



Be Prepared: Make a Plan

Discuss Emergency Planning with your family

Emergencies such as a fire, a severe storm, a flood or power outage, often occur without warning.

Your best defense in protecting yourself and your family during an emergency is knowing what to do and planning ahead. Discuss your plan with your family. The following guide will help you get started. Keep this guide with your emergency kits for quick reference.

Please review your plan every six months to ensure it's up-to-date.

Emergency Phone Numbers

911

Police /fire /ambulance

Family doctor

Pharmacy

Animal hospital

Out-of-town contact

1-800-267-1373 / 613-737-1100

Ontario Regional Poison Centre

Question

Community



- | | |
|--|-----------------------|
| 1. I know the unique risks of my community. | <input type="radio"/> |
| 2. I am aware of my community's emergency response plan. | <input type="radio"/> |
| 3. I know the evacuation route for my home. | <input type="radio"/> |
| 4. I am familiar with the schools' emergency plans. | <input type="radio"/> |
| 5. I am aware of the emergency plan for my workplace. | <input type="radio"/> |

Home

- | | |
|---|-----------------------|
| 1. The keys to the dead bolts are in a safe and easy-to-remember location. | <input type="radio"/> |
| 2. I have smoke and CO detectors on each floor and I have tested them in the last six months. | <input type="radio"/> |
| 3. I am aware of an alternate exit for each room on each floor. | <input type="radio"/> |
| 4. I know how to turn off the gas/water/electricity. | <input type="radio"/> |
| 5. The list of emergency telephone numbers is in a safe and easy-to-remember location. | <input type="radio"/> |
| 6. My family and I have identified a meeting place outside the home. | <input type="radio"/> |

Car

- | | |
|---|-----------------------|
| 1. I understand the importance of having the gas tank at least half full. | <input type="radio"/> |
| 2. I have an emergency survival kit in the car. | <input type="radio"/> |

My Family and Me

- | | |
|---|-----------------------|
| 1. I am aware of any special needs my family may have during an emergency. | <input type="radio"/> |
| 2. We have emergency plans in place to care for our pets. | <input type="radio"/> |
| 3. We have a home evacuation plan. | <input type="radio"/> |
| 4. Everyone in the family has a copy of the emergency contact numbers list. | <input type="radio"/> |
| 5. We have an emergency kit that is accessible and easily carried. | <input type="radio"/> |
| 6. We have an emergency response plan and have discussed it in detail. | <input type="radio"/> |
| 7. Someone in our family is trained and knows how to provide first aid. | <input type="radio"/> |

Want to know more?

For more information on preparing a personal emergency plan, call 1-866-801-7242 (TTY 1-800-387-5559) or click here www.health.gov.on.ca/english/public/program/emu/emu_mn.html