encouraged to mourn their losses. Intervenors should be sensitive to this need for grieving and should keep a watchful eye on concerned children or over-solicitous relatives or workers who often attempt to circumvent the grieving process.

The grieving process may express itself in the following forms:

- Forgetting to take their medication
- Not eating
- Being unable to decide what to do
- Having a fixation on the disaster

Sometimes the initial reaction of the elderly is that “everything is fine,” but this may turn out to be a false sensation and they may need assistance to work through their losses.

Elderly As A Source Of Assistance In Disaster

The elderly are often perceived in a non-helping role, yet in Canada one out of 10 Canadians age 65 and over does volunteer work. The elderly possess emotional, social, educational and spiritual strengths gathered over a lifetime. Emergency social services planners could expand their pool of disaster volunteers by tapping into these resources.

Most Canadian communities have senior citizen groups or organizations who could assist or even take on the responsibility of developing emergency plans for their age group.

If the elderly in a community cannot take on the emergency planning task or need help in planning, agencies specialized in providing services to the elderly such as Victorian Order of Nurses, Public Health Nurse, Red Cross, Home-Help Services, and Visiting Homemakers could assist.

HELPING THE HELPERS IN A DISASTER

Heavy workloads, long hours and the pressure to accomplish difficult tasks quickly are inherent in emergency and disaster work.

Occupational stressors can arise from:

- ❑ Time pressures – especially in rescue and emergency medical situations in which a time limit exists on the victim's chance for survival, time pressures may be great
- ❑ Responsibility overload – especially for those with supervisory or command responsibility, a multitude of tasks, all with high priority, may need to be done simultaneously with no one to whom they can be delegated
- ❑ Physical demands – rescue work required physical exertion, strength, stamina and endurance where hours are long and work conditions adverse
- ❑ Mental demands – the work required good judgment, clarity of thinking, and the ability to make accurate calculations, set priorities, and make decisions in chaotic situations
- ❑ Emotional demands – workers are exposed to traumatic stimuli and victims under stress. They must keep their emotions under control in order to function. They must make painful, life-or-death decisions and work in the presence of anger or fear
- ❑ Work area – this can range from low-pressure, such as a staging area, to high-pressure, such as a triage area or morgue
- ❑ Limited resources – lack of personnel, equipment, funding
- ❑ High expectations – from the public and from rescue response personnel themselves

Minimizing Stress Effects During A Disaster

The following guidelines are suggested for minimizing stress effects among emergency response workers and maximizing performance during a disaster operation:

- ❑ Staff Rotation – Limit workers' time in high-stress assignments such as body removal or morgue work to two hours at a time. PS workers involved in providing grief support to loved ones at a morgue or hospital or who are assigned to telephone help lines should be limited to four hours of work at a time
- ❑ Rest Periods – Provide 15 to 30 minutes rest periods every two hours. Breaks from the action will help decrease the possibility of injury, fatigue and emotional strain
- ❑ Comfort and Care – On breaks, try to provide workers with the following:
 - A place to sit or lie down away from the scene
 - Warm food, high protein snacks and beverages, preferably juice
 - Shelter from weather, dry clothes
 - An opportunity to talk about their feelings with co-workers or a chaplain

HELPING THE HELPERS IN A DISASTER (CONT'D)

Critical Incident Stress Debriefing

Dr. Jeffrey Mitchell of the University of Maryland, a disaster psychologist, defines Critical Incident Stress as: “Any situation faced by emergency service personnel that causes them to experience unusually strong emotional reactions which have the potential to interfere with their ability at the scene or later ... all that is necessary is that the incident, regardless of type, generates unusually strong feelings in the emergency service worker.”

A Critical Incident Stress Debriefing (CISD) is a structured meeting of emergency response personnel involved in a critical incident and facilitated by a trained (CISD) team. The purpose of the debriefing is to:

- Lessen the impact of major events on emergency service personnel
- Accelerate normal recovery in normal people who are experiencing normal stress after experiencing highly abnormal events or incidents

The CISD meetings are not “gripe” sessions; nor are they a critique of what happened. The format for the meetings, in general, deals with what happened to the individuals during the event; how they felt at the scene; and what their reactions were afterwards. In addition to providing a supportive environment that allows emergency workers to deal with stress reactions, the debriefing provides education about acute stress and its normal effects. The participants learn specific stress management techniques for coping with their responses.

CISD meetings should optimally occur within 72 hours of the incident but can be done any time after the event. However, the greater the delay between the incident and the debriefing, the greater the likelihood of delayed or prolonged stress reactions.