

EMERGENCY PLANNING 2018

ARE YOU PREPARED?

- Create your own Emergency Plan
- Kits & Checklists
- Public Alerting System



Clarington

EMERGENCY INFORMATION OUTLETS

Radio

CKDO	The Rock	680 News	KX96
1580 AM or 107.7 FM	94.9 FM	680 FM	95.9 FM

Television

Global Durham	Rogers Television
Cable 12 Rogers Digital Channel 129 Bell Fibe Channels 235 & 1235 Bell Channel 583	Cable 10, 63 & HD510

Web & Social Media

Municipality of Clarington

www.Clarington.net

@ClaringtonON | www.facebook.com/MunofClarington

@clarchief | www.facebook.com/ClaringtonEFS

Region of Durham

www.durham.ca

@RegionofDurham

www.facebook.com/RegionofDurham

Durham Emergency Management Office

www.durham.ca/demo

Ontario

www.emergencymanagementontario.ca

CONTENTS

Emergency Information Outlets	2
Types of Disasters	4
Preparing for an Emergency	5
Make a Plan	6
Emergency Plan Checklist	7
Emergency Kits	9
Weather Related Emergencies	18
Nuclear Public Alerting System	19
Emergency Alert Banners	20
Resources	21
Family Emergency Contacts	22

To obtain this booklet in an alternate format, please contact the Accessibility Coordinator at 905-623-3379 ext. 2131.

TYPES OF DISASTERS

A disaster can be defined as an event that affects a large number of people and overwhelms the ability of the police, fire and emergency medical services to respond effectively.

In general there are three types of disasters:

Natural-caused hazards related to naturally occurring elements and conditions including, but not limited to: floods, severe weather, ice and snow storms.

Severe weather can include thunderstorms, lightning, tornadoes, hail, heavy rain, freezing rain and heavy snow or blowing snow.

Severe weather can cause downed trees or branches, downed power lines, loss of power, road closures, structural damage, fire, flooding of roads and buildings, flying debris, water and sewer issues and evacuations.

Human-caused hazards are a direct result of human action or inaction and can be either intentional or accidental.

Human-caused hazards include on-site chemical spills, explosions and leaks, train derailments, plane crashes, public transit crashes, multi-car pileups, grass fires and power outages.

Technological hazards are also human-caused and can affect critical infrastructure, telecommunications and other information technology issues.

They arise from the manufacturing, transportation and use of radioactive material, chemicals, explosives, flammables and modern technology and critical infrastructure.

Mass casualty events include train derailments or airplane crashes, major highway accidents, major building fire/collapse or influenza pandemics.

PREPARING FOR AN EMERGENCY

If an emergency happens in your community, it may take emergency workers some time to get to you. You should be prepared to take care of yourself and your family for a minimum of 72 hours. By taking a few simple steps today, you can become better prepared to face a range of emergencies and help your loved ones.



Know the Risks

Knowing what to plan for and expect is key in an emergency.

Across Canada, we face a number of hazards, such as earthquakes in British Columbia, blizzards in Nunavut and tornadoes and flooding in Ontario. In addition to natural disasters such as flooding, there are other types of risks, such as power outages and industrial or transportation accidents. Find out the risks that are most likely to occur in your community by visiting the 'Know the risks' section of the [GetPrepared.ca](https://www.getprepared.ca) website.

**IS YOUR FAMILY
PREPARED?**



MAKE A PLAN

Every household needs an emergency plan. It will help you and your family know what to do in case of an emergency.

Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations.

Use this booklet to create an emergency plan, you will need to think about the following:

- Safe exits from your home and neighbourhood;
- Meeting places to reunite with family or roommates;
- A designated person to pick up your children if you are unavailable;
- Contact persons close-by and out-of-town;
- Special health needs;
- Place for your pet to stay;
- Risks in your region;
- Location of your fire extinguisher, water valve, electrical box, gas valve and floor drain; and
- Keep this guide in an easy-to-find, easy-to-remember place (for example, with your emergency kit)

Pets & Emergencies

Pets are not always welcome in emergency shelters or hotels. Use the list below to make plans for your pet in the event of an emergency.

- Find a place to board your pet in an emergency.
- Make sure you have their ID, vaccination papers, and a recent photo in your emergency kit.
- Consider setting up a buddy system with a neighbour to collect your pet if you are not home in the event of an emergency. Meet at a predetermined location.
- In rural areas, plans should be made for the care and possible relocation of livestock.

EMERGENCY PLAN

CHECKLIST

When an emergency occurs, you are faced with two options: **shelter in place** or **evacuate**.

Shelter in Place

In some occasions when an emergency occurs residents will be told to stay home until further notice. Here are some things that you need to do when staying put:

- Avoid the path of smoke or fumes to seek shelter indoors;
- Close all doors and windows; shut down air conditioning, fans etc. that bring in outside air;
- Close interior doors to compartmentalize your house;
- Do not use bathroom or kitchen vents;
- Turn off air conditioners, furnaces and hot water heaters;
- Cover window openings with plastic held in place with duct tape (if possible, pre-cut plastic to fit windows and store with emergency kit);
- Do not use your fireplace(s). Shut all dampers;
- Do not operate your clothes dryer;
- Turn on and monitor local radio and television stations for more information ;
- Put wet towels under the doors to prevent the entry of smoke and/or fumes;
- Ensure you have working battery operated smoke alarms;
- If fumes are present, cover your mouth and nose with wet cloth;
- In cold temperatures, drain water lines if you can; and
- Evacuate only if directed to do so. Until then, staying indoors with the house closed up is the most effective action you can take

Evacuation

Some emergencies may require residents to be evacuated from the immediate vicinity of the emergency. Listen or watch local media to find out if evacuation is required. Police may come door-to-door to notify residents. Also look for information on www.clarington.net through our Emergency Alert Banners (page 20).

- Evacuate promptly. Follow instructions given by emergency officials.
- Close and lock windows and doors.
- Be prepared to shut off the water, gas, electricity in your home.
- Take your Emergency Kit and contact sheet with you.
- Take important documents.
- Bring your pet and Pet Emergency Kit.
- Pack your First Aid Kit.
- Travel the emergency evacuation routes specified by police.
- Upon safely evacuating, confirm your safety with your designated emergency contact.
- If possible, plan to stay with friends or relatives. Evacuation centres will be set up for those who have no other place to go.
- Keep telephone lines open for use by emergency workers. Monitor local radio/television stations for instructions and updates.
- The duration of an evacuation is difficult to predict. Be sure to take enough items to keep your family comfortable for at least three days.
- Make sure you keep a car emergency kit in your car.
- Keep your car fueled.

If directed to leave, you will be given an assembly point or evacuation centre address. It is important that you register at this location even if you stay with friends or family during the length of the evacuation. Registering enables the emergency response team to track everyone affected by the emergency and reunite separated families.

EMERGENCY KITS

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours. Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet.

Basic Emergency Kit

- Water - at least two litres of water per person per day. Include small bottles that can be carried easily in case of an evacuation order.
- Food that won't spoil, such as canned food, energy bars and dried foods (Replace food and water once a year).
- Manual can opener.
- Wind-up or battery-powered flashlight (and extra batteries).
- Wind-up or battery-powered radio (and extra batteries).
- First aid kit.
- Extra keys to your car and house.
- Some cash in smaller bills, such as \$10 bills and change for payphones or chargers and backup batteries for cell phones.
- A copy of your emergency plan and contact information.
- Special items such as prescription medication, infant formula, equipment for people with disabilities or food, water and medication for your pets or service animal (personalize your kit according to your needs).



Recommended Additional Items

- Two additional litres of water per person per day for cooking and cleaning.
- Candles and matches or lighter (place candles in sturdy containers and do not burn unattended).
- Change of clothing and footwear for each household member.
- Sleeping bag or warm blanket for each household member.
- Toiletries.
- Hand sanitizer.
- Utensils.
- Garbage bags.
- Toilet paper.
- Household chlorine bleach or water purifying tablets.
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife).
- Small fuel operated stove and fuel (follow manufacturer's directions and store properly).
- A whistle (in case you need to attract attention).
- Duct tape (to tape up windows, doors, air vents, etc.).
- Playing cards or games.

Check your kit once a year to ensure contents are up to date.
Re-stock as needed.



Additional Kits & Checklists

Food & Water

- ❑ Canned food: soups, stews, beans, pasta, meat, poultry, fish, fruits and vegetables.
- ❑ Energy bars and dried foods.
- ❑ Honey, peanut butter, nuts, syrup, jam, salt and pepper, sugar, instant coffee or tea.
- ❑ Knives, forks, spoons.
- ❑ Disposable cups and plates.
- ❑ Manual can opener, bottle opener.
- ❑ Fuel stove and fuel.
- ❑ Powdered milk/canned formula and bottles (more than one).

Vehicle Emergency Kit Checklist

- ❑ Keep your gas tank at least half full, especially in the winter.
- ❑ Shovel, scraper and snow brush.
- ❑ Sand, salt or cat litter and antifreeze.
- ❑ Matches and candles in a metal container.
- ❑ Spare clothing and shoes, blanket (season appropriate).
- ❑ Tow rope, jumper cables, windshield-washer fluid.
- ❑ Warning light or road flares and fire extinguisher.
- ❑ First aid kit including seatbelt cutter.
- ❑ Water and emergency food (such as energy bars).
- ❑ Road maps, whistle and crank flashlight or flashlight with extra batteries.
- ❑ Spare tire/tire repair kit.
- ❑ Duffel bag to store items.

First Aid Kit

- Sterile adhesive bandages in assorted sizes.
- Safety pins.
- Cleansing agent/soap.
- Latex gloves (2 pairs).
- Sunscreen.
- 2-inch sterile gauze pads (4 to 6).
- 4-inch sterile gauze pads (4 to 6).
- Triangular bandages (3).
- 2-inch sterile roller bandages (3 rolls).
- 3-inch sterile roller bandages (3 rolls).
- Scissors.
- Tweezers.
- Sewing needle.
- Moistened towelettes.
- Antiseptic.
- Thermometer.
- Tongue depressors (2).
- Tube of petroleum jelly or other lubricant.
- First Aid manual.
- Non-prescription drugs - aspirin or other pain reliever, anti-diarrhea medication, antacid, and laxative.
- Alcohol Wipes.
- Hand sanitizer.
- Heat or Ice pack.
- CPR Barrier devices (such as a face shield).
- Blanket.
- Emergency telephone numbers.
- Phone numbers for family members.

It's a good idea to know how to administer basic first aid. For course information contact the Municipality of Clarington at 905-623-3379.

Pet Emergency Checklist

- ❑ Food - 7 day supply.
- ❑ Water - 7 day supply (SPCA guidelines for a cat is 1L per day, 4L per day for an average size dog).
- ❑ Non-spill bowls.
- ❑ Manual can opener and plastic lids.
- ❑ Medication and photocopies of any related medical records
- ❑ Current vaccination records.
- ❑ Leash or harness (muzzle if necessary).
- ❑ Cage or container with your name, the vet's name and phone numbers clearly labelled.
- ❑ Kitty litter and litter box.
- ❑ Newspaper, paper towels, plastic bags.
- ❑ Treats.
- ❑ Blanket.
- ❑ Copy of your pet's licence.
- ❑ Copy of your pet's ID tag with your pet's name and significant information.
- ❑ Recent photo of you with your pet.
- ❑ Any special equipment/apparatus the animal might require.
- ❑ Proper food/carrying cages for exotic pets.



Important Documents

Keep important family records and documents in a waterproof, portable container or a bank safety deposit box.

- Passports & Birth Certificates.
- Health Cards.
- Bank account and credit card numbers, a small amount of cash, and insurance information.
- Photos of family members - in case you get separated.



Other Emergency Plans

School

- Find out about the emergency plans for your children's schools
- Help your children understand what they must do when an alarm goes off.
- Find out how the school will deal with the children should the order be to shelter in place or evacuate.
- Ensure that the school knows your updated contact information especially regarding the people authorized to collect your children for you.

Work

- Find out about the emergency plan at work.
- Determine your role in case of an emergency.
- Familiarize yourself with evacuation procedures.
- Find out if there is an alternate work site in case of an emergency.

Keep important numbers - including fire, police, and ambulance near your telephone and program them into your cell phone.

Stay Prepared for 72 Hours

1. Practice - An emergency can happen anytime and anywhere. Practicing often helps people feel less disoriented and better organized in case of a disaster, even in the middle of the night or the middle of winter.
2. Show and review where and how to turn off the water, electricity and gas in your home. (Prepare large, easy-to-see signs for water/gas shut-offs and the main circuit breaker).
3. Know if you live in a flood prone area. Ensure your sump pump is working and know where you can get sand bags and equipment if necessary. Read our Flood Preparedness Guide for more information.
4. Ensure you have working Smoke Alarms on all levels, as well as Carbon Monoxide (CO) alarms outside all sleeping areas.
5. Each person should also know where to find the fire extinguisher and how to use it. (PASS - Pull pin, Aim, Squeeze handle, Sweep).
6. Practice the evacuation plan in each room of your home (don't forget your emergency kit).
7. Keep your Emergency Plan Updated. Verify the telephone numbers and personal information of everyone in the plan. Give updated copies to all members of your family, your children's school and other frequently-used facilities, as required.
8. Replenish your emergency kits. Change the batteries in your flashlights and portable radio. Replace spare batteries.
9. Replace bottled water. Ensure that all food is still safe to eat and that medicines have not expired. Water, canned food and other non-perishables should be replaced annually.
10. Learn more and ask questions.

After an Emergency

Returning home after an emergency can be both dangerous and difficult. Do not return home until authorities have indicated that it is safe to do so. If you have any doubts about safety, have your home inspected by a professional before entering.

1. If you suspect/smell a natural gas leak when you arrive home:
 - a. Don't go into the house;
 - b. Go to another location and call 911.

2. Before entering a damaged building:
 - a. Put on sturdy shoes and work gloves for protection against glass or other debris;
 - b. Check exterior, roof and chimney for structural damage;
 - c. Stay away from fallen or damaged electrical wires; they could still be live. Do not carry lanterns or torches that could start a fire;
 - d. Keep a battery operated radio with you to hear any emergency updates.

3. Notify your insurance agent or broker if your property is damaged. Take pictures of damages. Keep good records of repair and cleaning costs.

4. Upon entering:
 - a. Check for injured or trapped persons. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.
 - b. Until phone service is fully restored, use the phone only for a life threatening emergency
 - c. Check utilities and appliances:
 - Check gas supply**
If you smell gas or hear a blowing or hissing sound, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can, and call the gas company. If you turn off the gas for any reason, it must be turned back on by a professional.
 - Check electricity**
If you see sparks, broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker, call an electrician first for advice.
 - Check sewage and water lines**
 - Check Electrical Appliances**
If any of the electrical appliances are wet, turn off the main power switch in the house. Unplug the

appliance, dry it out, then reconnect it and turn the main power switch back on. If fuses or circuits blow when the electrical power is restored, turn off the main power switch again and inspect for short circuits in the home wiring or appliances. Call a professional if the problem continues to occur.

- d. Open closets and cupboards carefully
5. Check food and water supplies before using them. Foods that require refrigeration may be spoiled. Throw out any food that has been in contact with flood waters.
 6. Cleaning Up:
 - a. Clean up spilled medicines, bleaches, gasoline, or other flammable liquids
 - b. Protect your home from further damage. Open windows and doors and patch holes
 - c. Clean and disinfect everything that got wet. The mud left behind by floodwaters can contain sewage and chemicals
 - d. If your basement is flooded, pump it out gradually (about one-third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while surrounding ground is still waterlogged
 - e. Throw out food, cosmetics and medicines that have come into contact with flood waters.
 7. The behaviour of your pets may change after an emergency. Normally quiet and friendly pets may become aggressive or defensive. Watch your pets closely.
 8. Stay at home and avoid driving to keep roads clear for emergency workers.

It can take a long time to recover from an emergency. Plan a reasonable amount of activity each day and include children in cleanup and recovery. Watch for signs of stress in yourself and family members. If you can't shake feelings of despair, get professional help. While life will not be the same as before the emergency happened, you can and will recover.

WEATHER RELATED EMERGENCIES

Winter Storms

Snow and ice have the potential to cause severe damage and can limit our ability to move from place to place. They can make roads unsafe and at times impassable. They can also affect services like electricity.

During a Winter Storm

- When a Storm Advisory is in effect, monitor radio, television stations or www.clarington.net for updated information and emergency instructions.
- If you heat with oil, monitor your supply to avoid running out
- Stay indoors if possible. If you do go outside, dress appropriately even if you think you will only be out for a minute
- If you must travel during a snowstorm do so during daylight hours only. Take your cell phone and charger. Tell someone your route and your anticipated arrival time.

Heat Waves

A heat wave is a prolonged period of excessive heat and humidity.

During a heat wave

- Slow down and avoid strenuous activity. If possible, do it during the coolest part of the day, between 4 a.m. and 7 a.m.
- Stay indoors. If air conditioning is not available, stay on the lowest floor, out of the sunshine.
- Go to a cooling centre. Cooling centres locations can be found on local radio stations, www.clarington.net or by calling 905-623-3379.
- Electric fans help sweat evaporate, which cools the body.
- Wear lightweight, light-coloured clothing.
- Drink water regularly even if you don't feel thirsty.
- Avoid drinks with alcohol or caffeine, they can make you feel good briefly, but make the heat's effects on your body worse.
- Eat small meals more often. Avoid foods that are high in protein, which increase metabolic heat.
- Avoid using salt tablets unless directed by a physician
- Avoid using the oven, which will heat up your house.

NUCLEAR PUBLIC ALERTING SYSTEM

The nuclear public alerting system, implemented by the Regional Municipality of Durham, consists of sirens and automated mass telephone notification.

In the event of an emergency, calls will be made to landlines in affected areas with instructions to evacuate or shelter in place.

In the event of a nuclear emergency, the sirens and mass phone notices will both be activated.

The system includes 20 sirens in the City of Pickering and 14 sirens in the Municipality of Clarington.

The public alerting system alarms are installed within three kilometres of the Pickering and Darlington Nuclear Generating Stations; landlines will be called within a 10 kilometer radius. This is part of the detailed emergency plan for the areas immediately surrounding both nuclear stations.

If you hear the alerting siren, go inside. Watch Global Durham Channel 12 on TV or listen to CFMX 103.1 for more information and direction from the Province.



EMERGENCY ALERT BANNERS

The Municipality of Clarington issues emergency alert bulletins to inform residents of weather related watches and warnings, local emergencies and important information.

Residents who visit www.clarington.net when an emergency alert banner is issued will see a banner across the homepage of the website. They must read and close the banner before they can access the rest of the website.

Green Banners

Green banners are general information banners that affect many of our residents. They could include widespread service disruptions, major road closures or other important information.

Blue Banners

Blue banners indicate a weather watch or warning issued for Clarington by Environment Canada. These could include severe storm watches or warnings like thunderstorms, localized flooding, tornadoes, hail, blizzards, ice storms or heat waves.

Blue banners may include instructions or information for residents indicating cooling centre locations, or to stay indoors until the watch or warning is over.

As the situation continues to develop, blue banners may be upgraded to red emergency banners.

Red Banners

Red banners indicate emergencies and include information about where the emergency is occurring, who is affected and what you should do.

Red banners will be updated as the situation evolves keeping residents up-to-date with the latest information and instructions.

RESOURCES

Municipality of Clarington

40 Temperance Street, Bowmanville
905-623-3379
www.clarington.net
communications@clarington.net

Emergency Management

Durham Emergency Management Office
905-430-2792
www.durham.ca/demo
demo@durham.ca

Office of the Fire Marshal & Emergency Management
1-800-565-1842
www.emergencymanagementontario.ca
askofmem@ontario.ca

Ontario Power Generation

OPG Darlington Nuclear Generating Site
905-623-5284
www.opg.com
darlingtonnuclear@opg.com



FAMILY EMERGENCY CONTACTS

Keep important numbers, including fire, police and ambulance, near your telephone and program them into your cell phone.

For life threatening emergencies call 911

Hydro One Outage	1-800-434-1235
Veridian Outages	1-866-579-6819
Enbridge Outages	1-866-763-5427
Durham Region	1-800-372-1102
Municipality of Clarington	905-623-3379

Family Phone Numbers

Home Phone: _____

Family Member: _____

Work: _____ Cell: _____

Family Member: _____

Work: _____ Cell: _____

Family Member: _____

Work: _____ Cell: _____

Family Member: _____

Work: _____ Cell: _____

Emergency Contact

Name: _____

Cell: _____ Work: _____

Temporary Accommodation

Name: _____

Address: _____

Phone Numbers: _____

Email: _____

Family Information

Family Member	Birthday	Notes (special needs etc).	Usual Weekday Location (school, work)

Extra notes can be written on separate pieces of paper and stored with this booklet in your emergency kit.

Doctor

Name: _____

Phone Number: _____

Pharmacy

Phone Number: _____

Medications

Current list of medications as of _____

Family Member	Medication	Dosage and Frequency

