

Your Personal Action Guide for Community Emergencies

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For additional information
on emergency preparedness,
Contact:

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Kincardine, Ontario
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519 396-2141
www.kincardine.net

Emergency Management Ontario
77 Wellesley Street W.
Box 222
Toronto, Ontario
M7A 1N3
www.ontario.ca/emo

STEPS TO PREPAREDNESS

Prepare a “PERSONAL EMERGENCY 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. A hand crank radio will also work.
- Have on hand a reliable flashlight, extra batteries and a supply of candles, matches and canned 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. Suggested supplies include: acetaminophen, petroleum jelly, antihistamine, calamine lotion, antibiotic cream, thermometer, safety pins, scissors, tweezers, matches, razor blade or knife, roll of gauze bandage, gauze pads, bandages, roll of tape, cotton swabs, first aid book.
- Have on hand a reasonable supply of bottled drinking water. If advised that the emergency may involve a spill that endangers drinking water, immediately obtain tap water for future use. Fill a bathtub.
- About a week after your family has read this, hold an emergency drill to ensure that each family member is able to respond appropriately.
- Locate all shut-off switches and valves, flag these switches with brightly coloured tape or tags and show all family members how to shut off this equipment.

REMEMBER! Extreme caution must be used when re-lighting any gas appliance and only a person knowledgeable in the hazards involved below should attempt to do so.

- | | |
|-----------------------|------------------------------|
| • Main Breaker | • Stove Pilot Light |
| • Furnace | • Gas Dryer Pilot Light |
| • Air Conditioner | • Hot Water Tank Pilot Light |
| • Furnace Pilot Light | • Other |

When notified in person by police or other emergency officials

or if you detect abnormal weather patterns . . .
or if you notice an unusual odour in the air . . .

TURN YOUR RADIO ON and tune to:

AM Radio: CFOS 560
CKNX 920

FM Radio: CKYC 93.7
CIBU 94.5
CFPS 97.9
CKNX 101.7
CIXK 106.5
CIYN 95.5

- 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 of instructions. You are advised, however, to rely on your battery-powered/crank radio, which will broadcast information on both extensive and more localized emergency situations.
- DO NOT TURN YOUR RADIO OFF until the official “all clear” has been issued.

EMERGENCY EVACUATION

At times, due to a large-scale emergency such as a flood, major fire, nuclear, 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 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. You are safe where you are unless advised otherwise by emergency officials.

Where to go

Listen carefully to evacuation instructions as they are broadcast and follow them exactly. Be prepared to take the most direct route to a major highway and travel away from the area in a safe direction.

What to take

When you leave, take with you:

- battery powered radio and spare batteries
- flashlight with spare batteries
- warm clothing, blankets, waterproof outer garments and footwear
- essential medicines, infant care items, personal toiletries and as many emergency supplies as you can
- means of identification for each member of your family and personal and family documents.

Leave your home locked. Do not restart heating, ventilating or pilot lights.

Once on the road:

- exercise courtesy and common sense
- **OBEY** the instructions of emergency personnel who are directing or redirecting traffic
- do not attempt to collect family members from other locations. They will be following the evacuation procedures appropriate to their location
- your safety, and the safety of those in your immediate care, should be your primary concern.

Family members may become separated during evacuation procedures, or they may be evacuated to different safe shelters.

- do not try to phone as this may tie up essential emergency communications
- determine now the name of a friend or relative in another community who will serve as your family's "outside contact".
- Once phone lines are available, each family member should check in with that person to exchange information on the location of all family members. Please be brief so as not to tie up communications.

FIRE

Preparing for a fire

Instituting 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 fire department urges you to develop and practice 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 home escape plan

- Install smoke alarms on each level of your home and test them regularly. They will provide early warning of fire.
- Install fire extinguishers in high risk areas of your home ie. 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 your home has more than one storey, have an emergency escape ladder available on upper floors. Make sure all family members know how to use this ladder.
- Make certain that everyone understands that if they hear a smoke alarm, 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.
- **GET OUT and STAY OUT!**

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 are 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 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.

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.
- Do not take medicines in front of children.
- Do not leave cosmetics lying around on dressers or vanities.
- Do not leave purses 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 a poisoning...

- Think clearly and stay calm!
- Identify the suspected poison and amount taken.
- Immediately contact the poison control centre.
- If necessary, take the individual to the hospital emergency and bring the suspected poison with you.

Poison Control Centre – 1-800-268-9017

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 a flood threat...

- 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, 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 odour, you suspect that your drinking water has been contaminated, purify it before drinking by boiling at a rolling boil for a minimum of 2 minutes.

What you should do

- Turn the radio on (station and frequency, see list on pages 42 and 47)
 - Have a three day supply of emergency food, water and medical supplies on hand.
 - Move furniture, electrical appliances and other belongings to upper floor. Remove weed killers, insecticides, etc. to prevent pollution.
 - Stay calm, stay warm and stay put.
 - Flashlights/candles are located:
-
- Some homes may be protected by using sandbags or polyethylene barriers, but special methods must be used for each. Don't attempt this type of protection

without specific instructions from your local emergency officials.

- Special notes for our family:

If you must evacuate

If you are advised by the emergency authorities to evacuate your home, then do so, following the instructions in the evacuation section of this booklet. Ignoring such a warning could jeopardize the safety of your family or those people who might eventually have to come to your rescue. If using your car, drive with extreme care. If your car stalls in a flooded area, abandon it. Many people have died after being caught by rising flood waters while attempting to move a stalled vehicle.

After a flood

Emergency and relief workers will provide you with further information on action to take after a flood. Care should be taken when re-entering your home. Make sure the building is structurally safe and watch for holes in the floor, broken glass and other dangerous debris. Flood water is heavily contaminated with sewage and other pollutants and poses a serious health hazard.

Once flood waters have receded, you must not live in your house until:

- The regular water supply has been inspected and officially declared safe for use.
- Every flood contaminated room has been thoroughly cleaned and disinfected.
- All contaminated dishes and utensils have been thoroughly washed or sterilized by using boiling water.
- All food which may have been contaminated by flood waters has been disposed of.
- Adequate toilet facilities are available.

Also,

- Heating equipment (wood, gas or electric) must be inspected by a qualified technician.

SEVERE WINTER STORM

Preparing for a severe winter storm

Preparing your Automobile:

- Make sure your vehicles have been properly serviced before the onset of winter.
- Stock each vehicle with emergency items...shovel, gravel or sand, sleeping bag, candles, matches, high-energy food 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 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 available to store a sufficient supply of drinking water in case pipes freeze. Be prepared to fill a bathtub with water.
- Have on hand a 3 day supply 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 inside the house.

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.
- 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 be done only 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 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, see list on pages 42 and 47)
- Assemble all people and pets at the agreed upon meeting place in the home.
- Stay calm, stay warm and stay put.
- If your regular heating source fails, put on additional layers of clothing and use your emergency heat source.

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 kilometers per hour (20 to 65 mph).

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 high relative humidity.

A tornado watch is issued if conditions exist for tornadoes to develop. No tornado has been sighted. A tornado warning is issued if one 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 your home, head for the basement. Seek shelter under a staircase or sturdy furniture. If you have no basement, go to a bathroom or closet on the lowest floor, or seek shelter under sturdy furniture. Stay away from windows.
- If you are in a mobile home, go immediately to a more substantial shelter.

What you should do

- Turn the radio on (station and frequency, see list on pages 42 and 47) and listen for instructions.
- Stay clear of fallen trees, powerlines and other debris.
- Avoid unnecessary travel.
- Gather your family and your **PERSONAL EMERGENCY KIT.**

**BRUCE EXERCISE
2006**

The Municipality of Kincardine, in co-operation with the Province of Ontario and Bruce Power, will be hosting a **FULL SCALE NUCLEAR EMERGENCY EXERCISE October 25th and 26th, 2006** in the Municipality of Kincardine.

This two day **MOCK EXERCISE** will involve activation and operation of the various municipal emergency centres including the Emergency Operation Centre, the Emergency Information Centre, the Emergency Worker Centre, and the Joint Traffic Control Centre. The Reception/Evacuation Centre, located at the Kincardin Davidson Centre, 601 Durham Street, will also be exercised on October 26th. The public is more than welcome to observe. Please be aware of the increased traffic volume at this facility.

Thursday, October 5th, 2006 will be the annual full volume public alerting test of the off site sirens and automated system. This will affect only the area within three kilometers of the Bruce Power site.

NUCLEAR EMERGENCY PLAN

In the unlikely event of an emergency...
...at the nearby Bruce Power nuclear generating stations, there is certain safety information you should be aware of. You will hear about an emergency either by radio or television, by police or sirens, by loudhailers or by an automated phone call made to your home or workplace.

Provincial officials, your municipality and Bruce Power have developed procedures to deal with a nuclear emergency. You should be informed about these procedures and be aware of what actions you may need to take.

Find Out More

If you are notified of a nuclear emergency, tune in to one of the designated radio or television stations listed on pages 42 and 47.

Please do not evacuate unless you are instructed to do so.

If you are instructed to evacuate the area:

- listen to the instructions issued over the radio and TV.
- quickly pack a 3 day supply of clothing, medication and personal care items. Take money and credit cards with you.

- turn off furnace, air conditioning, and other air intake mechanisms.
- close and lock all windows and doors.
- if directed, report to the Reception/Evacuee Centre in your area.(see below) If you do not have a place to stay, you will be directed to a Reception/Evacuee Centre.
- if you are going to the Reception/Evacuee Centre, be aware that pets are not allowed. It is recommended advance arrangements be made to have them looked after.

Traffic will be directed along your evacuation route. For your safety, close the windows, shut off all ventilation in your car and listen to your car radio for further instructions.

Designated Emergency Evacuation Route

For the 10 kilometre area around Bruce Power

1. Please review the map on page 48 to locate where you live or work and note your sector number.
2. The detailed map below shows the preferred evacuation route you should take to the Reception/Evacuee Centre. In an emergency, instructions on what actions you should take will be broadcast over the designated media listed below.
3. If you have a place to stay with friends or relatives, first register at the Reception/Evacuee Centre before proceeding there.
4. If monitoring for contamination is required, this will be carried out at the Reception/Evacuee Centre.

Sector	Evacuation Route out of the Area	Reception/ Evacuee Centre	Detail Map
1, 2, 3, 6	Hwy. #21 (S) or County Road #23 (S)	Davidson Community Centre 601 Durham St. Kincardine	
4 & 5	Hwy. #21 (S)		

DESIGNATED MEDIA

AM Radio:

CFOS 560
CKNX 920

FM Radio:

CKYC 93.7
CIBU 94.5
CFPS 97.9
CKNX 101.7
CIXK 106.5
CIYN 95.5

TV:

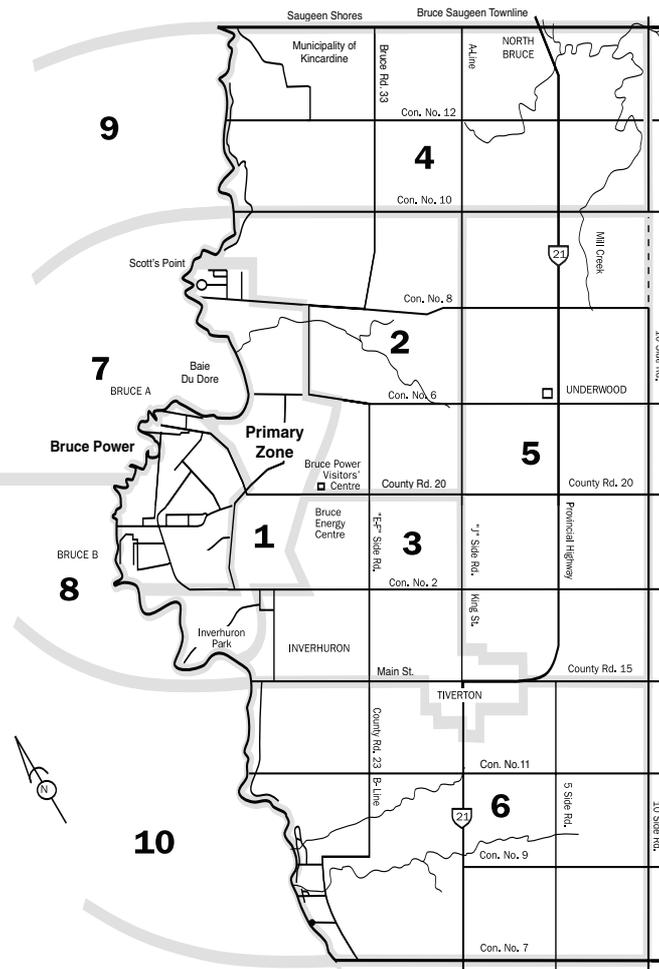
The A Channel Wingham
CKCO TV Kitchener

When You Are Told To Take Action, things such as sheltering indoors, evacuating and/or taking potassium iodide (KI) pills, will help protect you from most radioactive materials, as well as radioactive iodine.

If you are instructed to take shelter :

- go into your home or workplace. If necessary, inform other people to do the same.
- close all doors and windows.
- turn off furnaces, air conditioners or any other air intake/exhaust mechanisms.
- gather your family and your PERSONAL EMERGENCY KIT
- stay tuned to designated radio and television stations for further instructions

Primary Zone and Response Sectors



If you would like more information on nuclear emergency planning, please contact:

Bruce Power
Corporate Communications
519 361-7777

If you are instructed to take KI Pills

If a nuclear emergency occurs, potassium iodide (KI) pills may be used to minimize the absorption of radioactive iodine by the thyroid gland.

Provincial officials will authorize the taking of KI pills, but only if necessary; do not take them unless instructed. KI pills will be available for the public at reception centres following an evacuation. Municipalities have stockpiles of KI pills for use during an emergency. KI pills may also be purchased from a local pharmacy.

Don't wait for an emergency -BE READY IN ADVANCE

The best response is a prepared response. Take a moment now to review this map and complete the following:

NUCLEAR EMERGENCY PLAN

Your Sector Number is:

Your Reception/Evacuee Centre is located at:

Davidson Community Centre
601 Durham Street
Kincardine