

Emergency Preparedness for Persons with Special Needs



FAMILY EMERGENCY PREPAREDNESS

SELF ASSESSMENT CHECK LIST

During an emergency, or if you are injured and unable to help yourself, this Check List will enable emergency responders to assist you with your specific needs.

I am able to :

- Hear See Walk without help Walk with help Transfer myself
- Prepare my meals Feed myself Dress myself
- Sit without help with help Wash/Bathe without help with help
- Sanitary needs without help with help

I will need specific help with (explain) _____

Important Personal Information

List your prescription number, name and purpose of each medication.

(Example: #34567, Insulin, Diabetes)

- # _____ Name _____ Purpose _____
- # _____ Name _____ Purpose _____
- # _____ Name _____ Purpose _____
- # _____ Name _____ Purpose _____
- # _____ Name _____ Purpose _____

Special equipment I use _____

Special sanitary aids _____

Allergies _____

Other special needs _____

Special diet _____

List names, addresses, telephone numbers of family members, attendants, doctor and other important information.

Name _____ Relation _____

Address _____ Phone # (Home) _____

_____ Phone# (Bus) _____

Name _____ Relation _____

Address _____ Phone # (Home) _____

_____ Phone# (Bus) _____

Doctor _____ Phone # _____

Social Insurance # _____ Medicare # _____

Private Medical _____ Policy # _____

Emergency Preparedness for Persons with Special Needs

A “Family Emergency Preparedness” Publication

This
EMERGENCY PREPAREDNESS BOOKLET
was produced by the
MANITOBA EMERGENCY MEASURES ORGANIZATION

The Manitoba Emergency Measures Organization is pleased to provide you with this brochure and gratefully acknowledges the contribution of the Manitoba Seniors Directorate, Manitoba Health, Manitoba Family Services, Office of the Fire Commissioner, Manitoba Environment and the many others who have contributed to the content of the brochure.

Additional copies are available from:
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1-888-267-8298
www.manitobaemo.ca

NOTE:

This brochure is designed as a guide to assist you during emergencies. It is not intended to serve as a substitute for detailed emergency preparedness and training. It is recommended that all citizens contact their local Emergency Co-ordinator or the Manitoba Emergency Measures Organization for additional emergency preparedness information.

**Become informed and involved. Keep this book readily available.
Your life or that of someone you love may depend on it!**

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INTRODUCTION

“Home” for a person with special needs may be a single-family dwelling, apartment, condominium, mobile home or a shared residential complex. A person with special needs may also live alone, with relatives, friends or other residents.

Realistic preparedness planning should be based on your specific circumstances and needs. Your safety may depend in a large measure on the planning and practice which you do before an emergency occurs. Planning should begin with a self-evaluation of your capabilities, limitations and needs, expressed in such questions as:

- What types of emergencies are likely to occur where I live?
- What services will I probably be without in the event of an emergency:
 - electricity, water, gas, other utilities?
 - transportation and communication services with doctors, pharmacies, hospitals, emergency agencies, markets, stores, other people important to me?
- What will my needs be?
- Where can I get supplies? How can I store them for emergency?
- How can I become more self-reliant and develop emergency response skills?
- What type of training/information do I need?
- How can I become a part of a mutual assistance network in my area?

The guidelines in this book are designed to help you organize the answers to your questions so that you may develop your own individual/family emergency plan. We have included, in separate units, general suggestions as well as special tips for persons with specific needs. The emphasis is on self-sufficiency and home preparedness in the event of an emergency. To help you plan, we have included information on several commonly experienced emergencies throughout Manitoba: fire, winter storms, floods, tornadoes, lightning and hazardous materials accidents.

Additional guidelines available are *Seniors Emergency Preparedness and Family Emergency Handbook — Think Safety*. For further information contact the Manitoba Emergency Measures Organization, phone 945-4772 or 1-204-945-4772.

FREQUENTLY OCCURRING EMERGENCIES IN MANITOBA

Identifying and learning about the nature of emergencies that may occur in the area where you live is the first step toward informed preparedness planning.

FIRE

Definition

Fire is the active burning or combustion of material, producing light and heat.

Why and How it May Occur

Fire may be caused by accident, human carelessness or intentional setting. Fire may result in emergency situations, due to broken gas lines or power lines. An out-of-control fire produces extreme heat, dangerous flames, dense smoke and distinctive loud, crackling sounds.

Signs and Warnings

Fire can be seen, felt, heard and smelled. Your best insurance against destructive fires is use of smoke and heat detectors and fire extinguishers in your home; fire alarm systems and sprinklers in public buildings; plus good fire prevention habits. Your local fire department and other emergency service agencies can be called upon to help with fire safety, education and inspection.

WINTER STORMS

Definitions

Blizzard - A combination of falling, drifting snow and high winds with a visibility of less than one kilometre (one-half mile) and temperatures below -10° Celsius (15° Fahrenheit).

Ice-storm - Freezing rain or drizzle which coats roads, trees and power lines causing dangerous driving conditions and power failures.

Heavy Snow - Over 10 centimetres (four inches) of snow in 12 hours or 15 centimetres (six inches) of snow in less than 24 hours.

Cold Wave is a rapid drop in temperature of 25° Celsius (45° Fahrenheit) or more in less than 18 hours.

FREQUENTLY OCCURRING EMERGENCIES IN MANITOBA

Signs and Warnings

Winter weather conditions can become severe or hazardous with little or no warning. Proper preparation plus a knowledge of weather conditions can reduce harmful effects to you, your family and your property. A weather “watch” or “warning” may be issued by Atmospheric Environment Services Canada. A “watch” means that conditions are favourable for severe weather in your area. A “warning” means that somewhere within the area severe weather is taking place. STAY ALERT.

FLOOD AND FLASH FLOOD

Definition

Flood is an overflowing of water onto or into an area that is normally dry.

Why and How It May Occur

A flood may occur from slow rising waters following prolonged rainfall and/or melting snow. Flash flooding may occur when sudden, concentrated heavy rain storms result in swift run-off, overloading drain and sewer systems or breaching dikes.

Signs and Warnings

If you live in a flood plain area, near rivers or streams or in locations surrounded by hills, be alert for conditions that may trigger flooding. Local news media will report flood warnings issued by Manitoba Natural Resources. Warnings may be broadcast over radio and television.

Flash flood warnings are urgent. Take immediate preventative action.

TORNADO

Definition

Tornadoes are extremely violent localized windstorms. They arise from severe thunderstorms, under specific conditions. Tornadoes can travel at speeds in excess of 100 kilometres (60 miles) per hour but average 50 kilometres (30 miles) per hour. Wind velocities inside the funnel may be as high as 320 kilometres (200 miles) per hour. The average width of a tornado funnel is about 90 to 120 meters (300 to 400 feet) at the ground. A tornado may travel along the ground for less than a

FREQUENTLY OCCURRING EMERGENCIES IN MANITOBA

kilometre (one-half mile), but some have been known to travel over 65 kilometres (40 miles).

Why and How It May Occur

Any time there are severe thunderstorms in an area the possibility exists for the development of a tornado. A tornado can be recognized by the funnel or dark column spinning from the sky to the ground. Tornadoes generally occur between the hours of 3 p.m. and 7 p.m., and about 85 per cent will come from a southwesterly direction.

Signs and Warnings

Danger signs for tornadoes include severe thunderstorms in the area with strong, gusty winds and a funnel or dark column spinning from the clouds to the ground. You will often hear a loud, roaring noise similar to the noise of a train or airplane. Any time there are severe thunderstorms in your area you should stay alert for tornado “watches” or “warnings” on local radio and television stations.

LIGHTNING

Definition

Lightning is the discharge of atmospheric electricity from one cloud to another or between a cloud and the earth.

Why and How It May Occur

Lightning is present in all thunderstorms and can be very dangerous. At any given time, there are over 2,000 thunderstorms in progress over the surface of the earth with over 100 lightning strikes each second.

Signs and Warnings

Any time there are severe thunderstorms in your area, weather “watches” or “warnings” will be issued by Atmospheric Environment Services Canada.

FREQUENTLY OCCURRING EMERGENCIES IN MANITOBA

HAZARDOUS MATERIALS ACCIDENTS

Definition

Hazardous materials are chemicals that can be harmful to humans and/or to the environment.

Why and How It May Occur

Accidents can occur at anytime in, or outside of the home. The inadvertent mixing of household cleaning chemicals, transportation accidents or fire can result in the release of dangerous chemical fumes.

Signs and Warnings

Many chemicals cannot be seen or smelled, but they can be DEADLY. If you see a chemical accident or notice chemical odours in your home DO NOT take chances. Take immediate action: call the fire department and leave at once. If there is an accident in your area, police, fire department or Manitoba Environment personnel will issue warnings and instruction to the public.

WHAT TO DO BEFORE AN EMERGENCY

Persons with special needs may need to take extra precautions to ensure safety and survival in the event of an emergency. The information in this guide, used in conjunction with other emergency preparedness publications, will be especially helpful to the person with special needs in developing a personal emergency plan. From the general guidelines which follow, choose those that apply to you, then add others tailored to your individual needs. Special tips dealing with specific impairments are available elsewhere in this book.

Learn about the nature of emergencies most likely to occur in your area. Use this information in your personal planning. For instance, the location and type of your emergency supplies may vary based on the different emergencies which could occur in your area.

Develop your skills by taking emergency preparedness courses (i.e., first aid, and cardiopulmonary resuscitation (CPR), etc.) These are available from the Red Cross, St. John's Ambulance and other agencies.

Arrange for a mutual-aid "buddy" system, in the locations where you spend a significant amount of time. Your "buddies" may be roommates, relatives, friends, neighbours or co-workers.

Assess your own needs, capabilities and limitations in an emergency. Prepare a self-assessment list; make several copies. Be realistic. Include in your list a description of the purpose of your medications (i.e., insulin for diabetes), any allergies, special equipment you use, names, addresses and telephone numbers of your doctor, pharmacy, family members, "buddies" and any other important information about yourself. Wearing a medical alert bracelet or necklace is recommended.

Keep a copy of your list near you and/or with you at all times. Give each "buddy" a copy and discuss the type of help you may need. Arrange for a mutually understood signal for help. For example, use a whistle, tap on the wall, use the telephone or shout.

Keep your medications, an extra written copy of any prescriptions, a small flashlight and a whistle for signalling with you at all times. You may wish to keep them together in a lightweight, drawstring bag for easy access as well as being ready for emergency situations.

WHAT TO DO BEFORE AN EMERGENCY

IN YOUR HOME

Reducing the Danger

Learn about the building in which you live, whether it be a single family-dwelling, an apartment complex or mobile home. Is it structurally sound and able to withstand possible disaster? For example, mobile homes may be particularly vulnerable in floods and tornadoes unless properly anchored.

Talk to your building manager or consult with your local fire department, public works, building inspector and utility companies. They can provide advice about your safety needs.

Do whatever is possible to correct any safety hazards in your home to prevent unnecessary injury or damage.

- Make sure that any life-support equipment you may be using (oxygen tank, suction machine, etc.) is located where it will not be an obstruction during an emergency.
- Make sure that heavy objects are placed on low shelves of bookcases and shelving units.
- Install handrails on both sides of staircases. Handrail shape should be round, 1½ inches in diameter and installed at a height of 95 centimetres (37 inches) for the greatest effect in preventing accidents.
- Locate the bedrooms of persons with mobility impairment on the main floor.
- Avoid placing furniture or beds in front of, or directly under windows.

Fire Safety

Have smoke detectors properly installed in several locations. For maximum protection, it is recommended that you have smoke detectors in your sleeping area, in hallways, above the stairway of a second story and in a basement. Avoid installation in bathrooms, kitchens and in areas exposed to heating or air conditioning vents. Keep detectors in good working order, have them tested monthly and have the batteries replaced annually when you change your clocks from Daylight to Standard Time. If your detector is 10 years old, replace it!

Keep several fire extinguishers (preferably the A-B-C type) strategically placed around your home. Have them tested annually and recharged when required. Make sure you and your family know how to use your fire extinguishers. Use **PASS** (**P**ull the

WHAT TO DO BEFORE AN EMERGENCY

safety pin - **Aim** at the base of the flames - **Squeeze** the trigger - **Sweep** across the flames).

- Store flammable liquids in approved containers, separately, in a well-ventilated area outside the home. Keep them to a minimum.
- Do not smoke or permit smoking in and around overstuffed furniture or in bed. Be sure that smoking materials are placed in large, deep ashtrays and carefully extinguished.
- Keep your bedroom closed but not locked at night.
- Clean and check fireplace and heating equipment regularly.
- Do not overload electrical circuits.
- Always know two ways out.
- Check with your fire department for more information on fire safety.

Utility/Power Usage

Know the location of the utility shut-off valves and switches. Learn how and when they should be disconnected in an emergency. In apartment-type dwellings, there may be a central location for utility shut-off valves and switches. Check that there is someone responsible for turning them off.

Have a battery-powered radio and/or television and several flashlights easily accessible around your home.

Remember to store a supply of extra batteries for all your battery-operated equipment. If the batteries are rechargeable, recharge them periodically, even if they have not been used. The shelf life of batteries varies with type, materials and condition of storage.

Consider the installation of a small generator for your home if you use electrically operated life support equipment. You may also wish to investigate the possibility of obtaining hand-operated equipment to use as a backup in an emergency.

Emergency Supplies

Assemble, with your family or “buddy,” a 72-hour emergency supply kit. Include water, regular or special diet foods, sanitary aids, eating utensils, blankets and a change of clothing specific to your needs. If you have a pet, include pet food and supplies. Don’t forget a hand-operated can opener. (See Appendices A and C for

WHAT TO DO BEFORE AN EMERGENCY

more information.) If you live in a flood-prone area, you may wish to include a flotation vest in your emergency supplies.

Store all your emergency supplies in a safe, dry, accessible place (see Appendix B). Rotate supplies periodically (water monthly, canned and dry food yearly) to insure freshness and stability. Date, test and replace periodically.

Assemble a first aid kit and include a first aid manual. Enclose extra prescription medications as well as an extra pair of glasses. Know how to use the kit. Rotate medications monthly. Do not use medications after expiry date.

Emergency Planning

Develop your individual/family emergency plan together with your family or “buddy.” If you live alone, you may wish to give your “buddy” a key to your home.

Explore the physical layout of your home. Wherever possible, locate the bedrooms of persons with mobility impairments on the main floor. Check hallways, exits and other areas for hazards and obstructions that may impede your safe exit during an emergency. Have them removed or made safe.

Prepare two floor plans of your home (see Appendix D). On floor plan #1, plot at least two escape routes from each room. Consider the location of exits, windows and hallways, in relation to your own capabilities and the effects of emergencies that are likely to occur in your area. Avoid enclosed areas where you may become trapped and inaccessible to rescuers.

On floor plan #2, use code symbols to plot the location of:

- ✚ medications and special aids;
- ★ emergency preparedness supplies;
- first aid kit and manual;
- fire extinguishers;
- fire alarms, smoke detectors;
- utility switches and valves; and
- ★ a family meeting place outside your home.

Post copies of your floor plan in bedrooms and other conspicuous places around your home and give copies to your “buddy.” Keep your floor plans updated as conditions change.

WHAT TO DO BEFORE AN EMERGENCY

Using your previously agreed upon emergency alert signal, conduct practice drills with your family or “buddy.” Make your drills as realistic as possible, using simulated obstacle courses based on your knowledge of different types of emergencies. Develop a suitable escape strategy.

Plan for an alternate, temporary shelter outside your area. You may have sufficient warning to secure your home and personal safety by leaving before the emergency occurs. This is especially important if you live in a mobile home or trailer.

If you have a car, keep it fuelled at all times and stocked with a mini-survival kit (see Appendix B). Remember that your car radio is battery-operated, and can be useful in an emergency.

In A Residential Centre

Talk to your building manager and neighbours about emergency planning, its importance for individuals and for the centre. Stress the importance of self-help and mutual aid. With the help and active interest of a few of your neighbours, you may be able to organize an “extended family” mutual aid network to reinforce individual or family emergency plans. If you have a day or activity program, this is a good beginning for an emergency preparedness group.

In Your Work, School and Recreation Areas

Study and become familiar with the emergency plan or any evacuation floor plan which may be available in your place of employment, school, recreation or community centre. If there are no such plans, or if the existing plans do not include provisions for persons with special needs, urge your friends and management to create a planning committee. You may wish to work with such a committee. Make sure that your special needs are included in the total plan for safety and evacuation.

Planning ahead and helping each other will provide the best possible chance for survival and recovery from an emergency.

**Awareness is the First Step
Preparedness is the Key**

SPECIAL TIPS

PERSONS WITH MOBILITY IMPAIRMENT

People who use wheelchairs, walkers, crutches, canes or other types of mechanical walking aids, have particular safety and survival concerns. Since every person is unique and abilities vary, the following tips should be evaluated in terms of your own special needs. For effective overall planning, combine these special tips with the general information in the previous section.

Be sure to include in your written self-assessment the things you can realistically do for yourself and the type of assistance you may need. For example, do you need help to stand, walk, prepare meals, feed, dress or take care of personal needs? Share this information with your “buddy.”

Include in your planning, at least two usable exits, not only from each room, but from the building. This is especially important if immediate evacuation is necessary, as in a fire. Obstructions between you and an exit are especially critical. When decorating your home, keep windows, doors and emergency exits freely accessible.

Keep your auxiliary mobility aids near you at all times. Have extra aids (such as a cane) available in several locations.

Use security night lights around your home. These lights plug into any electrical wall outlet and, in the event of a power outage, automatically become battery-operated and provide light for two to six hours. It is an especially good idea to keep them plugged into electrical outlets near stairs.

Provide extra batteries for all your battery-operated equipment. For rechargeable batteries, keep a battery charger. Test and recharge all batteries periodically. Have storm resistant coverings on large equipment batteries to guard against storm and/or flood damage.

Have a lightweight drawstring bag containing your medications, your special emergency sanitary aids, a small flashlight and a whistle tied to your wheelchair or walker for emergency use or evacuation.

SPECIAL TIPS

PERSONS WITH HEARING IMPAIRMENT

There are varying degrees of hearing impairment, ranging from inability to hear specific sounds to total deafness. In emergency situations, one of the greatest dangers to persons with impaired hearing is that they may not become aware of impending emergencies soon enough to help themselves. Since preparedness planning is especially important for individuals with impaired hearing, it is essential to learn about the types of disasters that may occur in the area where you live and familiarize yourself with the warning signs as well as the kinds of warning equipment available to you.

Arrange for a close friend to be responsible for alerting you before impending danger.

Install a fire and smoke alarm system designed for hearing impaired persons. This type of system features flashing strobe lights to gain attention.

You may wish to consider getting Manitoba Telephone System to install and teach you how to use a telecommunications device for the deaf (TDD). Telephone service personnel will advise you of their requirements for installation, use and maintenance of the equipment.

Remember to keep an extra battery supply for your hearing aid.

Have pads and pencils available for communication with others.

Consider the use of a small, portable, battery-operated television. Emergency broadcasts may include captioned and sign language instructions during an emergency. Plan to learn some basic signs in sign language, if you do not already know them.

In residential centres, stay aware, informed and involved in the centre's emergency planning. This will increase your chance to help and be helped in an emergency.

PERSONS WITH VISION IMPAIRMENT

Visual impairment may mean varying degrees of partial sight or total blindness. Knowledge about, and preparation for, what to expect in an emergency situation may prevent confusion, injury and/or property damage.

SPECIAL TIPS

Choose “buddies” who can reach you quickly in an emergency, especially if you live alone or with another person who is also visually impaired.

Know your capabilities and your needs — communicate them to your “buddies.” Practice drills with your family or “buddy,” based on various emergency situations, can be very helpful.

Don’t forget to keep a whistle and a small, battery-operated radio with you or near you at all times. At the first hint of impending danger, stay tuned to your radio. Should you need help, your whistle can be used for signalling help.

Keep extra canes in strategic areas around your home to help you around obstacles and hazards that may result from an emergency.

Don’t forget to store extra pet food and supplies if you have a guide dog.

Get to know your neighbours. Let them know where you live. Join in your residential centre activities and planning. This may be your best assurance of safety and survival in an emergency.

SENIORS WITH IMPAIRMENTS

While many seniors are in good health, others may have one or more impairments which require extra consideration in an emergency. Being informed and prepared is especially important.

Prepare your individual or family emergency plan. Add to these the special tips for any impairment that may relate to you.

Keep battery-operated security night lights plugged into electrical outlets, especially near stairs.

Arrange your furniture and other household items to provide obstacle-free passage-ways. Remove small rugs not anchored to the floor: they may slide or trip you.

If you are mobility disadvantaged, locate your bedroom on the main floor in a multiple level home.

Remember to arrange for a “mutual aid buddy system.” Do not isolate yourself from friends and neighbours.

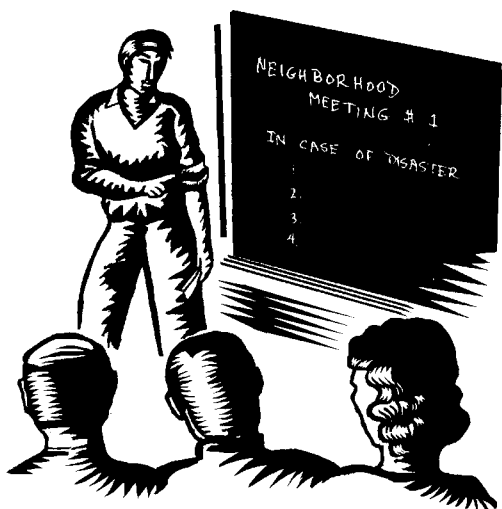
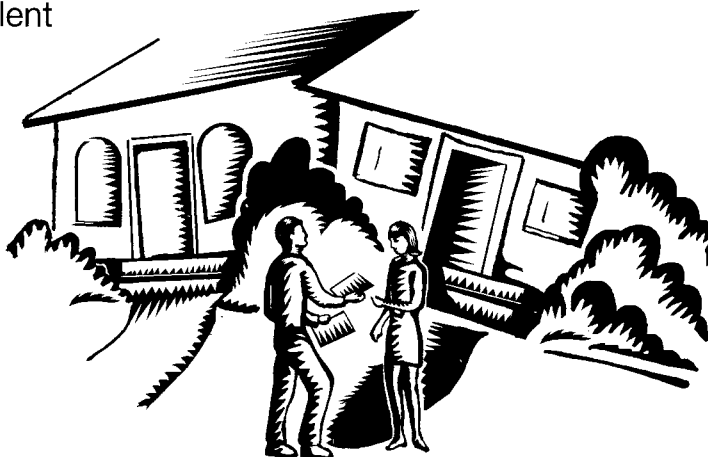
In residential centres, become an active participant in emergency planning and training. Knowledge is the best defense in an emergency.

EMERGENCY PREPAREDNESS IN RESIDENTIAL CENTRES

Emergency preparedness, in residential centres, can increase and extend the potential for survival of all its residents, and even moreso for people with special needs. All residents have an important stake in helping to organize and work with a living centre's emergency committee and all are an asset in the planning process.

Plan an Initial Meeting

- An existing activity group is an excellent place to begin.
- Talk to the building manager and neighbours about the need for emergency planning.
- Set date, time and place to meet for the first planning meeting.
- Designate a temporary chairperson.
- Invite everyone to the meeting and publicize the purpose.



The Initial Meeting

Define your objectives, such as:

- Identify people with special skills
- Identify available resources
- Develop an emergency plan
- Help with individual family plans

Consider these aspects of your living centre:

- Layout of suites and floors
- Numbers and distribution of people
- Building condition and needs in identified emergencies

Assign tasks for people to complete before the next meeting.

Set time table for completion of the emergency plan. Set regular meeting dates.

EMERGENCY PREPAREDNESS IN RESIDENTIAL CENTRES

Use Available Resources

Call on the expertise of your neighbours.

Consult with local emergency services (municipal emergency co-ordinator, fire department, Manitoba Emergency Measures Organization) to help with planning, preparation and training, and providing guest speakers.

Read available literature on emergency preparedness and adapt the information to your living centre.



Develop an Emergency Plan

Make floor plans of the living centre and a list of residents on each floor.

Identify and record on the floor plans the location of people with special needs.

Develop a list of people with special skills: first aid, CPR, counselling, communications, etc.

Make emergency task assignments, such as rescue, first aid, communications, security, transportation, child care, food planning and preparation and counselling. Include plans for alternates.

EMERGENCY PREPAREDNESS IN RESIDENTIAL CENTRES

Provide for Emergency Supplies

If you are a resident in a senior citizen residence, a mobile home park, an apartment-type dwelling or a residential centre, you may wish to consider a central supply area.

Decide whether your group would benefit from a centrally located supply area.

Make provisions for the location, acquisition, storage, rotation and maintenance of supplies, either individually or collectively.



Put Your Emergency Plan in Writing

Make copies of your plan and distribute it to all residents.

Provide for initial feedback and review.

Try your plan with a practice drill.

Finalize it and make sure everyone in your residential centre has a final copy.

Establish a System for Update

Conduct regular practice drills followed by review meetings.

Provide means for newcomers to the residential centre to be informed and to join the group.

Encourage people to take training in those areas where you have identified a shortage of skills.



WHAT TO DO DURING AND AFTER AN EMERGENCY

Self confidence based on knowledge, planning and practice will provide the best chance for survival and recovery from an emergency for you, your family and your neighbourhood.

In time-critical emergencies when seconds count, the person with special needs is particularly vulnerable. In most cases there is advance warning of an emergency. Keep a radio or television turned on so you can listen for emergency related information and/or weather advisories. Call for assistance as needed, secure your home and if necessary **leave before emergency strikes**. If you remain in your home, the following suggestions may prove to be helpful. Again, what you do and how you do it must depend on your own physical capabilities and the thoroughness of your emergency preparedness planning.

During and After a Fire

Put as many closed doors as possible between you and the fire, if you cannot extinguish it.

Feel any door with your hand to see if it is hot and look for smoke seeping in around the edges. Brace the door with your body, open it slightly and check for heat and/or smoke. Do not use that exit if the door is hot or if there is smoke. Leave your home through another escape route. Once outside, alert your neighbours and call the fire department.

If you are mobility disadvantaged, live in an apartment-type building and the fire is not in your apartment, do not go into the hallways without the assistance of a “buddy.” Stay in your home behind closed doors.

If safe exit is not possible, move to the farthest room in your home with an outside window. Make sure the door is tightly shut and position yourself by a window. Open it slightly if you can or break out a small section. If possible, call the fire department before taking refuge, then alert your neighbours through the opened window.

Wave a cloth, use your whistle, your voice or flashlight to attract attention. Be prepared to direct rescuers to your location.

If you are evacuated, do not return home until you are told it is safe.

WHAT TO DO DURING AND AFTER AN EMERGENCY

During and After a Winter Storm

Tune in to your battery-operated radio or TV for weather advisories and emergency information.

Stay in your home. Provided you have three days of emergency supplies, medications and food, your home is the safest place to be.

In the event of power failure, conserve heat by temporarily “closing off” rooms to maintain heat in one area. When using kerosene heaters, maintain ventilation to avoid build-up of toxic fumes and keep them at least three feet from flammable objects.

Do not use your telephone unless absolutely necessary. Excessive use of telephones by the general public during emergencies can result in delayed “dial tone” to all telephone users, which will affect the placing of emergency calls by persons requiring assistance.

The best safety precaution during severe weather is to avoid travelling. However, if you are driving and conditions become serious, turn back, stop at a safe haven or stop on the side of the road.

If you get trapped in your vehicle, stay with the vehicle, DO NOT panic and remember the following:

- Avoid exposure and overexertion.
- Check the exhaust pipe to ensure it is not blocked with snow.
- Keep a window partially opened.
- Run the engine sparingly for heat.
- Avoid over-use of headlights as they will wear down the battery.
- Use the interior dome light, at night, as an emergency signal.
- Exercise by moving your arms and legs.
- DO NOT let all occupants sleep at the same time.
- Keep watch for searchers and other traffic.

Be careful when shovelling snow. Overexertion can bring on heart attack — a major cause of death in the winter. If you must shovel snow, do some stretching exercises before going out and DO NOT overexert yourself.

WHAT TO DO DURING AND AFTER AN EMERGENCY

Wear several layers of loose-fitting, light-weight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.

- Mittens are warmer than gloves.
- Wear a hat; most body heat is lost through the top of the head.
- Cover your mouth, with a scarf, to protect your lungs from the cold air.

Watch for signs of frostbite — a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately.

Watch for signs of hypothermia — uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms of hypothermia are detected, get medical help immediately.

If you have pets, especially small or young animals, keep them inside or in a dry place. Provide adequate food and ensure that the animal does not lack water.

During and After a Flood

Tune in to your battery-operated radio or TV for advisories, information and instructions.

Disconnect electrical appliances and turn off the main switch.

Move to the highest point in your home. If flood waters are rising and you are unable to evacuate, take a flotation vest with you.

If evacuation occurs, take your emergency evacuation kit with you.

Follow instructions from local authorities.

Be cautious using electrical equipment in wet areas. Electrical equipment should be dried and checked before being returned to service.

Do not drink water from a faucet until you are told it is safe.

Do not use food contaminated by flood waters.

Use your preparedness training and your emergency plan if you find yourself isolated at home during or after a flood. These are the keys to your safety and survival until assistance is available.

WHAT TO DO DURING AND AFTER AN EMERGENCY

During and After a Tornado

Stay indoors and move to a basement if you have one. Get under a heavy workbench or stairs. Stay away from areas directly beneath heavy appliances on the floor above.

If your home has no basement, position yourself in a small room in the centre of the house, on the ground floor.

Take cover under solid furniture or mattresses.

Protect your head from flying debris in any way you can, with bedding, books, pillows, etc.

Seek alternate shelter if your home has been damaged.

Keep in mind that tornadoes can be accompanied by flooding and you must act accordingly.

During Severe Lightning

Stay indoors. DO NOT go outside unless absolutely necessary. Stay away from open doors, windows, telephones, plumbing fixtures, metal objects and chimneys.

Disconnect sensitive electronic devices and electrical appliances.

During a Hazardous Materials Accident

If you see a chemical accident or notice chemical odours entering your home through windows or the basement, call local fire and police services and the provincial Environmental Accident Reporting Line.

Leave the accident area, move upwind and help keep others away until officials arrive on the scene.

If you are told to evacuate, leave your home at once.

Check with your neighbours and assist them if necessary.

APPENDIX A

HOME EMERGENCY SUPPLIES

This general list is included so that you may identify and organize needs for an emergency. Quantities of emergency supplies should be adequate **for at least 72 hours**. A two-week supply of water, food, medicine and other consumable items is recommended.

Survival

- Water - 2 qts. to 1 gal. per person per day
- First aid kit - ample and freshly stocked
- First aid book on standard first aid and personal safety
- Food
- Can opener (non-electric)
- Blankets - or sleeping bag for each member of family
- Radio - portable, battery-operated
- Spare batteries
- Essential medication and glasses
- Fire extinguisher - A-B-C type
- Flashlight - fresh and spare batteries and bulb
- Watch or clock - battery or spring-wound
- Smoke detector - battery operated
- Escape ladder - for second story of home
- Food for pets
- Money

Sanitation Supplies

- Large plastic bags - for trash, waste, water protection, ground cloth
- Large trash cans
- Bar soap
- Liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Pre-moistened towelettes
- Deodorant
- Denture cleaner
- Feminine supplies
- Infant supplies
- Toilet paper
- Powdered chlorinated lime - add to sewage to deodorize, disinfect and keep away insects
- Newspaper - to wrap garbage and waste
- Household bleach

Safety and Comfort

- Sturdy shoes - for every family member
- Heavy gloves - for every person clearing debris
- Candles
- Matches - dipped in wax and kept in a waterproof container
- Clothes - complete change kept dry
- Knife or razor blades
- Garden hose - for siphoning and fire fighting
- Tent
- Hat or cap - protection from sun, rain or cold

Cooking

- Barbeque - hibachi, camp stove, chafing dish, fireplace, etc.
- Fuel for cooking equipment - charcoal, lighter fluid, fuel for camp stove, presto logs
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy duty aluminum foil

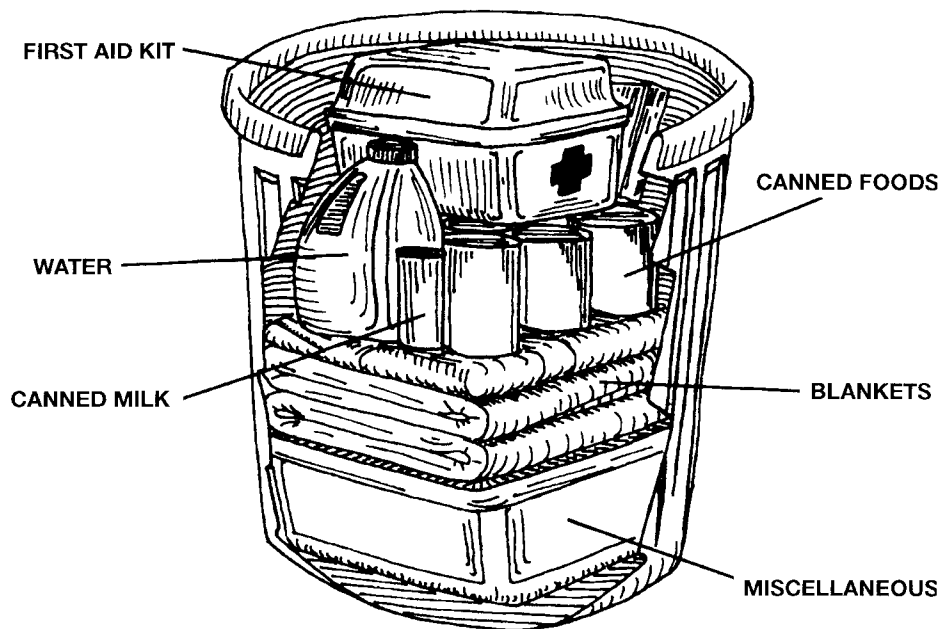
Tools and Supplies

- Axe, shovel, broom
- Crescent wrench - for turning off gas main
- Screw driver
- Pliers
- Hammer
- Coil of 1/2" rope
- Plastic tape
- Pen and paper
- Plastic sheeting
- Deck of cards, toys for children
- Coil of baling wire

APPENDIX B

STORAGE OF EMERGENCY SUPPLIES

Some families prefer to store their emergency supplies in one location. Choose a place in your home that would be relatively safe in time of disaster (such as a closet or under a bed). The perishable supplies will remain stable longer if stored in a cool, dark location.



One suggested method for storing emergency supplies is to place them in a large, covered trash container. They can be layered as shown and all kept together in the large covered container.

Note: It is best to store plastic water containers on top of the contents rather than on the bottom where they could possibly crack and leak from the weight of heavy objects placed on top of them.

Car Mini-Survival Kit

- Non-perishable food - store in clean coffee cans
- Bottled water (summer only)
- First aid kit and book
- Flares
- Fire extinguisher - A-B-C Type
- Blanket or sleeping bag
- Sealable plastic bags
- Flashlight - fresh and spare batteries and bulb
- Essential medication
- Tools - screwdriver, pliers
- Short rubber hose for siphoning
- Small package of tissues
- Pre-moistened towelettes
- Local maps
- Extra clothes
- Sturdy shoes

APPENDIX C

GUIDE FOR RESERVE FOOD SUPPLY

Kind of Food	1 Day	2 Weeks	Remarks
Milk	Equivalent of 2 (8 oz.) glasses (fluid)	Equivalent of 7 qts. (fluid)	7 qts. = 8 tall cans of evaporated milk or 1 1/2 lbs. non-fat dry milk
Commercially canned meat, poultry, fish, cooked dry beans, peas	2 servings	28 servings (8-9 pounds)	One serving is: Canned meat, poultry, fish: 2-3 oz. Canned mixtures of meat, fish, poultry with vegetables, rice, macaroni, spaghetti, noodles or cooked dry beans: 8 oz. Condensed soups containing meat, poultry, fish or dry beans or dry peas: 1/2 of a 10 1/2 oz. can.
Fruit and vegetables	3-4 servings	42-56 servings (about 21 lbs. canned)	One serving is: Canned juices: 4-6 oz., single strength. Canned fruits or vegetables: 4 oz. Dried fruits: 1 1/2 oz. Examples: Orange juice, grapefruit juice, tomato juice; oranges, grapefruit, apples, bananas, apricots; carrots, yams, pumpkins, potatoes, corn, spinach, turnip greens, kale, prunes, raisins.
Cereals and baked goods	3-4 servings	42-56 servings (5-7 pounds)	One serving is: Breads, rolls, pancakes: 1 Cereals, ready to eat: 1/2 - 1 oz. Crackers, quick-cook cereals: 1 oz. Cookies: 1 oz. Flour mixes: 1 oz. Macaroni, spaghetti, noodles, rice: dry-3/4 oz., canned 6 oz.
Spreads for bread and crackers	According to individual practices	Up to 1 pound	Examples: cheese spreads, peanut and other nut butters; jams, jellies, marmalades, preserves, syrups, honey, apple and other fruits butters; relishes, catsup, mustard, mayonnaise.
Fats and oils		1 pound or 1 pint	Kinds of fats and oils that need no refrigeration, amount depends on extent of cooking possible
Sugars, sweets, nuts and seeds		1-2 pounds	Examples: sugar, hard candy, nuts, seeds, instant puddings.
Miscellaneous	According to individual practices and extent of cooking possible		Examples: coffee, tea, cocoa (instant); bouillon products, flavored beverage powders, salt and pepper, other seasonings; vinegar, soda, baking powders.

NOTE:

- Plans must be made for very elderly or persons with medical needs. A supply of special canned dietetic foods, strained or chopped foods, juices and soups may be helpful.
- Teenagers may need more than the amounts recommended in the table above; younger children may need less.
- Select a variety from each food group. Plan for more than needed. Without refrigeration, food should be used within one day. Use portions of food not required by infants for adult's snacks.

*Adapted from **Family Food Stockpile for Survival**, Home & Garden Bulletin No. 77. U.S.D.A.*

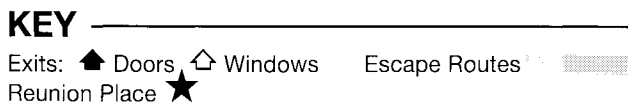
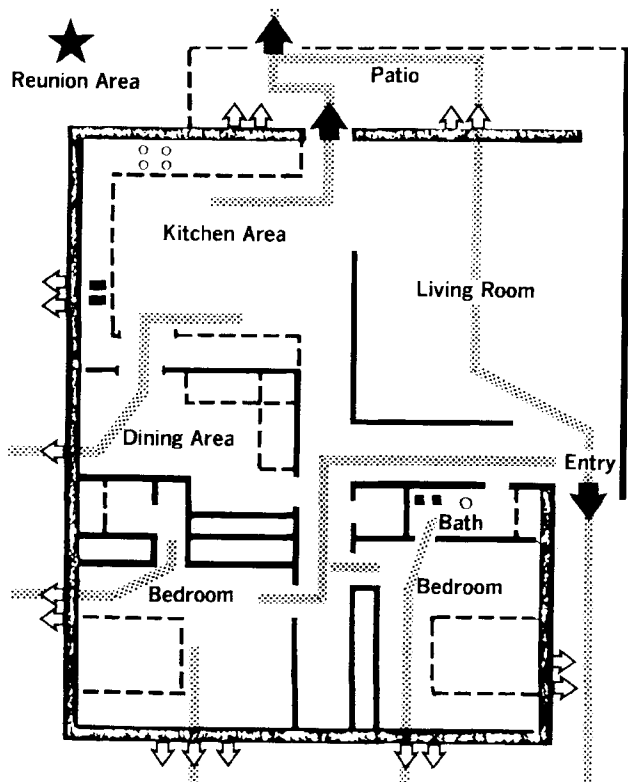
APPENDIX D

ESCAPE PLAN

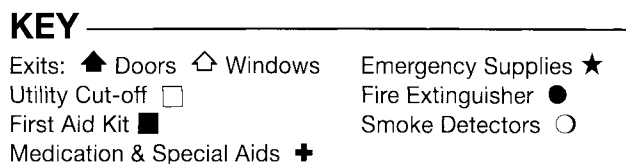
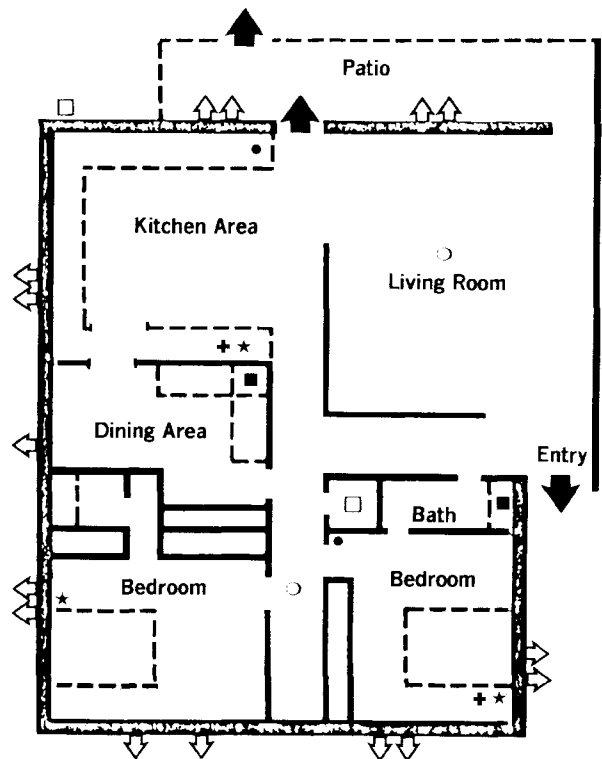
In a fire or other emergency, you may need to evacuate from your home on a moment's notice. You should be ready to get out fast.

Develop an escape plan by drawing a floor plan of your home. Using a black pen, show the location of emergency supplies (emergency supplies kit, fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut-off points). Next, use a coloured pen to draw a broken line charting at least two escape routes from each room. Finally, mark a place outside the home where your family or "buddy" should meet in case of an emergency.

Be sure to include important points such as stairways, elevators, patios, porches, garages and driveways. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills with your family or "buddy" at least twice a year.




Escape Plan



Emergency Supplies & Equipment

FLOOR PLAN

KEY

Exits: ▲ Doors ◡ Windows Escape Routes 
Reunion Place ★

Escape Plan

FLOOR PLAN

KEY

- Exits: ▲ Doors ⬆ Windows Emergency Supplies ★
 - Utility Cut-off □ Fire Extinguisher ●
 - First Aid Kit ■ Smoke Detectors ○
 - Medication & Special Aids +
-

Emergency Supplies & Equipment

EMERGENCY TELEPHONE NUMBERS

What the emergency operator will need to know:

- your name;
- telephone number where you are;
- nature of the problem.

The emergency operator may ask you to stay on the line. **DO NOT HANG UP.**

Remember

EMERGENCY TELEPHONE NUMBERS are for EMERGENCY SERVICES and should be used ONLY for EMERGENCY or DISASTER situations.

What is “9 - 1 - 1” ?

“9 - 1 - 1” is an emergency telephone number, available ONLY in WINNIPEG and BRANDON, which provides immediate and direct access to Fire, Ambulance and Police and in WINNIPEG the Poison Control Centre. You can call “9 - 1 - 1” from any telephone (including pay phones at no cost), within the city limits of Winnipeg or Brandon.

EMERGENCY TELEPHONE NUMBERS

AMBULANCE

FIRE

POLICE

1-204-787-2591

POISON CONTROL CENTRE

FAMILY CONTACT

FAMILY CONTACT

DOCTOR

HOSPITAL

**MANITOBA GOVERNMENT
24-HOUR EMERGENCY NUMBERS**

**EMERGENCY
MEASURES ORGANIZATION
1-204-945-5555**

**ENVIRONMENTAL
ACCIDENT LINE
1-204-945-4888**