



**Be Prepared,
Not Scared!**

Website: www.huronkinloss.com

Public Enquiry: 519-395-3735

Emergency Alerts: broadcast on
AM 920, FM 102 and FM 94.5

Contact: Mike Fair, Community Emergency
Management Coordinator

Email: rhcc@hurontel.on.ca

Phone: 519-395-2909

Emergency Survival Kit

- Flashlight and batteries
- Radio and batteries or crank radio
- Spare batteries
- First-aid kit
- Candles and matches/lighter
- Extra car keys and cash
- Important papers (I.D.)
- Food and bottled water
- Clothing and footwear (one change/person)
- Blankets or sleeping bags
- Toilet paper and other personal items
- Medication
- Backpack/duffel bag (to hold kit)
- Whistle (to attract attention)
- Playing cards, games
- Utensils

Think of any/all special needs items for your family, such as:

Babies/Toddlers

- Diapers
- Bottled milk
- Formula and food
- Toys
- Crayons and paper

Other Family Members

- One week's supply of any required medications
- Extra eye glasses
- Batteries for medical appliances
- Extra oxygen cylinder (if required)
- Copies of prescriptions

Pets

- Three-day supply of food and water

Emergency Food and Water Supply

- At least four litres of water per person per day – two for drinking and two for food preparation, hygiene and dish washing
- Water purification tablets
- Canned food: soup, stews, baked beans, meat, poultry, fish, vegetables, fruit
- Pasta
- Crackers and biscuits
- Honey
- Peanut butter
- Syrup
- Jam
- Seasonings
- Sugar
- Instant coffee and tea

Choose ready-to-eat foods that do not require refrigeration. Remember that a cooking source may not be available, depending on the type of emergency. Replace canned and dry goods once per year.

Equipment

- Utensils (forks, knives, spoons)
- Disposable cups and plates
- Manual can opener, bottle opener
- Fuel stove and fuel (follow manufacturer's instructions) – DO NOT use a barbecue indoors
- Waterproof matches and plastic garbage bags

Children & Emergencies

Remember that:

- Children follow their parents' lead—the calmer you are, the calmer they will be.
- It is important to talk to them openly and honestly about what is happening. Try to explain the nature of the problem in a way they will understand, and what is being done to correct it.
- Never dismiss their fears or anxieties.
- You should try to monitor what they watch on television. News coverage of certain emergency situations can be distressing for children.
- You can reassure them by explaining that everything is under control and they will be safe.
- If you must evacuate, bring a toy along (or a favourite board game); this may help to keep them occupied and provide them with additional comfort.
- If you practice family evacuation drills regularly, and talk about why you are doing it, children will not be as frightened by it because there will be some familiarity. An evacuation will be made that much easier if children have practiced the routine.

911 Name, Telephone Number and/or Contact Information	
My name	My phone number
My address	My city
Nearest intersection to my house	
Emergency Telephone Number and/or Contact Information	
Ambulance	Fire department
Police	Hospital
Poison control	Children's hospital
Family doctor	Dentist
Mother's work	Father's work
Other's work	Other relatives
Neighbour	Social worker
Out-of-town contact	Babysitter
Daycare centre	Pre-school
Elementary school	High school
Gas company	Hydro company
Telephone company	Handyman
Electrician	Plumber
Mechanic	Family lawyer
Accountant	Bank/Financial advisor
Insurance agent	Landlord
Emergency roadside assistance	Taxi
Bus	Weather reports
Road conditions	Snow removal
Animal control	Disaster clean-up company
Crisis hotline	Tele-health
Health department	Others