

EMERGENCY PREPAREDNESS STARTS WITH YOU

Emergencies and disasters can happen at any time. Utilities can be out, roads closed, and crucial supplies unavailable. While local, provincial and federal officials prepare for emergencies, individuals can plan to be prepared at home and at work.

Everyone should be prepared to take care of themselves and their family for up to three days (72 hours) in the event of an emergency or disaster.

Your emergency kit should contain:

- 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 (identification)
- food and bottled water
- clothing and footwear
- blankets and sleeping bags
- toilet paper and other personal items
- medication
- whistle (to attract attention, if needed)
- playing card, games

Finally, if you are ever in an emergency situation, DON'T PANIC. Be prepared, not scared.

For more information on emergency preparedness, contact James Hogue at 613-584-2000 extension 114 or read the Town of Deep River's Emergency Response Plan under publications.