


EMERGENCY PREPAREDNESS

ARE YOU PREPARED FOR AN EMERGENCY?

EMERGENCY PREPAREDNESS WEEK



Emergency Preparedness Week is May 5-11, 2013.

Emergency preparedness begins at home with each individual being responsible for the safety and well-being of themselves and their family. By taking the time to know the hazards and risks, you and your family will be better prepared in case of Emergency.



Emergency Preparedness Top 3:

- Know the Risks
- Make a Plan
- Prepare an Emergency Kit

WHAT IS AN EMERGENCY?

An emergency is an event or events that affect a large number of people and can overwhelm normal emergency services. An emergency situation can confine you to your home or workplace or can force you to evacuate your community.

Emergencies often mean confusion and distress and can overwhelm normal emergency services. It's important to remember that the local responders may not be able to reach you immediately or in the initial stages of the event when they may need to focus their efforts elsewhere. It is vital to the community that you and your family **plan to be self-sufficient for at least 72 hours.**

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WHEN TO CALL 9-1-1



Emergency calls are handled more effectively and efficiently, when everyone uses the 9-1-1 service properly.

Only call 9-1-1 when a situation requires the **IMMEDIATE** response of: Police Services, the Fire Department and/or Ambulance (paramedics).



Some examples include:

- ✓ Criminal activity
- ✓ Downed power lines
- ✓ Injuries and life-threatening emergencies
- ✓ Fire

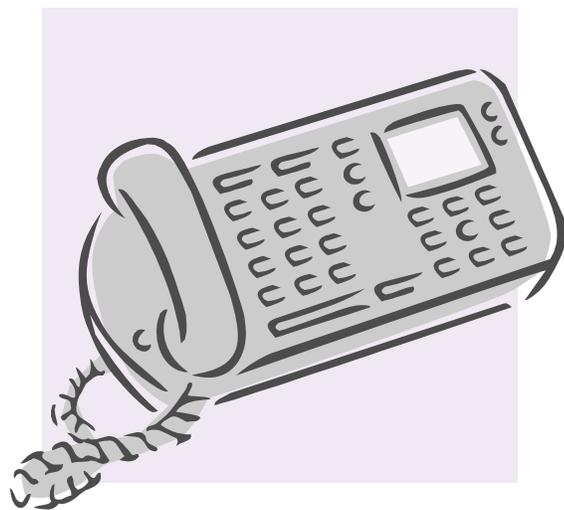
When there is **no immediate danger** to human health or property, non-emergency numbers should be used. For example:

- x Locating Relatives
- x Asking about gas at local pump
- x Location of shelters and other services



Non-Emergency Contact Numbers

Tyendinaga Police Services	613.967.3888
Mohawk Fire Department	613.968.7985
Poison Information Centre	800.268-9017
TELE-HEALTH Ontario	866.797.0000
Belleville General Hospital	613.969.7400
L&A County General Hospital	613.354.3301
Bayview Medical Clinic	613.968.5709
Family Medical Centre	613.966.7300



KNOW THE RISKS

Emergencies that could occur in Tyendinaga Mohawk Territory include but are not limited to:

Hazardous chemical spills or releases
Infectious Disease Outbreaks
Power Outages
Severe Thunder Storms
Wildfires

Winter Storms
Extreme Heat Waves
Floods
Tornadoes

“When you and your family are prepared, you become part of the solution!”

Watch the MBQ Newsletter for monthly Fact Sheets on these emergencies. Copies will also be available at the Community Wellbeing Centre. Or, you can visit our website at:

www.mbq-tmt.org/community/emergency-preparedness



EVACUATIONS

During an emergency, evacuation is a possibility to protect community members from a threat to their health and wellbeing. If remaining indoors (shelter-in-place) is not the safest action, Community Members may need to leave their home to go to a friend’s or relative’s or to a hotel or, in some cases, to an emergency evacuation shelter. Evacuate **ONLY** when instructed by emergency officials. If you have to evacuate:

- Turn off water, gas, and electricity, if instructed to do so by emergency officials.
- Lock your home, doors and windows.
- Take your Ready-to-Go Kit (Page 6).
- Take your 72 Hour emergency survival kit (Page 5), if possible.
- Do not take shortcuts, they may be blocked by debris.
- If you are going to a friend’s or relative’s, call them and tell them your ETA.
- If you go to an evacuation shelter, register all your information at the registration desk.
- Do not return home until authorities advise that it is safe to do so.

BE PREPARED - MAKE A PLAN

Every household needs an emergency plan. A Household Emergency Plan will help you and your family prepare for an emergency situation. To create a Household Emergency Plan, identify the most likely hazards that will affect your home or the community and discuss how to best prepare for those situations.

Identify safe places where everyone should meet if you cannot go home or you need to evacuate. It is best to identify a safe meeting place outside your home, outside your immediate 'neighbourhood' and outside the community (out-of-town). Include the names and numbers of the friends or relatives where to plan to meet. It is also a good idea to establish a contact outside of the area and make sure each member of your family has that contact information.



The Mohawks of the Bay of Quinte has an Emergency Response Plan in place that outlines the roles and responsibilities of Chief and Council and MBQ Administration before, during and after an emergency.

Notification and updates of emergencies that occur anywhere in Tyendinaga Territory will be posted on the community's website and broadcast on KWE Radio (92.3FM), COOL 100.1 FM, HITS FM 95.5FM, myFM 88.7FM, and Quinte Broadcasting Radio Stations (MIX - 97.1FM, ROCK 107.1 and CJBQ 800AM) as well as local television stations.

Emergencies may occur when you are away from home, so find out about emergency plans at your workplace, school, or anywhere else you and your families spend time. Your family may not be together when an emergency occurs. As mentioned already, plan how to meet or how to contact one another, and discuss what you would do in different situations.

Keep your plan in an easy-to-find, easy to remember place (for example, with your emergency kit) and make photocopies to keep in your car and/or at work.

After creating a household emergency plan you should take time to review it with your family every 6 months.

Being prepared and knowing what to do when an emergency situation arises will help you better control the situation, put you in a position to recover more quickly, and reduce fear, anxiety and losses.

72 HOUR KIT

If an emergency situation occurs in the community, it may take emergency responders some time to reach you. Everyone should be prepared to take care of themselves and their family for a minimum of 72 hours. Making a 72 Hour Kit might seem overwhelming, but there is a good chance that you have some of the basic emergency kit items already, such as a flashlight, battery-operated radio, food, water and blankets. The trick is keeping them organized and easy to access.

Use a check list to help ensure that you have what you need to be self sufficient for 72 hours.

- Copy of Family Emergency Plan
- List of important numbers
- Important Papers: ID, insurance documents, etc
- Medications and copies of prescriptions
- Pet Vaccination Papers

FOOD AND WATER

- 3-5 gallons of water (4 litres per adult, per day)
- Canned or freeze-dried food
- Manual can opener
- Instant drinks and juices
- Food and Water for pets



TOOLS AND EQUIPMENT

- | | |
|--|---|
| <input type="checkbox"/> Flashlight and batteries, lantern or candles, matches | <input type="checkbox"/> First Aid Kit |
| <input type="checkbox"/> Radio (battery operated or crank, extra batteries) | <input type="checkbox"/> Sewing Kit |
| <input type="checkbox"/> Shovel, hatchet or axe | <input type="checkbox"/> Nylon Rope |
| <input type="checkbox"/> Plates, utensils and other cooking utensils | <input type="checkbox"/> Car keys |
| <input type="checkbox"/> Toilet Paper and Hygiene Supplies | <input type="checkbox"/> Roadside Emergency Kit |
| <input type="checkbox"/> Cash (in case debit/credit machines are down) | |

WARMTH AND SHELTER

- | | |
|---|--|
| <input type="checkbox"/> Blankets or sleeping bags | <input type="checkbox"/> Emergency Reflective Blanket |
| <input type="checkbox"/> Light weight stove and fuel/camp stove | <input type="checkbox"/> Tent/Trailer or other shelter |

“Don’t put your life at risk by waiting to gather items when the emergency requires you to leave your home immediately.”

READY-TO-GO KIT

Make a Ready-to-Go Kit to take with you, if you have to leave your home to be safe. Your Ready-To-Go Kit should include:

- Change of cloths
- Copies of ID, recent family photo, insurance paper and important documents
- Toiletries (toothbrush, toothpaste, soap, hairbrush, deodorant, hand sanitizer, etc.)
- Cash
- Spare Keys (for vehicle and home)
- Extra medication and copies of prescriptions
- Copy of important phone numbers (Family doctor, work, daycare, vet, etc)
- First Aid Kit
- Flashlight and extra batteries
- Non-perishable snacks and some bottled water or water purification kit
- Pet food and supplies (bowl, leash, toy, etc.)

CAR AND PET SURVIVAL KITS

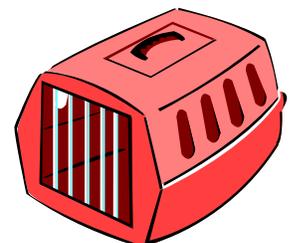
CAR SURVIVAL KIT:

- Shovel
- Flashlight
- First Aid Kit
- Blanket
- Sand or Kitty Litter
- Ice scraper and snow brush
- Matches (wind and water proof)
- "Survival" candle in deep can
- Compass
- Cloth or toilet paper
- Road Flares
- Extra Clothing and footwear
- Emergency food pack
- Booster cables
- Fire Extinguisher
- Extra Windshield Washer Fluid
- Fuel-line Antifreeze
- Tow Chain



PET SURVIVAL KIT:

- 72 hour supply of food
- 72 hour supply of water
- Bowl(s) and can opener
- Blanket/towels (more than one)
- Small toy
- Leash, harness, muzzle
- Litter Pan, plastic bags, scooper
- Pet Carrier
- Vaccination records
- Medicines
- Photo of pet in case they get lost
- Information on pet's feeding schedule
- List of boarding facilities in area
- List of pet-friendly hotels in area
- Flashlight



COPING WITH AN EMERGENCY

During or following an emergency or traumatic event, it is normal to experience both physical and emotional reactions.

PHYSICAL REACTIONS

- ◆ Rapid heart beat
- ◆ Difficulty breathing
- ◆ Chills or sweating
- ◆ Nausea or vomiting
- ◆ Wakefulness or fatigue
- ◆ Change in appetite
- ◆ Difficulty sleeping
- ◆ Headaches

EMOTIONAL REACTIONS

- ◆ Fear or panic, confusion or poor concentration
- ◆ Denial, disbelief
- ◆ Withdrawn from family and/or friends
- ◆ Anger, guilt, suspicion
- ◆ Reoccurring thoughts, flashbacks, nightmares
- ◆ Difficulty making decisions
- ◆ Reluctance to abandon property
- ◆ Rejection of outside help

HOW DO FAMILIES COPE WITH EMERGENCIES:

- ◆ Recognize the way you react to the event is normal.
- ◆ Try not to make big life changes immediately after an emergency.
- ◆ Talk to family members & friends who may have been impacted by this event.
- ◆ Listen to one another and help each other with daily tasks.
- ◆ Try to achieve a balance between rest and activity.
- ◆ Seek professional counseling to help you deal with the trauma.



CHILDREN AND EMERGENCIES

Children may experience fear and anxiety after a traumatic event. It is important to listen to them and hear their worries and take them seriously. How parents can help their children:

- ◆ Encourage them to express their feelings about the event. Be creative, talk, draw or play.
- ◆ Acknowledge their fears and talk about what happened.
- ◆ Give them comfort and affection.
- ◆ Do activities to keep the family together.
- ◆ Get back the normal routine as soon as possible.

ASSISTING PEOPLE WITH SPECIAL NEEDS

For people living with special needs or disabilities, including elderly people who may require assistance during an emergency, a household emergency plan should include any special accommodations that a family member requires.

ASK FIRST! When assisting an individual with special needs, it is best to ask first if you can be of assistance to them. Allow the individual to identify how you can best assist them, if necessary. Do not assume that an individual with special needs requires help.

Also, do not touch the person, their service animal or their assistive device or equipment without permission.

Mohawks of the Bay of Quinte

13 Old York Road
Tyendinaga Mohawk Territory, ON
K0K 1X0

Phone: 613-396-3424
Fax: 613-396-2761
www.mbq-tmt.org/community/emergency-preparedness



Like us on Facebook

or

Follow us on Twitter!

Don't forget to watch the MBQ Monthly Newsletter for Fact Sheets on:

Tornadoes
Thunder Storms
Severe Heat
Winter Storms
Floods
Returning Home

Power Outages
Hazardous Spills
Water Purification
Food Storage
Pet Kit

The Fact Sheets are also available at the Community Wellbeing Centre and on our website at:

<http://www.mbq-tmt.org/community/emergency-preparedness>

"You are not alone. We are a strong community that pulls together as one in times of crisis and opportunity"

RESOURCES



There is a lot of helpful information about emergency preparedness on-line.

Emergency Management Ontario:

<http://www.emergencymanagementontario.ca/english/beprepared/beprepared.html>



Get Prepared—Government of Canada:

<http://www.getprepared.gc.ca/index-eng.aspx>



Hastings County Emergency Services:

<http://www.hastingscounty.com/emergency-services/emergency-preparedness.html>