

The City of Winnipeg is continuously improving its comprehensive plan for dealing with emergencies that affect Winnipeggers. Citizens can participate in this plan by making their own emergency preparations. During the first few days of any major emergency, City resources will be focused on re-establishing or supporting critical services. It is expected that individuals and families will be able to look after their own needs for a minimum of three days.

Emergency  
Preparedness  
Guide Pull-out



# TIME TO PREPARE

## Your Role in Dealing with an Emergency

- ▶ Train Derailment
- ▶ Blizzard
- ▶ Tornado
- ▶ Ice Storm
- ▶ Flood
- ▶ Wind Storm
- ▶ Airplane Disaster
- ▶ Lightning Storm
- ▶ Fire
- ▶ Chemical Spill
- ▶ Gas Explosion
- ▶ Power Outage
- ▶ Drought

## KNOW WHAT TO DO!

Will your family think clearly and logically in a crisis? Not many of us can.

So do your clear and logical thinking now when you have time to be thorough.

**PREPARE NOW** - your best protection in any emergency is knowing what to do.

**KNOW WHAT CAN HAPPEN** - become familiar with the types of disasters that can happen in your community.

**PREPARATION STARTS AT HOME** - hazard-proof your home. Keep a list of key phone numbers and addresses near the telephone. Prepare an emergency supply kit for in the home and your vehicle.

(Turn page for more information.)



# Emergency Preparedness

## Have you thought about it?

We seldom or never think about potential disasters that can affect us. Yet severe weather, chemical spills, and major transportation accidents can strike almost any community, including ours.

If you are unprepared for a disaster, it may shatter your life. Being prepared can make the difference between being a victim or a survivor.

NOT HERE! and if it was here, NOT ME!, are very common illusions we create. Canadians give very little thought to planning for major emergencies. So when a disaster strikes, stress, trauma and injury overwhelm victims. Survivors, on the other hand, expect the unexpected and plan for it.

Just as you plan out fire escape routes in your home, you should also plan for a major disaster. We are fortunate to reside in a city that is a relatively safe place to live, however we must keep in mind that Winnipeg is a major transportation hub and is subject to severe weather conditions. While no community is equipped to handle all the demands of a catastrophe, you can help by preparing yourself and your family.

Preparing today for the disaster tomorrow is common sense. Make sure everyone in your family knows what to do before, during and after an emergency.

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## Preparing Yourself and Your Family

### DISCUSS WHAT TO DO

Talk with household members about what everyone will do in an emergency. Knowing what to do before and during an emergency can mean the difference between being a victim or being a survivor.

- Hold a family meeting to discuss potential emergencies like fire, snow or thunder storm or extended loss of power, heat and other essential services.
  - Draw up a plan that explains how to react to each type of emergency.
  - Identify two escape routes from each room in your house.
  - Identify two emergency meeting places - one near your home and one outside your neighbourhood - where family members should gather if they become separated.
  - Identify one local and one out-of-town contact for family members to call as a central link between family and friends seeking information.
  - Identify one local and one out-of-town location that will accommodate your family for one or two days.
- Post important numbers and other emergency numbers on or near all telephones in your home.
  - Teach children how and when to call 911.
  - Record and maintain a list of health information (e.g. medication types and dosages), bank and credit card numbers, and other important personal identification information.
  - Check your insurance coverage.
  - Store important documents and records in a portable, waterproof and fireproof container.
  - Teach family members how and when to turn off water, gas and electricity flow into the home.
  - Purchase an "A-B-C" fire extinguisher, place it in a prominent location and teach family members how to use it.
  - Take a basic first aid and CPR course.
  - Decide how you will care for your pets, particularly if you have to evacuate your home.

### CHECK FOR SAFETY HAZARDS

Check your home for fire and other safety hazards. Ordinary items can cause injury or damage in unexpected situations. Anything that can move, fall, break or cause a fire is a potential hazard.

- Have a qualified professional check, repair or clean electrical wiring and connections, chimneys and flue pipes, and gas valves and vents annually.
- Store gas, oil, pesticides and other flammable products away from heat sources.
- Remove chemicals from the basement and store irreplaceable items on the upper floors.
- Fasten shelves securely, brace overhead fixtures and place large, heavy objects on low, sturdy bases, low shelves or on the floor.
- Test smoke and carbon monoxide detectors once a month. Replace the batteries in battery-operated detectors twice a year.

# Remember...

## practice and update your plan regularly!

### MAKE EVACUATION PLANS

In an emergency, you may be required to evacuate with little warning. If you have time, do the following before you go:

- Put on clothing appropriate for the anticipated weather and sturdy shoes or boots.
- Listen to the radio to find out what travel routes are being recommended and the location of emergency shelters.
- Shut off your water, gas and electricity if instructed to do so.
- Let local and out-of-town contacts know you are leaving and where you are going. Do not use the phone again unless it is a life-threatening emergency.
- Leave a note in your mailbox telling people when you left and where you plan to go.
- Take your emergency supply kit and lock your home.
- If you and your family members become separated during an evacuation, go to the local emergency shelter and register.



An emergency could isolate your family in your home, strand you in your car or force you to evacuate without warning. Emergency supply kits in your home and car can help you cope. Stock enough supplies in your home to meet your family's needs for at least three days. Do not overstock as this may cause supply problems for others. Store goods in easy-to-carry containers, a backpack or duffel bag.

#### FOR THE HOME:

- Drinking water: one litre per adult per day in sealed, unbreakable containers. Replace every three to six months.

- Water for food preparation and sanitation: one to two litres per adult per day.
- Supply of non-perishable food that requires no refrigeration, cooking and little or no water. Such foods include ready-to-eat canned meats, fruits, vegetables, juices, soup, honey, peanut butter, crackers, cereal, etc. Check expiry dates and replace with fresh stock as needed.
- Supply of specialty foods for infants, elderly people and others who may be on special diets.
- Pet food.
- Comfort or stress relief foods like cookies, candy, instant coffee, etc.
- Hand operated can opener, disposable cups, plates, knives, forks and spoons.
- Waterproof matches, candles, tin can and garbage bags.
- Battery-operated flashlight, radio and extra batteries.
- First aid kit with an extra pair of eyeglasses, any needed medication and vitamins, and important medical information like a list of prescription medications, the family doctor's phone number, and the style and serial numbers of devices like pacemakers.
- Warm blankets and a change of clothing and shoes for every member of the family.
- Extra car and house keys and extra cash.
- Adequate supplies for an alternate source of heat that can be used safely in the home (e.g. wood for a wood burning fireplace).
- Toilet paper and other personal supplies.
- Whistle.
- Playing cards, a few small books and toys.

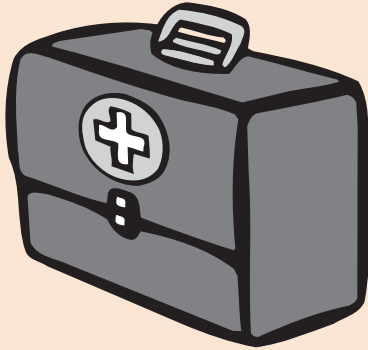
#### FOR THE CAR:

- Battery-operated radio, flashlight and extra batteries.
- Waterproof matches, candles and tin can.
- Blankets, emergency flares, map, shovel, and booster cables.
- Small "A-B-C" fire extinguisher.
- First Aid Kit.
- Whistle.
- Bottled water and non-perishable, high energy foods.
- Tire repair kit, pump and hand tools.
- Full tank of gasoline.

# Know what to do AFTER a disaster!

After an emergency, you may be confused or disoriented. Stay calm and remember the following procedures.

## HELP THE INJURED



Help anyone who is injured. Get your emergency supply kit (the first aid kit should be with it). Call for assistance or professional help if necessary.

## LISTEN TO THE RADIO

Listen to your local radio station on your battery-operated radio for instructions.

## DON'T USE THE TELEPHONE

Don't use the telephone unless it is absolutely necessary. Emergency crews will need all available lines.

## CHECK YOUR HOME

Check for damage to your home.

- Sniff for gas leaks, starting at the water heater. If you smell gas, turn off the main gas valve, open windows and get everyone outside quickly.
  - Shut off other damaged utilities.
  - Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately. Wear protective clothing such as gloves, boots or safety glasses. For major spills or leaks, call in professional help.
  - Confine or secure your pets.
  - Check on your neighbours, especially the elderly or people with disabilities.
- Use a flashlight. Don't light matches or turn on the electrical switches if you suspect damage or smell gas.
  - Check for fires, fire hazards or other household hazards.

**If you turn off the gas, it should only be turned back on by a licensed professional.**

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This guide was prepared by the City of Winnipeg Emergency Preparedness Program in partnership with  
Emergency Public Information Team  
Emergency Public Aid Sector - Community Services Department.

To obtain more copies, call 986-4692 or access the City's web site at:

**winnipeg.ca**

## ADDITIONAL RESOURCES:

- Office of Critical Infrastructure Protection and Emergency Preparedness .....983-3760 .....[www.ocipep-bpiepc.gc.ca](http://www.ocipep-bpiepc.gc.ca)
- Safe Guard Secretariat.....1 (800) 830-3118 .....[www.safeguard.ca](http://www.safeguard.ca)
- Manitoba Emergency Measures Org. ....945-4772.....[www.gov.mb.ca/gs/memo](http://www.gov.mb.ca/gs/memo)
- Environment Canada.....984-5952.....[www.ec.gc.ca](http://www.ec.gc.ca)
- Canadian Red Cross .....982-7330 .....[www.redcross.ca](http://www.redcross.ca)
- Salvation Army.....775-0421 .....[www.mb.salvationarmy.org](http://www.mb.salvationarmy.org)



(Available in French on request.)