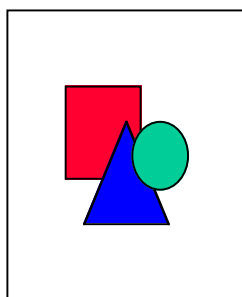


Preparing a Personal Family Emergency Plan...

A Step by Step Guide for People With Disabilities



HOW TO USE THIS GUIDE

Would you know what to do if an emergency occurred? Would your personal care attendant or members of your family know the proper procedures to follow if the weather suddenly turned threatening?

This book has been designed to help those with disabilities in the City of Toronto prepare for and respond intelligently to severe weather and other emergencies that might arise in our area.

No amount of preventative measures can avert a tornado or crippling winter storm. In these instances, the uninformed are at the most risk.

I urge you to invest thirty minutes of your time in working through this book, so that not only you, but anyone who assists you, is prepared to act confidently and correctly, should an emergency arise. There are spaces throughout the book that you will fill in with important information to personalize this guide to your own circumstances. Once you have made this book your own, it should be kept in a prominent, accessible location. If you move to another residence, revise it. And do review it occasionally, perhaps every New Year's Day, as a commitment to your health and safety.

Preparedness for emergency could make all the difference in the world to you and those you love. This book will help you make that difference.

Toronto EMS

Work through this book. If you have a personal care assistant or other caregiver, have them join you. Fill in all appropriate blanks. Be sure that everyone in your household knows where the book is located. We suggest hanging the book near the telephone, NOT filed in a drawer or bookcase. Determine that location NOW, and write it down.

When not in use this book should be kept:

Location: _____

Ensure that those around you know the methods by which they might be notified of an emergency. A siren may sound, or bulletins may be issued over local radio and television stations. In some cases, notification might come by telephone, or through a public address system.

PREPARE AN “EVACUATION KIT”:

Have on hand a working radio that will operate on battery power. Have on hand a supply of the appropriate sized batteries to operate your emergency radio.

Have on hand a reliable flashlight, extra batteries, and a supply of candles, matches and canned or freeze-dried food to be used if there is an extended power failure.

Prepare a first aid kit using a flat moisture-proof container with individually wrapped material. Don't make it too complicated. Use a commercially prepared kit from your pharmacy, use the Information Sheet “Building a First Aid Kit” available on this website, or contact us for first aid training.

Have on hand a reasonable supply of drinking water. If advised that the emergency involves a spill that endangers drinking water, immediately obtain tap water for future use. Fill a bathtub.

About a week after you read this book hold an emergency drill, to ensure that each person in your home is able to respond appropriately.

Locate all shut-off switches and valves, flag these switches with brightly colored/phosphorescent tape or tag that will glow in the dark, and show all occupants how to shut off this equipment.

IMPORTANT NOTE: Bear in mind that following a disaster, candles, batteries, flashlights, bottled water and disposable diapers are often not available at any price.

REMEMBER! Extreme caution must be used when relighting any gas appliances and only a person knowledgeable in the hazards involved should attempt to do so.

Main Breaker _____

Furnace _____

Air Conditioner _____

Furnace Pilot Light _____

Stove Pilot Light_____

Gas Dryer Pilot Light_____

Hot Water Tank Pilot Light_____

Other_____

THE FIRST STEPS...

WHEN NOTIFIED IN PERSON BY POLICE OR OTHER OFFICIALS...

...or if you detect abnormal weather patterns...

...or if you notice an unusual odour in the air...

TURN YOUR RADIO ON!

Tune your radio to:

AM

FM

If there is an emergency, these radio stations will be notified immediately by authorities. They will broadcast the appropriate instructions for you to follow.

Depending on the nature of the emergency, TV broadcasting may be interrupted with warnings or instructions. You are advised, however to rely on your battery-powered radio, which will broadcast information on both extensive and more localized emergencies. If you must rely on TV, make sure that you choose a LOCAL channel.

DO NOT TURN YOUR RADIO OFF until the official “all clear” has been issued.

If advised that the emergency may involve potentially toxic fumes, take the following precautions:

- √ Close all doors and windows tightly
- √ Turn off all heating and ventilating equipment
- √ Turn off all pilot lights
- √ Do not use matches or lighters
- √ Close all fireplace dampers
- √ Close all drapes and curtains

Gather family members and pets, if they are outside the home in the immediate area. Agree now on a meeting place in the home – the kitchen for example.

Our meeting place is _____

IF CHILDREN ARE IN SCHOOL...

If your children are in school or daycare, do not attempt to bring them home. School officials will be notified if an emergency exists, and will begin the proper procedures to protect the children in their care.

DO NOT USE THE TELEPHONE unless you need emergency assistance.

EMERGENCY EVACUATION

At times, due to a large-scale emergency such as a flood, major fire, or chemical release, it may be necessary to evacuate people from their homes, schools, or businesses. These evacuations may last only a few hours, or they may last several days. If you think you might have difficulty in evacuating on your own, discuss this with your neighbours beforehand, and explain that you might require assistance. If you are required to evacuate the following guidelines will assist you in the process.

When to Evacuate

Do not evacuate unless instructed to do so by radio, television, or emergency personnel. Unnecessary traffic could hamper emergency operations, and exposure to toxic smoke from a fire or exposure to chemicals could put you at risk.

Where to Go

Listen carefully to the evacuation instructions as they are broadcast, and follow them exactly. Select an emergency shelter that will be accessible for someone with your particular disability. Be prepared to take the most direct route to a major highway, and travel away from the area, in a safe direction.

The Evacuation Checklist

No one ever enjoys being evacuated from his or her home. In an emergency however, it may be necessary for the authorities to ask you and your family to leave for your own safety. This may involve several days away from home. Being well organized is the key to a successful evacuation. This checklist will help you to prepare for a situation that we hope you never have to face. Use this checklist to ensure that both you and your family are prepared, should the need to evacuate arise.

Personal Evacuation Kits

A well-equipped personal evacuation kit can mean the difference between a tolerable experience and a miserable one. Kits should be made up in advance for each family member, and kept in a small nylon tote bag. In an emergency, there may be no time to gather everything together. Items with critical shelf life, such as medications and batteries should be rotated every three months, or placed in the kit when you are ready to leave. Personal evacuation kits should be stored in a cool, dry place with easy access, such as a front closet. This will allow you to leave as quickly as possible, if the authorities request that you do so.

Adult (1 each):

- | | |
|---|--|
| <input type="checkbox"/> Clothing for 3 days | <input type="checkbox"/> Winter Coat (if req'd) |
| <input type="checkbox"/> Underwear for 3 days | <input type="checkbox"/> Pajamas, gown |
| <input type="checkbox"/> Eyeglasses, dentures | <input type="checkbox"/> Reading material |
| <input type="checkbox"/> Hearing aids (if req'd) | <input type="checkbox"/> Blanket, pillow |
| <input type="checkbox"/> Personal Comfort Kit, consisting of: | |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Hand Soap | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Brush, comb | <input type="checkbox"/> Sanitary napkins (if req'd) |
| <input type="checkbox"/> Shaving kit (if req'd) | <input type="checkbox"/> Medication(s) |
| <input type="checkbox"/> Medical History Sheet | <input type="checkbox"/> Prescriptions |
| <input type="checkbox"/> Other: _____ | |

Children (1 each):

- | | |
|---|--|
| <input type="checkbox"/> Clothing for 3 days | <input type="checkbox"/> Winter Coat (if req'd) |
| <input type="checkbox"/> Underwear for 3 days | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> Eyeglasses (if req'd) | <input type="checkbox"/> Reading material, toys, games |
| <input type="checkbox"/> Blanket, pillow | |
| <input type="checkbox"/> Personal Comfort Kit, consisting of: | |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Hand Soap | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Brush, comb | <input type="checkbox"/> Medication(s) |
| <input type="checkbox"/> Medical History Sheet | <input type="checkbox"/> Prescriptions |
| <input type="checkbox"/> Other: _____ | |

Infants (1 each):

- | | |
|--|---|
| <input type="checkbox"/> Clothing for 3 days | <input type="checkbox"/> Diapers |
| <input type="checkbox"/> Formula and bottles | <input type="checkbox"/> Baby Food |
| <input type="checkbox"/> Baby Powder | <input type="checkbox"/> Lotion or oil |
| <input type="checkbox"/> Several blankets | <input type="checkbox"/> Cold weather clothing (if req'd) |
| <input type="checkbox"/> Favorite toys | <input type="checkbox"/> Medication(s) |
| <input type="checkbox"/> Prescriptions | |
| <input type="checkbox"/> Other: _____ | |

Pets and Guide Animals(1 each):

- | | |
|---|--|
| <input type="checkbox"/> Collar | <input type="checkbox"/> Leash |
| <input type="checkbox"/> Carrier | <input type="checkbox"/> Food Dish |
| <input type="checkbox"/> Copy of License | <input type="checkbox"/> Health Records |
| <input type="checkbox"/> Food for 2 weeks | <input type="checkbox"/> Muzzle (if req'd) |

All items should be labeled with your name and address and your pet's name. Health Records should include proof of vaccination against all diseases as recommended by your vet. Pet owners should be aware that failure to produce proof of vaccination might result in your pet being turned away from the animal shelter. Pets are rarely permitted (guide dogs and service dogs excepted) in human shelters.

General:

- | | |
|-------------------------------------|--|
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Portable Radio |
| <input type="checkbox"/> Batteries | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Area Map | <input type="checkbox"/> Manual Can Opener |

- | | |
|---|--|
| <input type="checkbox"/> Copies of important papers | |
| <input type="checkbox"/> Home deed | <input type="checkbox"/> Vehicle Registrations |
| <input type="checkbox"/> Insurance Policies | <input type="checkbox"/> Will(s) |
| <input type="checkbox"/> Marriage License | <input type="checkbox"/> Adoption Papers |

These should be updated regularly, and should be kept in a sealed, watertight container.

Out of Area Contact Person:

During an emergency long distance telephone service will often continue even if local service is interrupted. For this reason, it is a good idea to have the name and telephone number of a contact person who lives well outside of your area. This will permit family members to contact one another and ensure that everyone is okay.

Our Out of Area Contact Person is: _____

Telephone number: (____) _____

BEFORE LEAVING HOME:

Do:

- ___ Monitor local radio and television stations for evacuation instructions. Locations of shelters and evacuation routes will often be given.
- ___ Ensure that your vehicle has adequate fuel. Fuel may be unavailable in the affected area for several days.
- ___ Turn off gas
- ___ Turn off electricity
- ___ Turn off water
- ___ Secure all doors and windows

Do Not:

- ___ Release pets to fend for themselves. They pose problems for emergency officials, and can become easily confused. You may never see them again.
- ___ Leave pets in the home alone.
- ___ Bring large quantities of items such as televisions or furniture. The shelter is for people.
- ___ Bring valuables such as jewelry or large quantities of cash.
- ___ Post a sign on your door telling people where you have gone. This is an invitation to thieves.

FIRE

PREPARING FOR A FIRE

Practising a home fire escape plan is one of the most important actions you can take to protect your own life and the lives of others. The Toronto Fire Services urge you to develop and practise a fire escape plan for your home. Remember, an hour of pre-planning may save years of life. Make regular fire drills a family affair.

HOW TO DEVELOP A FIRE ESCAPE PLAN

Install smoke detectors on each floor of your home and test them regularly. They will provide early warning of fire.

Install fire extinguishers in high-risk areas of your home i.e.: kitchen, furnace area, etc. And make sure everyone knows how to use them. Remember, should you feel uncomfortable about using the extinguisher or fighting the fire, **LEAVE IMMEDIATELY.**

A closed door provides some protection against fire or fumes. Keep basement or utility room doors closed at all times and close all doors at bedtime.

Check your home for fire hazards and eliminate them as you find them. Your fire department will be glad to advise you on any questions of fire safety for your home.

Draw a floor plan of your home showing all possible exits from each room. Where possible, plan a main exit route and an alternate exit route from each room. If you are in a wheelchair, consider making a second entrance to your home accessible. In a fire, your primary exit may be blocked.

If your home has more than one storey, have a secondary escape route from the second floor that you can use.

Make certain that everyone understands that if they hear the smoke detector, or hear someone shouting “FIRE” they should immediately evacuate the home.

Decide on a meeting place outside your home. In case of fire, go to the meeting place. Someone should be sent to phone the fire department.

Make certain that everyone in your home knows **NOT TO RE-ENTER A BURNING BUILDING.** Firefighters are properly equipped and trained to perform rescue operations.

What You Should Do

Raise the alarm. When you detect fire or smoke shout the warning to other occupants. Children and older people will need help. Don't wait to get dressed, shoes and one blanket per person is enough. Assign someone to call the fire department after everyone is out. Never waste time trying to extinguish anything other than a very small fire.

Our meeting place is:

A hot door is a warning. Never open a door without first checking it for heat. If it is warm, leave it closed and go to a window. If you cannot escape from the window, wait by the open window or on a balcony for rescue. Place bedding at door cracks to keep the smoke out.

Heat and deadly gases are the main killers and even small fires are dangerous. The open staircase may become a chimney allowing heat or smoke to rise to the highest floor level. If you cannot leave an upper room by a window, close the door and wait by the open window for rescue.

Tell firefighters if anyone remains in the building. Leave rescue operations to them, unless you can safely raise a ladder or help anyone down from a window or roof before help arrives.

Never go back into a burning building for any reason whatsoever. Many lives are lost through the deadly effects of fumes, even in small fires. Never risk a life in an attempt to save personal possessions.

In the City of Toronto the number for the fire department is: **911**

If you live outside of the City of Toronto the number for the local fire department is:

The date of our last fire drill was:

Our smoke detector batteries were last changed:

Our fire extinguishers were last checked:

POISON CONTROL

You have approximately 250 poisons in your household, stored in places accessible to small, curious children eager to climb, explore taste, and swallow. In order to avoid an accident, you should:

Keep medicines in their original containers and locked up.

For medicines in non childproof containers, more easily opened by people with disabilities, consider a larger childproof container which can be easily accessed so as not to become a disincentive for use.

Do not take medicines in front of children.

Return all old medicines to your pharmacist for safe disposal.

Do not leave cosmetics lying around on dressers or vanities.

Do not leave your purse lying around.

Keep all household cleaners, detergents, solvents, paints, and insecticides in locked cabinets.

Clean out old medicines and paints regularly.

Move all dangerous household plants to a safe place and teach children never to eat plants.

In the Event of an Accident:

Think clearly and stay calm!

Identify the suspected poison and the amount taken.

Immediately contact the Poison Control Centre. They will advise you on what to do until Paramedics arrive.

If necessary, take the individual to the hospital emergency and bring the suspected poison with you.

Poison Control Centre – Hospital for Sick Children **(416) 813-5900**

Toronto EMS (Paramedics) **911**

Emergency Ambulance Anywhere in Ontario dial **0**, ask for **Zenith 90000**

FLOOD

PREPARING FOR A FLOOD

Flood damage costs Canadian taxpayers millions of dollars annually, to say nothing of the cost in terms of human lives and suffering. Each of us has a responsibility to protect our homes and families to the best of our abilities. By planning ahead and taking sensible precautions, you can do your part to minimize flood damage.

In case of flood threats or flash flooding, local government authorities try to keep residents informed of developments. Through the media, they will recommend actions to take to limit or prevent disaster and provide detailed instructions, should the need arise.

IN CASE OF FLOOD THREAT

Have someone shut off power in premises in immediate danger of flooding. Don't attempt to do so if the main switch is in a location that has already been flooded. If conditions are wet around a switch, they should stand on a dry board and use a dry stick to turn off the switch.

Special precautions should be taken to safeguard or minimize damage to electrical, natural gas or propane heating equipment. If warning time permits, consult your supplier for steps to be taken.

If through taste, colour or odor, you suspect that your drinking water has been contaminated, purify it before drinking by boiling, or by adding purification tablets, or chlorinating it with a bleaching compound. If the latter is used add one or two drops per litre and allow to stand for 30 minutes before drinking.

WHAT YOU SHOULD DO:

Turn the radio on (station and frequency)

Our emergency radio is located at

Extra batteries are located at

SEVERE WINTER STORM

PREPARING FOR A SEVERE WINTER STORM

Preparing your Automobile:

If you drive, make sure that your vehicles have been properly serviced before the onset of winter.

Stock each vehicle with emergency items....shovel, gravel or sand, sleeping bag, heat candles, matches, high-energy foods such as granola bars, spare socks, mittens and a hat, a container for melting snow, a brightly coloured cloth to signal for assistance. Ideally, these items should be in the car(not in the trunk) as trunks can freeze shut.

Preparing your Home:

Make sure that you have a safe, alternative heat source available in case of power interruptions. If you have a fireplace, sufficient supplies of firewood should be kept dry and accessible.

Have containers handy to store a sufficient supply of drinking water in case pipes freeze. Be prepared to fill a bathtub with water.

Have on hand sufficient supplies of canned or prepared foods, in case you cannot use your stove or microwave oven for an extended period of time. Your barbecue offers an alternative cooking source, but you are cautioned NOT to use it inside the house.

Keep a personal fire ignition device handy, such as a barbecue lighter as they are easy to handle and can be easily dried if they become wet.

Personal Preparations:

Always dress appropriately for winter weather conditions. Protection of extremities (head, hands, feet) is vital. Several layers of clothing will trap warm air around your body more effectively than a single layer.

What You Should Do

If you are stranded in your automobile:

Stay calm. Do not leave your vehicle to seek other shelter unless appropriate shelter is very close, visible, and obviously inhabited.

Tie your distress flag to your aerial or outside door handle.

Stay in your vehicle until help arrives.

Take steps to stay warm. If clothing is wet, remove it and replace with dry items. Wrap yourself in a sleeping bag. If two or more people are in the vehicle, sit close together to share each other's body heat. If you are alone, huddle in the fetal position.

Running your car heater to keep warm should only be done as a last resort. If you must run the heater, run it intermittently on low until fuel runs out. **KEEP A WINDOW OPEN TO ALLOW FRESH AIR TO CIRCULATE.** Carbon monoxide poisoning and death could result if your vehicle is tightly shut. **AT THE FIRST SIGN OF DROWSINESS,** open all windows, breathe deeply, shut off the car, and use alternative methods to stay warm.

Exercise regularly, enough to stay warm and maintain circulation, but not enough to work up a sweat. Pay particular attention to hands and feet.

Stay with your vehicle until help arrives.

If you are travelling and see a vehicle in distress, and you are unsure of your ability to assist the occupants, notify the police at your first opportunity! Be prepared to give a description of the vehicle and its' location.

If you are at home:

Turn the radio on (station and frequency)

Our emergency radio is located:

Extra batteries are located:

Assemble all people and pets at the agreed upon meeting place in the home.
Stay calm and stay put.

If your regular heating source fails, put on additional layers of clothing and use your emergency heat source. Our emergency heat source is:

Close doors to unused rooms to conserve heat.

Flashlights/candles are located:

TORNADO

Preparing for a Tornado

A tornado is a column of rotating wind, travelling across the land at speeds of 30 to more than 100 kilometres per hour (20 to 65 m.p.h.).

Tornadoes can occur at any time. Most often they occur in the late afternoon, in late spring or early summer. They are most frequent during moderate summer temperatures, accompanied by relatively high humidity.

A **Tornado Watch** is issued if conditions exist for tornadoes to develop. No tornado has been sighted.

A **Tornado Warning** is issued only if a tornado has been sighted, or if radar detects a tornado-like disturbance.

In Case of a Tornado Warning...

If you are in the open, seek shelter in a sturdy building. If none is available, be prepared to lie flat in a depression or ditch, and hang onto something on the ground....a culvert, large rock, shrub etc.

If you are in an automobile, get away from the vehicle, and seek the shelter described above. You are safer in a ditch than in your car.

If you are in a public facility (school, work, mall) go to an interior hallway on the lowest level. Avoid large rooms and stay away from windows. Determine who is in charge of the facility, and follow their instructions. Your calm, orderly behaviour will set an example for others, and help avert panic.

If you are in a home, head for the basement. Seek shelter under a staircase or sturdy furniture. If you have no basement or cannot negotiate the stairs, go to a bathroom or closet on the lowest floor, or seek shelter under sturdy furniture.

In an apartment building, the safest locations are the stairwells and interior corridors.

TORNADO

WHAT YOU SHOULD DO

Turn on the radio (station and frequency)

Our emergency radio is located

Extra batteries are located

Assemble all people and pets at the agreed upon meeting place in the home.

When a tornado watch is issued, ensure that light items outside....garbage cans, bikes, boats, BBQ etc. are stored or secured. On our property, this would include the following items:

When a tornado warning is issued, seek shelter. In our household, the safest location is:

Take the emergency radio and batteries with you. Do not leave this safe shelter until the radio has issued the "all clear."

Flashlight/candles are located

Special notes for our family:

EMERGENCY PLANNING FOR THOSE WITH IMPAIRED MOBILITY

During an emergency, your mobility may be affected and you may not be able to seek shelter under furniture. Debris may block your exit and elevators may not work.

Before an Emergency:

Plan ahead by letting neighbours and colleagues know you may need their assistance in vacating your home or workplace. Work out alternative exit routes.

If you use a wheelchair, make more than one exit from your home wheelchair accessible in case the primary exit is blocked in a disaster.

Develop an escape plan by drawing a floor plan of your home. Show the location of doors, windows, stairways, large furniture, your evacuation kit and utility shut-off points. Indicate at least two escape routes from each room and mark a place outside the home where family members should meet.

Secure objects (particularly large furniture items) that might fall and block your path.

If you use supplies such as catheters or bladder pads, keep extra supplies. Toilets may not work after a disaster.

My extra medical supplies are located:

Teach those who may need to assist you in an emergency how to operate the necessary equipment, such as lifts or scooters.

During an Emergency:

In an earthquake or tornado, if you are in a wheelchair, stay in it, move away from windows, high furniture and other dangers and seek cover in a doorway. Be careful about the door swinging back onto you. Otherwise, position yourself away from outside walls, at a point where walls intersect, or in a washroom or closet. Lock the wheels of the wheelchair once you are in a safe and protected position. Cover your head with your hands.

In my home, the safest location would be:

In an earthquake do not enter or exit a building. If you are outdoors, move to a clear area away from trees, signs, buildings, or overhead wires.

If you are in bed or out of your wheelchair, seek cover during the emergency under the bed, a table or desk. If there is a space between your bed and an interior wall try to get down to the floor there.

After an Emergency:

If you are trapped, do anything to attract attention. If you have previously asked your neighbours to check on you, they will be looking for you.

Use a whistle or a flashlight to signal to others, and call for help if you need it.

Listen to your emergency radio for information.

Our emergency radio is located:

Extra batteries are located:

Read the section '**Once the emergency is over.**'

EMERGENCY PLANNING FOR THOSE WHO ARE DEAF OR HAVE IMPAIRED HEARING

The deaf and hearing impaired must take special precautions in emergency situations. You will have a much more difficult time communicating. Telephone services may be out and consequently telecommunications devices for the deaf may not work. If the electricity is also out, your means of communication may be your flashlight. In addition, people may not realize that you cannot hear evacuation warnings and instructions and consequently could leave you behind. Here's what you should do in order to be ready to face emergencies:

Before an Emergency:

Remind neighbours and colleagues that you may not hear an evacuation order, and ask for help.

Ask a neighbour or colleague to be your source of emergency information, as it becomes available.

Make sure you have a flashlight with good batteries in every room. Light sticks are also recommended. These are sold at sporting goods, camping stores, and safety equipment suppliers, and offer light for up to 12 hours without generating any heat or flame. In addition, they do not deteriorate when stored.

Keep a pad and pencil next to your bed and another in a room at the other end of your home.

Store extra hearing aid batteries at home and at work.

During an Emergency:

Watch for falling debris as well as seeking cover and protecting your head with your hands.

After an Emergency:

After an emergency get the attention of others by knocking on doors, banging on walls, or striking objects together to make noise.

Make sure you have protective clothing such as sturdy shoes on.

Have others give you disaster information, as it becomes available over the radio.

See the section '**Once the emergency is over**'

EMERGENCY PLANNING FOR THOSE WHO ARE BLIND OR HAVE IMPAIRED VISION

The nature of this disability poses unusual threats both during and after an emergency. An earthquake or tornado could cause injury because of falling debris and exits may be obstructed. A guide dog may be too frightened to be relied upon. Here's what you should do in order to be ready to face emergencies:

Before an Emergency:

Let neighbours and colleagues know that you might need their assistance in an emergency.

If you use a cane, keep an extra one at home and at work.

Memorize alternate escape routes at home and at work. The ones you are accustomed to may be blocked.

During an Emergency:

If you are unsure what is happening, take cover under sturdy furniture, and away from tall furniture such as bookcases.

Listen carefully, if you hear falling objects remember this. After the emergency is over there may be obstructions around you.

After an Emergency:

Ask others for help negotiating your way through any debris.

Get the attention of others by making noise. Bang on walls or doors.

If there is a power failure, sighted people may not be able to find their way around. Experience has shown that those with impaired vision can often assist the sighted in such cases.

Make sure you are wearing protective clothing, such as sturdy shoes.

Read the section '**Once the emergency is over.**'

ONCE THE EMERGENCY IS OVER

If you had to leave your home during the emergency, make sure that it is safe before you return to it. It may need to be inspected if it has been damaged structurally, or exposed to hazardous materials or flood waters.

If you were evacuated and your home was damaged, you may not be allowed to return until it has been inspected. Check with local authorities in order to determine how to proceed.

Wear sturdy shoes and rubber gloves while cleaning up any spills or broken glass or debris.

If your home was flooded, check with local authorities to ensure that the water supply and sewage systems have been tested and are safe to use.

Throw away any food that was exposed to flood waters unless it is in an airtight container.

After a flood, damage to your home can be minimized by drying out soaked carpets, furnishings and other items as soon as possible. Have someone take larger items outside, if you cannot do it yourself.

Once you have returned home, check for damaged property. If you think you will have to make an insurance claim, get in touch with your insurance company as soon as possible.

If you have to throw anything away, keep a note of it for insurance purposes, or in case you want to replace it later. Take photos of any damage you plan to claim for, if possible, before moving anything or tidying up.

You may need to have repairs made to your property. People with impaired mobility may have suffered damage to accessibility alterations to their home, such as a ramp being broken. Make sure that you deal only with reputable contractors.

Remember to start restocking your Evacuation Kit. If you cannot get everything right away, try to get a few things at a time.

If you feel anxious or afraid after the emergency, remember that this is a normal reaction after a disaster. If you need someone to talk to and a friend or family member is not available, talk to your Doctor. He or she can put you in touch with someone who can help. Another option is a trusted clergyman.

EMERGENCY PHONE NUMBERS

FILL IN THE EMERGENCY NUMBERS FOR
YOUR AREA:

POLICE

FIRE

AMBULANCE

POISON CONTROL

HYDRO EMERGENCY
ASSISTANCE

WATER EMERGENCY
ASSISTANCE

GAS EMERGENCY
ASSISTANCE

HOSPITAL

FAMILY DOCTOR

ANIMAL CONTROL

NOTES: