



# Seniors: How to be prepared for an emergency

**Prepared by Emergency Management Ontario**

# Why Be Prepared?



- There have been a number of recent emergencies in Ontario and around the world – tornadoes, floods, power outages, space industrial accidents, forest fires and health alerts that have a significant impact on human population.
- Ontario will face other emergencies in the future.
- During emergencies, police, fire and EMS focus their efforts on those most in need first. As a result, help might not be available right away for every household.
- That is why everyone, including Ontario seniors, needs to be prepared.



# Seniors and Emergencies



- Past emergencies have shown that seniors have many strengths, abilities and experiences to draw upon to help themselves and others in disasters.
- Seniors can also face challenges associated with ageing, which can put them at higher risk during emergencies.



# What You Can Do



Being prepared involves two key steps:

- **Making a Plan:** outlining what you would do in case of an emergency – where you would go if your neighbourhood was asked to evacuate, for instance.
- **Building an Emergency Survival Kit:** containing all the things you would need to survive for three or more days at home (or elsewhere).



# Your Emergency Plan



Key things to include in your emergency plan:

- **2 Safe locations:** where you would go if you had to leave home
- **Family communications plan:** how you would get in touch with loved ones if local phone lines were not working – through predetermined out-of-town contacts
- **List of your personal support network:** who you would call on for help if you needed it – family, friends, personal support workers, etc.

# Your Emergency Kit



Key things to have in your emergency survival kit:

- **Essentials:** what you need to be safe and take care of yourself for at least three days, like food, water, medications, flashlight, crank radio, first-aid kit, etc.
- **Extra things you may need:** what you and other members of your household may need specifically – such as medical supplies or pet supplies.
- **Extra supplies for evacuation:** what you might need if you had to leave home, like some clothes, a blanket, toiletries, etc.



# Other Tips



- Discuss your plan with family & friends.
- Update the information in your plan on a regular basis, especially information that can change often, like medication lists.
- Check your kit regularly and replenish items as they expire.
- Put your kit items in an easy-to-carry bag or case on wheels.



# Get Started



For complete instructions on making a plan and a full list of what to put in your kit, get a copy of *Ontario Seniors: How to be Prepared for an Emergency*



The companion form *Information for my Emergency Plan* allows you to list and keep all emergency information, like medications, in one place.

You can access these two resources via:

- [www.ontario.ca/beprepared](http://www.ontario.ca/beprepared); or
- 1-877-314-3723

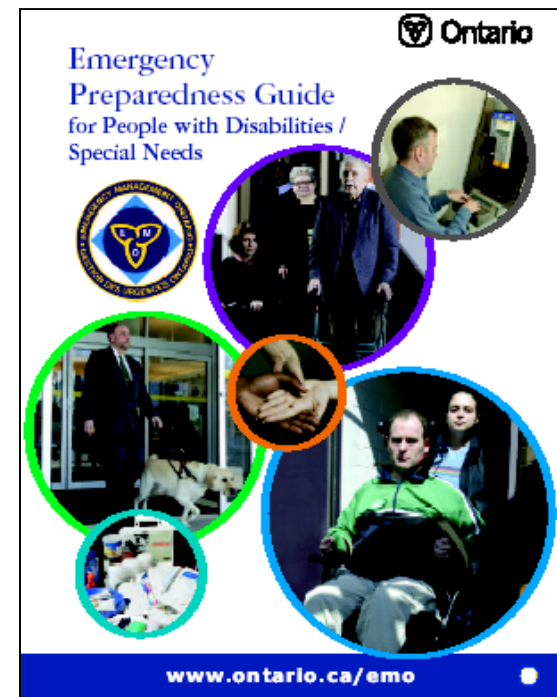


# Additional Needs?



If someone in your household has a disability or special need, you should also get the *Emergency Preparedness Guide for People with Disabilities/Special Needs*.

This guide provides emergency preparedness information for those living with a physical, visual, auditory and/or other non-visible disability. It includes helpful information on how best to assist someone with a disability or special need.



# Be More Prepared: Sign up for Emergency Alerts

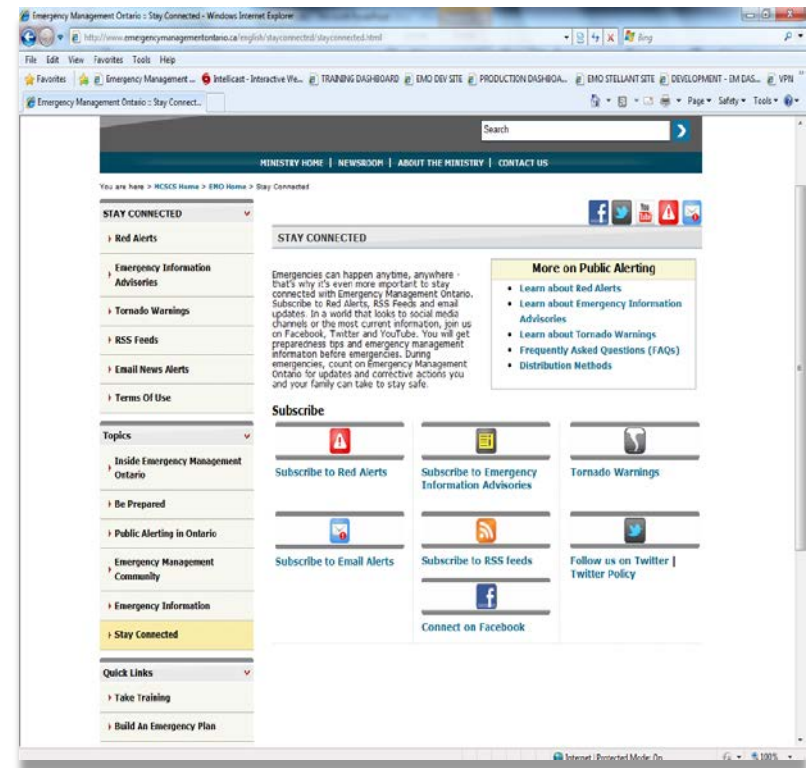


- Emergency alerts let you know of actual or potential emergencies happening in the province, and they include information on what you can do to protect yourself if your area is affected.
- Being signed up for emergency alerts is an excellent way to improve your preparedness.

# Ontario's Emergency Alerts



- Ontario's Emergency Public Warning System issues three types of alerts: Red Alerts, Emergency Information Advisories, and Tornado Warnings.
- You can sign up online to receive alerts at [www.ontario.ca/emo](http://www.ontario.ca/emo)  
Subscribers to the service can receive alerts through:
  - Twitter
  - E-mail
  - SMS message
  - RSS feed



# Getting Emergency Information Online



**Emergency Management Ontario's website:**  
**www.ontario.ca/emo**

- Updated weekly during non-emergencies, with tips and info (for example, links on driving in severe weather).
- During emergencies, updated frequently with info on current situation, recommended actions, links, official statements.

The screenshot shows the website interface for Emergency Management Ontario. The header includes the Ontario logo and the text 'MINISTRY OF COMMUNITY SAFETY & CORRECTIONAL SERVICES'. A search bar is visible. The main content area is divided into two columns. The left column has a 'BE PREPARED' section with a dropdown menu showing options like 'Make a Kit', 'Ontario Hazards', and 'Diverse Groups'. Below this is a 'Topics' section with a dropdown menu showing 'Inside Emergency Management Ontario' and 'Be Prepared'. The right column features a yellow 'ADVISORIES AND WARNINGS' header. Underneath, there is a section titled 'HURRICANE SANDY - WHAT YOU NEED TO KNOW' with a sub-header 'What you can do'. The text under 'What you can do' includes: 'Tune into local and provincial media (radio, TV and internet) for the latest updates', 'Make sure you have an emergency survival kit', 'Keep your cell phone charged', and 'Follow @ OntarioWarnings on Twitter or Emergency Management Ontario on Facebook and check this page regularly for updates'. Below this, there is a 'Power outages' section with text: 'We are working with local utilities to minimize power disruption related to the storm. As of 7 am, October 31, 2012 power has been restored to nearly all 151,000 hit at the peak of the storm. Crews are working to restore power to a small number of customer that remain without power from localized or remote outages.'

# Social Media



**Twitter: @OntarioWarnings**  
**Facebook: facebook.com/emergencymanagementontario**

- EMO's social media accounts updated at least weekly during non-emergencies
- During emergencies, updated frequently with emergency updates and recommended action, situational information, links, etc.



# Acknowledgements



Special thanks to these partners for providing input and supporting Emergency Preparedness Week 2013:

- Ontario Seniors' Secretariat
- Ministry of Health and Long-Term Care
- Emergency Management, York Region (for contributing information from their resource "Seniors To Go")





Questions?