

**For Release Friday April 30<sup>th</sup>, 2010**

## **EMERGENCY PREPAREDNESS WEEK MAY 2 – 8, 2010**

**NORTH BAY, ON** – ‘Take the Challenge,’ is this year’s theme for Emergency Preparedness Week May 2 - 8. Emergency Preparedness Week 2010 marks the event’s 15<sup>th</sup> anniversary of a Canada-wide joint Federal-Provincial initiative to increase awareness about individual and family preparedness. The first 72 hours during an emergency are critical and every family should be prepared to be as self-sufficient as possible; as emergency services will be dealing with the larger scale emergency during this time period.

Every household needs an emergency plan. Your family may not be together when a disaster occurs. Plan how to meet or contact one another and discuss what you would do in different situations. Secondly, prepare an “emergency kit” to ensure your family is self-sufficient in your home for at least three days, keeping in mind that the City may be without power during that time. An attached list is a great guideline to preparing your “emergency kit”.

North Bay has a very active Community Emergency Management Planning Committee (CEMPC) that includes representation from all sectors in our community. Together they have developed a viable plan for our community should a large scale emergency occur. This committee meets on a regular basis as well as plans and practices mock emergencies for the training of emergency personnel. These scenarios identify one of our area’s top potential emergencies which include flooding, storms and hazardous materials.

On Friday May 7<sup>th</sup> and Saturday May 8<sup>th</sup>, table displays and representatives from various emergency and support services will be set-up at Northgate Square, Sears Court offering information to the public on how to be prepared.

You can’t predict an emergency, but you can prepare for one. By taking a few simple steps, you can be better prepared. To learn more about emergency preparedness ‘Take the Challenge’ at [www.ontario.ca/beprepared](http://www.ontario.ca/beprepared).

## For more information:

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## Appendix:

The Emergency Survival Kit Checklist below outlines the basic items every individual should have:

- ✓ Flashlight and batteries
- ✓ Radio and batteries or crank radio
- ✓ Spare batteries (for radio and flashlight)
- ✓ First-aid kit
- ✓ Telephone that can work during a power disruption
- ✓ Candles and matches/lighter
- ✓ Extra car keys and cash
- ✓ Important papers (identification)
- ✓ Non-perishable food (ready-to-eat items that do not require refrigeration)
- ✓ Manual can opener
- ✓ Bottled water (4 litres per person per day)
- ✓ Clothing and footwear
- ✓ Blankets or sleeping bag
- ✓ Toilet paper and other personal items
- ✓ Medication
- ✓ Backpack/duffle bag
- ✓ Whistle (to attract attention, if needed)
- ✓ Playing cards

Since emergency supply requirements vary for individuals with special needs and different disabilities, please refer to the [www.emergencymanagementontario.ca](http://www.emergencymanagementontario.ca) website for more details. Also remember that families with babies and toddlers will have additional needs. Remember to include things like diapers, baby food and formula, bottles/sippy cups, toys, crayons and paper etc.

### Other tips:

- Keep important phone numbers in your emergency kit.
- Make sure all members of the household know where the emergency kit is stored.
- Discuss your emergency plan with family members in advance of any potential emergency, in the event you aren't all together when the emergency occurs.
- Review and replenish your kit on a yearly basis.