

Emergency Preparedness - Be Prepared! Not Scared!

72 Hours – Is your Family Prepared?

You should be prepared to take care of yourself and your family for a **minimum of 72 hours**. If a disaster happens in the community, it may take emergency workers some time to get to you as they help those in desperate need. By taking a few simple steps today, you can become better prepared to face a range of emergencies – anytime, anywhere.

The following three steps are recommended to all households of this community in preparing a Family Emergency Plan/Kit:

1. **Know the Risks** – Although the consequences of disasters can be similar, knowing the risks specific to your community and your region can help you better prepare. Contact the municipal office to assist you with this information.
2. **Make an Emergency Plan** – It's easy and essential. **Every household needs an emergency plan**. It will help you and your family know what to do if disaster strikes. To assist you in preparing **your own emergency plan** you can access an **Emergency Preparedness Guide** and an **Emergency Planning for your Family Five-Step Guide** from the township website www.carlowmayo.ca.
3. **Build or Purchase a 72-Hour Emergency Kit** – It doesn't take long. Find out what goes into an **emergency kit** or where you can purchase one. An **emergency kit** helps ensure you and your family is ready to cope on your own for **at least the first 72 hours** of an emergency. **A list of items recommended in an emergency survival kit is available in the Emergency Preparedness Guide on the township website www.carlowmayo.ca** for your information.

During Emergency Preparedness Week, May 2 to 8, 2010, we recommend all households to practice your emergency plan.

The provincial theme this year during Emergency Preparedness Week is **“Take the Challenge”**. Emergency Management Ontario will have a quiz on their website, www.ontario.ca/emo, where the public can take the challenge and test their preparedness knowledge on the web. We encourage everyone to take the challenge.

Important Emergency Information:

1. **Evacuation Centres** - If any resident of Carlow/Mayo Township requires assistance or a place to stay, in the event an emergency is declared by the Reeve, the Carlow Community Centre, located at 1702 Fort Stewart Road and the Mayo Community Centre, located at 66 Mayo Lake Road, will be available. Residents to provide their own food and bedding to be used at the centres during the emergency. If an emergency is declared notification and/or updates will be provided through the local radio station, Moose FM 97.7
2. **Winter Driving - Be Prepared. Be Safe!** Stay alert, slow down and stay in control are the three key elements to safe winter driving. Drive according to current road and weather conditions. Keep a safe distance between you and the vehicle in front of you. Avoid situations where you may have to brake suddenly on a slippery surface. A **Winter Driving Brochure, which includes a checklist for a winter driving survival kit** is available on our website www.carlowmayo.ca for your information.

Update on H1N1 Influenza A (Human Swine Influenza)

The World Health Organization (WHO) influenza pandemic alert remains at Phase 6 a Widespread Human Infection. The Ministry of Health and Long-Term Care Provincial status remains at Enhanced Monitoring.

H1N1 Influenza A is a respiratory illness that causes symptoms similar to those of the regular human seasonal flu. The symptoms include chills and cough followed by fever, loss of appetite, muscle aches and fatigue, runny nose, sneezing, watery eyes and throat irritation. Nausea, vomiting and diarrhea may occur in adults as well as in children. In more severe cases, or in people with chronic conditions, complications such as pneumonia may develop. People who have symptoms of respiratory illness and/or flu-like symptoms should contact their health care provider or call Telehealth Ontario at 1-866-797-0000. For general information and Self Assessment Tools on the H1N1 flu virus visit the Ministry of Health and Long Term Care website at www.health.gov.on.ca or call the ServiceOntario INFO line at 1-800-476-9708.

The following are suggestions to help prevent the spread of infection:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. **OR** if a tissue is not available, cough or sneeze into your sleeve.
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
3. Avoid touching your eyes, nose or mouth. Germs spread this way.
4. Try to avoid close contact with sick people.
5. Stay home from work or school and limit contact with others if you get sick.
6. Call you local health care provider if you are experiencing flu-like symptoms.

An Influenza Self-Care Guide, Prevention and Care for Yourself and Others with Influenza, prepared by Hastings County Emergency Services, is available on the township website www.carlowmayo.ca for your information.

If you require this newsletter in a larger print format please contact the municipal office.

