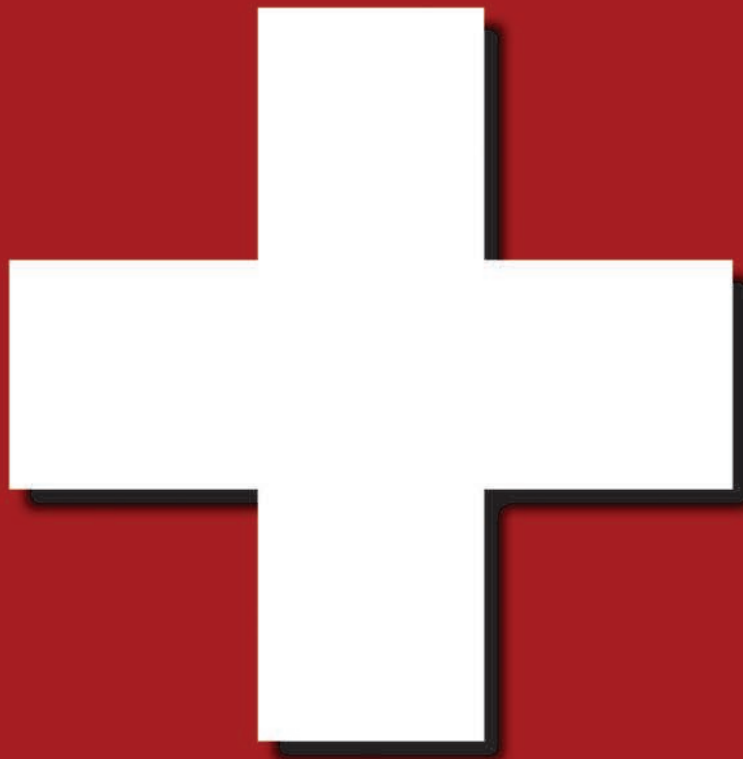


LANARK COUNTY

Emergency Preparedness



KNOW THE RISKS MAKE A PLAN GET A KIT



Canadian Tire can help you be prepared for any Emergency Situation!



485 McNeely Ave
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45 Dufferin Street
Perth

613-267-3412

10 Ferrara Drive
Smiths Falls

613-283-3906

MUNICIPAL CONTACT

NON EMERGENCY NUMBERS

Beckwith Township
 Municipal Office: 613-257-1539
 Fire: 613-257-1749
 Public Works: 613-257-1810



Town of Carleton Place
 Municipal Office: 613-257-6200
 Fire: 613-257-5526
 Public Works: 613-257-2253



Township of Drummond/North Elmsley
 Municipal Office: 613-267-6500
 Fire: 613-267-2596
 Public Works: 613-267-6500



Township of Lanark Highlands
 Municipal Office: 613-259-2398
 Fire: 613-259-2398
 Public Works: 613-259-2398



Town of Mississippi Mills
 Municipal Office: 613-256-2064
 Fire: 613-256-1589
 Public Works: 613-256-2064/613-256-3167



Township of Montague
 Municipal Office: 613-283-7478
 Fire: 613-283-7478
 Public Works: 613-283-5086



Town of Perth
 Municipal Office: 613-267-3311
 Fire: 613-267-5574
 Public Works: 613-267-1072



Town of Smiths Falls
 Municipal Office: 613-283-4124
 Fire: 613-283-5869
 Public Works: 613-283-9880



Tay Valley Township
 Municipal Office: 613-267-5353
 Fire: 613-267-2596
 Public Works: 613-264-0730



County of Lanark
 Municipal Office: 613-267-4200
 Public Works: 613-267-1353



Know the Risks

In Ontario, regional risks may include flooding, severe storms, forest fires, and transportation accidents. Being prepared and knowing what to do in advance could save your life, and those of your loved ones. Emergencies can occur suddenly and without any advance warning.

Although local, provincial and federal officials are prepared for emergencies, individuals and fami-

lies play a vital role in preparing for times of crisis when emergency services and other government resources may be strained.

It is important that individuals and families prepare to be self-reliant for at least three days immediately after or during an emergency.

The following are some of the natural risks and other hazards monitored by Emergency Management Ontario:



- Power outages
- Earthquakes
- Floods
- Chemical releases
- Pandemic influenza
- Tornadoes
- Wildfires
- Snow and Ice Storms

Make a Plan

Every Canadian household needs an emergency plan. It will help you and your family know what to do in case of an emergency. It will take you about 20 minutes to make your plan.

A simple online version is available at

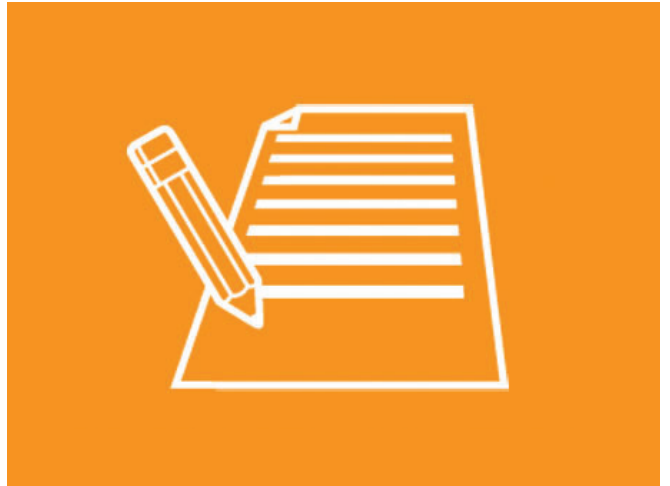
www.getprepared.ca

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 dif-

ferent situations.


Keep a printed version of your plan in an easy-to-find, easy-to-remember place (for example, with your emergency kit). Photocopy this plan and keep it in your car and/or at work, and a copy close to your phone. If you completed your plan online, keep an electronic version on your computer or mobile device.

By definition, emergencies happen when we



don't expect them, and often when families are not together. Suddenly, you need to think about your kids at school or elderly parents across town. If phones don't work, or some neighbourhoods aren't accessible, what will you do?

Having a family emergency plan will save time and make real situations less stressful.

<p>Published by  P.O. Box 158, 65 Lorne Street, Smiths Falls, Ontario K7A 3K8 613-283-3182 1-800-267-7936 Fax 613-283-5545</p>	<p>VP Metroland East – Peter Bishop Director of Advertising – Cheryl Hammond General Manager – Cindy Manor Administration – Stacey Delli Pizzi Printing – Performance Printing</p>	<p>Advertising Sales Manager – Paula Inglis Sales Cheryl Johnston Jennifer Coughlin Amber Beasley Kevin Hoover Sharon Sinfield</p>	<p>Production Manager – Jennifer Palmer Production Judy Adams Heather McFayden Chris McLenaghan Irene Sauve</p>
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Get an Emergency Kit

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.

You may have some of the items already, such as food, water and a battery operated or wind-up flashlight. The key to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

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, ac-

cessible place, such as your front-hall closet. If you have many people in your household, your emergency kit could get heavy.

It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize his or her own grab-and-go emergency kit.

The following are sample items to include in your own 72-hour survival kit:

- Non-perishable food for three days (replace once a year)
- Manual can opener
- Water for three days

- Flashlight and fresh batteries
- Battery-powered or wind-up radio
- First aid kit and prescription items / other

- special needs
- Cash in small bills and coins for pay phones
- Spare keys
- A copy of your emergency plan with important contacts











LANARK COUNTY






Call 9-1-1

- If someone is taking or damaging someone else's property
- If someone is hurt and needs help
- If you see an act of violence
- If you see a fire out of control

Emergency Services require the following information:

- Your name
- Telephone number from which you are calling
- Address - civic address number, street/road name, municipality
- Description of the emergency such as fire, injury, or act of violence

Voice Over Internet Phones (VOIP), registration of address is required with your phone carrier
Note: 4-party telephone lines do not display information in 9-1-1 system

In an
EMERGENCY
Make the Call!

911

LANARK COUNTY

www.lanarkcounty.ca

Tips to Help Children Cope During an **Emergency**

1. Limit television time. While it can be important for adults to stay informed about the situation, television images and reports may be confusing and frightening for children. Watching too many television reports can overwhelm children and even adults. So, limit the number of television reports about the situation you and your children watch.
2. Listen to your children carefully. Try to find out what your child knows and understands about the situation before responding to their questions. Children can experience stress when they do not understand dangerous experiences. Find out what your child knows about the crisis. Then, talk to your child to help him or her understand the situation and ease their concerns.
3. Give children reassurance. Tell children that adults are doing everything they can to protect and help children who have been affected by the tragedy. Also, let them know that if an emergency happens, your main concern would be their safety. Make sure they know they are being protected.
4. Be alert for significant changes in behavior. Caregivers should be alert to any significant changes in children's sleeping patterns, eating habits, and concentration levels. Also watch for wide emotional swings or frequent physical complaints. If any of these actions do happen, they will likely lessen within a short time. If they continue, however, you should seek professional help and counseling for the child.
5. Understand children's unique needs. Not every child will experience a disaster in the same way. As children develop, their intellectual, physical and emotional abilities change. Younger children will depend largely on their parents to interpret events; older children and adolescents will get information from various sources, such as friends and the media. Remember that children of any age can be affected by a disaster. Provide them all with love, understanding and support.
6. Give your children extra time and attention. Children need close, personal attention to know they are safe. Talk, play and, most importantly, listen to them. Find time to engage in special activities with children of all ages.
7. Be a model for your children. Your children will learn how to deal with these events by seeing how you respond. The amount you tell children about how you're feeling should depend on the age and maturity of the child. You may be able to disclose more to older or more mature children but remember to do so calmly.
8. Watch your own behaviour. Make a point of being sensitive to those impacted by the crisis. This is an opportunity to teach your children that we all need to help each other.
9. Help your children return to a normal routine. Children usually benefit from routine activities such as set eating times, bed time, and playing with others. Parents should make sure their children's school is also returning to normal patterns and not spending a lot of time discussing the disaster.
10. Encourage your children to do volunteer work. Helping others can give children a sense of control and security and promote helping behavior. During a disaster, children and adolescents can bring about positive change by supporting those in need.



SAFETY TIP

Home Escape Planning: Good fire safety planning includes knowing two ways out of your home. In a winter storm, your exits may become blocked by snow or fallen trees, or be frozen shut by ice. Try your exits to make sure they are accessible.

Lake 88.1 FM for emergency information

Lake 88.1 FM has been established as the radio station for emergency information throughout Lanark County. In the event of an emergency, tune to 88.1 FM for official updates and emergency announcements.

Please note that vehicle radios are generally clearer than radios in buildings if you are a distance away from the radio station transmitter. A portable radio and batteries or a hand crank powered radio are recommended as part of every household's 72-hour

Emergency Kit.

As part of Lanark County's Emergency Preparedness awareness campaign, signs have been placed at all of the County Road approaches to remind people to tune to Lake 88.1 FM in an emergency.



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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 and what each family member should do.

Develop your plan based on an assessment of the kinds of emergencies that can occur in your community. Natural events can include winter storms, floods or tornados. Secondary events, such as toxic spills can make a weather-related event worse and prolong a state of emergency. While the emergency incident may vary, the elements of an effective response are the same.

Ensure elderly family members, who may not live with you, are included in your emergency plans.

Conduct a hazard audit of your home. Review fire safety features such as smoke and carbon monoxide 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 the interior of the lowest-level of your home, in case of a tornado.

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.



How to get Started

Meet your neighbours.

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

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 telephone) for days.

Supplies

Maintain a 72-hour supply of water, food, first aid supplies, personal hygiene products, medications, clothing and bedding. Also note where to access any other tools and emergency supplies. Keep the items that you would most likely need during an evacuation in an easy to carry container or a duffel bag.

Pets and Emergencies

Over Eighty per cent of Canadian pet owners consider their pets to be a part of their family.

Your pet relies on you to keep them safe and comfortable and as such, it is important to include them in your emergency planning. Be sure to prepare an emergency survival kit for your pet. Gather the necessary items into an easy-to-carry bag and store it next to your family emergency survival kit for quick retrieval. Remember, the items in your pet kit will vary depending on the type of animal you have. Your veterinarian will be able to help you determine which items your pet needs.

Sample list of items for dog/cat:

- Food and water
- Bowls, manual can opener, spoon and plastic bags
- Up-to-date ID tag (microchipping is also recommended)
- Current photo of your pet with you in case you get separated
- Emergency contact list of pet friendly hotels/motels outside your area, friends, relatives and your veterinarian
- Copies of medical records, including proof of vaccinations
- Information on feeding schedule, medical or behavioural problems

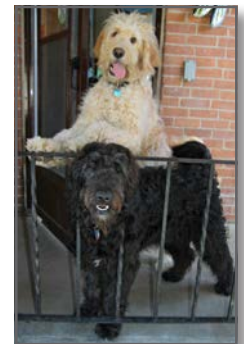
- Medications and first aid kit
- Familiar bedding materials, small toy and brush
- Leash, collar or harness, muzzle (dogs)
- Litter/pan and scooper (cats), poop n' scoop bags (dogs)
- Carrier large enough to transport and house your pet

If you need to evacuate your house, take your pet with you. It is important to plan ahead and find places that will accept animals during an emergency. Learn about your municipality's evacuation centre locations and related pet policies. Consider making arrangements for your pet to stay with an out-of-town friend or family member or research pet-friendly hotels outside your immediate area.

You may not be home when an emergency occurs, but your pet will be. Consider a buddy system with a neighbour who can take care of your pet in your absence. It is important that they are familiar with your pet and your family emergency plan.

Just as you plan for your family in case of an emergency, plan for your pets. They need you.

Visit www.ontario.ca/beprepared to learn more about planning for your pet.





Smell Gas? Act Fast!


Smell Gas? Act Fast!


Natural gas leaks can result in a fire or explosion. Make sure you, and your family, know how to recognize a gas leak and what to do if you suspect a leak.

Signs of a Natural Gas Leak

 **Smell** - A distinctive rotten egg odour



 **Sound** - Hissing, roaring or whistling

 **Sight** - Damaged connections to natural gas appliances or vegetation that is dead or dying for no reason

What to do if you Smell Natural Gas or Suspect a Leak

 Act quickly and remain calm


 Go outside or leave the area immediately

 Call our Emergency Number


Follow these safety precautions:

 Don't use a phone or any electronics

 Don't turn appliances or lights on or off

 Don't smoke or use lighters or matches

 Don't start any vehicles or motors

 If leaking natural gas is burning, call 911. Don't attempt to put the fire out yourself.

24-hour Emergency Number

1-866-763-5427

Never assume someone else has already called to report a natural gas leak.

If You Smell Natural Gas or Suspect a Leak

Leave the area immediately. Call Enbridge Gas Distribution's 24-hour **Emergency Number** **1-866-763-5427**

Never assume someone else has already called to report a natural gas leak.

Enbridge Gas Distribution provides free emergency response 24 hours a day, 7 days a week.

Learn more natural gas safety tips by watching our videos at **sixsecondsafety.com**



Power Outages

Some extreme weather events can cause power outages that last for days. The following tips should help your household stay safe.

Food Safety - “When in doubt; throw it out”

While the power is off and you should avoid opening them wherever possible. A fully stocked, upright or chest freezer will keep food frozen for about two days. Your fridge will keep food cold for four to six hours without power.

- Any food that was stored at or above 4°C for two hours or more should be thrown out. Remember that unsafe food may not smell or look bad.
- If frozen food has thawed and risen above 4°C it should be discarded.
- Adding bags of ice to your fridge or freezer will help maintain the cold temperature.
- Squeeze the frozen food. If you hear the crunch of ice crystals then it is only partially thawed and can be re-frozen.
- The best way to ensure your food is safely stored is to put an accurate indicating thermometer in your fridge and freezer.
- Storing food outdoors in cold weather is not a good idea. The sunlight can warm it up and the food could be contaminated by animals.
- If any food comes in contact with raw meat juices it should be thrown out. You can help prevent this by storing raw meats separate and below other foods.

You may need to change the way you prepare baby formula during a power outage.

- Water used for preparing formula must be sterilized for all infants under the age of four months.
- If you can't boil water for mixing formula, use ready to feed formula.
- Once you've started feeding a bottle of formula, the bottle should be used within two hours. Throw out any leftovers.

Don't forget to use proper hand washing whenever you are handling food. Alcohol based hand sanitizers are effective when there is no food on your hands.

Water and Waste Water Safety

Most homes that use well water rely on an electrical pump to move the water into the home. During a power outage, the pump would be off and there would be no water available. Having an adequate supply of bottled water in case of emergency is a good idea. Remember that some homes have treatment systems for their well water that use electricity (e.g. Ultraviolet light). If you restore power to your pump, make sure that your treatment system is working also.

Some on-site septic systems use pumps that run on electricity. You should limit your water use until the power is restored. If the pump is between your home and the septic tank you may choose to collect your wastewater in pails

and pour it into the inlet side of your septic tank. For a prolonged power outage, having your septic tank pumped by a licensed sewage hauler will allow you to store more wastewater until your pump is working.

Hazards

Some of the safety devices in your home also run on electricity. Many modern homes have smoke detectors hard wired into the home power supply. These devices should have a battery backup feature in case of power outage. These batteries should be checked regularly.

Portable generators can be used to provide power during a blackout. It is important to remember that generators must be used according to manufacturer's instructions and in a well ventilated area. The only safe way to connect a generator to your homes electrical panel is through an approved transfer panel and switch. Those must be installed by a qualified electrician.

Heating and Cooling

Some home heating appliances use power venting. The fans used for power-venting require electricity to vent combustion exhaust fumes. A power-vented gas fireplace should have a shut-off mechanism that prevents any gas combustion during a power outage. Check to make sure your appliances have the feature.



Some Facts about Fire Extinguishers



Fire extinguishers are an important safety component in any home or building. In fact, the Ontario Fire Code requires that fire extinguishers be installed and maintained in many buildings such as schools, industry, and in common corridors of multi-unit dwellings. The fire service encourages home owners to have at least one ABC type fire extinguisher for use in your home. When used properly, these devices can be very effective in putting out a small fire such as a trash can or an area less than a cubic meter.

Selecting a Fire Extinguisher

Fire extinguishers come in a variety of sizes that are designed to extinguish different types of fires. The most common types of fires encountered in households are listed below:

Class A – These are fires including common materials such as wood, paper, fabric, and plastic.

Class B – These are fires involving flammable liquids such as gasoline, paint thinner, kerosene, etc.

Class C – These are fires that include energized electrical equipment and components.

Although there may be specific applications for one type of extinguisher, the easiest thing is to purchase at least a 5lb ABC type extinguisher. This will give you the ability to extinguish any of the three types of fires listed above.

Installing a Fire Extinguisher

Kitchen fires are still the number one cause of fires in the province of Ontario so this would be the most logical place to install a fire extinguisher. For additional protection, fire extinguishers can be installed in other areas of your home such as garages and utility rooms.

The fire extinguisher should be installed:

- In plain view
- Out of the reach of children
- On the way to an exit
- Away from areas where fires potentially could start such as stove tops, toasters, and toaster ovens so they remain accessible without having to reach through the fire to access them.

When to Use a Fire Extinguisher

1. The fire is small and contained
2. Someone has already called the fire department
3. You are not exposed to heavy amounts of toxic smoke

4. You can safely escape if necessary
5. You have an exit to your back.
6. You are confident in the use of a fire extinguisher
7. Stand approximately 10 feet from the fire.
8. Remember the acronym **P-A-S-S**
 - Pull the pin
 - Aim the nozzle at whatever is burning
 - Squeeze the handle to release the agent
 - Sweep the nozzle side to side over the fire

Many stovetop fires can be safely extinguished without the use of a fire extinguisher. Slide a lid over the pot to smother the flames and turn off the stove and never throw water onto a grease fire. If using a fire extinguisher on a flammable liquid, lob the agent onto the flames so the liquid isn't spread around causing the fire to spread.

Maintaining Fire Extinguishers

Like any mechanical device, fire extinguishers need to be maintained. NFPA 10 regulates the maintenance of fire extinguishers and anyone performing maintenance needs to be trained and certified in the applicable standard to perform service. Fire extinguishers are subject to an annual maintenance by a qualified individual. These technicians will determine if the fire extinguisher is required to undergo additional maintenance including refilling or hydrostatic testing which typically occur at 6 year and 12 year intervals for ABC type extinguishers.

The best way to fight a fire is through preventing it in the first place. Keep combustible items away from ignition sources in your home and install fire extinguishers to protect your property. The fire department in your area can provide additional information about fire extinguishers and some may be able to provide hands on training. This should provide you with the understanding and confidence to use a fire extinguisher if the need arises.



Emergencies and disasters don't happen very often and are not usually predictable.

You can reduce the effects they may have on you and your family, by being aware of what hazards exist in your community and knowing what to do before they happen.



Explore the Emergencies/Disasters section on our website to help you be prepared. Connect with LGLHealthUnit on Facebook and Twitter for important public health emergency updates.

Flooding

Floods occur in Canada each year. Although flash floods do occur, usually weather forecasts can predict rain or quick thaw events and there is usually an opportunity to take action to protect yourself and your property. Once a flood notification has been issued, prepare sufficient sandbags to protect your property or your neighbour's.

Water Quality Issues:

Flood water is normally contaminated with high levels of bacteria, from septic tanks and farm fields. Flooded well water may not be safe and should not be used for drinking, preparing food, brushing of teeth, and washing dishes. Flood water may also contain various pesticides and chemicals found in garages, households and businesses.

Insufficient quantities of safe water may create challenges for every day needs including food preparation, hand washing, personal hygiene, diapering small children and caring for pets. Challenges in performing these day to day activities can increase the chances of your family becoming ill.

- Keep an alternate supply of safe water on hand. Rotate the supply to keep it fresh.
- Boiling your water at a rolling boil for one minute will destroy bacteria in the water; however if pesticides and chemicals have contaminated the flood water that contaminated your well, boiling may concentrate these harmful contaminants, so a safe alternate source should be used.
- After the flood, wells need to be disinfected by shocking them with chlorine. Your health unit can provide disinfection instructions. **The well water must be tested before use.**

Safety Issues:

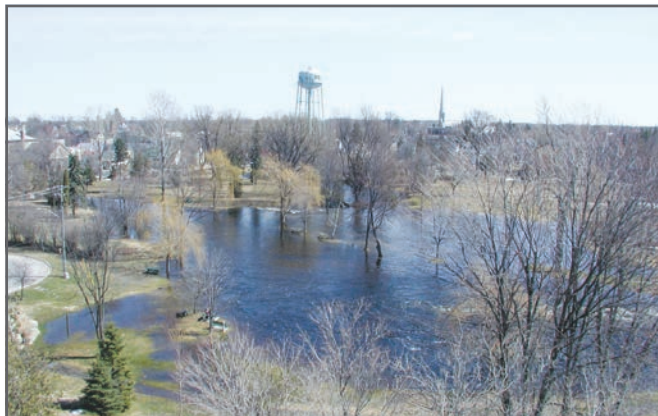
- Flood water can conceal many hazardous situations. Many submerged items with sharp edges may not be seen and can cause injury. Fast moving flood waters pose a drowning risk, even for skilled swimmers due to the unexpected currents and submerged hazards.
- Keep your family safe by keeping them out of the flood water.
- Flood water entering homes and basements may come

into contact with electrical outlets, panel boxes, and various appliances that may have an electrical component to them. Always wait for clearance from the electrical authority before entering these areas.

- Building materials, clothing, furniture etc. that have been exposed to flood waters are likely contaminated and can support the growth of mold. While some items can be salvaged, cleaned and disinfected, others may need to be discarded. Where possible seek professional advice during clean up. If you attempt to salvage and clean on your own, make sure you wear protective clothing, a mask and gloves.
- Floods often result in power outages. When refrigerators and freezers do not work, food temperatures may rise to levels that support the growth of bacteria. Prolonged power outages may result in your food becoming unsafe to eat.

Before the Flood:

- Monitor weather and take warnings seriously.
- Have an emergency kit stocked and ready to go. Be sure to include important documents, cash and medications.
- Move items likely to be impacted by a flood to higher areas where possible.
- Ensure chemicals, cleaners, gas cans etc are stored in such a manner as not to contaminate flood water.
- Have extra supplies of water and food available that you can prepare without electricity.
- Maintain your home to keep flood water out.
- Ensure drainage ditches etc. around your home are clear and can function during periods of heavy rain.
- Label the shut off valves and the direction to turn off the gas, water, power etc. If you must leave your home due to rising flood waters, turn off the power, gas etc.
- Have your vehicle filled up and ready to go.
- Ensure you have a supply of fuel for generators and pumps. Store fuel in a manner so as not to contaminate flood water.



Disaster Recovery Assistance for Ontarians

Have you experienced damage to essential property as a result of a natural disaster? Disaster Recovery Assistance for Ontarians can help you get back on your feet.

When a sudden, unexpected natural disaster strikes a community and causes widespread and costly damage, the Ontario government may activate the Disaster Recovery Assistance for Ontarians program (DRAO). The decision to activate this program normally follows on-the-ground assessments by Provincial Disaster Assessment Teams and by the affected municipalities.

If the province activates DRAO, homeowners and tenants, small business owners, farmers and not-for-profit organizations who have experienced damage to, or loss of, essential property can apply for financial assistance if they live within the activation area.

Disaster Recovery Assistance for Ontarians is designed to reimburse essential costs related to repairing or replacing damaged property, and some emergency expenses such as evacuation costs. DRAO also includes special provisions for low-income households.

It does not provide assistance for costs covered by insurance, and financial assistance under the program is subject to caps and deductibles.

What should I do if my property is damaged in a natural disaster?

If you have experienced damage to your home or other essential property, first take any necessary measures to ensure your safety. Once you are safe:

1. Contact your insurance provider to determine your level of coverage.

2. Take photographs to document the damage and keep all receipts.
3. Contact your municipality to report the damage and find out if any local assistance is available. The province depends on information from municipalities when activating DRAO.
4. If DRAO is activated in your community, submit a completed application form, along with receipts and other documentation, before the 120-day application deadline.

To find out whether the program has been activated in your community, and for up-to-date program guidelines, forms, eligibility information and frequently asked questions, visit www.ontario.ca/disasterassistance.

Submitted by the Ontario Ministry of Municipal Affairs



Oil Lamps: Oil lamps or lanterns provide excellent light but can be a fire hazard if placed too close to combustibles. Keep oil lamps away from combustibles and out of the wind. Make sure they are kept in a secure place where they cannot be knocked over. Refill the lamps outdoors or away from combustibles and other people.

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Carbon Monoxide

Carbon monoxide (CO) is a highly poisonous gas, often referred to as 'the silent killer' because you can't see it, touch it or smell it. This odourless gas is produced as a byproduct of combustion when common fuel-burning appliances and equipment that use natural gas, oil, wood, propane and kerosene, don't get enough air to burn up completely. When this happens, CO can build up, especially in a confined room or space – and this can lead to toxic effects on humans and pets.

Sources of CO include: Portable Fuel Heater, BBQ, Water Heater, Portable Fuel Burner, Furnace, Car, Chimney, Gas Dryer, Gas Stove and Gas Fireplace, etc. Most of these sources are associated with malfunctioning fuel-burning equipment and appliances – and poor venting and confined spaces, like a furnace room, garage, cabin, tent, RV, boat cabin or camper.

The best way to ensure that you and your family are not exposed to carbon monoxide is to eliminate this poisonous gas at the source. Make the maintenance of your fuel-burning appliances, equipment and venting systems an absolute priority. Have a trained, certified technician check your furnace, gas, stove, fireplace or fuel-burning appliances on a yearly basis. Install a tested and CSA-approved alarm on each level of your home, cottage or boat cabin. These will warn you of rising levels of CO, giving you and your family time to

escape.

Remember to test your CO alarm and smoke alarm once a month by pushing the test button on the unit. Replace batteries once a year, including back-up batteries for plug-in alarms. A good habit is to change the batteries every fall or spring when you change your clocks. Like most things, CO alarms wear out over time. Check the manufacturer's instructions to find out when your particular unit should be replaced (usually after 7-10 years for CO alarms and 10 years for smoke alarms). Test once a month. Change batteries annually. Replace when required.

Because carbon monoxide has no smell or taste, it's difficult to know if it's present in a room. But it has warning signs by how it affects humans. The symptoms for low exposure to carbon monoxide include shortness of breath, mild headaches and nausea. Higher exposure produces symptoms similar to the flu: nausea, headache, burning eyes, confusion, and drowsiness.

Eventually CO poisoning can lead to unconsciousness and even death. The key difference is no fever with CO poisoning. The symptoms tend to disappear when a person gets fresh air. If the symptoms appear, it is imperative to get everyone, including pets, away from the source of the CO and to fresh air immediately and call 911 or the local fire department.

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and celebrate lives lived... since 1875!



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20 years



Wayne Bennett
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Emergency Preparedness for People with Disabilities/ Special Needs

Consider what special items you might need for your emergency survival kit or family emergency kit and choose a network of individuals who will be able to help you during an emergency.

- A list of medications, specifying the reason for each medicine that you are taking. Include the generic name, dosage, frequency and the contact information of the prescribing physician.
- A list of food and/or drug allergies.
- Written instructions for your network on how best to assist you and your service animal (if applicable) during an emergency.
- Label all special needs equipment and attach laminated instruction cards.
- Carry a personal alarm that emits a loud noise to draw attention to your whereabouts.
- If you rely on any life sustaining equipment/apparatus, develop an emergency backup plan that will ensure the equipment/apparatus works in the event of a power outage.

NOTE: If you are assisting a person with a disability first ask the person if they need or want your help and allow the person to identify how best to assist them. Follow the instructions they have provided and avoid attempts to lift, support or assist in moving unless you are familiar with safe techniques.

For more information, visit www.getprepared.ca to view the *Emergency Preparedness Guide for People with Disabilities/Special Needs*.



Candles: If you use candles, make sure you keep them away from all combustible materials. Place candles out of reach of children and never leave them unattended.



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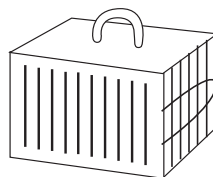
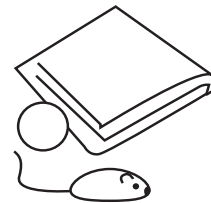
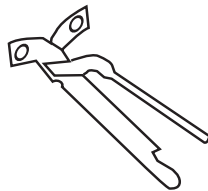
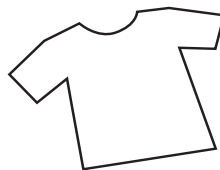
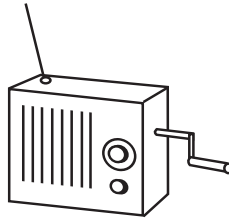
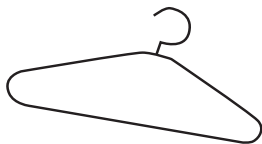


Pet Emergency Survival Kit (Cut and paste)

Ages
4-8

www.ontario.ca/emo

Cut out the items that belong in a Pet Emergency Survival Kit and glue them to your own drawing.



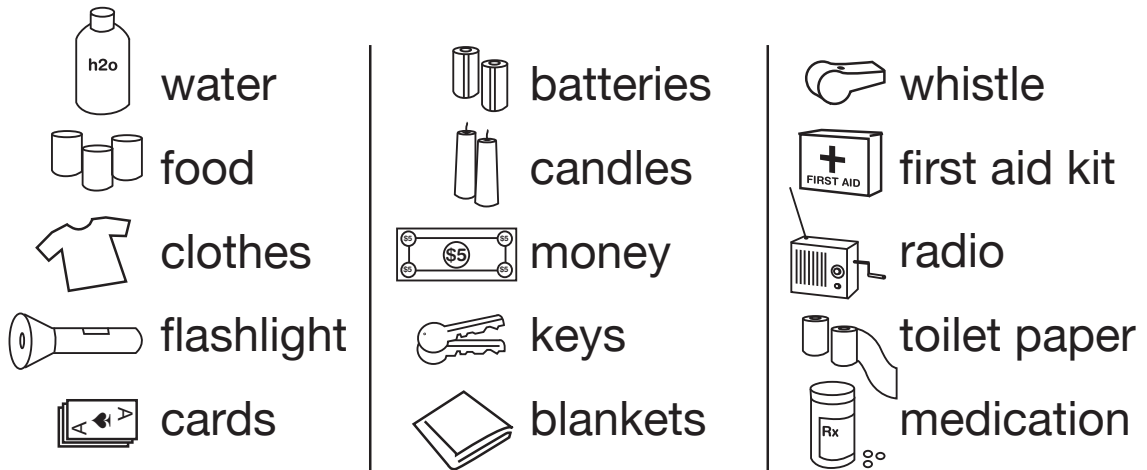


Emergency Survival Kit Word Search

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Find and circle the items that should be in your Emergency Survival kit.



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Smoke Alarms

Smoke alarms are a key part of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

Install smoke alarms inside and outside each bedroom and sleeping area. Install alarms on every level of the home (including the basement). A smoke alarm should



be installed on the ceiling or high on a wall. Keep smoke alarms away from the kitchen and bathroom to reduce false alarms. They should be at least 10 feet (3 meters) from the stove. Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.

There are two kinds of alarms. Ionization smoke alarms are quicker to warn about flaming fires. Photoelectric alarms are quicker to warn about smoldering fires. Replace all smoke alarms when they are 10 years old. Remember it's the law to have a working smoke alarm on every level of your home. For more information on smoke alarms please contact your local fire department.

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Severe Summer Weather

In summer when we take to the outdoors to enjoy sports, get out to a lake or even head out for a walk, we need to know the weather forecast and be aware of any possible storm developing. As a general rule, if the sky darkens suddenly, one should seek shelter as soon as possible.

To be safe outdoors, you must be familiar with your immediate environment and the surrounding area. For example, by taking note of appropriate locations to take cover, you will be able to find shelter fast if the sky darkens and you notice thunder and lightning. Do not forget that a storm can develop very quickly and you need to be able to take cover in as little as 30 minutes.

- If at all possible, take shelter in a sturdy, well-built building. In the case of lightning, a shack, tent or other small shelter will not do; it is important that the building have wiring or plumbing.
- If at a campground and you are in a tent or camper, take cover in a building such as a comfort station, washroom or community hall, or get into a hardtop vehicle.
- If there is no building close by, crouch down in a ditch or other low-lying area and cover your head with your arms.
- In the event of a tornado, take shelter in a well-built



building, preferably in the basement, or in an interior room, away from windows. As with lightning, if there is no sturdy building nearby to protect you, lie flat in a ditch, ravine or other depressed area, and protect your head with your arms. Beware of flying debris.

- If you are in the water or on a boat, head for shore at the first sign of bad weather and take cover.
- Wait for 30 minutes after the storm has passed before returning to an open area or to the water.
- Never drive across flooded roads because the road surface underneath may have been washed away.
- Do not camp too close to streams or rivers because heavy rain may cause a rapid rise in the water level. In the event of a flash flood, head to higher ground immediately.

Visit the Environment Canada website

at weather.gc.ca for current weather conditions and alerts. Recorded information for your area may also be obtained by calling the Environment Canada Hotline (613) 998-3439.

The Weatheradio Canada network broadcasts continuous weather reports on seven VHF frequencies. In Lanark County, the closest transmitter is located at Lavant, transmitting at **162.55 MHz**. The signal can be picked up by Weatheradio receivers, which are available for purchase from several retailers in Canada.



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Earthquake Facts

The earth's crust is composed of many large and small segments called tectonic plates. These plates are in constant slow movement. With these movements come small tremors and earthquakes.

Shallow crevasses can form during earthquakes due to landslides or other types of ground failures.

Buildings do not automatically collapse in earthquakes. Earthquakes cannot be predicted.

What to expect during an earthquake

Small or moderate earthquakes

These can last only a few seconds and represent no emergency risk.

Ceiling lights may move and some minor rattling of objects may occur in your home.

You may feel a slight quiver under your feet if you are outside.

If you are close to its source, you may hear a loud bang followed by shaking.

Large earthquakes

These can last up to several minutes and constitute a natural disaster if its epicentre is near a densely populated area, or its magnitude sufficiently large for the region.

The ground or floor will move, perhaps violently.

Whether far away or close to the source, you will probably feel shaking followed by a rolling motion, much like being at sea.

If you are far away from the source, you might see swaying buildings or hear a roaring sound.

You may feel dizzy and be unable to walk during the earthquake.

If you live in a high rise or a multi-storey building, you may experience more sway and less shaking than in a smaller, single-storey building. Lower floors will shake rapidly, much like residential homes. On upper floors, movement will be slower but the building will move farther from side to side.

Furnishings and unsecured objects could fall over or slide across the floor.

Unsecured light fixtures and ceiling panels may fall.

Windows may break.

Fire alarms and sprinkler systems may be activated.

Lights and power may go off.

Before an earthquake: Home preparedness checklist

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

the items that you have completed in this list.

Teach everybody in the family (if they are old enough) how to turn off the water and electricity.

Clearly label the on-off positions 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.

Repair loose roof shingles.

Tie the water heater to studs along with other heavy appliances (stove, washer, dryer), especially those that could break gas or water lines if they shift or 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, computers and other 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.

Consult a professional to find out additional ways you can protect your home, such as bolting the house to its foundation and other structural mitigation techniques.

Continued on page 20

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Earthquake Facts

Continued from page 19

If you live in an **apartment** block or a multi-storey building, work with your building manager or condominium board to decide how best to “quake-safe” your unit. Seek advice from professionals (building engineers, emergency preparedness authorities) if you are unsure about what to do.

If you live in a **mobile home**, you can leave the wheels on the mobile home to limit its fall. Or, you can install a structural bracing system to reduce the chance of your unit falling off its supports. Ensure the awning on your home is securely supported and fastened to the unit. For information on the best way to brace your unit, contact your local mobile home dealer or a mobile home owner’s association.

Tips

Don’t shut off the gas unless there is a leak or a fire. If the gas is turned off, it must be turned on again by a qualified tradesperson.

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

During an earthquake

Wherever you are when an earthquake starts, take cover immediately. Move a few steps to a nearby safe place if need be. Stay there until the shaking stops.

If you are indoors: “DROP, COVER, HOLD ON”

- Stay inside.
- **Drop** under heavy furniture such as a table, desk, bed or any solid furniture.
- **Cover** your head and torso to prevent being hit by falling objects.
- **Hold** onto the object that you are under so that you remain covered.
- If you can’t get under something strong, or if you are in a hallway, flatten yourself or crouch against an interior wall.
- If you are in a shopping mall, go into the nearest store.
- Stay away from windows, and shelves with heavy objects.
- If you are at school, get under a desk or table and hold on. Face away from windows.
- If you are in a wheelchair, lock the wheels and protect the back of your head and neck.

If you are outdoors

- Stay outside.
- Go to an open area away from buildings.
- If you are in a crowded public place, take cover where you won’t be trampled.
- If you are in a vehicle
- Pull over to a safe place where you are not blocking the road. Keep roads clear for rescue and emergency vehicles.
- Avoid bridges, overpasses, underpasses, buildings or anything that could collapse.



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Tornado facts

- Canada gets more tornadoes than any other country with the exception of the United States.
- Tornadoes are rotating columns of high winds.
- Sometimes they move quickly (up to 70 km/hour) and leave a long, wide path of destruction. At other times the tornado is small, touching down here and there.
- Large or small, they can uproot trees, flip cars and demolish houses.
- Tornadoes usually hit in the afternoon and early evening, but they have been known to strike at night too.

Warning signs of a potential tornado

Warning signs include:

- Severe thunderstorms, with frequent thunder and lightning
- An extremely dark sky, sometimes highlighted by green or yellow clouds
- A rumbling sound or a whistling sound.
- A funnel cloud at the rear base of a thundercloud, often behind a curtain of heavy rain or hail.

Canada's tornado warning system

Environment Canada is responsible for warning the public when conditions exist that may produce tornadoes. It does this through radio, television, newspapers, its internet site, as well as through its weather phone lines.

- If you live in one of Canada's high-risk areas, you should listen to your radio during severe thunderstorms.

- If you hear that a tornado warning has been issued for your area, find shelter and follow the instructions below.

What to do during a tornado

If you are in a house

- Go to the basement or take shelter in a small interior ground floor room such as a bathroom, closet or hallway.
- If you have no basement, protect yourself by taking shelter under a heavy table or desk.
- In all cases, stay away from windows, outside walls and doors.

If you live on a farm

- Livestock hear and sense impending tornadoes. If your family or home is at risk, the livestock will be a non-issue. If your personal safety is not an issue, you may only have time to open routes of escape for your livestock. Open the gate, if you must, and then exit the area in a tangent direction away from the expected path of the twister.

If you are in an office or apartment building

- Take shelter in an inner hallway or room, ideally in the basement or on the ground floor.
- Do not use the elevator.
- Stay away from windows.

Continued on page 22



In any true emergency call 911

Alternate Contact Numbers

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Tornado facts Continued from page 21

If you are in a gymnasium, church or auditorium

- Large buildings with wide-span roofs may collapse if a tornado hits.
- If possible, find shelter in another building.
- If you are in one of these buildings and cannot leave, take cover under a sturdy structure such as a table or desk.

Avoid cars and mobile homes

- More than half of all deaths from tornadoes happen in mobile homes.
- Find shelter elsewhere, preferably in a building with a strong foundation.
- If no shelter is available, lie down in a ditch away from the car or mobile home. Beware of flooding from down-pours and be prepared to move.

If you are driving

- If you spot a tornado in the distance go to the nearest solid shelter.
- If the tornado is close, get out of your car and take cover in a low-lying area, such as a ditch.
- In all cases
- Get as close to the ground as possible, protect your head and watch for flying debris.
- Do not chase tornadoes – they are unpredictable and can change course abruptly.
- A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you.



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Staying safe at outdoor events

There is a fantastic array of festivals and events taking place in Lanark County all year round and a little planning ahead will help visitors and residents stay safe when they enjoy them!

There is a fantastic array of festivals and events taking place in Lanark County all year round and a little planning ahead will help visitors and residents stay safe when they enjoy them!

No matter the season, it's always a good idea to check the local forecast in order to be prepared for weather conditions. Water, sunscreen, a hat and insect repellent are all good staples to have when attending outdoor events in hot, sunny and humid weather. If a summer storm arises, be prepared to take appropriate shelter.

In cool, wet weather come prepared to stay warm and dry with umbrellas, rain gear and appropriate footwear and, possibly, a change of dry clothes. For winter activities, be aware of the temperature and wind chill conditions and dress appropriately in layers. A change of dry clothes might not be a bad idea, depending on the activity, and remember to stay hydrated. You might even need sunscreen on those bright wintry days!

If you are travelling to one of our destination events for the first time, let someone know where you are going and when you will be back. It's always a good idea – whether you are travelling a short distance or are on a longer trip – to have an emergency kit in your vehicle that includes booster cables,



a First Aid kit and emergency supplies.

If you run into problems, Lanark County

is a 9-1-1 municipality, and our rural areas have civic addresses with property numbers and street names. Be sure to familiarize yourself with your route, and remember you can always call the helpful Lanark County Tourism staff for directions and information about any of the myriad events on offer!

For more emergency preparedness information, check the many helpful articles in this booklet. For local forecast information, you can visit www.weather.gc.ca. For information about our events, visit www.lanarkcountytourism.ca or call 1-888-4-LANARK. Have fun and stay safe!

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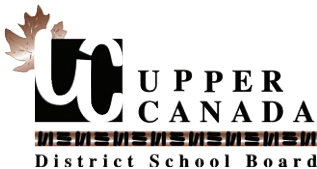
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