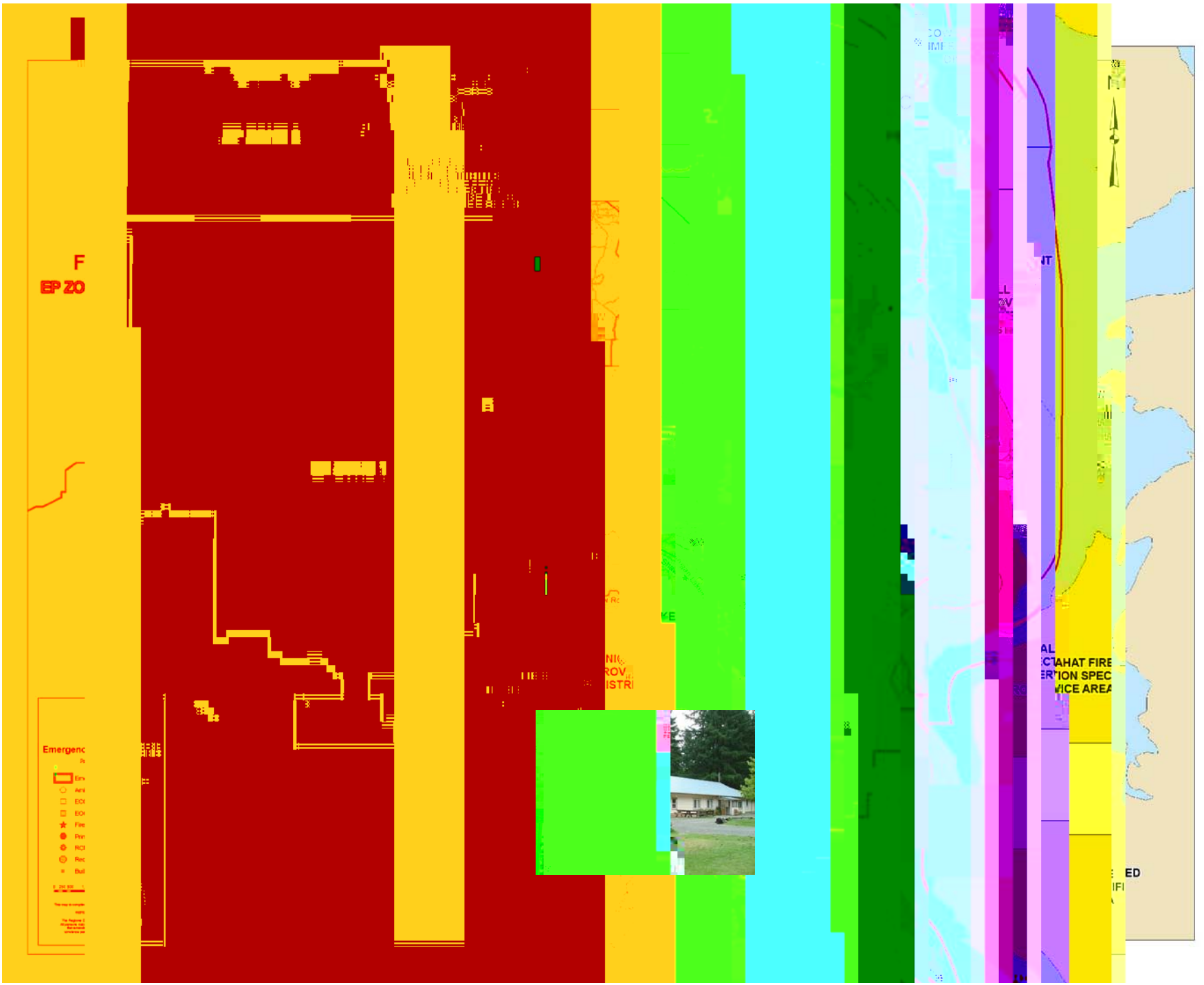
C

(Check out the Zone Maps on the following pages)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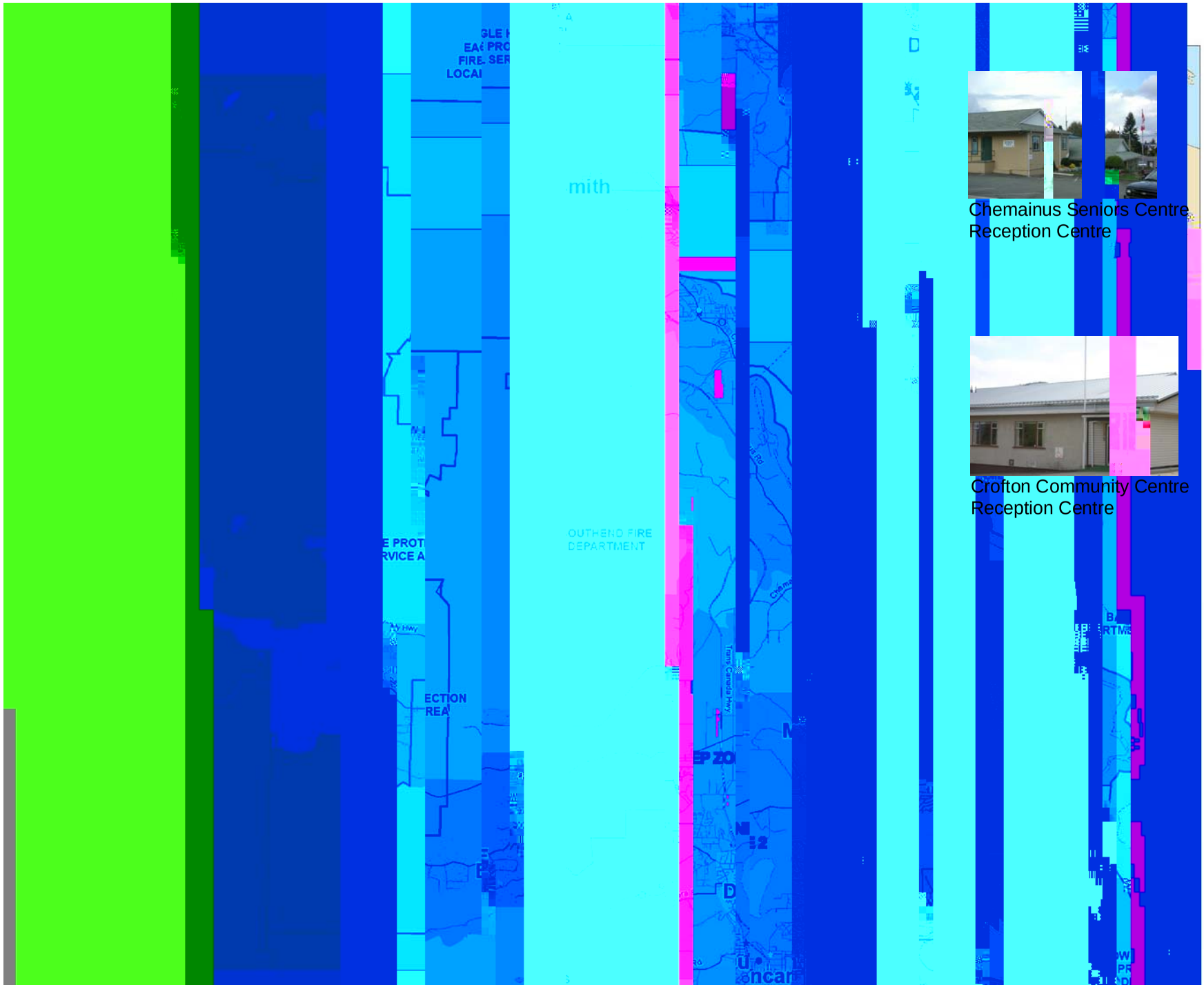
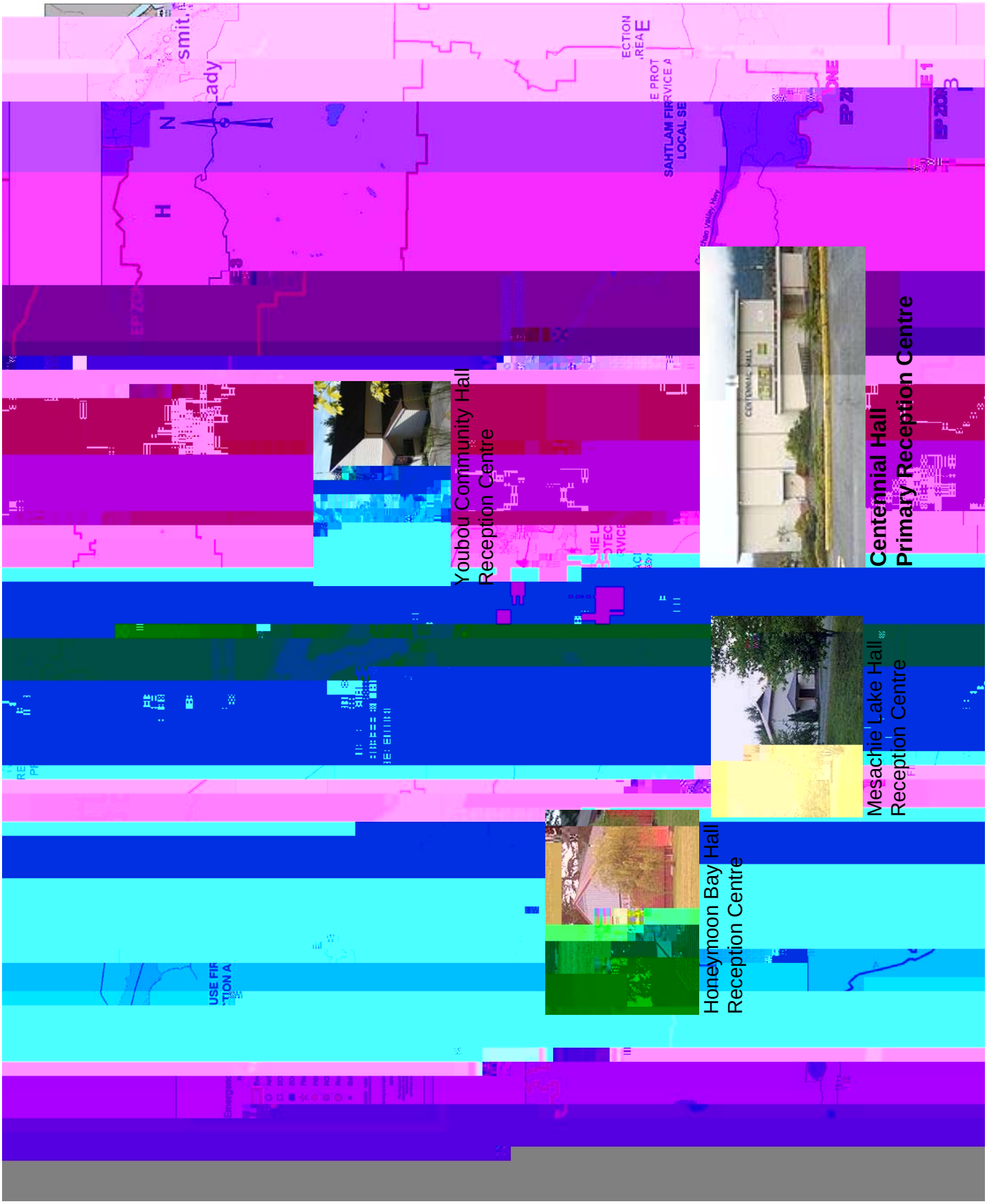


Chemainus Seniors Centre
Reception Centre

Crofton Community Centre
Reception Centre

Zone 4 – Emergency Social Services Reception Centres

(see page ii for a complete listing)



Take the Emergency Preparedness Challenge!

Are You Prepared for Winter Storms, Blackouts, Flooding, Forest Fires and Earthquakes?

Yes	No		
Ä	Ä	1.	Do your family members know how to keep themselves safe in a disaster?
Ä	Ä	2.	Do you have a *Grab 'n Go kit* for each member of your family? (see page 2)
Ä	Ä	3.	Does your family have a REUNION PLAN in case you are separated during a disaster? (see pages 3, 77 & 78)
Ä	Ä	4.	Do you know what plans your children's or grandchildren's schools have developed for protection during disasters?
Ä	Ä	5.	Do you have at least 7 days of drinking water (31.5 litres or 7 gallons per person) safely stored for your family? (see pages 6 & 7)
Ä	Ä	6.	Have you collected and stored emergency supplies to provide for your family for an extended period of time?

26 Weeks to Emergency Preparedness

1. **Identify safe places** in your home and on your property. Practice earthquake "drop, cover, hold" and evacuation drills using different escape routes. Your community may set up a **reception centre** for evacuees during an emergency. (see pages ii, 36 & 42)

2. Identify a **family reunion place** away from home but close to your regular meeting places between work and home or school. (see pages 3, 77 & 78)

3. Arrange an **emergency contact** person, along with other emergency phone numbers near each telephone and in each person's wallet or backpack. (see pages 3, 72, 77 & 78)

4. Stock your home with at least a **seven-day supply of water** for every family member and don't forget to include water for pets. It is best to store at least five litres (~1 gallon) of water per person per day. (see pages 6 & 7)

5. Get a large portable container with a tight-fitting lid to use as an **emergency evacuation kit**. A plastic storage bin, suitcase or garbage can works well, particularly one with wheels. Choose an accessible location for the container near an exit or in a garage or storage shed and label the container. (see pages 11 & 12)

6. Stock your home with several varieties of **packaged and canned foods, and dried fruit**. Include a **manual can opener**. If needed, include **infant supplies** including disposable diapers, disposable bottles, formula, etc. Plan for at least a seven-day supply of food for each family member. (see pages 8 & 9)

7. Add more **food items and supplies for pets** to your supplies. (see pages 13 & 14)

8. Get a **windup or battery-operated radio and extra batteries** for your emergency kit.

9. **Learn about hazards.** Know the hazards in your community. Check out the section on "Responding Safely During Emergencies". (see pages 35 – 60). Also do a home hazard hunt to make your home safer. Secure appliances and heavy furniture and move beds away from overhead objects like heavy mirrors and windows. (see pages 15 – 34)

10. **Prepare a first-aid kit** that includes prescription medications, eyeglasses, bandages, sterile gauze pads, tape, scissors, tweezers, antibiotic ointment, and other items such as over-the-counter pain relievers. (see page 10)

11. Give every family member **specific safety tasks** to do in an emergency. For example, designate one person to be in charge of turning off electricity, one to collect the emergency container, one to track down family members and make sure people with disabilities or special health needs are provided for. Make sure someone is also delegated to look after any pets. (see pages 4 & 5)

12. Add a **windup or battery-operated flashlight and extra batteries**, along with **candles and waterproof matches** to your kit. (see page 11)

13. Add some **dried soups and other items** such as peanut butter to your emergency kit.

14. **Check your insurance policies** and make inventory records of your possessions.

15. Stock your kit with both large and medium-sized **plastic garbage bags** (orange or yellow bags make good visible signals). Large bags can also be used as ponchos, ground covers or blankets. Add **plastic or paper dishes and cups** as well.

16. Add a **change of clothing** for each family member to your kit. Be sure to include seasonal clothing (winter/summer), heavy work gloves and sturdy shoes.

17. Add additional **canned or freeze-dried food**

Personal Notes:

Emergency Preparedness for You and Your Family

Top 5 Recommendations:

1. **Practice Drop, Cover and Hold** *(see page 36).*

Develop a Reunion Plan

There is a good chance that you may not be with your loved ones when an emergency/disaster occurs. To find your family members as quickly as possible after a major disaster, you need to

Develop a Family Emergency Plan

Safety during emergencies requires advance planning and preparation.
Taking time to identify a nearby neighbour and acquainting them with your needs
can provide peace of mind now as well as vital help following a disaster.

Before the Emergency

- Assess your own needs, capabilities, and limitations and write them down. Be sure to

Considerations for Special Needs

If you or someone close to you has a disability or a special need, you may have to take additional steps to protect yourself and your family in an emergency.

Disability/Special Need	Additional Steps to Consider
Hearing impaired	

Emergency Water Supplies

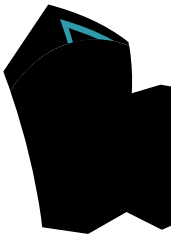
Emergency Food Supplies

An earthquake can disrupt your ability to purchase food. It is wise to maintain an extra two weeks supply of food on hand. Check your supplies regularly to make sure you have enough.

Selecting Foods for Emergency Supply

-

Using Emergency Food



- Use perishable foods in your refrigerator first (if not contaminated by flooding).
- Use frozen foods in your freezer second.

Note: Thawed food usually can be eaten if it is still "refrigerator cold." It can be re-frozen if it still contains ice crystals. Remember, "When in doubt, throw it out."

- Use canned foods and dry mixes last.
- Discard cans that bulge at the end or are leaking.
- Do not eat or drink anything from open containers near shattered glass.
- Keep cooking and eating utensils clean.

- Keep your hands clean by washing them frequently with soap and water that has been boiled or disinfected.
- Remember to wash hands for at least 20 seconds each time.

- Keep garbage in closed containers and dispose outside, burying garbage in plastic bags if necessary so it can be dug up and disposed of properly later.

First Aid Supplies

Your first aid kit should contain those things necessary to meet the needs of your family. Use this kit for your everyday first aid needs and replace items you use to keep them fresh.

- Assemble or purchase a first aid kit. Storing these supplies in a case, a fishing tackle or toolbox, or even a small cardboard box with a handle, makes them easy to carry. Tape a list of the contents to the inside of the lid.
- Store prescription medications and copies of critical medical information in your Grab 'n Go kit or in watertight bags in the refrigerator.
- Check expiration dates periodically. Replace items that have expired.

Suggestion of bandages to store

- Band-Aids
- Pressure bandages
- Butterfly bandages
- 3 to 6 triangular bandages
- Rolled gauze (1", 2", 3" widths)
- Cotton tipped swabs
- Adhesive tape (1/2 ", 1" wide rolls)
- Bandage, sterile rolls (2", 4" widths)

Additional supplies

- First Aid manual
- Writing materials (pen, paper, etc)
- Scissors, tweezers & safety pins
- Needle & thread
- Thermometer
- Tissues
- Skin lotion, sunscreen, insect repellent
- Plastic bags
- Pre-moistened towelettes
- Sanitary napkins
- Hot water bottle
- Instant cold packs
- Mylar space blankets
- Splinting materials
- Glasses, contact lenses & supplies
- Waterproof matches

Suggestion of medicines to store

- Pain relievers
- Antibiotic ointment
- Individually wrapped alcohol swabs
- Diarrhea & laxative medications
- Prescription medications (2 week supply)
- Eye drops
- List of prescription medications (taken on regu22_0 1 TfDaEMC w 19.3rC /P <MCID 65 BDC l.3rC /P

Home Emergency Supplies

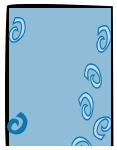
It is important to plan in advance for alternative ways of caring for your needs if the normal community services have been disrupted. The information provided in these lists offers suggestions and safety tips to help you prepare for the unexpected.

Lighting

Store two or three alternative sources of light:

- Home Power Failure Lights are an inexpensive way to provide immediate emergency lighting during power failures.

- Flashlights - solar, windup, shake-up or battery operated.
- Light sticks – these can provide light for 1 to 12 hours (great if there is concern about gas leaks as these won't ignite the gas).



- Candles – in candle holders or glass jars taller than the candle in case the candle is knocked over.
- Camping lanterns – store extra fuel, wicks, mantles, and matches – **use only outdoors**.

Caution:
Make sure there are NO gas leaks before using any open flame (matches, candles, lanterns) or even flicking any electrical switches on or off.

Cooking

Make sure you have at least one alternative way to cook your food:

- Camp stoves, sterno stoves, barbecues, and hibachis – store extra propane, charcoal, lighter fluid, and matches **outside**.
- Fireplaces – inspect chimney and flue for cracks before using.
- Fondue pots and chafing dishes – store extra fuel.
- Pressure Cookers and old fashioned hay boxes can reduce fuel consumption.

Caution: Never burn charcoal or light barbeques indoors (may cause carbon monoxide poisoning).

Quick Tips:

- Heavy-duty aluminium foil – requires less clean up than a pan.
- Paper plates and cups, plastic utensils and paper towels.

Shelter

- Due to concern about aftershocks, it is common for people to be uncertain about sleeping in their homes for the first few days following a major earthquake. Make sure you have other shelter options available to help you and your family be as comfortable as possible.

  - Tent or waterproof tarp
  - Sleeping bags
  - Blankets
  - Mylar blankets
  - Newspapers (for insulation)
  - Air mattresses or cots

Sanitation

The lack of sanitation facilities following a major earthquake or flood can quickly create secondary problems unless basic guidelines are followed. If the water lines are damaged or if damage is suspected, do not flush the toilet. Avoid digging holes in the ground as untreated raw sewage can pollute fresh ground water supplies, attract flies and spread disease.

- Store a large supply of heavy-duty plastic bags, twist ties, disinfectant (powdered chlorinated lime – but not quick lime), and toilet paper.
- A good disinfectant that is easy to use is a solution of **1 part liquid bleach to 10 parts water** (dry bleach is caustic and not safe for this use).
- If toilets cannot be flushed, remove water from the bowl, stuff with a rag and line it with a heavy-duty plastic bag. After use, add a small amount of deodorant or disinfectant. When bag is full, securely tie the bag, and dispose of it in a large trashcan with a tight fitting lid.
- Portable camp toilets, small trash cans or sturdy buckets lined with heavy-duty plastic bags are other alternatives for waste disposal.
- Large zip lock plastic bags and toilet paper should be kept at work and in the car for use if you are away from home.
- "Brief Relief" waste bags gel the waste and start to biodegrade it instantly.

Storage Suggestions

Finding extra space to store your emergency supplies can be tricky. They will do you little good if you cannot get to them or if they are damaged during an earthquake.

Storage Tips

- If you have a camper or trailer, you may already have all the emergency supplies you need. Remember to **restock** so that your emergency home away from home is ready for emergencies.
- Perishable supplies will remain stable longer if they are stored in a cool, dark place.
- One method of storing emergency supplies is to place them in a large, covered garbage can, preferably plastic or rubber and on wheels. Put the contents inside a tightly closed plastic bag before placing them in the can.
- In a shed or other outbuildings, make sure that all supplies are up off cement floors (condensation will rust cans), and away from gasoline and chemicals that can contaminate your supplies.
- On a closet floor, behind a sofa, or under a bed preferably close to an exit.

Yes	No		Fixed
		Secure mirrors and framed pictures *(page 23)*	
		Secure hanging plants and lights *(page 23)*	
		Secure kitchen, bathroom and storage cabinet doors *(page 23)*	
		Secure chemical hazards *(page 34)*	
		Ensure that your home is bolted to its foundation *(page 18)*	
		Strengthen cripple walls *(page 18)*	
		Secure chimney, roof and attic spaces *(page 20)*	
		Identify utility locations and determine shut off options *(pages 24 - 26)*	

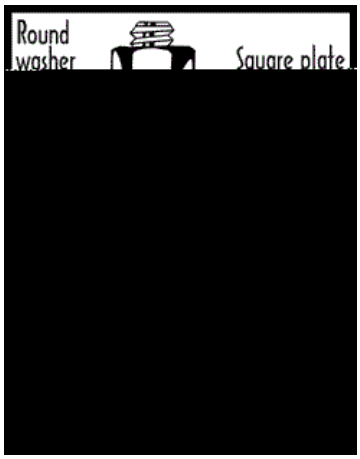
Congratulations for making your home a safer place to be!

Making Your Home Structurally Safe

Homes that have been framed in wood are generally quite resistant to earthquake damage. Watching tall trees in a strong wind demonstrates this resistance. It is unlikely that conventionally framed houses will collapse. This is the case, however, only if the home remains on its foundation and the roof, ceiling and walls remain connected.

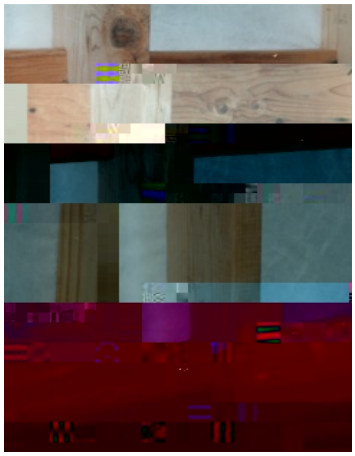
Foundation

The majority of residential structural damage is caused by homes sliding off their foundations during major earthquakes.



- Check your house and garage for foundation bolts. It is strongly recommended that you have your home inspected to ensure anchor bolts have been properly installed. These bolts secure the wood structure to the concrete foundation. They are placed approximately 2 metres (~6 feet) apart along the sill plate and should look like the one illustrated.
- Using a hammer drill and carbide bit, drill a hole through the sill plate into the foundation. Place these holes every 2 metres (~6 feet).
- Drop a ½" x 8" expansion bolt into the hole and finish by tightening the nut and washer.

Cripple Walls



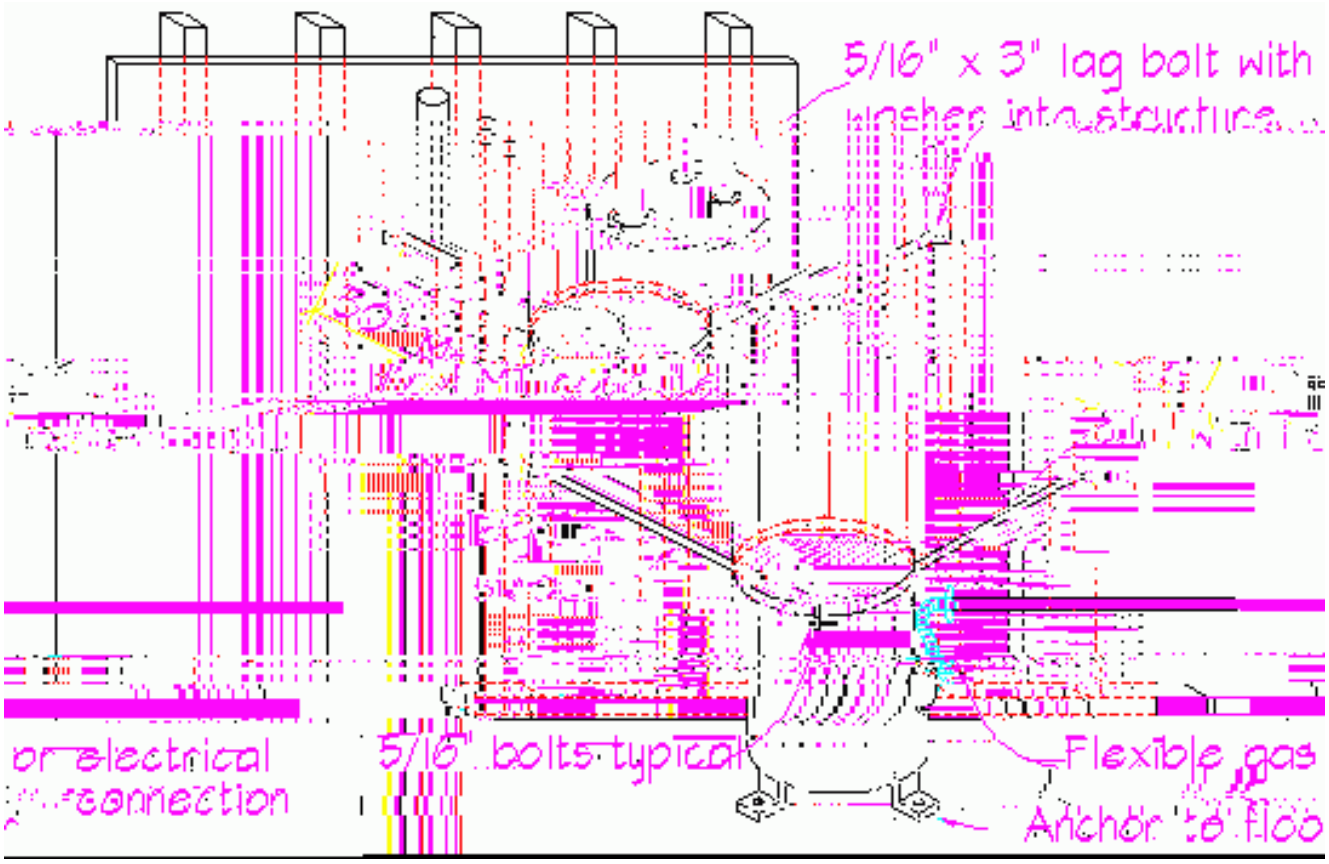
- Inspect the vertical studs that extend from the foundation to the first floor of your home. These are called cripple walls. If they are exposed on the inside, they could buckle with severe ground motion.
- Strengthen the cripple walls by nailing plywood sheeting to the vertical studs.
- Inspect the garage for exposed cripple walls. This is particularly important if the garage is supporting living quarters.

Securing the Water Heater

A typical water heater weighs between 200 to 400 kilograms when full. A sudden jolt and/or the rolling motion that accompanies most earthquakes can cause them to topple over. This movement can also cause the natural gas and water line connectors to break.

- Wrap a 1 ½" wide, 16 gauge thick metal strap around the top of the water heater and about 1/3 of the way up from the bottom. Bolt the ends together.
- Take four lengths of EMT electrical conduit, each no longer than 30 inches. Flatten the ends. Bolt one end to the metal strap as shown. Screw the other end to a 2" by 4" stud in the wall using a 5/16" by 3" lag screw *(see illustration).*

Once the appliance has been secured a flexible pipe may be installed to connect the gas supply. The installation of this pipe should only be carried out by a licensed gas fitter.

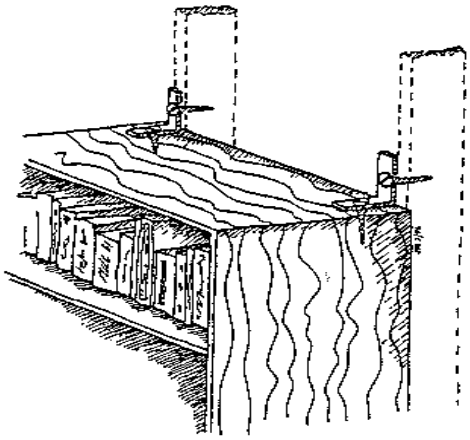


Securing Furniture and Its Contents

A major earthquake has the potential for causing substantial damage to your possessions. Approximately one-third of the cost of earthquake damage is due to non-structural losses like furniture, equipment, heirlooms, etc.

How you secure your furniture depends upon its value, location and your imagination. There are many ways to protect each piece.

- Secure all tall free-standing furniture, such as bookcases, china cabinets and shelving units to the wall studs using "L" brackets, corner brackets or anodized aluminium moulding. Examples are illustrated.
- Attach a wooden or metal guardrail to open shelves to keep items from sliding off. This is especially important wherever there are a lot of glass items.
- Place heavy and/or large items on lower shelves.



Securing Items to Shelves or Countertops

Secure items such as televisions, stereos, computers, microwaves and breakable collectibles with Velcro, putty, dental wax or double-sided tape.

Shutting Off Natural Gas

The natural gas pipeline system was constructed and installed to maximize public safety and minimize loss of service in the case of an emergency. In other areas where major earthquakes have occurred, gas delivery systems similar to our local system have withstood ground movement extremely well. Most disruption of gas service and other underground utilities has occurred because of landslides or the collapse of pipe-supporting structures such as bridges.

Natural gas is one of the safest fuels. A sulphur (rotten egg) odour is added for detection. If leaked outdoors, it tends to rise and simply dissipate into the atmosphere. If leaked in a confined space, such as inside your home, it mixes with air and can cause a fire if ignited.
If you think you smell natural gas indoors:

- Open doors and windows
- Do not smoke, light matches or operate electrical switches
- Leave the premises
-

Shutting Off Electricity

If power is disrupted during a disaster, turning off the main circuit breaker will also lessen the possibility of fire damage if no one is home when the power is restored.

If Someone Receives an Electrical Shock:

- Do not touch the person if she or he is still in contact with the source of electricity (the

Fire Safety

Exit Drills In The Home

People can survive even major fires in their homes if they are alerted to the fire and get out quickly and stay out.

How To Survive

- Install smoke detectors and keep them in working order.
- Make an escape plan and "practice" it.
- If your smoke detector is more than 10 years old, it may need to be replaced.

Plan Your Escape

Once a fire has started, there is no time to plan how to get out. Sit down with your family today, and make a step-by-step plan for escaping a fire.

Draw a floor Plan of your Home, marking two ways out of every room - especially sleeping areas. Discuss the escape routes with every member of your household.

Agree on a Meeting Place, where every member of the household will gather outside your home after escaping a fire to wait for the fire department. This allows you to count heads and inform the fire department if anyone is missing or trapped inside the burning building.

Practice your escape plan at least twice a year. Have a fire drill in your home. Appoint a monitor, and have everyone participate. This is not a race. Get out quickly, but carefully.

Make Your Exit Drill Realistic

Pretend that some exits are blocked by fire, and practice alternative escape routes, Pretend that the lights are out and that some escape routes are filling with smoke.

Be Prepared - Make sure everyone in the household can unlock all doors and windows quickly, even in the dark. Windows or doors with security bars need to be equipped with quick-release devices, and everyone in the household should know how to use them.

If you live in an apartment building,

If you are trapped,

Protecting Your Home from Forest Fire

-

SANDBAG DYKES

If you choose to construct a sandbag dyke to protect your property, you will need to follow specific steps to ensure that it is effective.

Dig a trench one sack deep and two sacks wide as a foundation for the dyke structure.

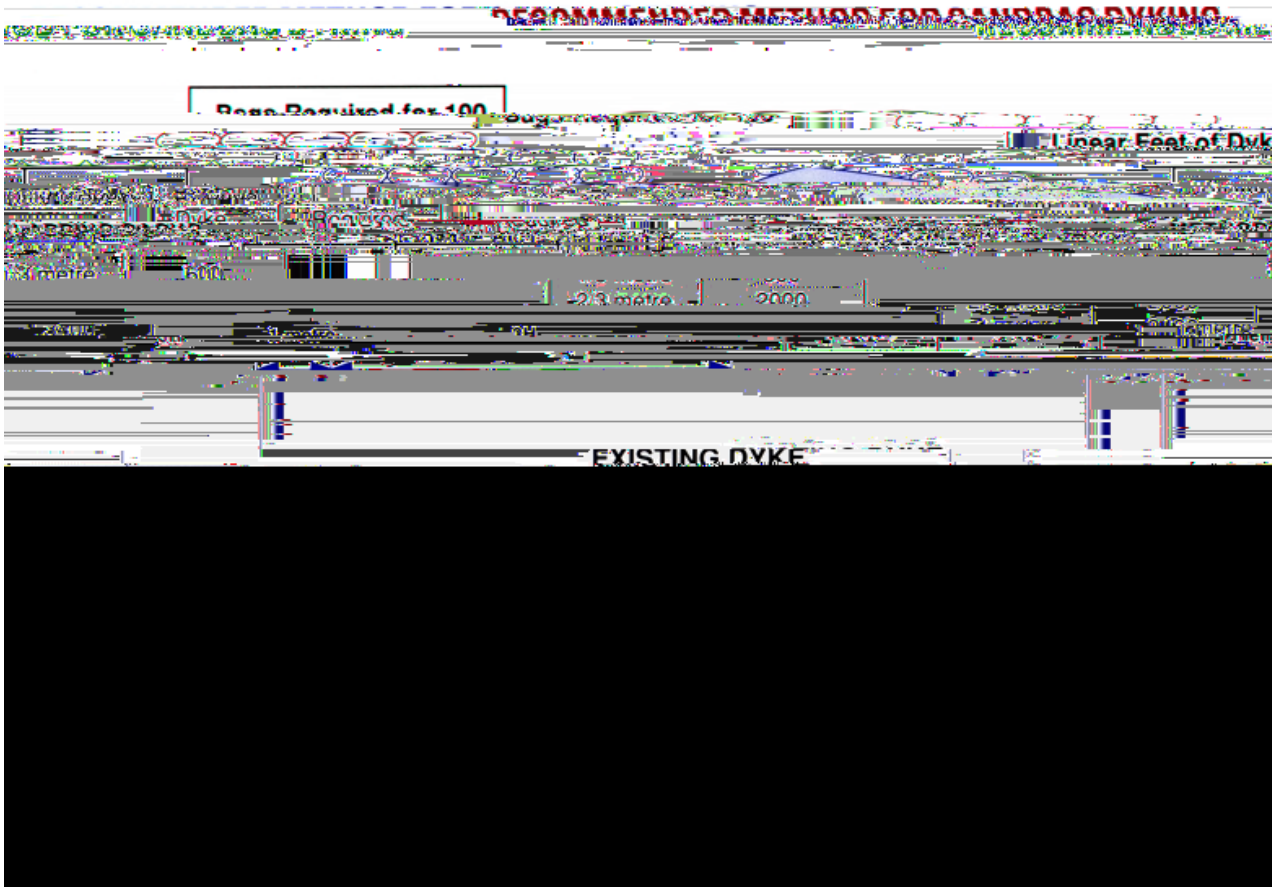
To effectively resist the forces of flood water, a dyke needs to be 3 times as wide at its base as it is high. For example, a 1 metre (~3 feet) high dyke needs to be 3 metres (~10 feet) wide at the base.

Fill sandbags only half-full and lay them in alternating crisscross directions. The base level should be laid in the same direction as the water flow, the second level should be laid perpendicular to the direction of the water flow, and continue laying the bags in alternate directions. Each layer needs to be set back one-half sandbag width on both sides from the previous layer so that the cross-section looks like a triangle.

Individual bags need not be tied shut. Overlapping the bags will hold the sand in place.

Tamp each bag firmly into place, to ensure that the finished dyke works properly.

Sandbags are available from your Municipal Public Works yards and the Regional District Recycling Depots (Bings Creek, Meade Creek and Peerless Road).



EARTHQUAKES

Earthquakes create violent ground motion and loud noise. Many people's instinct is to run. Most injuries occur as people run in or out of buildings. Instead of running: ***DROP*** *to the floor. Take* ***COVER*** *under anything sturdy or next to an inside wall.* ***HOLD*** *on until the motion stops.*

Practice being safe:

Conduct earthquake drills. Call out "EARTHQUAKE!" Give family members time to react. After the drill, discuss what each did to be safe, and what each could have done.

Before an Earthquake

- Ensure each member of your family knows how to keep themselves safe.
- Search for potential hazards in your home using the Home Hazard Hunt on page 16.
- Know the safe spots in each room— inside walls, under sturdy tables or desks & in closets

One of the safest places in your home is an inside hallway which is usually free of windows, heavy furnishings, etc. and is only a few steps away from any room in the house.

During an Earthquake

- **DROP, COVER and HOLD!** Immediately move to your safe place if you can. Remember, don't run! Protect your head and back of your neck as much as possible.
- If you unable to get to your safe place, grab whatever you can to protect your head and

- In a high-rise building, stay away from windows and outside walls. Get under a table or next to an inside wall. Do not use the elevators.
- In a moving vehicle, stop as quickly as safety permits and stay in the vehicle until the movement stops. Avoid stopping near or under buildings, trees, overpasses and utility wires. Proceed cautiously once the earthquake has stopped, watching for road and bridge damage.
- In a crowded public place, do not rush for the doors. Move away from display shelves containing objects that may fall.
- If you get trapped under debris:
  - Do not light a match and do not move about or kick up dust.
  - Cover your mouth with a handkerchief or clothing.
  - Tap on a pipe or wall so rescuers can locate you. Use a whistle or flashlight if one is available. Shout only as a last resort (to avoid inhaling dangerous amounts of dust).

After the Earthquake

- Remain calm. Stay in your safe location and count at least 60 seconds to give things time to settle. Take a few moments to collect yourself and check for hazards.
- During aftershocks, squat, cover and hold but watch for debris before kneeling down.
- Before you move, check your immediate area for hazards, including broken glass, spilled chemicals, or items that shifted and may easily fall in an aftershock.
- Your home power failure lights will light your way. If not, use a lightstick. DO NOT use an open flame or electric light switch until you are sure there are no gas leaks.
- Check those around you for injuries. Apply first aid treatment where needed. Do not move the seriously injured unless absolutely necessary.
- Evacuate your family to an outside location free of potential hazards (trees, power lines, etc.) until you have ensured your home is safe to occupy.
- Check for fires. Extinguish small fires, but do not try to put out ones that are too large – Evacuate immediately.
- Carefully check for gas leaks. If you smell gas, shut off the valve, wait a few minutes and then shut off the water and electricity. Turn off all your appliances. *(see page 25 - 27)*

EVACUATIONS/SHELTERING IN PLACE

This section is for information purposes only. During an evacuation, emergency personnel will contact you and supply further instructions (what to do, where to go, etc.)

They may alert you by several methods including:

- Personal Contact (emergency personnel door-to-door)
- Public Address System (PA's)
- Local TV, Radio, and News Media Broadcasts
- Outdoor Alerting Systems (siren, horn, etc.)
- Cable TV Interrupts
- Telephone Systems (manual or automatic dialling systems)

Get Ready to Leave

- Stay Calm.
- Gather your family, take a neighbour or someone who needs help.
- If evacuation is mandatory: take critical items (medicine, purse, wallet, keys, etc.) if they are immediately available. Take pets in pet kennels or on a leash.
- If evacuation is precautionary: take essential items (diapers, baby food, clothes, money, etc.).
- Leave a radio on, preferably a "talk radio" station. This gives the impression of an occupied home and is a good deterrent to criminals.
- Turn off all appliances (stove, washing machine, etc.)
- Do not turn off your utilities (gas, water, electricity) unless instructed to do so. If you aC /Ho, d(T

Evacuation Information and Procedures

Evacuations can be chaotic, nerve wracking and a time of worry and strain. Make yourself aware and be prepared. Fire fighters and other emergency personnel cannot work on the fire or other problems until life and safety issues are under control - that means YOU! Resisting evacuation consumes the rescuers precious time. Once you receive the information of the Evacuation Order, evacuate immediately. Delay can result in roadways being blocked by smoke, other materials or rescue equipment. Listen to emergency broadcasts and follow the directions of emergency personnel.

Be Prepared, Informed, And Organized. Be Safe.

Whether you need to leave your home due to a quickly approaching fire, or because of rising flood waters, you should be aware of Evacuation Alerts and Orders, what they mean, and how to prepare yourself and your family. Depending on the nature of the emergency, BC has several legal Acts which authorize evacuations.

Evacuations are an incremental process that can be implemented more efficiently if people are informed and keep tuned into local media for information releases. (See Emergency Information at the beginning of each workbook section for radio stations in your area.)

Evacuation Stages

Regardless of which legal authority orders an evacuation, warning and implementation should follow the provincial standard of a three-staged process.

Stage 1 - Evacuation Alert

Alerting the population at risk of the impending danger. At this point, the movement of handicapped persons, transient population, including vacationers, and in some cases, school population, and any voluntary evacuees, should become a priority.

Stage 2 - Evacuation Order

Leave the area now! All persons in the affected area will be told that, in the interest of their own safety and considering the risk, they are now ordered to leave the area. There is no discretion allowed in the Order, which clearly indicates immediate evacuation and relocation. The RCMP will enforce this Evacuation Order.

Stage 3 - Rescind

When the emergency is under control and the area is declared safe, the Evacuation Order will be retracted and information will be broadcast to advise evacuees that they may return home. Remember, if the emergency reoccurs, another evacuation may be necessary star

Shelter in Place Instructions

Fire Extinguishers

Locate your fire extinguishers where they are readily accessible. When used correctly, they can keep small fires from becoming big ones.

- It is better to have several smaller extinguishers located throughout the house than to have one large one that may be difficult to get to quickly. This is especially important if your home has multiple floors.
- An A:B:C extinguisher is recommended for most types of fires.
- Regularly review their operating instructions as you won't have time to read them when a fire occurs.

- At least once a year turn your fire extinguisher upside-down, give the bottom a good smack and shake it to keep the chemical powder from caking
- Check your fire extinguisher's gauge to ensure the pressure is at the recommended level. (i.e. in the green zone - not too high and not too low).

Some manufacturers recommend shaking your dry chemical extinguishers once a month to prevent the powder from settling/packing.

Fire extinguishers should be pressure tested (a process called hydrostatic testing) after a number of years to ensure that the cylinder is safe to use. Consult your owner's manual, extinguisher label or the manufacturer to see when yours may need such testing.

IMPORTANT: Recharge all extinguishers immediately after use regardless of how much they were used.

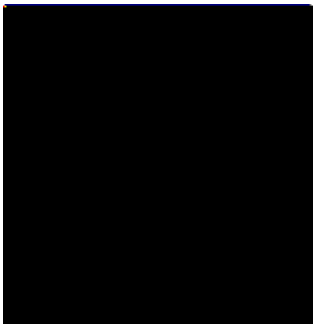
Using a fire extinguisher:

- Keep calm.
- VITAL: Keep an escape route open between you and the *small* fire you are attempting to extinguish. If the fire is large or becomes too large, immediately get out of the house. Close the door on your way out to slow the spread of the flames.
- Follow the four-step PASS procedure outlined below:

Pull the pin to unlock the lever.

Aim at the BASE of the fire to put it out.

Squeeze the lever slowly to release the extinguishing agent. Release the handle to stop the discharge.



Sweep from side to side, moving carefully toward the fire, keep the extinguisher aimed at the base of the fire and sweep back and forth until the flames appear to be out.

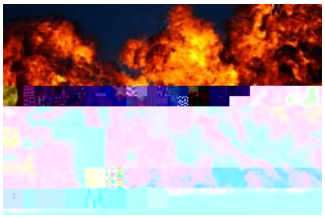
Watch the fire area. If the fire reignites, repeat the process.

Call 9-1-1 anytime there is a fire in your home, even if you've put the fire out yourself. The fire department will ensure there are no lingering embers or hot spots that might erupt later and let you know about any necessary further precautions.

After a Fire

- Cool and cover burns to reduce chance of further injury or infection.
- Stay out of damaged buildings.
- If you are a tenant, contact the landlord.
-

FOREST FIRES



Forest fires do not just happen in remote areas. Urban and rural subdivisions, farms, acreage and cottages are all potentially threatened by forest fires. In British Columbia, fires threaten or destroy many homes every year. Taking some basic steps will help reduce the threat of forest fires to your home and family.

Before the Fire Approaches Your Home

- **Evacuate**. Evacuate your pets and all family members who are not essential to preparing your home. Anyone with medical or physical limitations and the young and elderly should be evacuated immediately.
- **Remove combustibles**. Clear items that will burn from around the house, including wood piles, lawn furniture, barbeque grills, tarp coverings, etc.
- **Close or protect all openings**. Close outside attic, eaves, fireplace and basement vents, windows, doors, pet doors, etc. Remove flammable drapes and curtains. Close all shutters, blinds or heavy non-combustible window coverings to reduce radiant heat.
- **Close all interior doors and windows** to prevent drafts.
- **Shut off gas** at the meter. Only a qualified professional may turn the gas back on.
- **Turn off propane** tanks and move them at least 10 metres (33 feet) from your home if possible.
- Connect garden hose to outside taps. Place **lawn sprinklers on the roof** and near above-ground fuel tanks. Wet the roof.
- **Fill any pools,** hot tubs, garbage cans, tubs or large containers with water.
- **Wet** or remove **shrubs** within 5 metres (~15 feet) of your residence.
- **Gather fire tools** such as a rake, axe, handsaw or chainsaw, bucket, and shovel.
- **Face car in the direction of escape**. Shut doors and roll up windows. Leave key in ignition and doors unlocked. Close garage windows and doors, but leave them unlocked.
- **Disconnect automatic garage door openers** so doors can be opened manually.
- **Open fireplace damper.** Close fireplace screens.
- **Move flammable furniture** into the center of the residence away from windows and sliding-glass doors.
- **Valuables**. Place important papers, mementos and anything "you can't live without" inside your car, ready for departure.
- Lights – **turn outside and inside lights on** to make house more visible in heavy smoke.

If advised to evacuate, do so immediately. Follow the instructions provided and use the route determined in the evacuation notice. Watch for changes in the speed and direction of the fire and smoke.

After a Forest Fire

Follow the instructions provided by local government and see page 61 for information regarding recovering from a disaster.

FLOODS

Returning Home

DO NOT RETURN HOME until the local government announces the emergency situation is over and that it is safe to return to the affected area.

YOU MUST NOT LIVE IN YOUR HOUSE UNTIL:

- The regular water supply has been inspected and officially declared safe for use.
- Every flood-contaminated room is thoroughly cleaned, disinfected and surface-dried.
- All contaminated dishes and utensils have been thoroughly washed and disinfected, either by using boiling water or by using a sterilizing solution of 1 part chlorine bleach to 4 parts water; then rinse dishes and utensils thoroughly.
- Adequate toilet facilities are available.

For detailed information concerning the potential contamination of food stuffs contact your local health unit. DO NOT EAT FOOD that was submerged in flood waters.

Health officials recommend disposal of the following food stuffs:

- **ALL FRESH OR DRIED FOODS**
- **CANNED GOODS** (if damaged and showing signs of leakage)
- **HOME CANNED OR BOTTLED FOODS** (contamination can gather under caps)

After the Flood

Have the house inspected for structural damage to ensure there is no danger of collapse.

Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations. Wear rubber boots & gloves to avoid electrical shock and contamination.

If you notice a strong gas odour, do not enter. Call your local gas company immediately.

Let the building air out before entering to remove foul odours or escaped gas & do not heat above 4° C to reduce mould and bacteria growth.

If water occupies the home, pump out a third of the flooded water each day. Further damages to the structure can occur by pumping water out too quickly.

Add 2 litres of bleach to the remaining flood waters every 3 days to keep down the growth of bacteria and mould.

After flood damage, **natural gas lines, equipment and appliances must be checked**, and all leaks repaired and pressure tested by a licensed gas fitter.

DO NOT handle live electrical equipment in wet areas. DO NOT use electrical equipment exposed to floodwaters until it has been professionally checked and serviced.

Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.

Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

HAZARDOUS MATERIALS

Industries and transportation use or carry many hazardous chemicals. Hazardous spills can occur anywhere. They can create a secondary disaster following an event such as an earthquake or flood.

Before A Hazardous Materials Spill

- Make plans now for ways to reunite with family members. (see page 3).
- Know where utility shut-off valves are and show everyone how to turn them off.
- Know where all in-take and exhaust fans for air conditioning and heating system are.
- Be prepared to evacuate the building if necessary.

During A Hazardous Materials Spill

- Listen to the radio for instructions and information about a possible evacuation.
- For hazardous materials accidents, call 9-1-1,

LANDSLIDES

Landslides occur in many places. Masses of rock, earth, or debris move down a slope. Landslides are activated by storms, earthquakes, volcanic eruptions, fires, and human modification.

Debris and mudflows are rivers of rock, earth, and other debris saturated with water. They develop when water rapidly accumulates in the ground, during heavy rainfall or rapid snowmelt. These flows can develop rapidly, striking with little or no warning at avalanche speeds and can travel several miles from their source, growing in size as they pick up trees, boulders, cars, and other materials.

Before a Landslide or Debris Flow

- Do not build near steep slopes, close to mountain edges, near drainage ways, or natural erosion valleys.
- Consult an appropriate professional expert for advice on corrective measures.
-

PANDEMICS (DISEASE OUTBREAKS)

Disease outbreaks happen when a new kind of virus is able to spread easily from person to person and spreads quickly around the world. Since people have no protection against the new virus, it will likely cause more illnesses and a larger number of deaths than seasonal flu.

Influenza pandemics have happened every ten to forty years for at least the last 500 years. Three flu pandemics occurred in the last century, the last in 1968. The most severe known as the Spanish Flu was in 1918. No one can predict exactly when a pandemic will happen.

The flu spreads easily from person to person by:

- Breathing tiny droplets that are in the air after an infected person coughs or sneezes;
- Touching tiny droplets of nose or eye secretions from an infected person and then touching your eyes, nose or mouth; and
- Touching objects like dirty tissues or surfaces that have been handled by an infected person and then touching your eyes, nose or mouth.
- The flu virus can be spread off of hard surfaces like doorknobs for up to twelve hours, and from softer/porous surfaces, like hands and tissues, for several minutes.

The flu can be spread by an infected person from about one day before symptoms start to appear to as many as five days after symptoms appear, and maybe longer in children and some adults.

Staying Healthy

- **Have good routine health practices** like eating well, getting enough sleep and exercising regularly.
- **Wash your hands often** and for at least 20 seconds with soap and warm water, and always after you cough or sneeze. An alcohol-based hand cleaner also works if your hands do not look dirty. This is one of the best ways to protect yourself from the flu!
- **Practice good cough manners.** Cover your mouth and nose with a tissue when you cough or sneeze, or cough into your upper sleeve if you don't have a tissue. Throw the used tissue

It is recommended that you get a flu shot each year. Flu vaccine, when available, will be the primary public health intervention during a flu pandemic. The provincial government is working with the federal government and other provinces and territories to ensure that there will be enough vaccine for all Canadians. Since vaccine may not be available early in a pandemic, it is important to learn and use other ways

During a Disease Outbreak

POWER OUTAGES

When your power goes out, if your neighbours have power, check your fuse box or circuit breaker panel. Make sure large appliances are turned off before replacing fuses or throwing breakers. This will help prevent possible damage to your electrical system.

Before the Power Outage

- People relying on life-sustaining equipment should contact their local health provider and consider purchasing or renting a small generator on a priority basis.

- Be very careful of fire hazards caused by candles or other open flame light sources. Use a shiny aluminium pan behind the candle to reflect more light.
- If you have a fireplace, use it for both warmth and cooking but keep a window slightly open in the room in order to provide combustion air and ventilation.
- Use all barbeques, camp stoves and hibachis **outside only**.
- Keep a windup, solar or battery-operated radio on hand.
- Keep clear of wires or anything in contact with them and warn others of the danger. Always assume that wires are live and capable of killing people.

Warning: Do not use the burners or the oven in a gas stove to heat the kitchen. This is dangerous. A draft could blow out the oven pilot light on a gas stove, and maintaining too high an oven temperature for long periods of time could cause a fire.

If an extended outage occurs during cold weather, drain water systems and have an alternative heating system available that is not dependent on electricity. For example use a wood-burning fireplace, a gas fireplace or a portable kerosene heater. (Do not use a kerosene heater in an unattended room. Open a window slightly to provide combustion air and

TSUNAMIS

Before a Tsunami

In the Cowichan Valley, most of us live inland or on the **East Coast** of Vancouver Island which is **Tsunami Zone E**. Those on the **West Coast** are in **Tsunami Zone C**.

During a Tsunami

- **Move inland to higher ground and stay there** until you receive the All Clear bulletin.
- If you live in a coastal area and feel strong shaking from an earthquake, prepare to move immediately to higher ground (greater than 10 metres or 33 feet above the tide line)
- Tsunamis generated in distant locations will generally give people enough time to move to higher ground. For locally generated tsunamis, where you may feel the ground shake, you will only have a few minutes to move to higher ground.
- If you are at the beach, near the ocean or near rivers and streams that lead to the ocean and you feel the earth shake, move immediately to higher ground. DO NOT wait for a tsunami warning to be announced.
- DO NOT go to the beach to watch. **If you notice a sudden very low tide this is nature's tsunami warning and it should be heeded. You should move inland immediately.**
- If you hear a tsunami bulletin, follow information and instructions immediately.
- If you hear a tsunami evacuation order is given, move immediately to higher ground (greater than 10 metres or 33 feet above the tide line)
- Stay tuned to your radio for further tsunami updates.
- Do not use the telephone for 24 hours except to report life threatening emergencies.
- Follow the instructions of all emergency officials. This is for the safety of you and those around you.

7

WATER SUPPLY INTERRUPTIONS

Water supply interruptions can arise without warning due to a variety of natural and man-made events. Many of us are used to annual water conservation measures that restrict water use during the summer months. Local governments are increasingly instituting more water conservation measures to conserve this valuable and necessary resource.

Before the Water Supply Interruption

- Know how to shut-off the water line that enters your home.
- Store 20 – 35 litres of water per person to have enough to last you for at least seven days. Store water in sturdy, opaque plastic food grade pails, jugs or bottles (see pages 6 & 7 for more information).
- Keep canned goods and meals stocked that require little or no water to prepare.

During the Water Supply Interruption

- Follow the instructions of local officials regarding water usage and purify water if necessary (see page 7 for general instructions).
- If a "boil water advisory" is issued, just boil the water for the number of minutes stated in the advisory, then let it stand and settle before using. You can then use it as regular tap water or filter it further through a coffee filter or paper towel if you prefer.

Conserve water

- Keep a jug of water in the refrigerator for drinking
- When using big containers for small jobs like washing hands or brushing teeth, pour some water into a cup or glass and only use that amount rather than letting it pour straight from the big container.
- Wash essential clothing by hand only and wait to do laundry until the water supply is back in service.
- Turn off all garden sprinkler systems and selectively hand water only food plants as necessary. Use mulch and compost to reduce evaporation, promote plant growth and control weeds.
- Capture rainwater off the roof for use in your garden and for hygiene purposes.

After the Water Supply Interruption

- Restock your water and food supplies.
- Have a brainstorming session to share things learned and get better prepared for the next time.
- Develop the habit of conserving water whenever you can.

WINTER STORMS

Winter storms can create beautiful pristine landscapes and fun times for families to enjoy the outdoors but they also cause all kinds of challenges for travel with blocked driveways and roads and lengthy power outages.

Before a Winter Storm

- Stock up on **rock salt** to melt ice on walkways.
- Keep **sand or non-clumping kitty litter** in your car trunk and at home to improve traction.
- Have **snow shovels** and other snow removal equipment on hand.
- Prepare for possible isolation in your home by having **sufficient heating fuel**. Prepare alternate sources of heat such as your fireplace or wood-burning stove.
- **Winterize your home** to extend the life of your fuel supply by insulatn7tTJ/TTe0 Tc 0 Tw -1rpp ttr

- **Conserve fuel**, if necessary, by keeping your residence cooler than normal or closing off heat to some rooms temporarily.
- **Keep a window open slightly** when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least 1 metre (~3 feet) from flammable objects.

Vehicle Safety During Winter Storms:

- **Drive only if it is absolutely necessary.**
- **Travel during the day**, travel together with someone, and keep others informed of your schedule
- **Stay on main roads** and avoid back road shortcuts

Recovery (Moving Forward)

Top 5 Recommendations:

1. Unfamiliar **emotional responses** are normal reactions to our emergency/disaster experiences
2. **Recovery**

Getting Back on Track

Emergencies/disasters have a definite start and end. Coordinated response is required by individuals, agencies, local governments and communities to deal with the emergency or disaster. Every response has a definite start and end. Recovery starts at the same time as the response but will probably continue on for some time depending on the severity of the emergency/disaster.

1. Take care of yourself and your family first.
    - Attend debriefing sessions in your community that provide opportunities to get questions answered and for sharing our experiences
    - Promote physical health by eating healthy meals and getting exercise and fresh air
    - Promote emotional health by talking about our experiences with understanding family and friends or with a professional if you are struggling in any way
2. Take care of safety and security issues.
    - Contact your insurance company to start a claim and request security if your home is not able to be locked up
    - Stay with family and friends if possible as their support can be invaluable
    - Determine where you will live during the recovery
3. Assess the losses.
    - Start making a list of items and property that you have lost (identification, furniture, family keepsakes, etc.)
    - Find out if special precautions need to be taken before entering your home
    - Look for items that can be salvaged
    - Take time to appreciate what you still have
4. Determine what needs to be done.
    - Remove items you want to try and salvage
    - Have your home inspected to determine whether it can be repaired or needs to be removed and rebuilt
    - Find out when it will be safe to begin rebuilding or repairing
5. Determine recovery resources.
    - I

Health and Safety Guidelines

Recovering from a disaster is usually a gradual process. Safety is a primary issue, as are mental and physical well-being. If assistance is available, knowing how to access it makes the process faster and less stressful. This section offers some general advice on steps to take after disaster strikes in order to begin getting your home, your community, and your life back to normal.

Your first concern after a disaster is your family's health and safety. You need to consider possible safety issues and monitor family health and well-being.

Aiding the Injured

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

- If the victim is unresponsive, call 9-1-1.
- Care for life-threatening problems (ABCs) using CPR etc. as needed.
- Maintain body temperature with blankets. Be sure the victim does not become overheated.
- Never try to feed liquids to an unconscious person.

Health

- Be aware of exhaustion. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
- Drink plenty of clean water.
- Eat well.
- Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working in debris.

Safety Issues

- Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring, and slippery floors.
- Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation, and dead animals.

Returning Home

Returning home can be both physically and mentally challenging. Above all, use caution.

- Keep a battery-powered radio with you so you can listen for emergency updates and news reports.
- Use a wind-up or battery-powered flashlight to inspect a damaged home.

Note: Turn the flashlight on outside before entering — the battery may produce a spark that could ignite leaking gas, if present.

- Watch out for animals.
- Use the phone only to report life-threatening emergencies.
- Stay off the streets. If you must go out, watch for fallen objects; downed electrical wires; and weakened walls, bridges, roads, and sidewalks.

Before You Enter Your Home

Walk carefully around the outside and check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.

Do not enter if:

- **You smell gas.**
- **Floodwaters remain around the building.**
- **Your home was damaged by fire and the authorities have not declared it safe.**

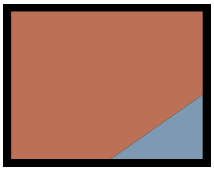
Going Inside Your Home

Enter the home carefully and check for damage. Be aware of loose boards and slippery floors. Check the following inside your home:

Natural gas. If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from another location to have the system inspected and repaired. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

Sparks, broken or frayed wires. Check the electrical system unless you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. **Do not turn lights on** until you are sure they are safe to use. You may want to have an electrician inspect your wiring.

Roof, foundation, and chimney cracks. If it looks like the building may collapse, leave immediately.



Emotional Responses in Emergencies

Helping Children Cope with Their Fears

Before the Emergency

- Talk about your own experiences and/or read aloud about emergencies. Local libraries have some good books. Be sensitive to your children's needs as you do this. The point is not to frighten but to increase their awareness of some of the things that may happen.
- Walk through your house with them and have them practice quickly getting in each room's safe place. Hold frequent earthquake and fire drills to reinforce this practice.
- Walk with your children around their favourite outside places to play. Identify the safe places to be in these locations.
- Ask your children's school about their emergency response plan. The school's plans may include holding the child until parents arrive. Make sure to explain this to your children and the reason why.
- Provide your children with the name of a relative or friend who will care for them if you should get stuck at work, etc. Preferably this will be a person that the children know and are comfortable with.

After the Emergency

- Give lots of hugs to your children and tell them everything will be okay. This provides physical and verbal reassurance to them.
- Encourage your children to express their feelings, especially through play and physical activities. Listen to them carefully when they share these things with you.
- Be careful not to ignore the emotional needs of your children once you have determined that everyone is physically okay. Fear is a normal reaction to any dangerous situation.
- Include children in clean up activities. It is comforting to the child to watch the household begin to resume its normal functions. It also gives them a job to do.
- Children may revert to immature behaviour for a few days. Do not focus on this behaviour, rather praise them for their help in cleaning up, etc.
- Maintain routines but reduce performance expectations. If fears, sleep, or unusual behaviours get worse for more than two weeks, take the time to seek professional help.

Helping Pets Cope with their Fears

Community Resources And Beyond

Community Resources to individuals and families may come from many organizations, including:

- Emergency Social Services (through your local community) will assist with family reunification and facilitate the provision of emergency food, clothing, lodging and emotional support to evacuees.

Canadian Red Cross
Croix-Rouge canadienne

- Canadian Red Cross provides family reunification and collects donations to assist with disaster relief

- Salvation Army provides disaster relief and emotional support services

- Provides cots and blankets for Emergency Group Lodging facilities and facilitates the provision of emergency and long-term housing options

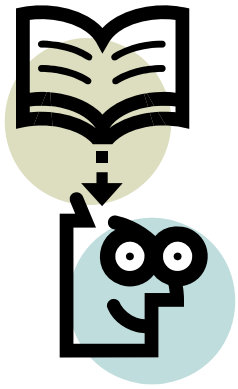
Tzu Chi Foundation

Personal Documents

(to fill out and photocopy)

Top 5 Recommendations:

1. **Collect** the information you will need to fill out the forms
2. **Develop your rough draft** separately and then write the final copy onto the pages in this workbook as a handy reference tool.
3. **Photocopy** these pages and ensure each family member has a copy.
4. **Update** the information as needed.
5. **Keep this workbook easily accessible** (by the main phone, on the coffee table)



This section of the workbook will:

- Provide forms you can fill out and photocopy so that every family member has the important information to help you find each other after an emergency/disaster.
- Provide a grid that you can use to draw your home and all possible escape routes.
- Help you keep all emergency preparedness information in one book rather than on separate pieces of paper that may get lost. You may want to keep this workbook near the main phone for easy access.

Emergency Contact Person Card

Important Individual & Family Information

Our Escape Route Plan

(use this grid to draw your home and how you can escape from each room safely)

Pets & Farm Animals - Important Telephone Numbers

1. Primary Veterinarian		7. Micro Chip Registry	
2. Alt. Veterinarian		8. Missing Pet Registry	
3. Animal Control		9. Out of Town Contact	
4. Boarding Kennel		10. Pet Sitter	
5. Emergency Clinic		11. Alt. Pet Sitter	
6. Humane Society		12. Poison Centre	

Personal Notes: