

Emergency Plan – Appendix T-3 Seniors! During an Emergency

Ontario Seniors: How to be prepared for an emergency

1. The people of Ontario have faced all kinds of emergencies, from ice storms and power outages and industrial accidents. We will face more in the future
2. Emergencies can strike at any time so being prepared is critical since it can take time for help to arrive
3. That's why everyone should have an emergency plan and kit to take care of themselves for at least three days
4. Your emergency plan should reflect your personal circumstances and unique needs

Step 1: Make a Plan

1. In an emergency, you may not have access to everyday conveniences and you may be asked to evacuate your home
2. Thinking about what you would do is the first step to being prepared.
3. Your plan should include:
 - a. Two safe locations in case you have to leave your home. One should be nearby, such as a local library or community center. The other should be further away in case the emergency affects a large area
 - b. A family communications plan. During an emergency, local telephone lines and networks may not work. Identify one or two out-of-town contacts you and loved-ones can call to connect and share information
 - c. A list of the people in your personal support network. This includes all the people who will be able to help when you need it. Consider including family members, neighbors, and health-care and personal support workers.

4. Planning Tips

- a. Contact service providers. If someone in your home gets routine treatment outside the home or support services at home, work with the service provider on a back-up plan
- b. Have a buddy. Consider giving an extra set of keys to someone you trust and let them know where you keep your emergency kit. Arrange for that person to check on you during an emergency
- c. Be ready to evacuate. Plan how you would travel to a safe location if evacuation was advertised. Have an emergency survival kit ready
- d. Plan for your pet(s). Often, only service animals are allowed at reception centers. If possible, identify someone who can take your pet(s) if you have to leave your home
- e. Consider your living situation. Do you live in an isolated community? In a high-rise? Do you or someone you live with have limited mobility? Be familiar with evacuation plans, and talk to your building manager or neighbors to make special arrangements, if necessary

5. When Your Plan Is Ready

- a. Discuss your plan with your family and friends
- b. Teach others about any special needs, such as how to use medical equipment or administer medicine
- c. Practice your plan with those who have agreed to be part of your personal support network
- d. Be aware and follow instructions. Stay tuned to the news before and during an emergency. Follow the advice of first responders and officials.

6. Other Tips

- a. Contact your local municipal office to find out what the phone number to use to get more information during an emergency (211, 311, or other). Use **911 only** when someone needs help right away to protect their health, safety or property. Also ask if they have a registry for “vulnerable persons” and whether you should be signed up
- b. Sign up for alerts. You can sign up online for free emergency alerts sent by email or text message. Visit www.ontario.ca/beprepared and follow the links

Step 2: Build an Emergency Kit

5. Your emergency survival kit should have everything you need to be safe and take care of yourself and your family for at least three days. This checklist outlines all the essentials, items to meet your unique needs, and items to have ready in case you have to leave your home
6. What to Put in Your Emergency Kit?

Essentials

- Food and can opener (non-perishable and easy-to-prepare items, enough for 3 days)
- Water (4 liters per person for each day)
- Flashlight
- Radio (crank or battery-run)
- Extra batteries
- Hand sanitizer or moist towelettes
- First-Aid kit
- Medication(s)
- Important papers (identification, contact lists, copies of prescriptions, etc.)
- Cash (and extra car keys)
- Whistle (to attract attention, if needed)

Special Considerations

- Medical supplies and equipment (cane, walker, hearing aid and batteries, breathing device, etc.)
- Prescription eyewear and footwear
- Dentures and supplies
- Pet food and supplies if you have a pet

Extra Supplies for Evacuation

- Clothes, shoes
- Sleeping bag or blanket
- Personal items (soap, toothpaste, other toiletries)
- Playing cards or travel game

My Safe Locations

In an emergency, you may need to leave your home. List two locations you would go to, one close, the other one further away (outside your neighborhood). Some examples include a local library, place of worship, or a community center.

Location #1	Address
Location #2	Address

My Family Communications Plan

In emergencies, local telephone and email networks can be affected. Identify someone outside your town/city that you and other family members can contact to connect and share information. If an out-of-town choice is not available, consider a community or cultural center

Name	Relationship	Contact information (phone, email)
Contact #1		
Contact #2		
Contact #3		
Contact #4		

Important Medical Information

For each person in your household, note any medical conditions and special needs, as well as medications and devices

Occupant name	Medical Conditions/Allergies/Special Needs	Notes

Occupant Name	Medication or Device	Notes (where supply is stored, batteries, other necessary instructions)	Doctor & Contact Number

Location of My Emergency Survival Kit

Location of my Emergency Survival Kit:	
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