

Emergency Preparedness

72 hours...Is your family prepared?



by Regional Chair Gary Carr

Recent disasters around the world, like the flood in Manitoba and the concerns highlighted with the recent outbreak of the H1N1 Flu Virus (Human Swine Influenza) demonstrate the importance of being

prepared for emergencies of all types. With some careful planning and preparation, you can learn how to deal with these emergencies and minimize the impact to your family.

"72 hours...Is your family prepared?" is the theme of this year's Emergency Preparedness campaign and is designed to encourage people to be prepared to cope on their own for at least the first 72 hours of an emergency, while fire, police and paramedics help those in desperate need.

Emergency preparedness experts consistently say that by taking a few simple steps, you are taking a responsible and necessary step to protect yourself and your family from all types of emergencies.

Know the risks

Although the consequences of disasters can be similar, knowing the risks specific to your community and your region can help you better prepare.

Make a plan

It is essential to have an emergency plan in place to help you and your family know what to do if disaster strikes. Use Halton's Personal Emergency Preparedness Guide to help you make your plan.

Get a kit

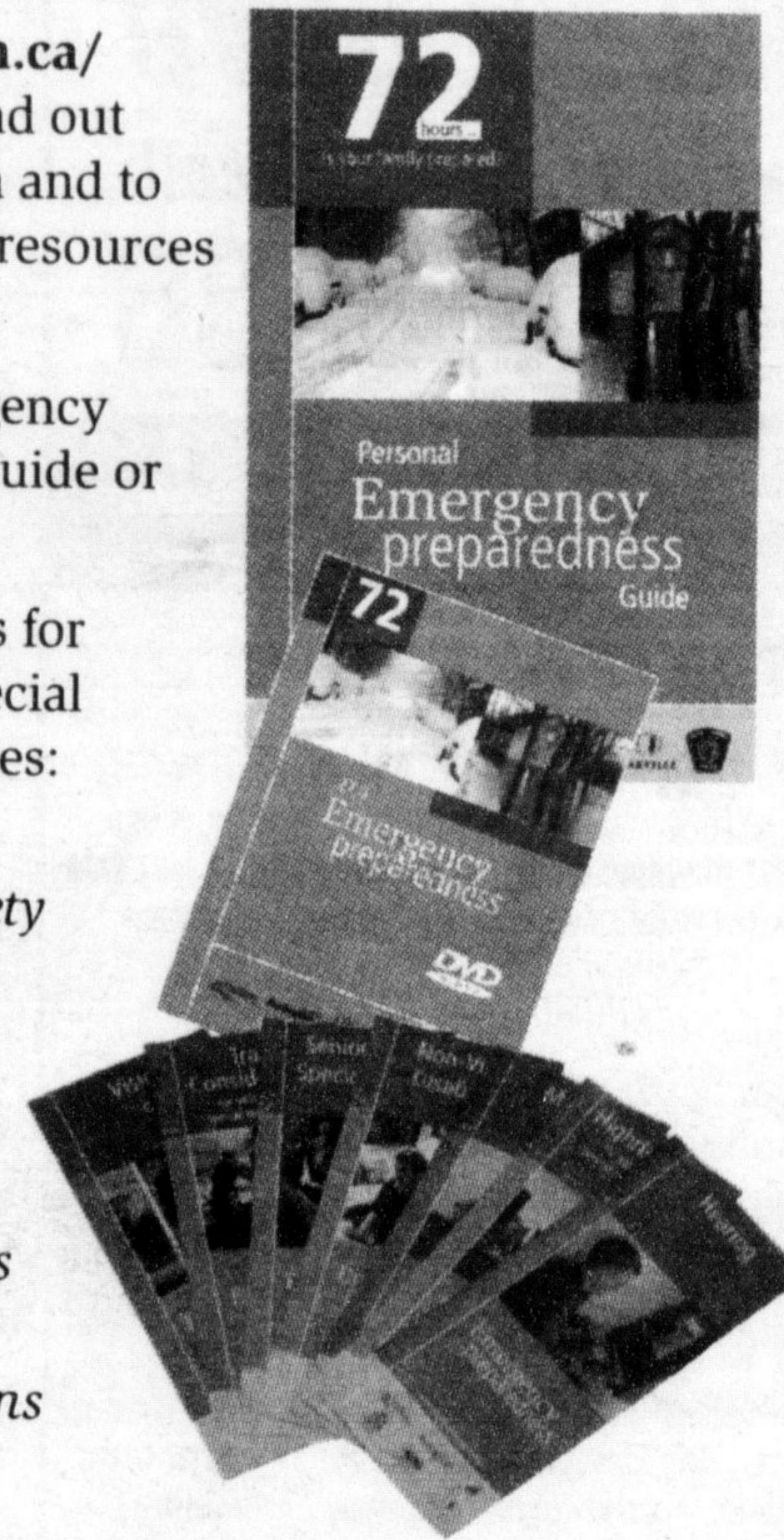
It doesn't take long – find out what goes into an emergency kit, or where you can buy one. An emergency kit helps ensure you and your family are ready to cope on your own for at least the first 72 hours of an emergency.

Representatives from Halton Region, the Halton Regional Police Service and the City of Burlington, the Town of Halton Hills, the Town of Milton and the Town of Oakville meet regularly to plan for emergencies and ensure a coordinated response. However, emergency preparedness is everyone's responsibility and I encourage you to do your part.

Visit www.halton.ca/beprepared to find out more information and to download useful resources such as:

- Personal Emergency Preparedness Guide or DVD
- Pamphlet Series for people with special needs/disabilities:
 - Hearing
 - Highrise Safety
 - Mobility
 - Non-Visible Disabilities
 - Seniors with Special Needs
 - Travel Considerations
 - Vision

These resources, including a Vision Pamphlet – Braille Version and Audio CD, are available at Regional and Local Municipal government offices and facilities. They can also be requested by calling 311 or 905-825-6000, toll free 1-866-442-5866 or by email through accesshalton@halton.ca.



Prepare an emergency kit yourself...

A basic kit includes:

- Water – four litres of water per person per day is suggested: 2 litres for drinking and 2 litres for washing, etc. (include small bottles that can be carried easily in case of an evacuation order)
- Food – that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- Manual can opener
- Flashlight and batteries
- Battery-powered or wind-up radio (and extra batteries)
- First aid kit
- Special needs items - prescription medications, infant formula or equipment for people with disabilities
- Cash – include smaller bills, such as \$10 bills (travellers cheques are also useful) and change for payphones
- Emergency plan – include a copy in your kit, and photocopies of personal documents, such as passport and birth certificate.

...or buy one

You can buy an emergency kit online and in many stores across Canada. The Canadian Red Cross sells its Disaster Preparedness Kit at www.redcross.ca.

St. John Ambulance and The Salvation Army have also jointly prepared an emergency kit, which can be purchased from Canadian Tire and Home Depot.

June Meetings at Halton Region Headquarters

- June 3, 9:30 a.m.** Regional Council
- June 16, 9:30 a.m.** Health & Social Services Committee
- June 17, 9:30 a.m.** Planning & Public Works Committee
- June 17, 1:30 p.m.** Administration & Finance Committee
- June 24, 9:30 a.m.** Regional Council