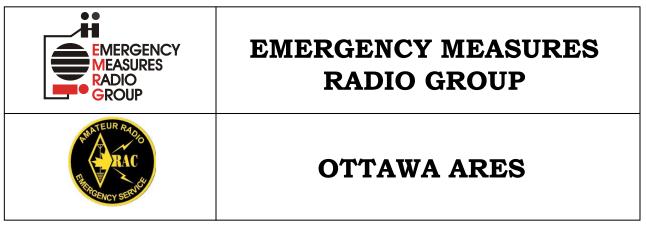
EMRG-408 Training Course



Two Names - One Group - One Purpose

## **Personal Preparedness**

Date Of Last Change: 2009-11-08 Version: 1.1

### **Course Introduction**

**Course Number: EMRG-408** 

**Course Name:** Personal Preparedness

Instructor Led: No

**Prerequisites:** 

None

#### What You Should Learn From This Course:

 From this course you should understand why you need a personal plan and where to get information to create one..

#### **Recommended Reading:**

• Web links provided in this training course.

## **Why Prepare**

- Before you can go help others, you need to take care of yourself and your family first.
- You can make this a lot easier by planning in advance, so your family can care for themselves, so you are available to help others.
- The <u>City of Ottawa</u>, the <u>Province of Ontario</u> and the <u>Government of Canada</u>, all have excellent information for personal preparedness.

## **What To Prepare For**

- Prepare for the low probability, high impact events such as loss of power, water, gas, phone or access to stores
- Consider damage to property, broken windows, or damaged roof
- Consider what to do if you have to evacuate for a short, medium or long term
- Consider the implications if the City issues a "Shelter In Place" order

### Where To Get Information

#### **City of Ottawa**

- Program called Are You Ready
- Information on the City web site <u>www.ottawa.ca</u>, under Residents, Emergency Management
- http://www.ottawa.ca/residents/emergency/index\_en.html

#### **Province of Ontario**

- Program called Are You Prepared?
- Information on the Province web site
   <u>www.emergencymanagementontario.ca</u>, under *Be Prepared* tab at top of page
- http://www.emergencymanagementontario.ca/english/prepare/emergency.html

## **Where To Get Information**

continued

#### **Government of Canada**

- Program called 72 Hours, Is Your Family Prepared?
- Information on the special Government web site www.getprepared.gc.ca

#### **Canadian Red Cross**

- Information under How We Help, Disaster
  Management, Disaster Preparedness
- http://www.redcross.ca/article.asp?id=286&tid=025
- Disaster Preparedness Kit (good place to start)
- <a href="http://esubmitit.sjpg.com/redcross\_pub/home.cfm">http://esubmitit.sjpg.com/redcross\_pub/home.cfm</a>?

## **Add Pandemic Planning**

- Include planning for illness, either seasonal colds and flu, or pandemic.
- Have information available to know if your family is OK and if you are OK to volunteer.
- Keep supplies on hand, so your family can take care of themselves, while you are away.
- See the Ottawa Public Health website for more information;
  - http://www.ottawa.ca/residents/health/index\_en.html

## **Emergency Kits**

- An emergency kit is part of an emergency plan, it does not replace a plan. Even if you have no time or money, you can and should have a plan.
- Prepare your personal, family and EMRG emergency kits in advance.
- Rotate new supplies into your kits regularly
- Think about special needs in your family
- Remember that family comes first. Don't volunteer until you are sure about your family.

### **Self Test**

- 1. Do you need a personal/family emergency plan?
- 2. Does an emergency kit replace a plan?
- 3. What is the name of the City of Ottawa personal emergency planning program?
- What is ICE?
- 5. Where can you get information on personal preparedness?
- 6. Is your personal emergency kit also your EMRG kit?
- 7. Where can you get information on Pandemics?

### **Self Test Answers**

- 1. Yes
- 2. No
- 3. Are You Ready
- 4. "In Case of Emergency" Program contact numbers in your cell phone with the word ICE as the name. (From the city of Ottawa emergency web site main page)
- 5. City of Ottawa, Province of Ontario, Federal Government
- No Personal kit is to support you for up to 72 hours. Your EMRG kit is for deployment
- 7. Ottawa Public Health

# www.emrg.ca

The EMRG web site provides information related to Amateur radio emergency communications, specifically as it relates to the City of Ottawa.

- Project Information
- Newsletters
- Upcoming Events
- Documentation
- Links to related information

Information: training @ emrg . ca