

Emergencies happen.

A R E Y O U P R E P A R E D ?



DRYDEN

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ACKNOWLEDGEMENTS

Land Acknowledgement Statement

The City would like to begin by acknowledging with respect, that we are in Treaty Three Territory and that the land on which we are gathered is the traditional territory of the Anishinaabe and Métis People.

The information in this emergency preparedness guide has been developed from a number of sources, including:

- The Government of Canada, Get Prepared
- The Public Health Agency of Canada
- The Northwestern Health Unit
- Numerous municipal resources available in Ontario and Canada

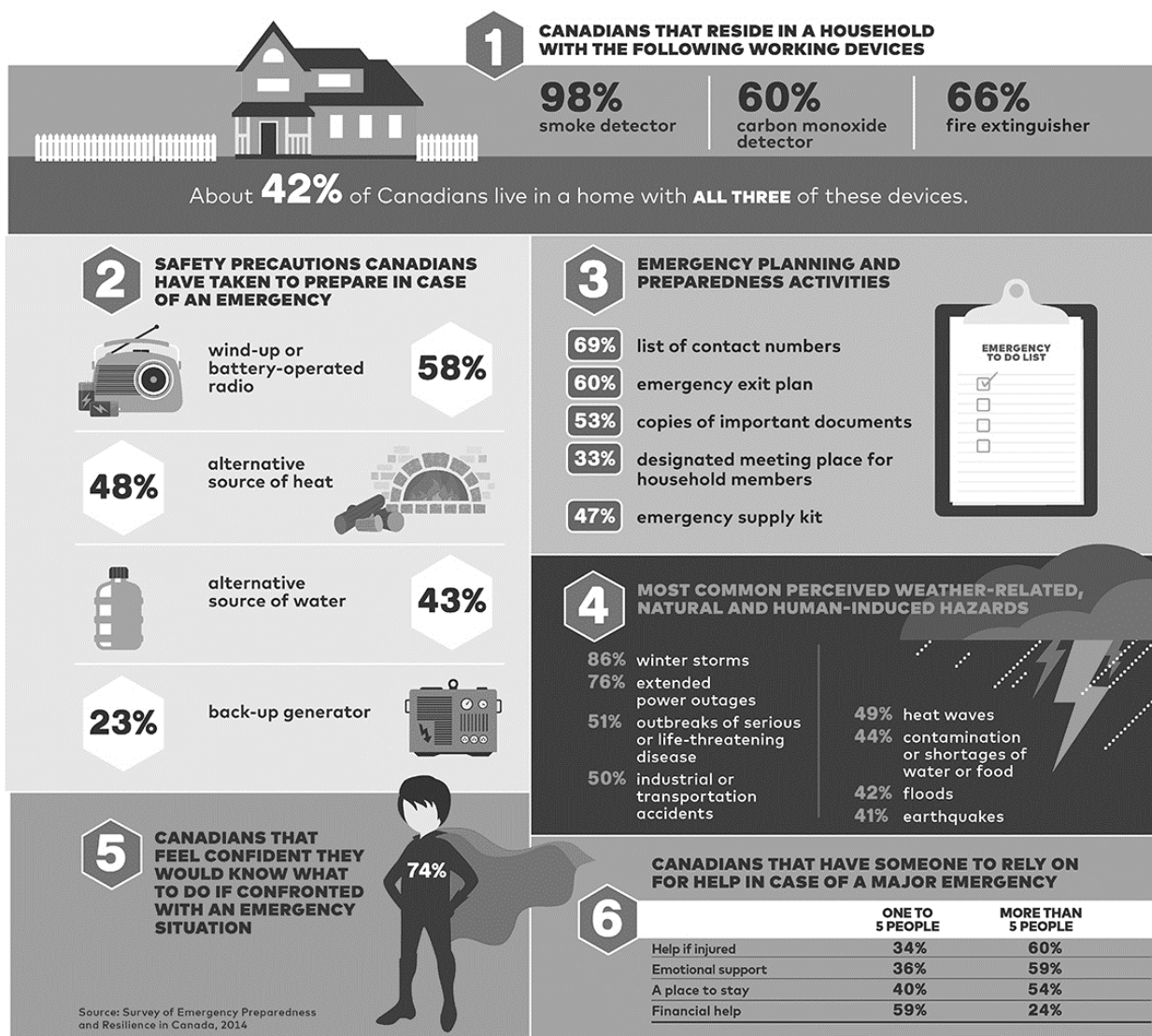
The City wishes to recognize the commitment of all our colleagues and neighbours, across the Province and in Canada, who are working together to best prepare for potential community emergencies, and who are so willing to share their resources.

This publication is intended to be a guide only. The City of Dryden is not responsible for any errors or omissions.

For more information about the City of Dryden's emergency planning, please visit:
<https://www.dryden.ca/en/community/emergency-planning.aspx#>

EMERGENCY

preparedness and planning in Canada



Plan For An Emergency With Your Family

You and the other members of your family may not be together during a disaster or other emergency. It is important to have a plan that will help you communicate and find each other during, and/or after the emergency.

Regardless of the emergency situation or hazard anticipated, one of the best things you can do is make a plan and prepare your family in advance. It is also important to make sure that every member of your family knows what to do if they are at home alone during an emergency.



Create a family emergency plan. Review it with your family regularly - every six months when the clocks change - to make sure that everyone understands it and remembers it.

GATHER INFORMATION

- What disasters or hazards are most likely in your community? For your home?
- How should you prepare for each?
- How would you be warned?

KNOW THE WARNING SIGNALS FOR YOUR AREA

- Learn the warning systems for your community.
- Be sure you can hear or see the appropriate warning from your home.

OBTAIN INSURANCE FOR YOUR FAMILY AND HOME

- Check your homeowner's insurance.
- If you can, get additional coverage for situations that may not be covered.

STAY ALERT FOR EMERGENCY BROADCASTS

- Emergency Alert System broadcasts (radio, TV)
- Public weather alerts - Environment Canada
- News sources - radio, trusted social media sites, and/or television

CHOOSE A POST-HAZARD MEETING PLACE FOR YOUR FAMILY

- A safe distance from your home for sudden emergencies (e.g., fire).
- Outside your neighborhood in case you can't return home.
- Learn where area evacuation shelters/meeting places are located.

MAKE A FAMILY COMMUNICATION PLAN

- Know how you will contact each other if you are at work, school, or other location.
- Have an out-of-province friend or relative serve as an emergency contact for everyone to call.
- Keep a list of emergency phone numbers, including neighbourhood contacts.
- Give emergency numbers to all family members. Add these to your cell phone.

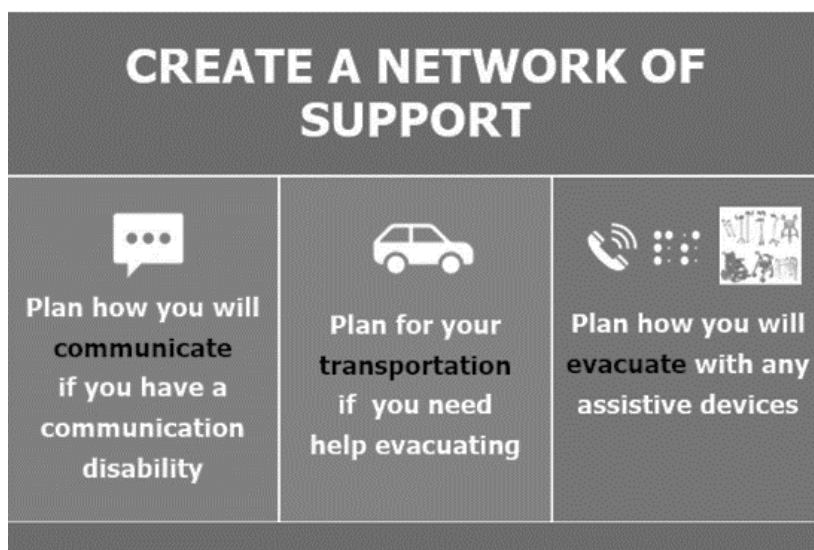
MAKE A FAMILY EMERGENCY SUPPLY KIT

- You may need to survive on your own temporarily until you can get assistance.
- Prepare a kit with 3 or more days of supplies (food, water, clothing).
- Share the above information with your family
- Meet with all members of your household.
- Discuss the types of hazards that could occur.
- Discuss your family's plan.
- Practice your plans.

PLAN WITH YOUR NEIGHBORS TO WORK TOGETHER DURING AN EMERGENCY

- Create a neighbourhood communication plan.
- Help neighbors who have special needs, such as elderly or disabled persons.
- Make plans for childcare in case parents cannot get home.
- Learn plans for your work, children's schools, or other locations.

Remember your pets!



Know the Risks

Major risks in the City of Dryden include:

- Chemical Releases / Hazardous Material Incidents
- Pandemic / Infectious Disease;
- Wildland Fires;
- Winter Weather; and
- Road or Highway.

CHEMICAL RELEASES / HAZARDOUS MATERIAL INCIDENTS

Hazardous materials are substances that, because of their chemical nature, pose a potential risk to life, health, environment, and property if they are released.

Hazardous materials are part of our everyday lives - everything from chemicals used in industry to household cleansers can be hazardous if not handled in a safe manner. Hazardous materials are sometimes accidentally released during manufacturing, storage, or transportation, such as during a train derailment.

Here are some helpful suggestions to consider when there is a chemical release.



PREPARING FOR POTENTIAL HAZARDOUS MATERIAL INCIDENTS

- Stay tuned to local radio (CKDR 92.7 FM), trusted social media sites or television for emergency warnings.
- Determine how close you are to highways, railways, pipelines, and factories where toxic materials are produced or transported.
- Have materials available to seal off your home from airborne contamination. A kit should include duct tape, plastic garbage bags, a mask and rubber gloves.

WHEN A HAZARDOUS SPILL OCCURS

- Get your emergency kit and make sure the radio is working.
- Stay tuned to local radio (CKDR 92.7 FM), trusted social media sites or television for emergency instructions.
- Stay away from the incident site - what you can't see or smell can still harm you.
- Close all windows and doors.

- Turn off all fans, home ventilation systems/air exchangers, heating, and air conditioning systems, which bring in outside air.
- Close the fireplace damper.
- Using duct tape or other wide tape, seal all cracks around the door and any vents into the room.
- Cover windows, outlets and heat registers with plastic garbage bags, seal with tape.
- If you are told there is danger of an explosion, close the window shades, blinds, or curtains.
- If you are outside, stay upstream, uphill, or upwind of the incident site.
- If you are in your vehicle, close all windows and vents, and shut off the air conditioner or heater.
- Continue to monitor your radio until you are told all is safe or advised to evacuate. City officials may later call for the evacuation of specific areas in your community that are at greatest risk. Emergency responders will advise when it is safe to leave the premise.
- Be prepared to evacuate quickly if instructed to do so by local authorities.

You may be exposed to harmful chemicals even though you may not see or smell anything unusual. You can be exposed to a chemical in three ways:



Inhaling the chemical

Ingesting the chemical by swallowing contaminated food, water, or medication

Touching the chemical, or touching clothing or other items that have come into contact with the chemical

AFTER THE SPILL

- Do not eat or drink any food or water that may have been contaminated.
- Keep track of things like breathing and heart rate, perspiration, dizziness, skin tone, deliriousness, if you think you may have been exposed to a chemical substance. Seek medical help for unusual symptoms.
- Report any strange smells or other hazards to 9-1-1.

PANDEMIC / INFECTIOUS DISEASE

WHAT IS A PANDEMIC?

A pandemic is the worldwide spread of a new disease. It is different than an epidemic, which is usually contained within a region or country.

HAZARD INFORMATION

Pandemics have occurred every 10 to 40 years dating back to the 1600s, and likely long before then. There were four pandemics caused by influenza during the last century. From 1918-1919, the Spanish flu killed more than 20 million people worldwide. The most recent influenza pandemic, the swine flu, occurred from 2009-2010. Coronaviruses have also caused global pandemics. Recent coronavirus pandemics include SARS (2002-2004) and COVID-19 (which began in 2019).

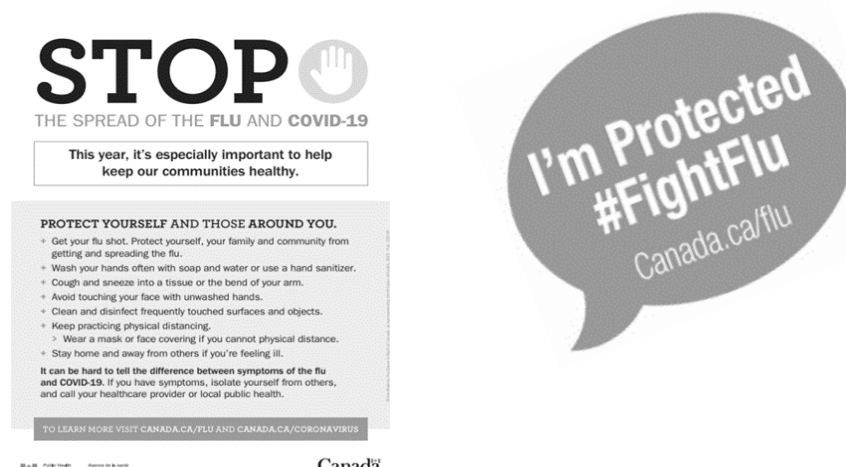
BEFORE A PANDEMIC

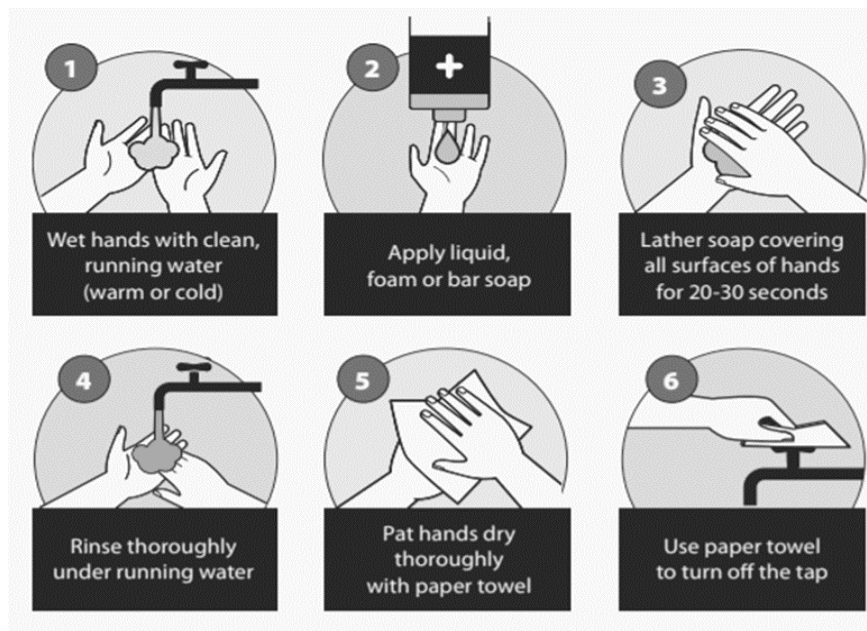
There are many things we can do to prepare for a pandemic. The following tips work best if they are done before one begins, but are also worth doing while a pandemic is underway.

PROVINCE OF ONTARIO - FLU PANDEMIC PREPAREDNESS

The Ministry of Health and Long-term Care works with local public health units and healthcare providers to prepare for a flu pandemic. Together, they:

- monitor flu in Ontario and in the rest of the world
- stockpile antiviral drugs and equipment
- deploy drugs and protective equipment to where they are needed quickly
- develop emergency plans for delivering healthcare services administer vaccines as they become available





SAFETY TIPS

Wash your hands often, including:

- before and after eating
- after you have been in a public place
- after using the washroom
- after coughing, sneezing, or using a handkerchief or disposable tissue
- touching high-contact surfaces, like door handles and PIN pads, in public places and at home
- after touching parts of your body that are not clean
- handling or preparing foods, especially after touching raw meat, poultry, fish, shellfish, or eggs
- touching an animal, animal waste, pet food or pet treats
- changing diapers, handling garbage, using the phone, or shaking hands

PRACTICE GOOD SNEEZE ETIQUETTE

Diseases can spread when someone who is infected coughs or sneezes. Even if you don't think you're sick, it is still important to practice cough etiquette.

Cough into your elbow or cover your mouth and nose with a disposable tissue when you sneeze. Immediately dispose of all used tissues in an appropriate waste bin and wash your hands right away.

PHYSICAL HEALTH

- Stay healthy by eating well, drinking lots of water, getting regular exercise and plenty of rest.
- Get your annual flu shot.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

PREPARE NOW

Add these items to your emergency survival kit:

- alcohol-based hand sanitizer that's between 60 and 90% alcohol
- medicines for headaches, coughs, and fevers
- thermometer
- anti-diarrheal medication
- drinks with electrolytes

WHEN A PANDEMIC IS DEVELOPING

We have strong global surveillance systems that can detect when a new virus has appeared that could cause a pandemic. If a pandemic is developing, the World Health Organization (WHO) provides information and advice on how to respond. Public info will also come from federal, provincial, and regional health authorities.

KNOW WHERE TO FIND INFORMATION

It is important to stay informed when a pandemic is expected. You can do this by paying attention to your local health authorities and the trusted sources below:

<p>Public Health Ontario Head Office Tel.: 647-260-7100 Toll Free: 1-877-543-8931 @PublicHealthON communications@oahpp.ca</p> <p>Public Health Agency of Canada Toll-free: 1-844-280-5020</p>	<div>World Health Organization (WHO)  www.who.int  @WHO  facebook.com/WHO</div> <div>Public Health Agency of Canada  canada.ca/en/public-health  @GovCanHealth  facebook.com/HealthyCdns  @CPHO_Canada</div> <div>First Nations Health Authority (FNHA)  fnha.ca  @FNHA  facebook.com/firstnationshealthauthority</div>
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UNDERSTANDING SELF-ISOLATION

During a pandemic, people who are exposed to the disease may be required to self-isolate. This means staying home and avoiding situations where you could come in contact with others.

Self-isolation is an important measure in stopping the spread of a pandemic. The length of self-isolation depends on the illness.

ADD TO YOUR EMERGENCY KIT

You may have to self-isolate without much warning and having food and supplies on hand will make this easier. This is where your emergency kit (from pages 64 and 65) comes in handy.

When you learn that a pandemic is developing, it's a good idea to check your emergency kit and restock it if necessary. You may want to add a few additional things in case you must self-isolate and are unable to arrange the delivery of groceries or other supplies within a week. Buying far more than you need because you are concerned about shortages (panic buying) can result in other people not getting enough.



If you take regular medication, talk with your pharmacist about how you can maintain a consistent supply. Try to stay in the habit of refilling your prescriptions 1-2 weeks before they run out.

FIND A PANDEMIC BUDDY

It can be helpful to find someone outside your household to count on if you and your family must self-isolate. They could run errands for you, such as delivering your groceries or picking up medications.



One of your emergency contacts from page 44 might be a great choice for a pandemic buddy!

If you live alone, you and your buddy may also want to agree to check in on one another every now and again just to make sure you're doing well.

PLAN FOR CHILDCARE

During a pandemic, schools and daycare facilities may be shut down as a measure to flatten the curve. You may need to plan around this if you have children. Depending on your line of work, this could include making arrangements with your workplace to work from home or developing a modified work schedule.

MAKE A PLAN WITH YOUR "BUBBLE"

During a pandemic you may be asked to limit your contact with people and form a "bubble." Your pandemic bubble will be the people you continue to have close contact with (usually the people you live with). This is another measure to help flatten the curve.



You may decide that you want other people to come and live with you during the pandemic (e.g. join your household bubble), such as family members or a close friend. If public health says it's alright, you may also expand your bubble to include another family or close friends that don't live with you.

People from your bubble should not have close contact with people outside your bubble. By leaving your bubble and coming into close contact with someone outside your bubble, you may risk coming into contact with the disease and bringing it back to those you live with.

PLAN FOR VULNERABLE MEMBERS

If you have vulnerable members in your bubble, it is important to make a plan to keep them safe. For example, if members of your bubble are at higher risk of becoming seriously ill due to their age or health conditions, you should consider keeping your bubble small.

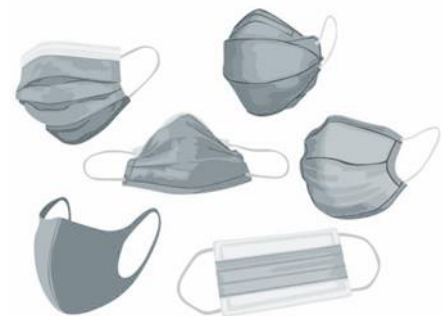
Planning to support the self-isolation of vulnerable members of your bubble might include having a delivery plan for groceries and essentials.



KNOW WHEN TO WEAR FACE MASKS

The spread of some diseases can be slowed when people wear face masks. Wearing a mask can help stop droplets and airborne particles from spreading from your nose and mouth.

If directed by public health authorities, wear a face covering when you are out in public or where it's difficult to stay a safe distance away from people outside your bubble. During a global pandemic there can be challenges in ensuring that healthcare workers have all the equipment they need to safely provide patient care. For this reason, members of the general public may be asked to use non-medical masks, such as cloth masks.



CLEANING AND DISPOSING OF MASKS

Cloth masks should be changed and cleaned if they become damp or soiled. You can wash your cloth mask by:

- putting it directly into the washing machine, using a hot cycle, and then drying it thoroughly
- washing it thoroughly by hand if a washing machine isn't available, using soap and warm or hot water
- allow it to dry completely before wearing it again

COPING WITH STRESS AND ANXIETY

A pandemic may make us feel confused, sad, and anxious. Self-isolation may separate us from activities to help manage our feelings. If you are feeling stressed or anxious, you are not alone. Here are some things you can do to manage.



Take care: Eating well, exercising, and getting enough sleep lowers stress and helps us cope.

Stay connected: Stay connected with family, friends, and coworkers, following the guidance of public health. Even if you can't connect with people in-person, online video calls (such as Zoom and Facebook Messenger Rooms) or phone calls are a great way to stay in touch and feel less isolated.

Help others: Find safe ways to help your community, like volunteering to check in on the elderly by phone. Assisting others can help you regain a sense of purpose and community as you confront the challenges together.

PSYCHOLOGICAL CARE

Fear and anxiety are natural reactions to stressful events and can stir up past traumas. To help yourself and your loved ones:

- Accept offers of help. Seek counselling or spiritual guidance.
- Focus on positive memories and the skills you've used to get through other hard times.
- Be aware of how children are reacting. Reassure them and encourage them to express themselves.
- Give yourself and your loved ones permission to grieve.
- Practice cultural or spiritual customs that bring you comfort.

A word cloud of various terms related to mental health, social support, and community. The words are arranged in a circular pattern, with some appearing more prominently than others. The terms include: anxiety, common, treatable, seek, help, support, listen, care, depression, share, understand, empathy, walk in my shoes, acceptance, workplaces, community, health issue, mental health, common illness, information, speak out, recovery, talk about it, awareness, learn, think, talk, strong, support, depression, share, understand, empathy, walk in my shoes, acceptance, workplaces, community, health issue, mental health, common illness, information, speak out, recovery, talk about it, awareness, learn, think, talk, strong, support.

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We all need a bit of help sometimes. But it can be difficult to know how - or who - to ask.

Even if you're feeling completely alone right now and that you have nowhere to turn or that nobody cares, you are not alone. There are lots of amazing helplines and online services (listed at the bottom of this page) where you can get support from trained professionals who really do care and want to help you through it. Talking really does help.

Kids Help Phone

1-800-668-6868

Hoshizaki House Dryden District Crisis Shelter

Hoshizaki House Emergency Shelter

Accessible 24-hours a day, 7-days a week

807-223-3226 or 1-800-465-7221

Hoshizaki House Crisis Line

24-hour support, counselling, and crisis intervention

807-223-3226 or 1-800-465-7221

Talk4Healing

A culturally grounded, fully confidential helpline for Indigenous women available in 14 languages all across Ontario.

Toll-free: 1-888-200-9997

Thunder Bay: 807-346-HELP (4357)

Talk4Healing Help Line

Toll-free: 1-855-554-HEAL (4325)

Good2Talk (for Post-Secondary Students in Ontario)

1-866-925-5454

Text GOOD2TALKON to 686868

Hope for Wellness Help Line

Immediate counselling and crisis intervention help to all Indigenous peoples across Canada.

Toll-free: 1-855-242-3310



CLEAN AND DISINFECT REGULARLY

Regular cleaning and disinfecting can help prevent the spread of illness. Frequently touched surfaces such as toilets, sink tap handles, doorknobs, light switches, and tables should be cleaned at least daily.

Other less frequently touched surfaces should be cleaned regularly when visibly dirty. Make sure to clean surfaces with soap or detergent before disinfecting. Cleaning and disinfecting can be a simple, effective, two-step process:

Step 1: Clean away dirt, crumbs, etc.

Use soapy water to wipe away dirt, soils, and other debris. Plain dish soap or any kind of household cleaning product will remove dirt, oils, and other debris from surfaces.



Step 2: Disinfect

With store-bought disinfectants:

If possible, use store-bought disinfectants deemed effective by public health authorities and follow the directions on the label.

With bleach:

If store-bought disinfectants are not available, you can mix household bleach with room temperature water (do not use hot water) in specific ratios to disinfect areas in your home. Follow the advice of public health authorities on how to use bleach for this purpose.

Tips for Using Disinfectants and Bleach Safely

- Open a window and wear gloves when disinfecting.
- Take care to rinse the equipment that you use to make your bleach solution and keep bleach tightly sealed and stored away from children and pets.
- More concentrated solutions are not better and may cause irritation to the eyes and throat.
- Do not mix bleach with vinegar or other acids like lemon juice, ammonia-containing products (such as Windex), or rubbing alcohol. This can create toxic gases.
- When using bleach on surfaces, allow the surface to air dry completely before using again.
- Dispose of any leftover bleach mixtures so people won't mistake them for something else or mix them with other products by mistake. If you pour your extra bleach solutions down the drain, run a lot of water down the drain at the same time.

SUGGESTIONS FOR WHAT TO DO IF...

You Are A Health Care Worker

Stay up to date on infection prevention and control policies and procedures at your workplace.

You Have A Family Member In A Long-Term Care Or Assisted Living Facility

Keep in mind that visitors may not be allowed at certain times during a pandemic. Find ways to stay connected with your loved ones such as phone calls or video chats.

You Don't Have A Place To Live

Following public health guidance during a pandemic, such as physical distancing and regular handwashing, can be challenging when you don't have a place to live. In



addition, some services you depend on may have to close or reduce services. During a pandemic, the government may offer new programs and supports to people who are unsheltered.

You Are Experiencing Violence

If you or someone you know is experiencing violence, there is immediate crisis support for victims of family or sexual violence. Any woman who is a victim of violence/abuse can access services and support at Hoshizaki House Dryden District Crisis Shelter, 24-hours a day, 7-days a week. Call 807-223-3226 or 1-800-465-7221 to reach Hoshizaki House. Dryden Regional Health Centre offers services to anyone experiencing violence through their Sexual Assault and Domestic Violence Care and Treatment Program. To contact staff at the program during the day, call 807-223-7427, after hours call 807-223-8200. Your immediate safety is more important than maintaining public health measures such as physical distancing or self-isolation.

You Use Substances

Avoid sharing supplies, such as cigarettes, joints, pipes, injecting equipment, containers for alcohol, utensils, and other supplies. If you have to share, wipe pipes with alcohol wipes or use new mouthpieces. Wash your hands or use wipes before preparing, handling, or using your drugs. Prepare your drugs yourself. Clean surfaces with soap and water, alcohol wipes, bleach, or hydrogen peroxide before preparing drugs if possible. Carry naloxone and have an overdose plan. Buddy up when you are using but stay a safe distance apart. Using with a buddy is safer than using alone.

You Have A Chronic Health Condition

Your health condition may put you at higher risk of severe symptoms during a pandemic. Speak to your health care provider about the measures you should take to protect your health. If you are going to have to limit your time outside of the home, ask friends and family members to do things like deliver groceries. Work with your healthcare providers to ensure you have a plan to continue with regular appointments and medications.

You Have A Disability

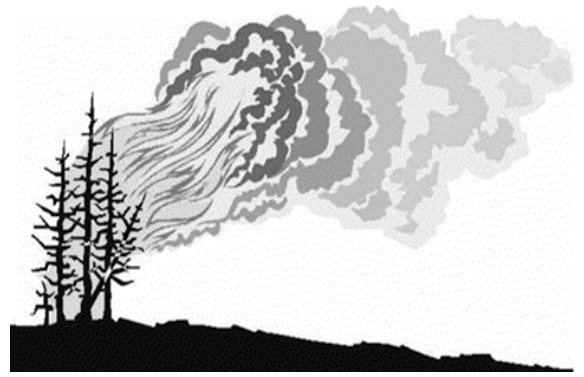
People living with disabilities may be especially impacted by a pandemic if the services and social structures they depend on are disrupted. If you are a person with a disability, seek out information on programs that can support you during the pandemic. If you live alone, make sure you find a trusted pandemic buddy who can assist you with your day to day needs such as grocery deliveries.



WILDLAND FIRES

HOW TO PREPARE FOR A FIRE

If your community is surrounded by brush, grassland, or forest, follow these instructions to prepare your home and family for potential wildfires.



- Prepare an emergency kit (refer to pages 57 to 67 for additional details).
- Check for, and remove, fire hazards in and around your home, such as dried out branches, leaves and debris.
- Keep a good sprinkler in an accessible location.
- Learn fire safety techniques and teach them to members of your family.
- Have fire drills with your family on a regular basis.
- Maintain first-aid supplies to treat the injured until help arrives.
- Have an escape plan so that all members of the family know how to get out of the house quickly and safely.
- Have an emergency plan so family members can contact each other in case they are separated during an evacuation.
- Make sure all family members are familiar with the technique of "STOP, DROP, AND ROLL" in case of clothes catching on fire.
- Make sure every floor and all sleeping areas have smoke detectors.
- Consult with your local fire department about making your home fire-resistant.
- If you are on a farm/ranch, sheltering livestock may be the wrong thing to do because a wildfire could trap animals inside, causing them to burn alive. Leaving animals unsheltered is preferable, or if time and personal safety permits, evacuation away from the danger zone should be considered.

IF YOU SEE A WILDFIRE APPROACHING YOUR HOME

If you see a fire approaching your home or community, report it immediately by dialing 9-1-1 or your local emergency number. If it is safe, and there is time before the fire arrives, you should take the following actions:

- Close all windows and doors in the house.
- Cover vents, windows, and other openings of the house with duct tape and/or precut pieces of plywood.
- Park your car, positioned forward out of the driveway. Keep car windows closed and have your valuables already packed in your car.
- Turn off propane or natural gas. Move any propane barbeques into the open, away from structures.

- Turn on the lights in the house, porch, garage, and yard.
- Inside the house, move combustible materials such as light curtains and furniture away from the windows.
- Place a ladder to the roof in the front of the house.
- Put lawn sprinklers on the roof of the house and turn on the water.
- Move all combustibles away from the house, including firewood and lawn furniture.
- Evacuate your family and pets to a safe location.
- Stay tuned to your local radio station for up-to-date information on the fire and possible road closures.

WHAT TO DO DURING A FIRE

- Evacuate your family and pets to a safe location.
- Monitor local radio stations.
- Be prepared to evacuate at any time. If told to evacuate, do so.
- Keep all doors and windows closed in your home.
- Remove flammable drapes, curtains, awnings, or other window coverings.
- Keep lights on to aid visibility in case smoke fills the house.
- If sufficient water is available, turn sprinklers on to wet the roof and any water-proof valuables.

WINTER WEATHER

SEVEN STEPS TO COLD WEATHER SAFETY

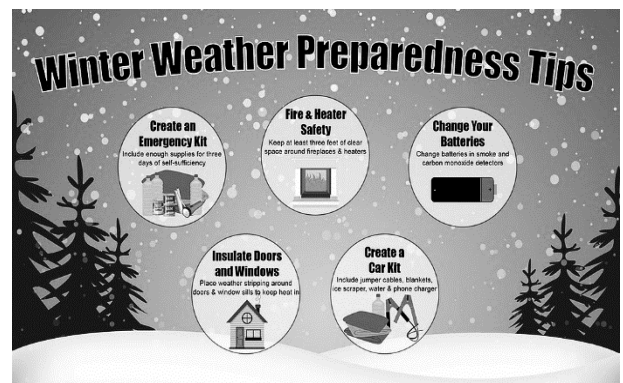
Winter weather has arrived in much of the country. Do you know the signs of hypothermia, and what to do if you get frostbite? Read on to make sure you're ready for cold weather!

1) Listen to the weather forecast

- Check the Environment Canada weather forecast before going out.
- Listen for a wind chill warning. Warnings are based on local climate and are issued when significant wind chills are expected.

Visit Environment Canada's new Weather and Meteorology website:

<http://ec.gc.ca/meteo-weather/>



Weather forecasts are available through radio and TV broadcasts, Environment Canada's Weatheradio service, and online at www.weatheroffice.gc.ca.

2) Plan ahead

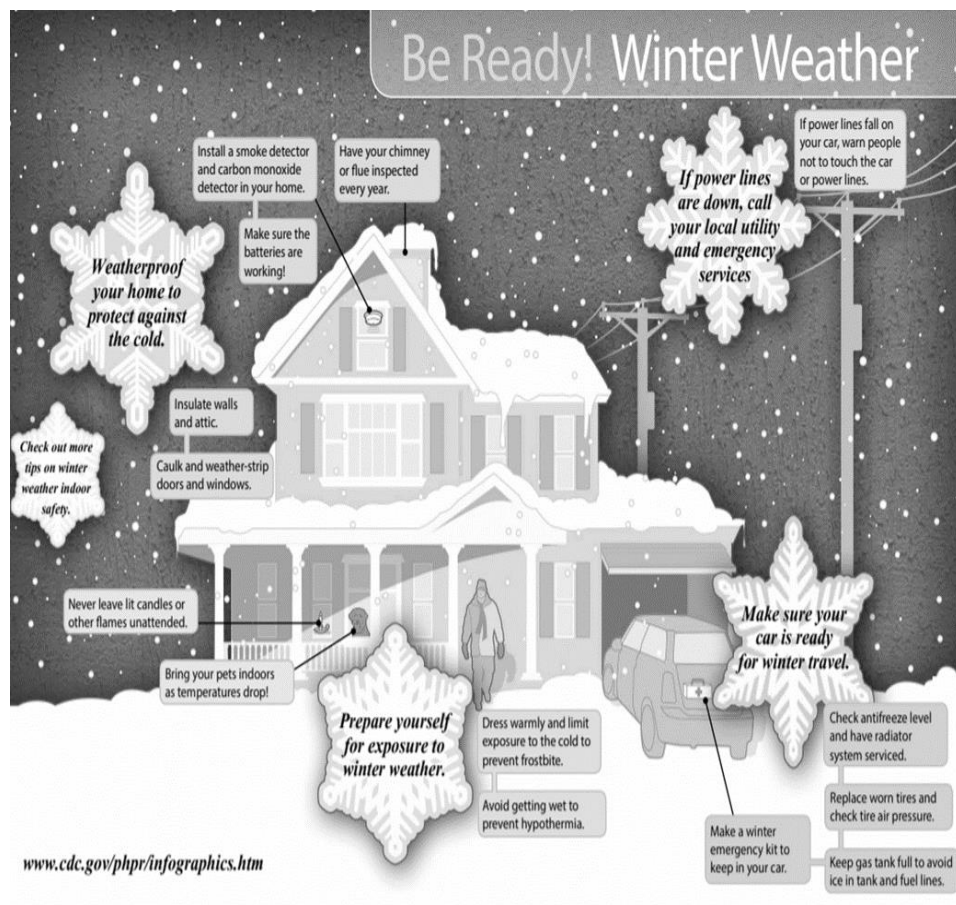
- Develop a cold weather safety plan in advance to ensure that safety concerns are addressed when it's very cold, or when the wind chill is significant. For example, schools could hold recess indoors, outside workers could schedule warm-up breaks, and those involved in winter recreation could reduce the amount of time they spend outdoors.

3) Dress warmly

- Dress in layers, with a wind resistant outer layer.
- When it is cold, wear a hat, mittens, or insulated gloves. Keep your face warm with a scarf, neck tube or facemask.
- Wear warm and waterproof footwear. When it is very cold, or when the wind chill is significant, cover as much exposed skin as possible. Your body's extremities, such as the ears, nose, fingers, and toes lose heat the fastest.

4) Seek shelter

- When the wind chill is significant, get out of the wind and limit the time you spend outside.



5) Stay dry

- Wet clothing chills the body rapidly.
- Remove outer layers of clothing or open your coat if you are sweating.

6) Keep active

- Walking or running will help warm you by generating body heat.

7) Be aware

- Watch for signs of frostbite and hypothermia (see below).
- Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems.
- Check on elderly relatives and neighbours to ensure they are warm enough and have sufficient supplies, particularly when the weather is cold or snowy. They might not feel comfortable going outside to shop and may require food, medications, and other supplies.
- The use of alcohol, tobacco and certain medications will increase your susceptibility to cold.



HYPOTHERMIA

- Being cold over a prolonged period of time can cause a drop in body temperature
- Shivering, confusion, and loss of muscular control (e.g., difficulty walking) can occur.
- It can progress to a life-threatening condition where shivering stops or the person loses consciousness. Cardiac arrest may occur.

What to do:

- Get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing.
- Warm the person gradually and slowly, using available sources of heat.

FROSTBITE

- A more severe condition, where both the skin and the underlying tissue (fat, muscle, bone) are frozen.
- Skin appears white and waxy and is hard to the touch.
- No sensation - the area is numb or tingling.

What to do:

- Frostbite can be serious and can result in amputation. Get medical help!
- Do not rub or massage the area.
- Do not warm the area until you can ensure it will stay warm.
- Warm the area gradually; use body heat, or warm water (40°C to 42°C). Avoid direct heat which can burn the skin.

These tips have been brought to you by Environment Canada in collaboration with Public Safety Canada.

ROAD OR HIGHWAY

Transportation emergencies can come in a variety of forms, via road, rail and air. Such emergencies can be small scale, like a car accident, or large scale, like the derailment of a train carrying hazardous materials.

During a transportation emergency:

- Avoid the area, plan alternate routes
- Yield or pull over for responding emergency vehicles
- Keep an emergency kit in your car

If you're in a collision, if you run out of gas or find yourself trapped on a highway, it's important to have an emergency kit in your vehicle.

Disaster can strike in any season. Be it a winter storm, a springtime flood, summer hail or a fall tornado, if you're in your car, it's best to be prepared. Just like having a home emergency kit, having emergency essentials in your vehicle can keep you comfortable and potentially even save a life. Keep in mind the following safe driving tips.

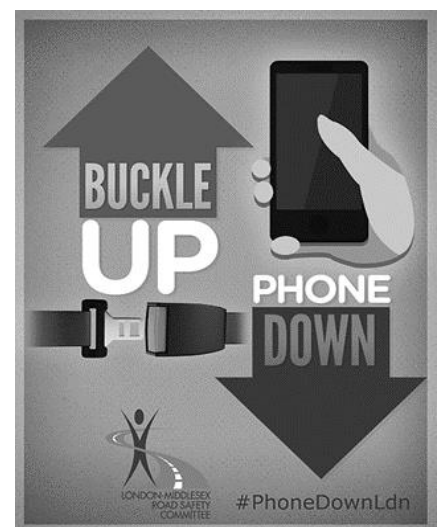
1) Buckle Up

Wearing a seat belt has been a legal requirement for all motor vehicle drivers and passengers in Canada for more than 40 years. Ontario was the first to introduce seat belt laws in 1976. Statistics have proven that seat belts save lives. Transport Canada says five lives are saved for every one percent increase in seat belt usage among Canadians, and that approximately 25 per cent of all people killed in automobile collisions in this country were not wearing a seat belt at the time of the accident.

Ontario has a 96% seatbelt usage rate. Nevertheless, about 1 out of 5 vehicle occupants killed on Ontario's roads were unbelted (Ontario Ministry of Transportation, 2017).

Statistics show that more than 90 per cent of Canadians are buckling up. However, during a presentation in 2019 to

members of AJAC's Automotive Technology of the Year jury, General Motors reported



that “young males and drivers aged 18-24 are the least likely group of drivers to wear their seatbelt.”

The American Center for Disease Control and Prevention has reported the majority of teens involved in a fatal crash are unbuckled. The American system, the national Highway Traffic Safety Association’s Fatal Accident Reporting System (FARS), collates data from police-reported crashes involving a fatality, in all states, annually. It is the most current and accurate database available. As with so many things involving vehicles and highways, the American experience is almost identical to that in Canada other than the sheer numbers.

The most recent FARS report (2017) shows seat belt use remains a critical factor in fatal collisions. It shows nearly half of all fatalities in motor vehicles involved failure to wear belts or improper use. Alcohol was a factor in almost one third of all reported fatalities. Other sectors coming in at 33 per cent were speeding and pedestrian, bicyclist and motorcycle deaths.

Statistics indicate vehicle crashes are the number one cause of death for teenagers. There is a direct correlation between that and the fact compared to all other age groups, seat belt use is the lowest among teens. Before leaving home, be sure to put on your seatbelt (and remind your fellow riders too) so you all can be safe while on the highway!

2) Distracted Driving: Put down the cell phone and electronic devices

It’s so tempting to reach for your cell phone when you hear that “bing” sound, but it’s especially unsafe and against the law to text and drive. Ontario’s distracted driving laws apply to the use of hand-held communication/entertainment devices and certain display screens.

While you are driving, including when you are stopped in traffic or at a red light, **it is illegal to:**

- use a phone or other hand-held wireless communication device to text or dial - you can only touch a device to call 911 in an emergency
- use a hand-held electronic entertainment device, such as a tablet or portable gaming console
- view display screens unrelated to driving, such as watching a video
- program a GPS device, except by voice commands

You are allowed to use hands-free wireless communications devices with an earpiece, lapel button or Bluetooth. You can view GPS display screens as long as they are built into your vehicle’s dashboard or securely mounted on the dashboard. If you have an iPhone that’s iOS 11 and above, you can use the ‘Do Not Disturb While Driving’ feature.

Other actions such as eating, drinking, grooming, smoking, reading, and reaching for objects are not part of Ontario’s distracted driving law. However, you can still be charged with careless or dangerous driving. In Ontario, deaths from collisions caused by distracted driving have doubled since 2000.

Ontario data on collisions from 2013 show:

- one person is injured in a distracted-driving collision every half hour
- a driver using a phone is four times more likely to crash than a driver focusing on the road

Tips to avoid distracted driving

Use any of these tips to avoid distracted driving and its penalties:

- turn off your phone or switch it to silent mode before you get in the car

put it in the glove compartment (lock it, if you have to) or in a bag on the back seat

- before you leave the house, record an outgoing message that tells callers you're driving, and you'll get back to them when you're off the road

some apps can block incoming calls and texts, or send automatic replies to people trying to call or text you

- ask a passenger to take a call or respond to a text for you

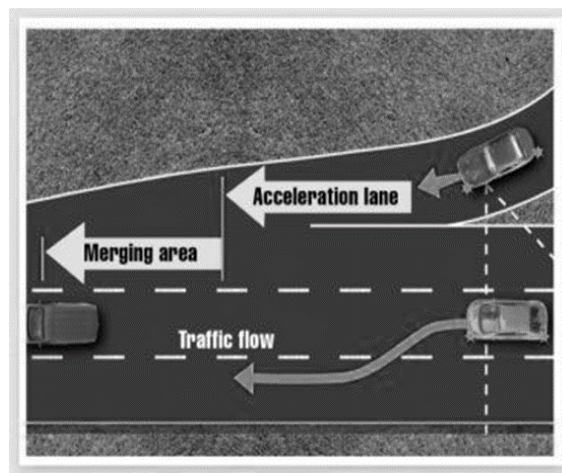
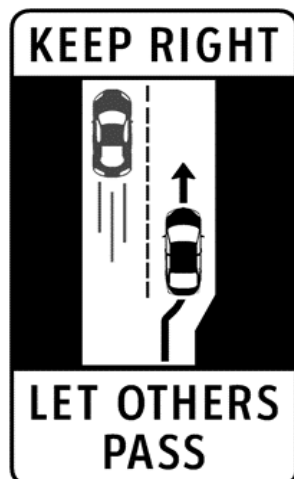
if you must respond, or have to make a call or send a text, carefully pull over to a safe area

- silence notifications that tempt you to check your phone



3) Use the left lane for passing

Be considerate of other drivers by driving in the right lane and using the left lane for passing. If you stay in the left lane and other drivers behind you need to get by, they may try to make a dangerous move by passing on the right. Causing traffic to build up behind you is also a safety hazard. If you don't intend to pass another driver, be considerate and allow other drivers to pass on your left.



4) Get up to speed on the acceleration ramp

When merging onto the highway, use the acceleration ramp to get up to speed and help prevent other drivers from having to put on brakes or change lanes. By getting up to speed before getting onto the highway, you can prevent unnecessary traffic movement and even accidents from other drivers braking abruptly. You don't have to punch it, but use this lane to help you merge more safely.

5) Carefully get out of your vehicle after an accident

If you're ever in an accident on the highway, do your best to pull as far off of the road as much as you can. This will help to prevent you or other drivers from getting hurt. It's easy to think that you're safe while on the side of the road, but distracted drivers may not notice you or your vehicle. It's very dangerous to get out of your vehicle while on the highway, but if you have to, pull over as much as you can into a safer spot.

6) Don't drive too closely

Don't drive too closely to the vehicle ahead of you while on the highway. While you might be tempted to rush someone, you could end up putting your life and others lives at risk. If the person ahead of you happens to hit their brakes abruptly, you may not have time to stop and could rear-end them. Leave some extra buffer room, especially on the highway, between yourself and the next vehicle so you and other drivers can stay safe. As a good rule of thumb, consider the type of vehicle that's ahead of you, and leave enough room so that you have three or more seconds to stop.

7) Watch your speed

Be mindful of your speed while on the highway. Excessive speed is a common cause of crashes on Canadian roads. Every year, 800 Canadians die and another 3,000 are injured in collisions where speed was the major contributing factor. 27% of traffic fatalities on Canadian roads are the direct result of speeding. (Carsurance.net, 2020) Reports indicate that the main factor contributing to motorcycle fatalities in Canada was motorcycle speed, causing 12% of the deaths. (Carsurance.net, 2020) According to the Canadian Association of Chiefs of Police, 40% of speeding drivers were aged 16-24. 80% of young adult passengers who were killed in a car crash were being driven by a similar-aged driver. (Carsurance.net, 2020) (Source: <https://tests.ca/driving-statistics/>)

As tempted as you might be to speed, it could cost you, your riders, and other drivers their lives. Always take note of the speed limit and adjust accordingly.

8) Let it go

Road rage is a real issue, but it's better to overlook another driver's mistake or negligent behavior. While it might not be easy to ignore someone's mistakes on the highway, it's necessary. Rather than getting angry and driving aggressively after another driver makes a careless mistake, it's better to take a deep breath, and let it go.



9) Take breaks

In 2008, the Traffic Injury Research Foundation conducted a survey of Ontario police officers, including RCMP, provincial, and municipal forces. 95.9% of officers surveyed identified fatigued driving as a serious problem, and 89.2% of them ranked the problem as being as important as, or comparable to impaired driving. 92.4% of the officers who were surveyed also stated that they had stopped a driver whom they suspected to be impaired, only to discover that the driver was fatigued instead. However, whereas almost all officers considered fatigued driving a serious or extremely serious problem, only 59.6% of Ontario drivers agreed (Traffic Injury Research Foundation, 2009) (Source: <https://www.g1.ca/driving-statistics/>).

On longer trips, you're bound to get tired. Whenever you're feeling drained, it's better to stop and take a break. Usually, we try to brush off our tiredness by turning on the music or rolling down the windows and continuing right along, but this can be a reckless choice. Pull over to a safe location or have a plan to switch drivers. By stopping to allow yourself to rest physically and or mentally, you're helping to prevent accidents.

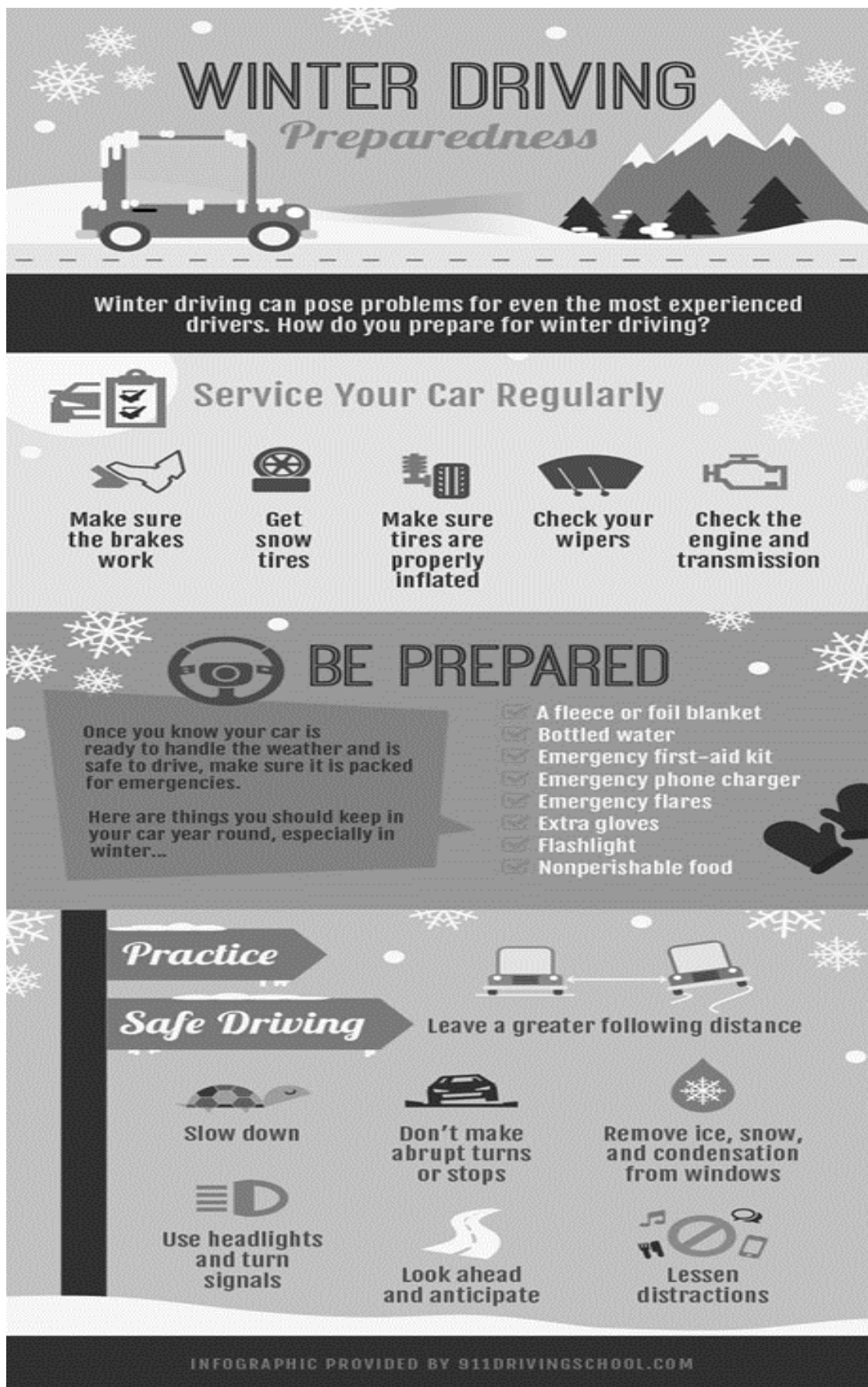
10) Drive according to weather conditions

Stay aware of weather conditions while on the highway. During inclement weather such as rainy or snowy conditions, you need to be more alert and provide yourself with more time to react. Typically, in the months of December and January, automobile accidents increase by 3.1-4.7% and insurance claims increase by almost 49% (Waterdown Collision, 2014).

In the year 2020, heavy snow was falling during nearly 1,500 accidents, light snow was falling during over 900 accidents, and sleet or hail was falling during over 175 accidents (Greg Monforton and Partners, 2020).

Don't always assume the roads are safe for driving the speed limit, especially in low-visibility conditions. That's why it's a good practice to reduce your speed and give yourself some buffer room.





11) Be considerate of tractor trailer drivers

It's important to remember while driving on the highway to be considerate of tractor trailer drivers. One good thing to remember is that if you're behind a truck and not able to see the driver, then he or she likely cannot see your car either. If you want to pass a tractor trailer, be sure to give the driver plenty of space and signal that you are changing lanes. Tractor trailer drivers aren't able to stop as quickly as other drivers, so be mindful before merging in front of them.

12) Do not drive under the influence

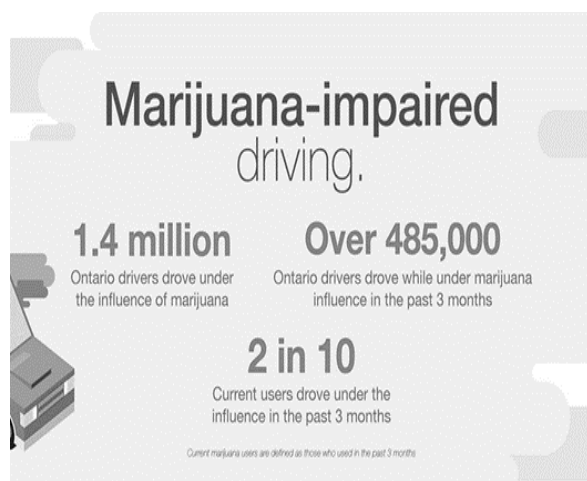
Don't drink and drive or get on the roads incapacitated. Driving under the influence and incapacitated driving can both be costly risks. In 2017, 133 people were killed in collisions involving a drunk driver. However, Ontario's drinking and driving fatality rate was only 0.13 persons per 10,000 licensed drivers. This is the lowest drinking and driving fatality rate in North America, followed by Washington, DC (Ontario Ministry of Transportation, 2017).

In 2017, 75 people were killed in collisions involving a drugged driver. This represents about 1% of all traffic fatalities (Ontario Ministry of Transportation, 2017). When you are not fully aware and functioning, you're not as likely to make good judgements while on the road. You should have a designated driver or use a rideshare app like Uber or Lyft instead.

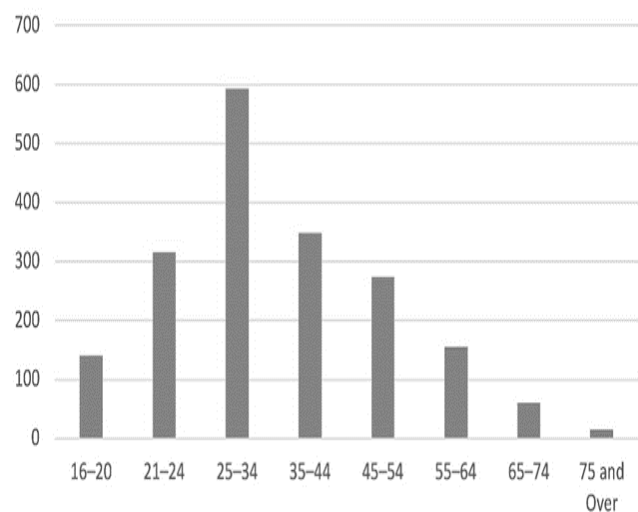
Make safety your priority while driving on the highway.

Safety should be a top priority while driving on the highway. It's easy to get caught up listening to music or talking on the phone, but it's not so easy to correct the outcomes of an accident. That's why it's best to develop safe driving habits and drive proactively while you're on the highway.

Ontario Ministry of Transportation, 2017



Collisions by Age of Drunk Vehicle Operator



13) Drive Defensively

Drive defensively, anticipating that others will make mistakes. Other drivers might not slow down to let you merge onto the highway or change lanes if you put your signal light on. Regarding defensive driving tips for teens, KidsHealth.org shares that teens should “not depend on others” and “cut out distractions.” Teen Driver Source shares that while teens know not to text and drive, “they often engage in these behaviors anyway.” Instead of expecting other drivers to perform certain actions while driving, be on the lookout and cut down on distractions to develop safer driving habits.

6 DEFENSIVE DRIVING TIPS TO KEEP YOU SAFE ON THE ROAD

Defensive driving is a set of safe driving habits that allow you to identify and avoid hazards on the road. Here are six key defensive driving tips to keep you and those around you safe on the road.

DEFENSIVE DRIVING TIP 1: STAY FOCUSED

Studies show that texting while driving is worse than all other types of distracted driving—including drunk driving—but any distraction can cause an accident. Don't let smartphones, conversations with passengers, adjusting the stereo or fiddling with the air conditioning distract you from your task on the road.





DEFENSIVE DRIVING TIP 2: DON'T FIGHT FOR THE RIGHT OF WAY

If you know that you have the right of way in a merging lane or intersection, but another driver disagrees, let them go. Even if it's frustrating, it's better to lose a few seconds on your commute than to get into an accident.

DEFENSIVE DRIVING TIP 3: USE TURN SIGNALS

It might seem like a semi-insignificant aspect of driving, but using your signals is a highly effective way to avoid collisions. In fact, researchers have found that neglecting to use turn signals causes more auto accidents than distracted driving.





DEFENSIVE DRIVING TIP 4: AVOID THE UNEXPECTED

On the road, being unpredictable puts yourself and others at risk. Any sudden stop, sharp increase in speed, or unexpected lane change makes it difficult for the drivers around you to anticipate your actions and react to your movements.

DEFENSIVE DRIVING TIP 5: DON'T TAILGATE

The NHTSA estimates that rear-end collisions account for approximately 23% of all car accidents. Many of these accidents could be avoided if drivers followed the “three second rule,” which recommends drivers stay at least three seconds behind the vehicle ahead.





DEFENSIVE DRIVING TIP 6: DON'T COUNT ON OTHER DRIVERS

No matter how sharp and focused you are behind the wheel, you never know what's happening in the cars around you. Don't assume that other drivers are as alert as you are. Your eyes should always be scanning the road and watching for warning signs of risky behavior.

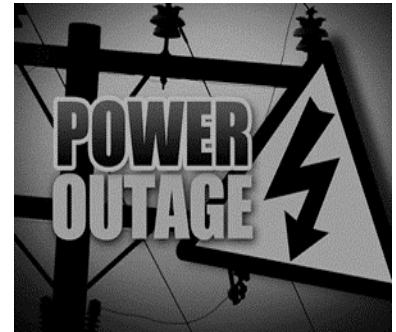


WWW.WAWANESAS.US.COM

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POWER FAILURES

Power supply interruptions can last from a few hours to several days and are often caused by freezing rain, sleet and/or high winds which damage power lines and equipment. An extended power failure during winter months can result in a cold, dark home and damage to walls, floors, and plumbing.

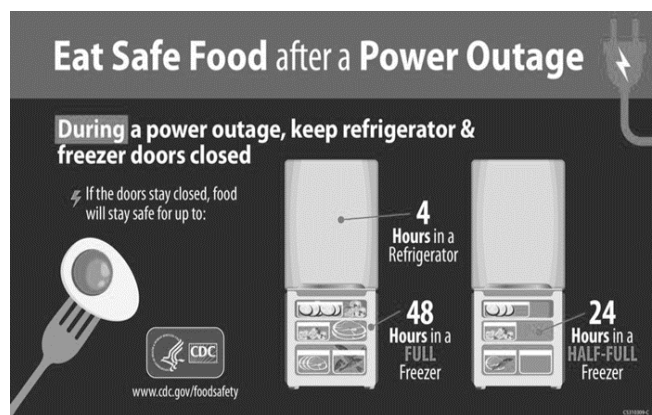


PREPARING FOR POWER FAILURES

Most home-heating systems depend upon electric power. To prepare for a power failure, you can install a non-electric standby stove or heater. Choose heating units that do not depend upon an electric motor, fan, or other electrical device to function.

DURING A POWER FAILURE

- Turn off all appliances, tools and electronic equipment and turn your home heating down to minimum.
- Get out your emergency kit and flashlight. Be careful using candles - they can create a fire hazard.
- Turn on a battery-powered or hand-crank radio to find out what is happening in your area.
- Follow the directions of emergency authorities.
- Report power failures to Hydro One's province-wide, 24/7 emergency number at 1-800-434-1235. Sign up for Outage Alerts and download the Outage App - if you haven't already (<https://www.hydroone.com/request-a-service/outage-alerts>).
- Don't use charcoal or gas barbecues, camping heating equipment or home generators indoors. They give off carbon monoxide.
- Don't open your freezer or refrigerator unless it is absolutely necessary. If a freezer door has been kept closed, food should stay frozen for about 2 days, depending on the temperature. A refrigerator will keep food cool for about four to six hours without power. Do not eat any food you think may be unsafe. A good rule when dealing with food is when in doubt, throw it out. See pages 58 to 60 for more details.



- Most natural gas furnaces and water heaters need electricity to function. If the hydro is out most gas appliances will not work.
- Most gas fireplaces are designed to provide radiant heat during a power outage. They can function with or without an electric circulation fan.

IF YOU HAVE TO EVACUATE DURING A STORM

- Turn off the main breaker or switch of the circuit-breaker panel or power-supply box.
- Turn off the water main where it enters the house. Protect the valve, inlet pipe and meter or pump with blankets or insulation material.
- Watch for downed power lines. Call your electric supply authority with the exact location of the downed line.
- Keep back a minimum of 10 metres (33 feet) from wires or anything in contact with them and warn others of the danger.
- Always assume that the lines are live. It is difficult to distinguish between power lines and other utility lines (for example, telephone or cable lines) and they also carry sufficient power to cause harm. Treat all lines as a danger.

AFTER THE POWER RETURNS

- If the main electric switch was turned off, check to ensure appliances are unplugged to prevent damage from a power surge when the power is restored.
- Do not enter a flooded basement unless you are sure the power is disconnected.
- Do not use flood-damaged appliances, electrical outlets, switch boxes or fuse-breaker panels until they have been checked and cleaned by a qualified technician.
- Switch on the main electric supply.
- Give the electrical system a chance to stabilize before reconnecting appliances. Turn the heating system thermostats up first, followed in a couple of minutes by reconnection of the refrigerator and freezer. Wait 10 to 15 minutes before reconnecting other appliances.
- If you had to turn water off and drain the pipes, close the drain valve in the basement. Turn on the water supply. Close the lowest valves and taps first and allow air to escape from upper taps. Make sure that the hot water heater is filled before turning on its power supply. Rinse out the dishwasher and washing machine if necessary.
- Warm the house slightly above normal temperature for a few hours to allow it to dry thoroughly.
- Monitor food supplies in refrigerators, freezers, and cupboards for signs of spoilage.



Make a Plan

WORKING TOGETHER FOR COMMUNITY EMERGENCY PREPAREDNESS



For most people, the possibility of being involved in a disaster may seem remote. The Canadian and Ontario governments inform that each individual is responsible for his or her safety, and the well-being of their family. Knowing what to do in an emergency can help you better control the situation and be in a position to recover faster.

The City of Dryden has been committed to community emergency planning for many years and is prepared to meet the challenges posed by disasters. In partnership with local first responders, health organizations, social services, railway operators, and utility providers, the City continually strives to improve its level of preparedness.

The City has an Emergency Response Plan which has been formally adopted by City Council. The Emergency Management Program Committee (EMPC) oversees the development, implementation, and maintenance of the City's emergency management program. The Emergency Control Group (ECG) consists of officials who are responsible for coordinating the municipal response to emergencies. Together these groups direct and manage emergency operations, provide essential services necessary to minimize the effects of an emergency, maintain reasonable service to unaffected areas of the city, and work to restore services and facilities.

EMERGENCY RESPONSE PLAN

The aim of the City's Emergency Response Plan is to provide the framework through which a timely and effective mobilization of the community's resources can be achieved in order to protect the health, safety, welfare and property of Dryden residents, businesses and visitors when faced with an emergency. It is a plan for the co-ordination of services required in the event of a real or anticipated emergency that will support:

- a prompt response by all required services and the establishment of overall control of an emergency situation;
- elimination of all sources of potential danger in the area of the incident;
- evacuation of any building considered to be in a hazardous situation;
- prompt rescue of all persons trapped and the provision of first aid at the site;
- controlled evacuation and balanced distribution of casualties to hospitals;
- traffic control to minimize crowd convergence at the site so that emergency operations are not impeded, and to prevent additional casualties;
- provision, where necessary, of such essential social services as may be required for persons affected by the incident and the emergency services personnel involved;
- prompt factual official information to all officials involved in emergency

operations, news media and concerned individuals seeking personal information; and

- restoration of normal services.

Dryden's Emergency Response Plan is available online at:

<https://www.dryden.ca/en/resourcesGeneral/fire/City-of-Dryden-Emergency-Plan-Final-14December2020.pdf>

SAFE HOME RECOMMENDATIONS

- Post emergency contact numbers near all telephones. Teach children how to dial 9-1-1 and when to do so.
- Have a working carbon monoxide detector, smoke detector and fire extinguisher. If you live in an apartment, know where the fire alarms and fire exits are located.
- Everyone in your home should know where to find the fire extinguisher. All capable adults and older children should know how to use it.
- Identify the possible emergency situations in the community. Discuss how you will respond to each emergency.
- Create a Home Escape Plan. Identify two escape routes from each room, and two meeting places: one near your home, one outside of your neighbourhood.
- Prepare a 72-hour emergency kit. Keep the kit in an accessible location and make sure it's easy to carry.
- Have a battery-powered or hand-crank radio available and listen to CKDR 92.7 FM for local information and emergency instructions. Monitor trusted social media sites if you can.
- Locate and label shut-off switches. Know how to turn off your home's water, electricity, and gas. Make large, easy-to-see signs for water and gas shut-offs as well as for the breaker panel or fuse box. Clearly label the on-off positions and show family members how to shut off these services. *Note:* Natural gas service should be left on unless officials tell you to turn it off. If advised to turn off your gas meter, or the supply of gas is interrupted, the gas company or an authorized technician must turn it back on. Please do not attempt to re-activate your gas meter.
- Identify local and out-of-area contacts for family members to call if separated.
- Make arrangements for members of your family with special needs: children, elderly, disabled, medical illness, pets.



- Take a Basic First Aid or CPR class .
- Know your insurance. Make sure that you have adequate coverage to meet your needs (type of coverage, amount of coverage, hazards covered).
- Keep family records in a water and fireproof safe (passports, birth certificates, etc.)

SHELTER-IN-PLACE

Sheltering is appropriate when conditions require that you seek protection in your home, place of employment or other location when there is a threat to personal safety (i.e. hazardous spills, dangerous predators).

Local authorities will advise you to stay in your home or shelter-in-place until the emergency is over.



Emergencies That Require Shelter-In-Place Include:

- A hazardous substance in the air
- A tornado
- A severe winter storm
- An earthquake
- Event that could harm the public

If The Emergency Is Related To An Environmental Hazard:

- Close all windows and doors.
- Seal off cracks around doors and windows using a wide tape such as duct tape and a rolled damp towel.
- Tape around windows, air ducts, and vents.
- Turn off all fans, heating, air conditioning, and any outside vents and/or ventilation systems.
- Close any fireplace/stove dampers. Do not use fireplaces, woodstoves, gas stoves, etc.
- Go to an interior room, if available, (above ground - some chemicals are heavier than air and will enter at an underground location first).
- Close and/or lock windows and doors into the room.
- Make available a radio and your emergency supplies/survival kit.
- Monitor radio, trusted social media sites or television broadcasts for updates until advised it is safe to leave or to evacuate.

In All Other Cases:

- Listen to the radio for updates, monitor trusted social media sites, and do not go outside until authorities say it is safe for you to do so.

The length of time you are required to shelter may be short, such as during a tornado warning, or long, such as during a winter storm. It is important that you stay in shelter until local authorities say it is safe to leave.



It is important to stay calm, listen carefully and follow all instructions.

EVACUATION

In the event of a community disaster, local authorities may advise you to evacuate your home. An evacuation order may come with little warning, so it is important to include evacuation plans as part of your emergency preparedness plan. Please remember that authorities will not ask you to leave your home unless they have reason to believe that you may be in danger.

If an evacuation is necessary, local authorities will notify you directly through the local media. Stay tuned to local radio (CKDR 92.7 FM), trusted social media sites, and television for information on evacuation routes, emergency shelters and procedures.



BEFORE YOU LEAVE

If you are ordered to evacuate, take:

- your emergency kit including identification and copies of important documents
- your emergency plan
- essential medications and copies of prescriptions
- a cellular phone and charger
- your pets

Please Remember.

Pets are not typically allowed in emergency shelters, so plan in advance for a pet-friendly location.

PROTECT YOUR HOME

- If possible, leave a note telling others when you left and where you are.
- Shut off water and electricity if officials tell you to do so.

- Leave natural gas service on unless officials tell you to turn it off. If the gas company advises you to turn off your gas meter, or the supply of gas is interrupted, the gas company or an authorized technician must turn it back on. Please do not attempt to re-activate your gas meter.
- Lock your home.

IF YOU HAVE TIME

- Call or e-mail your out-of-town contact. Tell them where you are going and when you expect to arrive. Once you are safe, let them know. Tell them if any family members have become separated.
- If you go to an evacuation centre, register your personal information at the registration desk.
- Do not go home until authorities advise that it is safe to do so.



EVACUATING YOUR HOME

- If possible, try to seek shelter with friends or relatives outside of the affected area. If it is not possible, emergency shelters can be set up in locations in the community. When you are advised to evacuate, you will also be informed of assembly locations for transportation and the location of the nearest emergency shelter.
- Follow the routes specified by emergency officials. Don't take short cuts on the way to the shelter, they may be blocked or expose you to dangerous hazards.
- Keep in mind that evacuation procedures may take longer when children, elderly adults or persons with disabilities or medical illness are involved. Evacuation may be required sooner in order to meet these needs.

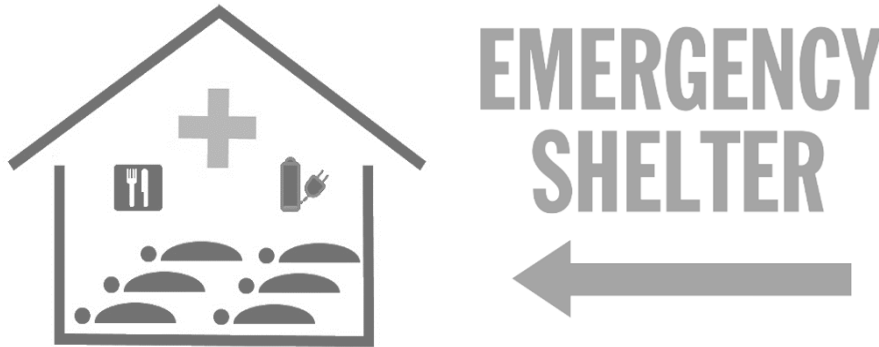
DRIVING DURING AN EMERGENCY

- Keep the radio tuned to CKDR 92.7 FM to receive important information
- Follow the routes specified by officials. Don't use shortcuts because certain areas may be impassable or dangerous.
- Stay away from downed power lines.
- Always pull to the right and stop for emergency vehicles when you hear their siren and see their flashing lights.
- When the traffic signals are not working, the intersection becomes a four-way stop. The first vehicle to arrive and stop has the right-of-way - If two or more vehicles stop the same time, the vehicle on the right has the right-of-way.



EMERGENCY SHELTERS

Emergency shelters may be set up in locations such as schools, municipal buildings, and community centres. When you arrive at the emergency shelter, sign in at the registration desk so you can be accounted for and reunited with your family.



WHAT TO EXPECT

- Food (cafeteria style) and water
- Bedding (cots, blankets, or mats)
- Washroom facilities
- Basic medical needs/first aid
- Privacy is limited as families live, eat, and sleep together (typically in one area)
- Pets are not typically allowed (arrangements for their care may be made)
- Families are generally expected to look after themselves (e.g. organized baby-sitting is not usually provided)
- Community briefings and information updates will be provided by emergency officials.
- Community members with similar experiences, concerns and situations have a chance to talk to each other
- Counselling services may be available



EMERGENCY COMMUNICATION PLANNING

Add contact information and inform your network that they have been included.

FAMILY MEMBER NAME and RELATIONSHIP	
CELL PHONE / HOME PHONE	EMAIL
ADDRESS	WORK PHONE
HEALTH CARD NUMBER AND MEDICAL CONDITIONS	

FAMILY MEMBER NAME and RELATIONSHIP	
CELL PHONE / HOME PHONE	EMAIL
ADDRESS	WORK PHONE
HEALTH CARD NUMBER AND MEDICAL CONDITIONS	

FAMILY MEMBER NAME and RELATIONSHIP	
CELL PHONE / HOME PHONE	EMAIL
ADDRESS	WORK PHONE
HEALTH CARD NUMBER AND MEDICAL CONDITIONS	

FAMILY MEMBER NAME and RELATIONSHIP	
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HEALTH CARD NUMBER AND MEDICAL CONDITIONS	

FAMILY MEMBER NAME and RELATIONSHIP	
CELL PHONE / HOME PHONE	EMAIL
ADDRESS	WORK PHONE
HEALTH CARD NUMBER AND MEDICAL CONDITIONS	

PET NAME(S)	
TYPE / BREED(S)	
COLOUR / IDENTIFIERS	
REGISTRATION / IDENTIFICATION	

SCHOOLS & WORKPLACES

Emergencies can happen any time during the day. Keep a list of the contact information for each school attended by the people in your home. Include after-school programming/activities and pre-schools, etc.

CHILD / YOUTH NAME	
SCHOOL / PROGRAM / ACTIVITY	
ADULT CONTACT NAME & ADDRESS	
CELL PHONE / HOME PHONE	EMAIL

CHILD / YOUTH NAME	
SCHOOL / PROGRAM / ACTIVITY	
ADULT CONTACT NAME & ADDRESS	
CELL PHONE / HOME PHONE	EMAIL

CHILD / YOUTH NAME	
SCHOOL / PROGRAM / ACTIVITY	
ADULT CONTACT NAME & ADDRESS	
CELL PHONE / HOME PHONE	EMAIL

PICK UP FROM SCHOOL(S)

Ask a close friend or family member to fill this role when needed. If you can, choose someone who lives close to the school and who is likely to be home during the day. Make sure the same people are listed as the emergency contact designations at the school.

NAME and RELATIONSHIP	
WORKPLACE AND WORK PHONE	
ADDRESS	
CELL PHONE / HOME PHONE	EMAIL

NAME and RELATIONSHIP	
WORKPLACE AND WORK PHONE	
ADDRESS	
CELL PHONE / HOME PHONE	EMAIL



Make sure your children know which adults you have added to the emergency pick-up list.

Include an envelope in each school backpack with helpful emergency information and a recent family photo.

HEALTHCARE PROVIDERS

List the contact information for your doctors, clinics and /or any other helping professionals.

NAME	
ROLE	
PHONE NUMBER(S)	EMAIL

NAME	
ROLE	
PHONE NUMBER(S)	EMAIL

NAME	
ROLE	
PHONE NUMBER(S)	EMAIL

EMERGENCY CONTACTS WHO LIVE CLOSE BY

Choose friends, relatives and neighbours who live in your community, who you know well, and who you can trust. Be sure that the people you added to this list have agreed to be an emergency contact for your family.

FRIEND, RELATIVE OR NEIGHBOUR NAME	
CELL PHONE / HOME PHONE	EMAIL
ADDRESS	
WORKPLACE AND WORK PHONE	

FRIEND, RELATIVE OR NEIGHBOUR NAME	
CELL PHONE / HOME PHONE	EMAIL
ADDRESS	
WORKPLACE AND WORK PHONE	

FRIEND, RELATIVE OR NEIGHBOUR NAME	
CELL PHONE / HOME PHONE	EMAIL
ADDRESS	
WORKPLACE AND WORK PHONE	

EMERGENCY CONTACTS WHO LIVE FAR AWAY

Choose friends or relatives who live outside your community, who you know well and who you can trust to be a central point of contact for your family. These persons should live far enough away so they will not be affected by the same emergencies. Be sure that the people you added to this list have agreed to be an emergency contact for your family.

OUT OF TOWN CONTACT NAME and RELATIONSHIP	
CELL PHONE / HOME PHONE	EMAIL

OUT OF TOWN CONTACT NAME and RELATIONSHIP	
CELL PHONE / HOME PHONE	EMAIL

OUT OF TOWN CONTACT NAME and RELATIONSHIP	
CELL PHONE / HOME PHONE	EMAIL



Set up a social media page or online conversation to keep everyone in your communication circle connected during an emergency.

Your contact information can change. Please try to update your lists at least once a year!

LOCAL GOVERNMENT & SERVICES

Include local leadership and support in your community. This may include your municipal office, regional district, or band council. Local emergency services may be included also (e.g. fire department).

NAME	
ROLE	
PHONE NUMBER(S)	EMAIL

NAME	
ROLE	
PHONE NUMBER(S)	EMAIL

NAME	
ROLE	
PHONE NUMBER(S)	EMAIL

NAME	
ROLE	
PHONE NUMBER(S)	EMAIL



In Case of Emergency

If you need IMMEDIATE assistance from the police, fire, or ambulance, call 9-1-1.

IMPORTANT REMINDERS FOR CALLING 9-1-1

Provide the address or location you are calling from

Home Phone: _____

Address: _____

Make sure your house number or 9-1-1 road sign is clearly visible

First responders need to be able to see these to locate you.

Calling 9-1-1 from a cell phone

Know your location. Look for a street address on a nearby building or provide the nearest intersection. Be prepared to describe your location.



Follow the instructions of the 9-1-1 call taker and do not hang up

9-1-1 call takers are highly trained. Follow their instructions and stay on the line.



Analog phones may still work in a power outage

If you have an old analog phone and a landline phone service (i.e. one that is not cordless and does not need to be plugged into a power outlet to work), your phone will work in power outages if the phone lines are not damaged.

Telehealth Ontario

1-866-797-0000

(TTY: 1-866-797-0007)

Ontario Poison Centre

1-800-268-9017

NON-EMERGENCY PHONE NUMBERS

Local Fire Department

Non-Emergency Number: _____

Local Police Service

Non-Emergency Number: _____

211 Ontario North

Provides comprehensive information and referral services in the following areas:

- Community services
- Government services
- Health services
- Social services

BUILDING & UTILITIES

Include people and businesses connected to the building you live in. This may include landlords, property managers or housing officials.

NAME and ROLE	
PHONE NUMBER(S)	EMAIL

INSURER	
PHONE NUMBER(S)	EMAIL

ELECTRICITY	
PHONE NUMBER(S)	EMAIL

WATER	
PHONE NUMBER(S)	EMAIL

GAS	
PHONE NUMBER(S)	EMAIL



To keep your Family Emergency Plan safe and dry, place it in a large, plastic freezer bag before storing it with your Home Emergency Kit.

If you have insurance, ask your insurance company what assistance they can provide during an emergency (including what support is available if you are evacuated from your home or cannot safely return).

FINDING INFORMATION DURING AN EMERGENCY

It is important to know where to turn for reliable and helpful information. Phone lines may be down or slowed down by too many users. Websites, social media channels and radio stations may be good sources. Which communication sources make sense for you?

Websites	Social Media Channels	Radio Stations

<https://www.facebook.com/DrydenFire/>

 @Dryden_Fire



@OntarioWarnings

<https://www.ontario.ca/page/emergency-information>

<https://www.facebook.com/EmergencyManagementOntario/>

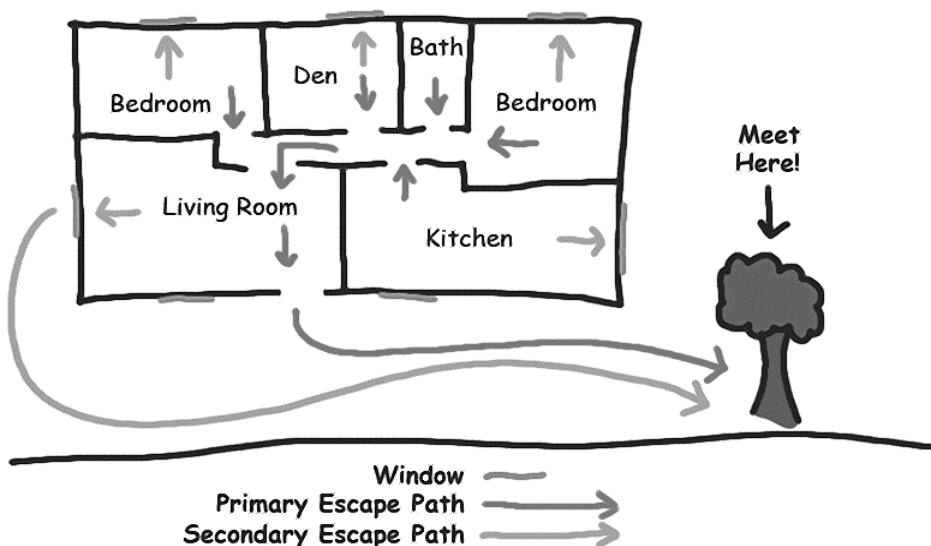
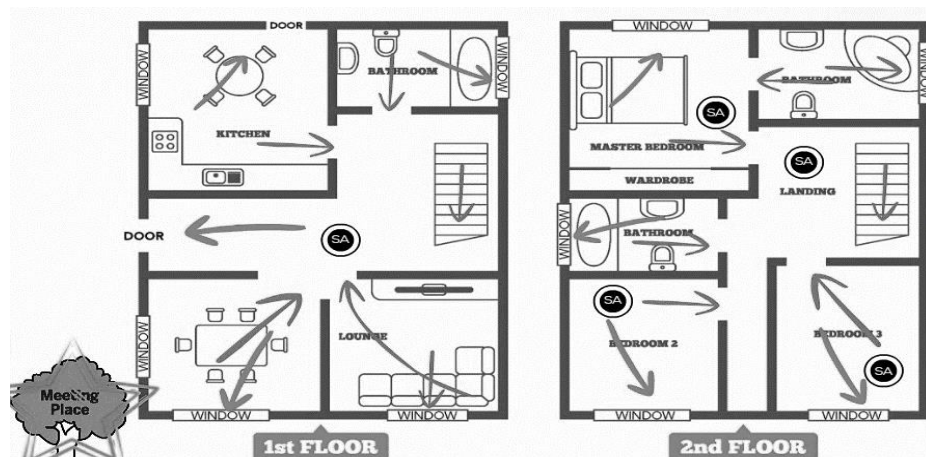


HOME ESCAPE PLAN

CREATE YOUR ESCAPE PLAN

- ☐ Draw a floor plan of your home using the next page. If your home has more than one level, use an additional piece of paper.
- ☐ Include the location of doors, windows, stairs, and large furniture. Indicate the location of emergency supplies, fire extinguishers, smoke alarms, first aid kits and utility shut-offs.
- ☐ Use a coloured pen to draw a broken line charting at least two escape routes from each room, if possible.
- ☐ Mark a place outside of your home for family members should meet after the evacuation.
- ☐ Make sure you include important points outside such as garages, patios, stairs, and porches.

You may want to use the two examples below as a guide for drawing your home escape plan.



HOME ESCAPE PLAN

This image shows a full page of blank graph paper. The grid consists of small, equal-sized squares formed by thin black lines. There are 20 columns and 20 rows of squares, creating a total of 400 square units. The paper is otherwise completely blank, with no margins, text, or other markings.

SAFE HOME CHECKLIST

Meeting Places

Safe meeting place near home: _____

Safe meeting place outside immediate neighbourhood: _____

Neighbourhood escape route: _____

Safety Tip

The meeting place near your home should be on the same side of the street as your house to avoid having to cross the street into traffic or in front of emergency vehicles.

Emergency Kit

Location: _____

Fire Extinguisher

Location: _____

Water Valve

Location: _____

Shut-off instructions: _____

Utility Company and phone numbers (emergency and non-emergency):

City of Dryden Water and Sewer Distribution

Gas Valve

Location: _____

Shut-off instructions: _____

Utility Company and phone numbers (emergency and non-emergency):

Note: Only shut off gas when authorities tell you to do so. Once your natural gas service has been shut-off, NEVER attempt to turn it back on yourself. Only a qualified technician should restore your gas service.

Electrical Box

Location: _____

Utility Company and phone numbers (emergency and non-emergency):

Floor Drain

Location: _____

(Always ensure the floor drain is clear of boxes, clothes, or furniture, in case there is a flood.)

NEIGHBOURS HELPING NEIGHBOURS

Attempting to respond to a disaster by ourselves involves an incredible amount of work. During an emergency, our neighbours may be our first responders. Building relationships with our neighbours will help us cope during an emergency. Strong and connected neighbourhoods and communities are more resilient and recover more quickly following emergencies. When we all do a little, we can do a lot!



Here are some ways to connect as neighbours and become more prepared:

- **Meet your neighbors. Exchange contact information** and discuss how you can prepare for disasters that may occur in your area.
- **Establish a neighborhood plan.** Discuss the steps to take while waiting for help to arrive, and multiple evacuation routes out of your neighborhood.
- Discuss what you need. What **equipment or supplies can you share** in case of emergency (e.g. temporary shelter, power generator, transportation, communication devices, first aid supplies, gloves and goggles, adjustable wrenches, hard hats and vests, flashlights with extra batteries, axes and crowbars, ropes, etc.)? Save money by bulk purchasing emergency supplies and kits together.
- **Learn together!** Organize a first aid course for those interested in your neighbourhood.

INVENTORY YOUR NEIGHBORS' SKILLS

After a community emergency or disaster, emergency response agencies could be overburdened and might not be able to get to your neighborhood immediately. You and your neighbors or co-workers may need to take the initial emergency response actions and take care of others for at least 72 hours.

Identify people who:

- Have medical, electrical, childcare, leadership, firefighting, and survival skills.
- Own chain saws, citizens band radios, four-wheel drive vehicles, motorcycles, and water purifiers.
- Are willing and able to be a runner/bicyclist to deliver messages if telephone lines are down.

ASSIST THOSE WHO MAY REQUIRE EXTRA ASSISTANCE

- Persons who are elderly
- Persons with disabilities and who rely upon assistive devices
- Persons with significant medical conditions
- Children who spend time alone at home

- Persons who do not speak English as their first language
- People who have pets at home
- Decide who will check on neighbours who require extra assistance in advance.

ORGANIZE ANNUAL BLOCK PARTIES

Community-wide emergencies or disasters thrust many untrained people into positions of providing first aid and rescuing people. Connectedness between neighbours is critical for everyday preparedness and resilience and helps make neighbourhoods safe and comfortable places to live. By hosting a block party you are already taking the first step to connecting and becoming more resilient!



AFTER AN EMERGENCY

RETURNING HOME

- Try to stay calm.
- Check yourself and others for injuries. Give first aid to people who are injured or trapped. Take care of life-threatening situations first. Get help if necessary.
- Check on neighbours, especially the elderly or people with disabilities.
- Confine or secure pets.
- Use the battery-powered or hand-crank radio from your emergency kit to listen for information and instructions.
- Do not use the telephone except to report a life-threatening injury. Please leave the phone systems free for official use.
- If possible, put on sturdy shoes and protective clothing to help prevent injury from debris, especially broken glass.
- Stay away from damaged areas unless you are asked to help or are qualified to give assistance .
- Do not go near loose or dangling power lines. Downed power lines can cause fires and carry sufficient power to cause harm. Report them and any broken sewer and water mains to the authorities.

RE-ENTERING YOUR HOME

- Take care when re-entering your home. You should only re-enter your home when local authorities say it is safe to do so.
- If you are inside, check the building for structural damage. If you suspect it is unsafe, leave and do not re-enter.
- Do not turn on light switches or light matches until you are sure that there aren't any gas leaks or flammable liquids spilled. Use a flashlight to check utilities.
- Do not shut off utilities unless they are damaged, leaking (a gas leak smells like rotten eggs) or if there is a fire. If you turn the gas off, don't turn it on again. This must be done by a qualified technician.
- If you smell gas leave your house immediately and call 9-1-1.
- If tap water is available, fill a bathtub and other containers in case the supply gets cut off.
- If there is no running water, remember that you may have water available in a hot water tank, toilet reservoir or in ice cube trays.
- Water supplies may be contaminated so purify your water (Refer to: Boiling Water method, page 58).
- Do not flush toilets if you suspect that sewer lines are broken .
- If you are in a high-rise building, do not use the elevator in case of power failure. If you are in an elevator, push every floor button and get out as soon as possible.
- If the power has been off for several hours, check the food in the refrigerator and freezer in case it has spoiled.
- Assess the damage systematically and thoroughly.
- Notify your insurance agency of any damage.
- Don't throw out damaged goods until an official inventory can be made by your insurance company or an emergency official.
- Keep records of all clean-up and repair costs incurred as a result of the disaster, including hotel, meal, and travel costs.
- Get direction from authorities on how to clean and decontaminate after emergency situations such as a flood or hazardous material incident.



Do not eat any food you think may be unsafe. When in doubt, throw it out!

RECOVERY

For individuals and families who are adequately prepared for a disaster, recovery can begin almost as soon as disaster strikes. Depending on the nature and severity of the disaster, recovery will need to occur on individual, family, community, provincial or national levels.



Individual and Family Recovery

- Seek medical attention for any lingering complaints, unattended wounds, etc.
- Expect to feel different for a while (e.g. confusion, numbness, shock, anger, relief at being alive, grief, are all normal reactions).
- Talk to family members about what they experienced and how they are feeling.
- Listen to one another; take advantage of available counselling.
- Make sure all family members (including children) have specific tasks to do.
- Make every effort to stay together as a family as much as possible. Make rebuilding a group effort.

Build a Kit

Emergencies and disasters can happen at any time. Utilities can be out, roads closed, and crucial supplies unavailable. While local, provincial, and federal officials prepare for emergencies, individuals can plan to be prepared at home and at work. People are encouraged to be prepared to take care of themselves and their families for a minimum of three days in the event of an emergency or disaster.

EMERGENCY WATER STORAGE AND SAFETY TIPS

During a major power outage, the City may not have the power to pump water to your home. It is recommended that we try to have enough water to last our family for at least one week.

The City of Dryden provides potable water that is distributed through a regulated Water Treatment Plant, so you do not have to treat the tap water before storing it. If your water comes from a public well or other public, non-treated system, follow instructions about water storage provided by your public health agency or water provider. Only your local public health agency should make recommendations about whether your local water can be safely stored, for how long, and how to treat it. In all cases, it is important to change and replace stored water at least every six months.



WATER QUANTITY

You should store at least a 3-day (72 hour) supply of water for each member of your family. Store a total of at least 4 litres per person, per day (2L for drinking and 2L for food preparation and hygiene). You can minimize the amount of water your body needs by reducing activity and staying cool.

Children, nursing mothers and people in ill health will need even more water.

Note: Remember water for your pets. If you have pets or a service animal, don't forget to store approximately 30 milliliters of water per kilogram of the animal's weight per day. For example an average cat or small dog would require at least 1/5 of a litres (or half a cup) of water per day.

WATER STORAGE

- Safe water should be stored in thoroughly washed plastic, glass, fiberglass, or enamel-lined metal containers.
- Never use a container that has previously held toxic substances. Plastic containers intended for food or beverages, such as soft drink bottles, are good choices.
- Seal your water containers tightly, label them and store them in a cool dark place for up to six months.



- Change the water every six months. Bottled water that you buy at the store can be stored for up to one year. Record the date that you bottled or stored the water on the label.

WATER TREATMENT

You should treat all water of uncertain purity before using it for drinking, food preparation or hygiene. In addition to bad odour and taste, contaminated water can have germs and parasites that cause diseases. Even clean-looking, odourless water can cause illness. If you aren't sure it is safe, boil all water for drinking, food preparation, brushing teeth, and washing hands and face. Boiling it is the only way to make sure germs and parasites are really killed.

BOILING WATER

- Boiling is the safest method of treating water.
- First, let any visible particles settle to the bottom, or strain them through coffee filters, layers of clean paper towels or a clean cloth.
- Bring water to a rolling boil for 10 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking.

For more information on drinking water safety, please visit:

<https://www.nwhu.on.ca/ourservices/PreparingForAnEmergency/Pages/Water-Supplies-During-an-Emergency.aspx> or call 1-888-404-4231

EMERGENCY FOOD STORAGE AND SAFETY TIPS

FOOD SAFETY DURING EMERGENCY SITUATIONS

Bacteria can make food unsafe to eat. Some bacteria can cause sickness if food is not handled and stored properly. Lower your risk of contracting a foodborne illness during an emergency by following these food safety tips.

YOUR FREEZER

Without electrical power, a full upright or chest freezer will keep food frozen for about 2 days. A half-full freezer will keep food frozen for 1 day. If electrical power will be coming back on soon, you can make the food last longer by keeping the freezer door closed as much as possible and adding extra ice to the freezer if possible. Throw out any thawed food that has been at room temperature for more than 2 hours. Thawed food that contains ice crystals can be refrozen or cooked.

YOUR REFRIGERATOR

Without electrical power, the refrigerator section will keep food cool for 4-6 hours. In the event of a power outage, keep the fridge door closed as much as possible to retain the temperature at 4°C/40°F or less and add ice to the refrigerator if possible. Make sure raw meat, poultry and fish are wrapped very well and placed in the coldest section of the refrigerator; and place non-perishable items such as fruits and vegetables on the top shelves of the unit as this area will warm the quickest.

ALTERNATIVE STORAGE SITES

Cold cellars, garages, porches, balconies and other people's functioning refrigerators or freezers can be used to store perishable food during an emergency. If the electrical power is out for more than 4 hours in the winter, you can put food outdoors if the temperature is 4°C/40°F or colder. If you are storing food outdoors, make sure:

- It is covered in a protective leak-proof and animal-proof container.
- It is placed on a shelf or other surface at least 6 inches above the ground.
- It is in a shaded area and protected from dogs, cats, and other animals.

CLEANING AND COOKING

Wash your hands with soap and water before handling food, before eating, and again when you are finished. If soap and water are not available, use an alcohol-based hand sanitizer.

- Clean and sanitize countertops, cutting boards, cutlery, and utensils after contact with any hazardous foods or bacteria with a bleach solution. This can be done by adding 10 ml (2 tsp) liquid household chlorine bleach to 1000 ml (4 cups) water.
- Gas barbeque and charcoal grill **MUST** be used outdoors. The fumes could be fatal for you or a family member!
- Cook food to a safe temperature.

WHEN TO THROW OUT FOOD

Remember that food contaminated with bacteria does not necessarily smell bad or appear soiled. Throw out the following foods if the power to your refrigerator has been out for more than 4-6 hours:

- Raw or cooked meat, poultry, and seafood
- Milk, cream, yogurt, soft and semi-soft cheeses
- Fresh eggs and egg substitutes
- Cooked pasta, rice, and potatoes
- Prepared salads (vegetable, pasta, potato, egg)
- Casseroles, soups, and stews
- Custard, pudding, chiffon, and cheese pies
- Refrigerated cookie dough
- Any food item with a strange colour or odour

FOODS SAFE WITHOUT REFRIGERATION

- Margarine and butter, hard or processed cheeses
- Fresh fruits and vegetables

- Peanut butter, jams, jellies, honey, and syrup
- Breads, pastas, and flour
- Ketchup, barbeque sauce, and mustard
- Unprepared powdered milk, dry and canned food
- Sealed juice, puddings, fruit cups, and applesauce

WHEN THE POWER RETURNS

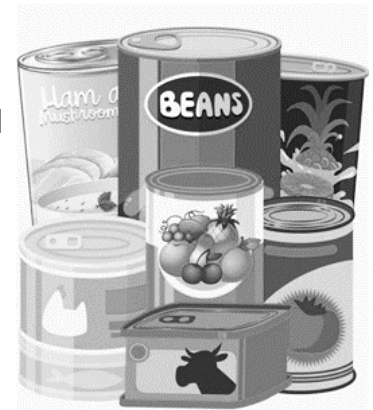
- Once the electrical power has been safely restored to your home, you should ensure refrigeration and freezer units are working.
- Turn the temperature dial down to the lowest possible setting until the temperature returns to 4°C/40°F (in the refrigerator) and -18°C/0°F or lower (in the freezer).
- Once the units are maintaining the proper temperatures, adjust the temperature dials accordingly.
- Return perishable foods to the refrigerator from their temporary storage areas.
- If buying food at the grocery store, or eating out, ask retailers and restaurant owners to explain how food has been kept safe during a power failure.

EMERGENCY FOOD AND FOOD PREPARATION SUGGESTIONS

In times of emergencies, resources may be limited. It is suggested that we keep a supply of foods that require little to no special preparation or cooking.

If possible, try to have at least a protein, grain and vegetable or fruit per meal.

The list below provides some suggestions for non-perishable foods you may consider including in your emergency kit.



Protein

Canned meats, shelf-stable beef jerky and bacon

Canned fish

Canned beans

Assorted canned soups and pastas

Canned beef stew

Canned chili with beans

Pork and beans

Dried beans, peas, lentils

Dried or powdered eggs

Nut butter (peanut, almond, etc.)

Nuts

Grains

Quick cooking/instant rice
Dry pasta
Cereal, instant oatmeal
Crackers
Bagel chips, pita chips
Melba toast, bread sticks, rice cakes
Granola bars, energy bars

Comfort / Snack Foods / Other

Biscuits and cookies
Nuts and seeds
Jell-O cups
Trail mixes
Sports drinks
Hot chocolate
Instant coffee, tea, cocoa
Sugar, non-dairy creamer
Salt and pepper, spices
Mustard, ketchup, olive oil, vinegar

Food for Infants

Formula (ready-to-use)
Age-appropriate foods



Milk and Alternatives

Condensed or evaporated milk
Skim milk powder, rice/soy beverages
Ready-to-eat pudding cups

Vegetables and Fruit

Applesauce, fruit cups, canned fruit, raisins, dried fruit

Canned vegetables, instant mashed potatoes
Vegetable or fruit juice in tetra pack boxes or plastic containers

Supplies for Preparing Meals

Disposable plates, bowls, hot and cold cups
Disposable forks, spoons, knives
Paper napkins and paper towels
Bottle opener and manual can opener
Heavy-duty aluminum foil, food wrap
Plastic storage bags
Camp stove and fuel, matches, lighter
Garbage bags



SAMPLE RECIPES

Black Bean and Corn Medley

Ingredients:

1 (15-ounce) can black beans, drained

1 (15-ounce) can corn, drained

1 (15-ounce) can diced tomatoes, drained

2 tablespoons vinegar

1/4 cup olive oil

1 teaspoon each pepper, garlic powder, onion powder and cumin

Dash of chili powder (optional)

Baked tortilla chips

Directions:

In a large bowl, mix black beans, corn, and tomatoes. Add vinegar, olive oil, pepper, garlic and onion powders, and cumin into the bowl. Mix thoroughly. Top medley with baked tortilla chips. Serves 4.



Hurricane Nachos

Ingredients:

Tortilla chips

Salsa

Nachos cheese sauce

Guacamole salsa

Canned chicken

Canned sliced olives

Canned diced tomatoes, drained

Directions:

Layer as desired and enjoy! Even room temperature nachos are still nachos.



Nutty No-Cook Oatmeal

Ingredients:

2 cups (500 ml) minute or instant oats
¼ cup (60 ml) nuts or seeds
¼ cup (60 ml) dried fruit
2 cups (500 ml) evaporated milk, shelf-stable
fortified soy beverage or milk or water



Directions:

This recipe can be adjusted to suit your tastes and the ingredients you have in your kit. Mix together the ingredients and let stand at least 10 minutes, until thick.

Five-Can Chili

Ingredients:

1 (15-ounce) can chili with beans
1 (14.5-ounce) can mixed vegetables, drained
1 (11-ounce) can whole kernel corn, drained
1 (10.75-ounce) can condensed tomato soup, undiluted
1 (10-ounce) can diced tomatoes and green chilies



Directions:

In a saucepan, combine all ingredients. Heat through. Serve with crackers, bread or over pasta. Serves 6.

MEAL IDEAS DURING A POWER OUTAGE OR EMERGENCY

Anything that is a combination of shelf-stable goods will make a great meal during a power outage because you won't have to open the fridge. Here are some suggestions:

- Peanut butter (or equivalent) and jelly sandwiches
- Tuna sandwiches or tuna with crackers
- Canned chicken sandwiches or with crackers
- Canned soup (heated on the propane stove)
- Canned Vegetables as sides (heated on a camp stove)
- Oatmeal
- Tacos (tortillas, canned meat, toppings)
- Bean and corn salsa (use canned beans, corn, and tomatoes)
- Shelf-stable jerky and bacon

EMRGENCY FAMILY KIT



Basic Survival

- ☐ Water (4 litres per person per day)
- ☐ Non-perishable food (3-7-day supply)
- ☐ Manual can opener
- ☐ Disposable plates and cups, knives, forks, and spoons



Sanitation & Pandemic Preparedness

- ☐ Surface / household cleaners
- ☐ Disinfectants, unscented household bleach
- ☐ Paper towels, toilet paper and tissues
- ☐ Garbage bags
- ☐ Laundry detergent
- ☐ Soap and alcohol-based hand sanitizer
- ☐ Face masks and disposable gloves



Health & Medicine

- ☐ First aid kit
- ☐ Personal medications
- ☐ MedicAlert® bracelet or other identification of medical conditions
- ☐ Mobility aids required for any family member
- ☐ Spare glasses / contact lenses
- ☐ Thermometer
- ☐ Toothpaste and toothbrush
- ☐ Personal care supplies (shampoo, hairbrush, soap, towel, and facecloth)

NOTE: If you rely on a prescription, talk to your doctor or pharmacist about how to keep a sufficient supply in your emergency kit. Be sure to check on your emergency medication supply in the kit regularly and replace it before it expires.

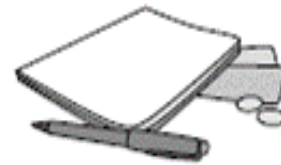
Communication

- ☐ Phone chargers
- ☐ Battery bank
- ☐ Handheld radio (battery-powered or hand-crank)
- ☐ Extra batteries



Warmth & Safety

- ☐ Water purifying tablets
- ☐ Emergency blanket or warm blankets and sleeping bags, body and hand warm packs
- ☐ Extra clothing, ponchos, seasonal clothing, and footwear
- ☐ Tent
- ☐ Flashlight (battery-powered or hand crank)
- ☐ Candles and waterproof matches, lighter
- ☐ Whistle
- ☐ Safety gloves
- ☐ Basic tools (hammer, pliers, wrench, screwdrivers, fasteners, work gloves)



Peace of Mind

- ☐ Pen and notepad
- ☐ Cash in small bills
- ☐ Extra car keys
- ☐ Copies of identification and vital documents
- ☐ Copy of family emergency plan
- ☐ Games, cards, stuffed animals, toys for children
- ☐ Sewing kit

ADDITIONAL EMERGENCY KIT SUGGESTIONS

People in your family with special needs such as babies, young children, the elderly and persons with disabilities or medical illness may require some of the following as well.

Babies and Children

- ☐ Bottles, extra formula, and special foods (include extra water if powdered or concentrate)
- ☐ Disposable diapers
- ☐ Extra clothing
- ☐ Petroleum jelly
- ☐ Stuffed animals, special blankets, toys, books
- ☐ Medications

Elderly, Persons with Disabilities or Medical Illness

- ☐ Medications, current prescription names, strengths and dosages, regimen
- ☐ Medical contacts (physician, pharmacists, social worker, etc.)
- ☐ Daily living aids (hearing aids and spare batteries, glasses, denture care, walking aids, assistive devices, etc.)

EMERGENCY CAR KIT

Every driver should carry a survival kit in their vehicle. Here are some important items to consider:

- ☐ First aid kit
- ☐ Food that won't spoil such as energy bars
- ☐ Water in plastic bottles so they won't break if frozen (change every 6 months)
- ☐ Blankets
- ☐ Extra clothing and shoes
- ☐ Small shovel, scraper, and snow brush
- ☐ Candle in a deep can and waterproof matches, lighter
- ☐ Battery-powered or hand-crank flashlight
- ☐ Whistle in case you need to attract attention
- ☐ Road maps
- ☐ Copy of family emergency plan and personal documents
- ☐ Roadside assistance contact information (if applicable)
- ☐ Cellular phone (9-1-1 can be called using an inactive cell phone)



It is also recommended that the following items are kept inside your trunk:

- ☐ Sand, salt, or cat litter (non-clumping)
- ☐ Vehicle fluids (windshield washer, gas-line antifreeze, motor oil, transmission oil, power steering fluid, brake fluid, anti-freeze)
- ☐ Tool kit, including various screwdrivers, pliers, utility knife, ratchet socket set, a four-way wrench, Vice-Grip pliers, rolls of electrical and duct tape, seat belt cutter, work gloves
- ☐ Assortment of spare fuses
- ☐ Tow rope
- ☐ Jumper cables
- ☐ Fire extinguisher
- ☐ Warning light or road flares



Keep your vehicle's gas tank at least half full at all times, especially in the winter.

Remember to have your vehicle serviced regularly. Drive carefully.

EMERGENCY PET KIT

Pets are an important part of many families. Preparation and planning for the care of pets should be considered when planning for an emergency and will help you to evacuate your pets quickly and safely.

Please also keep in mind that animals react differently under stress and should not be left unleashed or unattended.

You may want to consider:

- Contacting your veterinarian, local animal shelter, or animal hospital for advice on pet boarding or emergency shelter for pets in a disaster.
- Arranging for out-of-area friends or relatives to shelter your pet in an emergency
- Keeping a list of hotels and motels outside your immediate area that allow pets. If you have notice of an impending disaster, call ahead to make reservations.



Items to Consider For Your Emergency Pet Kit

- ☐ Three-day supply of pet food and water
- ☐ Bowls, can opener
- ☐ Litter pan, litter, plastic bags, and scooper
- ☐ ID tag (make a note that your pet is microchipped if it applies)
- ☐ Medications, medical records, first aid supplies
- ☐ Information on feeding schedules, medical conditions, behavioural issues, and the name and number of your veterinarian
- ☐ Sturdy leashes and harnesses
- ☐ Blanket, pet treats and small toys
- ☐ Muzzle (if required)
- ☐ Copy of license
- ☐ Carrier for transporting your pet safely
- ☐ List of boarding facilities in the area, hotels/motels that accept pets, and friends and relatives with whom you and your pet may stay



Additional Emergency Preparedness Links

Canadian Red Cross

<https://www.redcross.ca/>

Canadian Weather Radar

https://www.weather.gc.ca/map_e.html?layers=radar

Doppler Radar - Ontario

<https://www.accuweather.com/en/ca/ontario/weather-radar>

Dryden Fire Service

<https://www.dryden.ca/en/community/fire-department.aspx#>

<https://www.facebook.com/DrydenFire/>



@Dryden_Fire

Emergency Management Ontario (EMO)

<https://www.emergencymanagementontario.ca/english/home.html>

Environment Canada - Canadian Weather

<https://weather.gc.ca/>

Environment Canada - Dryden Weather

https://weather.gc.ca/city/pages/on-72_metric_e.html

Federal Emergency Preparedness (Public Safety Canada)

<https://www.publicsafety.gc.ca/cnt/mrgnc-mngmnt/index-en.aspx>

Government of Canada, Get Prepared

<https://www.getprepared.gc.ca/index-en.aspx>

Home Safety

<https://www.canada.ca/en/health-canada/services/home-safety.html>

Ministry of Environment, Conservation and Parks -Air Quality Ontario

<http://www.airqualityontario.com/>

NOAA - National Weather Service - National Hurricane Center

<https://www.nhc.noaa.gov/>

Office of the Fire Marshal

https://www.mcscs.jus.gov.on.ca/english/FireMarshal/OFMLanding/OFM_main.html



