
	<b>EMERGENCY MEASURES RADIO GROUP</b>
	<b>OTTAWA ARES</b>

Two Names - One Group - One Purpose

# Personal Preparedness

# 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 City of Ottawa, the Province of Ontario and the Government of Canada, 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 [www.ottawa.ca](http://www.ottawa.ca), under ***Residents, Emergency Management***
- [http://ottawa.ca/health\\_safety/emergency/preparedness/index\\_en.html](http://ottawa.ca/health_safety/emergency/preparedness/index_en.html)

## Province of Ontario

- Program called ***Are You Prepared?***
- Information on the Province web site [www.emergencymanagementontario.ca](http://www.emergencymanagementontario.ca), 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](http://www.getprepared.gc.ca)

## Canadian Red Cross

- Information under ***How We Help, Disaster Management, Disaster Preparedness***
- <http://www.redcross.ca/article.asp?id=34875&tid=025>

# 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://ottawa.ca/health\\_safety/about/oph/index\\_en.html](http://ottawa.ca/health_safety/about/oph/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?
4. 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
6. 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**