

Get Ready Kingston



Personal
Emergency
Preparedness
Guide



A MESSAGE FROM OUR MAYOR

The City of Kingston and local emergency responders work year round to plan for emergencies and ensure a coordinated and effective response. Kingston Police, Kingston Fire & Rescue and Frontenac Paramedic Services have made community safety their top priority.

In an emergency situation, being prepared makes all the difference and that goes for both individuals and families. We are pleased to provide the Personal Emergency Preparedness Guide.

In Kingston, we are subject to many different types of emergencies including winter storms, flooding, hazardous spills and power outages. This publication provides information and steps that you can take now to reduce the impact of an emergency on you and your family.

We hope that you will keep this guide as a handy reference and useful resource in your home. By taking action now, you will reduce the stress and impacts of an emergency later.

Mark Gerretsen, Mayor
City of Kingston



Mark Gerretsen, Mayor

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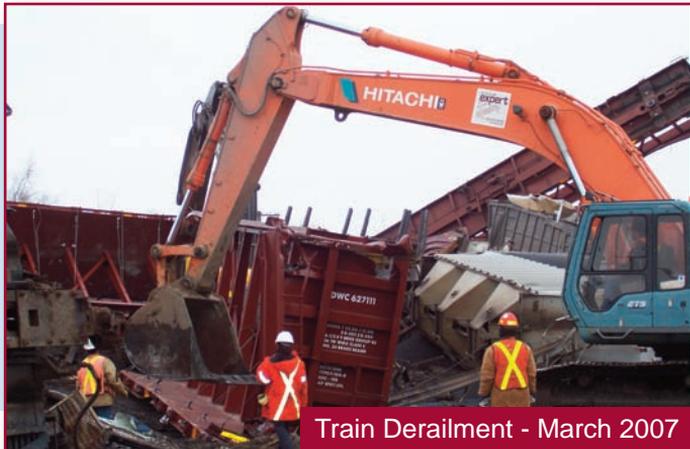
***Get Ready* Kingston**

We encourage Kingston residents to be prepared to cope on their own for at least the first 72 hours of a major emergency. This lets emergency workers focus on people in urgent need.

Being prepared for any major emergency is as simple as planning ahead. Make sure everyone in your home works together to understand Kingston's risks and hazards, make an emergency plan and assemble an emergency supply kit.

This Guide will help you to:

- Understand Kingston's known risks and hazards (those possible emergencies that could affect you).
- Make a Household Disaster Plan.
- Put together a Go Bag.
- Assemble an Emergency Supply Kit.
- Know where to get emergency information.



Train Derailment - March 2007

HAZARDOUS MATERIALS EMERGENCY

Hazardous Materials Spills

A major hazardous materials spill may require you to be evacuated or to shelter-in-place - that is, to go to a safe inside space and stay there. Listen for instructions from local emergency response officials.

Remember:

- If there is a hazardous materials spill, leave the area, and move upwind of the material. If you have to pass through the contaminated area, cover your mouth and nose with a dry cloth.
- If a chemical incident happens indoors, get out of the building without passing through the contaminated area.
- If the event occurs outdoors, move as far away as possible and shelter-in-place. Turn off ventilation.
- If you were near the event, leave the area and remove your outer layer of clothing. Wash yourself with soap and water.
- In some circumstances it may be necessary to be decontaminated by trained emergency personnel.
- If you feel sick, seek medical attention as soon as possible.

Shelter-in-Place



It's what to do to be safe in the event of a hazardous material release into the air.

- ① Go indoors immediately and stay there.
- ② Close all windows and doors.
- ③ Turn off the furnace, air conditioners and exhaust systems.
- ④ Listen to your radio and monitor your TV for further instructions.

FIRE EMERGENCY

Fire

If your smoke alarm goes off, or if you see a fire, remain calm. Do not try to fight a major fire. Call 9-1-1 from a safe place.

Plan ahead:

- Install smoke alarms and carbon monoxide detectors on every level of your home and outside all sleeping areas. Check smoke alarm batteries twice a year such as at daylight savings times.
- Prepare an escape plan so you can get out quickly and safely.



In the event of a fire:

- If a fire breaks out in your house or apartment, get everyone out immediately.
- If your clothes catch on fire, stop where you are, drop to the ground, and roll to smother the flames.
- Stay as close to the floor as possible; smoke and heat rise and the air is clearer and cooler near the floor.
- For more information on fire safety visit the Kingston Fire & Rescue website at www.cityofkingston.ca

Kingston Fire & Rescue 9-1-1
Emergency Contact

UTILITIES DISRUPTION EMERGENCY

During water and sewer-related problems:

- If you see water coming up from the ground, experience low water pressure or have no water, call Utilities Kingston 613-546-1181. This may indicate a water main break.
- If there is a concern about drinking water quality, authorities will explain which actions to take, such as boiling or treating the water.
- If there is a drought, authorities will advise you to conserve water. During prolonged heat waves in the summer, mandatory water restrictions may be imposed.



UTILITIES DISRUPTION EMERGENCY

Utility Disruptions

Know what to do during a power outage, gas leak or water and sewer-related problems. For more information, please contact your utility provider.

During a power outage:

- If prolonged, prevent pipes from freezing or bursting by draining them and shutting off the main water supply.
- Turn off all appliances that will turn on automatically when power is restored.
- Keep a phone that does not require electricity. Cordless phones require electricity and may not work in a power outage.
- Keep refrigerator and freezer doors closed to prevent food spoilage.
- Do not use a barbecue, camp stove or generator indoors. They can generate dangerous levels of carbon monoxide.

During a gas leak:

- Evacuate area immediately and call 9-1-1.
- Do not smoke or light matches or lighters.
- If the odour is very strong, do not use your phone or operate any light switches or electrical devices. Any spark could cause a fire.

Emergency Utility Contacts

Utilities Kingston	613-546-1181
Union Gas	1-877-969-0999
Hydro One	1-800-434-1235
Fortis Ontario Generation	613-382-2118

EXTREME WEATHER EMERGENCY

Extreme Cold

Kingston winters often bring extreme cold, heavy snow, ice, sleet, and freezing rain. These elements can pose serious hazards. When a winter storm warning is in effect, check the radio, television and www.cityofkingston.ca for information and instructions.

The following tips relate to extreme cold emergencies:

When outdoors:

- Dress warmly in layers and stay dry. Wear hats, scarves and water-repellent coats.
- Cover your mouth to protect your lungs from cold air.
- Avoid overexertion while shoveling snow. Take rest breaks.
- If you must travel during a snowstorm, do so during the day and let someone know your route and arrival time.

Safe home heating:

- Use only heating equipment approved for indoor use.
- Do not use your stove or oven to heat rooms.
- Keep combustible materials, including furniture, drapes, and carpeting at least three feet away from a heat source. NEVER drape clothes over a space heater to dry.
- Always keep an eye on heating equipment. NEVER leave children alone in the room with a running space heater. Turn it off if you are unable to closely monitor it.
- Do not overload electrical circuits.

EXTREME WEATHER EMERGENCY

Extreme Heat

In extremely hot weather, Kingstonians are vulnerable to heat-related health-conditions such as cramps, heat exhaustion, and heat strokes.

Who's at risk?

During extreme heat be sure to check on neighbours and those at risk:

- Children and seniors
- People with chronic health issues
- Those with special needs
- Outdoor workers
- People who exercise vigorously

Precautions to avoid heat-related health conditions:

- Stay in the shade. When in the sun, wear at least an SPF 15 sunscreen.
- Wear lightweight and loose fitting clothes.
- Drink plenty of water. Avoid alcoholic and caffeinated drinks.
- Visit an air-conditioned environment and public pools.
- Take a cool shower, bath or sponge bath.
- Avoid strenuous activity.
- Never leave children or pets in a parked car in intense heat.

In the event of prolonged extreme heat, the City of Kingston may open up cooling centres in air-conditioned facilities to offer relief from heat. Check the radio, television and www.cityofkingston.ca for information and instructions.

EXTREME WEATHER EMERGENCY

Other Weather Emergencies

During severe weather, such as thunderstorms, flash flooding and tornados, check the radio, television and www.cityofkingston.ca for information and instructions. Environment Canada provides forecasts and warnings information 24 hours a day.

Thunderstorms:

- If caught outside, do not lie flat but squat low to the ground.
- Take shelter in a building or depressed area such as a dry ditch or culvert. Do not take cover under trees.
- Avoid handling metal, electrical equipment and telephones.
- Do not use water faucets or any water connected to a plumbing system. Lightning can follow wires and pipes.
- If swimming or in a boat, get back to shore immediately.
- If you are in a car, stay there.

Flash Floods:

- Move pets, furniture, appliances and other belongings to higher ground.
- Make sure basement windows are closed.
- Seek higher ground if you see rapidly rising water.
- Never drive your vehicle through standing water. Do not cross flowing water.

Tornados:

- Go to the basement or take shelter in a small interior ground floor room such as a bathroom or closet. Protect yourself by taking shelter under a heavy table or desk.
- Stay away from windows, outside walls and doors.
- If outside, take cover in a ditch or recessed area.

HEALTH EMERGENCIES

Health Emergencies

KFL&A Public Health is responsible for the management of many types of health-related emergencies. Infectious disease outbreaks, and food and water safety issues are two examples of Public Health involvement. Public Health works

together with many agencies such as hospitals, emergency medical services and municipal government to plan for and manage community health-related emergencies.

KFL&A Public Health also monitors influenza activity in Kingston and surrounding area.

Influenza can be prevented by:

- Good hand hygiene
- Covering your coughs and sneezes
- Staying home when you are sick
- Receiving an annual influenza immunization (the flu shot).

For more on Health Emergencies contact:

KFL&A Public Health

Website: www.kflapublichealth.ca, Tel: 613-549-1232

MAKE A HOUSEHOLD DISASTER PLAN

Develop and practice a disaster plan with your household members to prepare for what to do, how to find each other and how to communicate in an emergency.

Build your plan:

- Decide where your household members will gather after a disaster.
- Identify two places to meet: one near your home and another outside of your neighbourhood.
- Practice using all possible exit routes from your home and neighbourhood.
- Designate an out-of-town contact who household members can call if separated during an emergency. This out-of-town contact can help you communicate with others.
- Plan for everybody's needs, especially seniors, people with disabilities, children and pets.

Remember to practice your plan.

ASSEMBLE AN EMERGENCY SUPPLY KIT

Keep enough supplies in your home to survive for at least three days (72 hours). Store these items in an easily accessible container or cupboard, and update them twice a year at daylight-savings times.

Assemble your kit:

- Get Ready Kingston: Personal Emergency Preparedness Guide.
- Four litres of water per person per day for drinking and bathing.
- Non-perishable, ready-to-eat canned foods and manual can opener.
- First aid kit.
- Flashlight.
- Battery operated or crank radio and extra batteries.
- Whistle.
- Phone that does not require electricity.
- Duct tape.
- Plastic sheeting.

Be prepared for at least 72 hours.

PUT TOGETHER A GO BAG

Every household member should put together a Go Bag – a collection of items you can use in the event of an evacuation. Each Go Bag should be sturdy, lightweight, waterproof and portable, such as a backpack.

Put together your Go Bag:

- Copies of your important documents in a waterproof and portable container (birth certificate, photo i.d., and insurance information).
- Extra sets of car and house keys.
- Copies of credit and debit cards, and cash.
- Bottled water and non-perishable food like granola bars.
- Flashlight.
- Battery operated or crank radio and extra batteries.
- List of medications and dosages for household members.
- First aid kit.
- Child care, pet care and other special items.
- Lightweight raingear and mylar blanket.
- Contact and meeting place information for your household.
- Regional map.

A Go Bag is an accessible item that you can grab quickly in the event of an evacuation.

Emergency Information

Where to Get Emergency Information

During an emergency it is important that you understand what to do and how to respond. Listen to the radio, television and www.cityofkingston.ca for instructions from local emergency response officials.

Radio:

CBC Radio One	107.5 FM
K-Rock	105.7 FM
LITE	104.3 FM
BOB FM	103.7 FM
The LAKE	102.7 FM
CFRC Queen's	101.9 FM
The Drive	98.9 FM
FLY FM	98.3 FM
FM 96	96.3 FM
KIX FM	93.5 FM

Television:

CKWS
TVCOGECO
Weather Network

Internet:

www.cityofkingston.ca
www.weatheroffice.gc.ca
www.kflapublichealth.ca

Emergencies:

- Call 9-1-1 when you are in immediate danger or witness a crime in progress.
- Call 9-1-1 if you have a serious injury or life-threatening medical condition.

Non-Emergencies:

- Call 613-546-0000 when you need access to non-emergency information about City services and programs.

Disclaimer: The City of Kingston hopes this guide will trigger emergency preparedness in your home and that you will follow up on issues identified here. Emergency preparedness is everyone's responsibility and the City of Kingston strongly advises that the messages in this guide be taken to heart. The City of Kingston is not responsible for any errors or omissions. Please check and update contact information on a regular basis.

Get Ready Kingston

Important Contact Numbers

City of Kingston

General..... 613-546-0000
TTY (teletype)..... 1-800-855-0511
Or visit: www.cityofkingston.ca

Kingston Fire & Rescue

Emergency..... 9-1-1
General..... 613-548-4001 x 0

Kingston Police

Emergency..... 9-1-1
General..... 613-549-4660

Frontenac Paramedic Services

Emergency..... 9-1-1
General..... 613-548-9400

Hazardous Spills Response

Emergency..... 9-1-1
Spills Action Centre.. 1-800-268-6060

Transit

Kingston Transit..... 613-546-0000

Utilities

Utilities Kingston:

Emergency..... 613-546-1181
General..... 613-546-0000

Union Gas:

Emergency..... 1-877-969-0999
General..... 613-389-4000

Hydro One:

Emergency..... 1-800-434-1235
General..... 1-888-664-9376

Fortis Ontario Generation:

Emergency..... 613-382-2118
General..... 613-382-2118