



Be Prepared: Make a Plan

Discuss Emergency Planning with your family

Emergencies, such as a fire, a severe storm, a flood or power outage, often occur without warning.

Your best defense in protecting yourself and your family during an emergency is knowing what to do and planning ahead. Discuss your plan with your family. The following guide will help you get started. Keep this guide with your emergency kits for quick reference.

Please review your plan every six months to ensure it's up-to-date.

Emergency Phone Numbers

911

Police/fire/ambulance

Family doctor

Pharmacy

Animal hospital

Out-of-town contact

1-800-268-9017/416-813-5900

Ontario Poison Centre

Question

Community



1. I know the unique risks of my community.
2. I am aware of my community's emergency response plan.
3. I know the evacuation route for my home.
4. I am familiar with the schools' emergency plans.
5. I am aware of the emergency plan for my workplace.

Home

1. The keys to the deadbolts are in a safe and easy-to-remember location.
2. I have smoke and CO detectors on each floor and I have tested them in the last six months.
3. I am aware of an alternate exit for each room on each floor.
4. I know how to turn off the gas/water/electricity.
5. The list of emergency telephone numbers is in a safe and easy-to-remember location.
6. My family and I have identified a meeting place outside the home.

Car

1. I understand the importance of having the gas tank at least half full.
2. I have an emergency survival kit in the car.

My Family and Me

1. I am aware of any special needs my family may have during an emergency.
2. We have emergency plans in place to care for our pets.
3. We have a home evacuation plan.
4. Everyone in the family has a copy of the emergency contact numbers list.
5. We have an emergency kit that is accessible and easily carried.
6. We have an emergency response plan and have discussed it in detail.
7. Someone in our family is trained and knows how to provide first aid.

Want to know more?

For more information on preparing a personal emergency plan, call 1-866-801-7242 (TTY 1-800-387-5559) or click here www.health.gov.on.ca/english/public/program/emu/emu_mn.html



Personal Emergency Kit Checklists

Planning ahead for an emergency

Emergencies can happen any time and that's why it's important for you to take the necessary steps to make sure you are personally prepared. A simple emergency kit that's easily accessible, portable and stocked with all of the essentials, can make all the difference during an emergency situation.

These checklists outline many of the items you should have in your first aid and emergency kits, at home and in your car.

Make sure to read a first aid manual so you'll understand how to use the contents in the kit. If your children are old enough to understand, review the manual with them as well. It's important to store first aid kits in places that are out of children's reach, but easily accessible for adults. Check the kits regularly and replace missing items or medicines that may have expired.

You should have a copy of this document, at home, in your car and another in your emergency bag.

What's in a first aid kit?



- Carrying device bag/box
- First aid manual
- Sterile gauze
- Adhesive tape
- Triangular bandage
- Adhesive bandages in several sizes
- Elastic bandage
- Antiseptic wipes
- Soap
- Antibiotic cream (triple antibiotic ointment)
- Antiseptic solution (like hydrogen peroxide)
- Mouthpiece for administering CPR
(can be obtained from your local Red Cross)
- Hydrocortisone cream
- Tweezers
- Sharp scissors and safety pins
- Disposable instant cold packs
- Calamine lotion
- Alcohol wipes or ethyl alcohol
- Thermometer
- Latex gloves (at least two pairs)
- Flashlight and extra batteries
- List of emergency phone numbers
- Blanket (stored nearby)
- Acetaminophen and ibuprofen

Emergency Kit: Home

- ✓ **Contents**
- Backpack/duffel bag
- Portable/wind-up radio
- Candles, matches and flashlight
- Spare batteries of different sizes
- Important papers (see section on important papers)
- Prescription drugs (check expiration dates)
- Money
- Loud whistle
- Spare car keys
- Baby/pet food
- First aid kit (see section on first aid kit)
- Food/bottled water (enough for three days)
- Fondue pot/fuel/cook stove plates/forks and utility knife
- Spare eye glasses and/or contacts
- Warm blankets/survival blankets
- Clothing/footwear
- Can opener
- Toilet paper/personal supplies
- Hand sanitizer

Emergency Kit: Car

- ✓ **Contents**
- Shovel/axe/hatchet
- Sand/salt
- Booster cables
- Flares
- Loud whistle
- Cellular phone/phone charger/change for public pay phone
- Multi plier/multi tool/utility knife
- Survival blanket
- Fire extinguisher
- First aid kit (see page 1)
- Flashlight with batteries
- Can opener/forks/spoons, etc.
- Tire pump/inflator
- Warm clothing/boots/water proof jacket
- Emergency/help sign for dashboard
- Hand sanitizer
- Wiper fluid/ice scraper
- Spare tire
- Emergency phone numbers
- Road maps/compass
- Candles and matches
- Non-perishable food items/water/paper towels

Important Papers

- ✓ **Contents**
- Wills/powers of attorney
- Insurance policies
- Credit card numbers and expiry dates
- Citizenship papers/passports/birth and marriage certificates
- Mortgage and other loan information
- Social insurance numbers
- Eye glass/contact lens prescriptions
- Medication identification numbers
- Cheques and money
- Doctor's name and contact information in case of emergency treatment
- Contact list with emergency phone numbers
- Driver's licence number
- Health card numbers
- Copy of driver's license
- Bank account numbers
- Contact information for power, light, gas or other utility companies

Resources

Emergency Management Ontario

www.mpss.jus.gov.on.ca/english/pub_security/EMO/about_emo.html

Centre for Emergency Preparedness and Response

<http://www.phac-aspc.gc.ca/cepr-cmiu/>

Public Safety and Emergency Preparedness

www.psepc-sppcc.gc.ca

Centres for Disease Control and Prevention

www.cdc.gov

World Health Organization

www.who.int

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