



Are You? Ready

YOUR EMERGENCY PREPAREDNESS GUIDE

LET'S GET STARTED.

Emergencies can occur quickly and without warning, at any time of day and in any season.

The Regional Municipality of Durham and its eight local area municipalities prepare for, and respond to, large-scale natural and human-caused emergencies. To effectively do this, emergency programs and plans are in place. These are regularly reviewed and practised.

Personal preparedness is essential. We are all responsible for being prepared for an emergency. In order to ensure that our basic needs are met, we need to plan to be self-sufficient for 72 hours.

The time to prepare for emergencies is now! This booklet explains the four steps to follow:

Step #1 - Know Your Risks

Step #2 - Have A Plan

Step #3 - Make A Kit

Step #4 - Stay In Touch

Use the information included with each step and the checklists in this booklet to fill out your own emergency plan.

Now, let's get started with Step #1: Know Your Risks!

LEARN WHAT YOU NEED TO DO IN THE UNLIKELY EVENT OF A NUCLEAR EMERGENCY.

If you live, work, or attend school within 10km of the Pickering or Darlington Nuclear Generating stations, make sure you review these two additional steps:

Step #5 - Nuclear Awareness

Step #6 - Nuclear Boundaries

KNOW YOUR RISKS

"Hazards" can cause danger, loss or injury.



"Risks" are the chance or possibility of a hazard happening.

Identify the hazards and risks where you:

Live.

Work.

Play.

Learn.



Knowing your hazards and rating your risks helps you to be better prepared.



Remember to review your risks annually.

HAVE A PLAN

PLAN

CHECKLISTS

EMERGENCY PLAN

PLAN TO BE READY



It's important to have an emergency plan in case you are told to stay inside or to leave quickly.

PREPARE FOR 72 HOURS



Plan to have enough food, water and other essentials for at least 72 hours.

REMEMBER TO Practise



Practise makes perfect. Remember to practise your plan regularly.

DON'T FORGET Extra Items



Be sure to consider extra items like important papers, medication and equipment for children, seniors, pets and anyone with special needs.



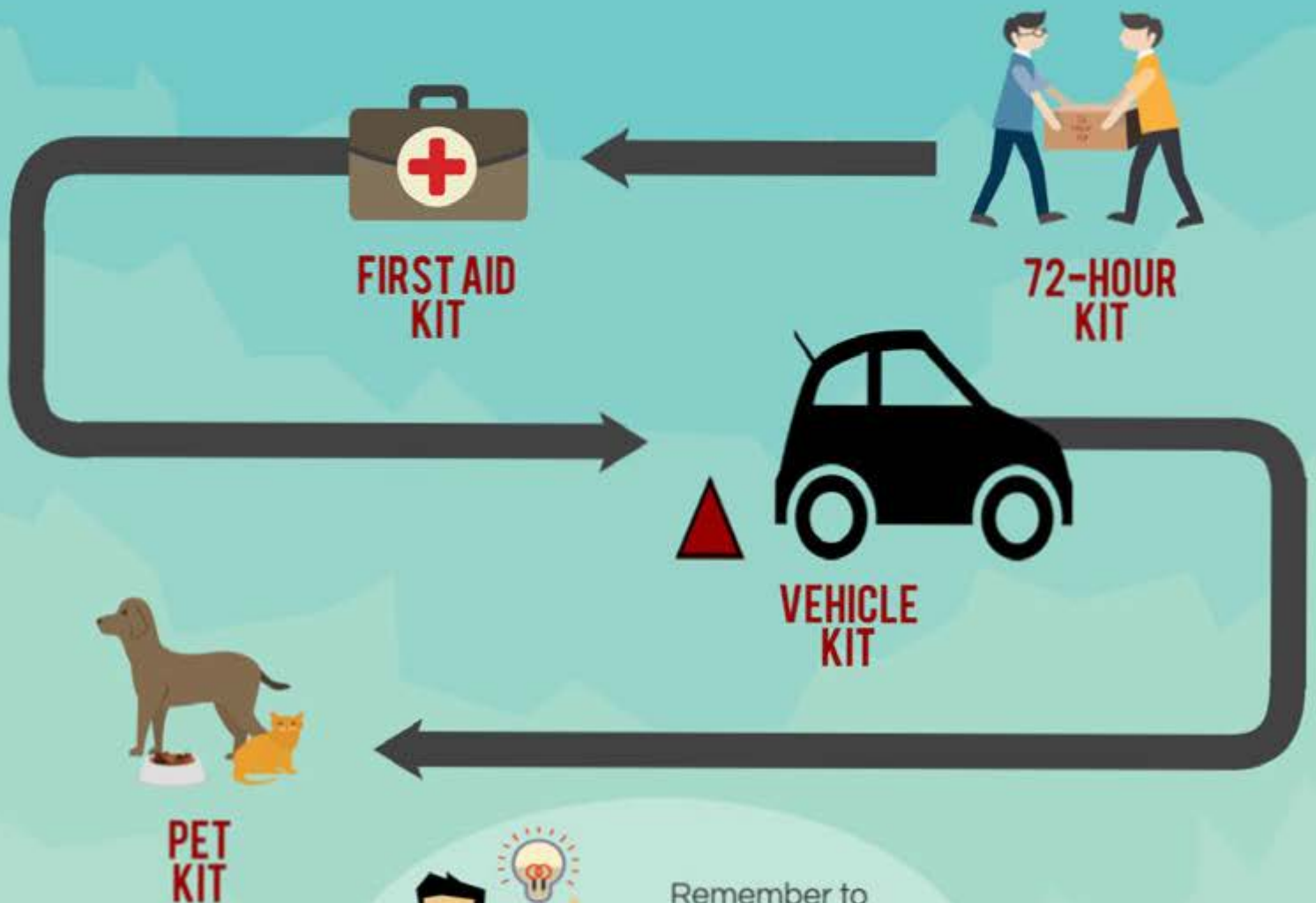
Make sure everyone in your household knows where to locate the emergency plan and emergency kits.

MAKE A KIT

Your 72-hour preparedness kit is a collection of basic items you will need in an emergency.



Don't forget, there may be a few other kits you need to make.



Remember to regularly check and restock your emergency kits.

STAY IN TOUCH

Connect with your emergency contacts to keep them in the loop.

Get current, reliable information from these local media and official government sources:

TV and radio stations



Websites and social media



CHECK OUT THE REGION'S OFFICIAL WEBSITE AND SOCIAL MEDIA CHANNELS.



durham.ca



[@regionofdurham](https://twitter.com/regionofdurham)



facebook.com/regionofdurham



Remember to check your contact information often to make sure it's current.



NUCLEAR AWARENESS

Public safety is the first priority.

While a nuclear emergency is unlikely in Durham Region, being prepared and knowing what actions to take can protect your personal safety. If you live or work within 10km of a nuclear generating station, it's important that you Know Your Risks, Have A Plan, Make A Kit and Stay In Touch.

A Public Alerting System, made up of outdoor alerting (sirens) and indoor alerting (automated telephone dialing system), is in place to notify the public of a nuclear event.



The audible outdoor alerting system, which sounds steadily for at least three minutes, is located within the 3km radius of the Darlington and Pickering nuclear stations and designed to alert people to return indoors.



The indoor alerting system delivers a pre-recorded instructional message to the landline telephones of homes and businesses located within the 10km radius of the nuclear stations.



GO inside, turn on the radio, TV and hand-held device.



LISTEN to media reports for emergency information.



FOLLOW the instructions as provided by the Province.

If a nuclear emergency occurs, you may be asked to:



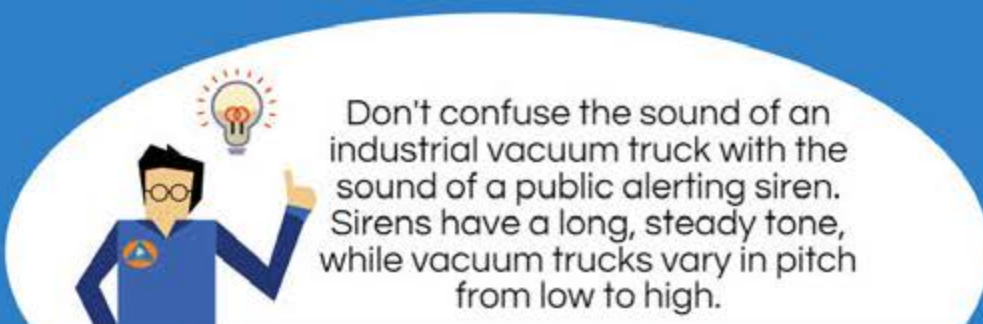
Shelter in place.

Stay indoors, close all windows and doors, and turn off all heating and air conditioning systems. Be prepared to evacuate, in case the situation changes.



Take KI pills.

KI (potassium iodide) can help reduce the dose of radioactive iodide entering your thyroid. KI pills are delivered to households and businesses in the 10km area of the nuclear stations and are also available at local pharmacies for those living within the 10 to 50km area. KI pills are also pre-distributed to designated vulnerable populations and first responders.



Don't confuse the sound of an industrial vacuum truck with the sound of a public alerting siren. Sirens have a long, steady tone, while vacuum trucks vary in pitch from low to high.

NUCLEAR BOUNDARIES



Pickering Nuclear Generating Station

and

Darlington Nuclear Generating Station



Boundaries

NORTH Fifth Concession
 SOUTH Lake Ontario
 EAST Lynde Creek, Whitby
 WEST Morningside Avenue, Scarborough

Boundaries

NORTH Taunton Road
 SOUTH Lake Ontario
 EAST Wilmot Creek, Newcastle
 WEST Park Road, Oshawa

If a nuclear emergency occurs, you may be asked to:



Evacuate.

To ensure your safety, you may be ordered to evacuate. Information about an evacuation will be distributed through local media and official government sites. Follow the instructions of emergency personnel. Go to an out-of-area relative's or friend's house, or a hotel. Remember to take your emergency kit(s) with you.



Go to an evacuation centre.

An evacuation centre is a community facility set up to provide essential services, such as food, clothing, medical/first aid and lodging. They are set up primarily for those who have no other place to go. Take your emergency kit(s) with you to the evacuation centre.



The siren is a warning, it does not mean you need to evacuate. If you hear the siren tone for longer than a minute, remain calm, go inside and wait for instructions from the Province on your radio, TV and hand-held device.

EMERGENCY PLAN

PART 1



The region's risks/hazards are: transportation, energy, weather, hazardous materials, explosion, flood, health, infrastructure and nuclear. Your risks at home, work, school are:

Escape route(s) from each room of your home (include alternates):



Escape route(s) from neighbourhood (e.g. if by car, on foot, to nearest transit):

Meeting place near home:

Pets: Take your pet with you if you have to leave, but remember some public shelters or hotels may not allow your pet inside. Identify, in advance, where your pet will stay. Also, make sure your pet has up-to-date vaccination tags (if appropriate) and ID that includes out-of-town contacts, in case your pet is lost.

Pet Relocation:



Special Health Needs: Keep an up-to-date list of medical information for each member of your household, including medication, medical equipment and contact information for physicians/health-care provider.



School/Day Care/Long-Term Care/Retirement: Ask about emergency policies; how they will communicate with you in an emergency; and what type of authorization is required to release child(ren)/seniors to a designated person, if you can't pick them up yourself. Make sure they have current contact name(s) and phone number(s).





EMERGENCY PLAN

PART 2

There are different types of kits that you may need to put together in addition to your 72-hour emergency kit. Make sure that these kits are easily accessible and easy to find.

72-hour emergency kit location:

First-aid emergency kit location:

Pet emergency kit location:

Vehicle emergency kit location:

It is important to review your kits regularly based on the season. Don't forget about any special needs for members of your household, important documentation, medication and equipment.

Know who to call in an emergency. Make sure you fill out the Stay In Touch Checklist in this booklet. List important local and out-of-area emergency contact information. In case you need to evacuate, or if you are separated from other members of your household, call your contact(s) to let them know you are safe and where you are.

Other important things to consider and make note of:

Fire extinguisher location:

Water valve location:

Electrical panel location:

Hydro Co. Name & Phone:

Gas valve location (only shut off when authorities tell you to do so):

Gas Co. Name & Phone:

**IN THE EVENT
OF AN
EMERGENCY,
MAKE SURE
YOU:**

- Follow this plan.
- Get your emergency kit(s).
- Make sure you're safe before helping others.
- Go inside, turn on the radio, TV and hand-held device. Listen to media reports for emergency information and follow the instructions as provided by official government sources.



Remember, dial 911 for life-threatening emergencies ONLY.



KNOW YOUR RISKS CHECKLIST

- Identify the hazards and risks where you live, work, play and/or go to school.
- Discuss how those risks could impact you.
- Create an emergency plan considering the hazards and risks that have been identified.
- Make all of the emergency kits needed: 72-hour kit, first-aid kit, vehicle kit and pet kit.
- Complete the Stay In Touch checklist.

To help you get started, here are the Durham Region's identified hazards/risks:

- Railway, airport, seaport, highway
- Creek, stream, river, lake, flood plain
- Manufacturing plant
- Nuclear generating station
- Gas/oil trunk line, hydro line
- Severe weather, flood, fire
- Chemical spill, explosion
- Building collapse
- Public health emergencies



MAKE A KIT CHECKLIST

- food (canned or dried) and a can opener
- water (two litres per day, per person)
- weather-specific clothing and blankets
- flashlight and batteries
- battery or crank-operated radio
- medication and KI pills (if required)
- personal hygiene products
- toys and games for children
- cash and important papers (identification, medical, insurance)
- specialty items (life-sustaining equipment)
- don't forget to make other kits like:
 - first-aid kit
 - vehicle kit
 - pet kit



STAY IN TOUCH CHECKLIST

LOCAL CONTACT INFORMATION

Name: _____ Phone: _____ Cell: _____

Name: _____ Phone: _____ Cell: _____

Name: _____ Phone: _____ Cell: _____

Name: _____ Phone: _____ Cell: _____

Name: _____ Phone: _____ Cell: _____

Name: _____ Phone: _____ Cell: _____

Name: _____ Phone: _____ Cell: _____

Name: _____ Phone: _____ Cell: _____

Name: _____ Phone: _____ Cell: _____

OUT OF AREA EMERGENCY CONTACT INFORMATION

Name: _____ Phone: _____ Cell: _____

IMPORTANT CONTACTS

MUNICIPAL

Town of Ajax
905-683-4550
www.ajax.ca
contactus@ajax.ca

Township of Brock
705-432-2355
www.townshipofbrock.ca
brock@townshipofbrock.ca

Municipality of Clarington
905-623-3379
www.clarington.net
communications@clarington.net

City of Oshawa
905-436-3311
www.oshawa.ca
service@oshawa.ca

City of Pickering
905-683-2760
www.pickering.ca
customercare@pickering.ca

Township of Scugog
905-985-7346
www.scugog.ca
mail@scugog.ca

Town of Uxbridge
905-852-9181
www.town.uxbridge.on.ca
info@town.uxbridge.on.ca

Town of Whitby
905-668-5803
www.whitby.ca
info@whitby.ca

EMERGENCY MANAGEMENT

Durham Emergency Management Office
905-430-2792
www.durham.ca/demo
demo@durham.ca

Office of the Fire Marshal & Emergency
Management
1-800-565-1842
www.emergencymanagementontario.ca
askofmem@ontario.ca

ONTARIO POWER GENERATION

OPG Darlington NGS
905-623-5284
www.opg.com
darlingtonnuclear@opg.com

OPG Pickering NGS
905-837-7272
www.opg.com
pickeringnuclear@opg.com



Go

inside, turn on the radio,
TV and hand-held device.



LISTEN

to media reports for
emergency information.



FOLLOW

instructions on
what to do.



durham.ca



facebook.com/regionofdurham



[@regionofdurham](https://twitter.com/regionofdurham)

If you require this information in an accessible format,
please contact 1-800-372-1102 ext. 2792.