



Get Ready!

Your Emergency Preparedness Guide

Thank

you

for picking up the City of Kingston's Get Ready! Your Emergency Preparedness Guide. By reading this booklet, and completing the simple activities outlined in its pages, you will be better prepared for emergency events in the future.





This guide will show you

how quick and easy it is to be ready to be self-sufficient for 72 hours and become better prepared for emergencies.

You will learn how to:

- React in different emergency situations.
- Create your own emergency plan.
- Build a 72-hour emergency kit and Go Bag.
- Stay well informed.

Make this guide your own! Review this book with everyone in your household and place it in a location that everyone in your home can easily access. Accessing the guide on your smartphone? Take screenshots so the information is at your fingertips, wherever you find yourself.

Call 9-1-1 for emergencies only when you need Police, Fire or Paramedic Services to respond immediately to:

- A medical emergency involving serious or life-threatening injuries or illness.
- A fire.
- A crime in progress.

When there is no immediate threat to health or property, please use a non-emergency number ([see page 5](#)).

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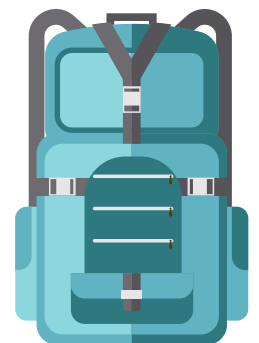
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Non-emergency Community Contacts



Fire Department:

Kingston Fire & Rescue
613-548-4001
ext. 5156



Police Services:

Kingston Police
613-549-4660

Ontario Provincial Police
1-888-310-1122



Health Services:

Kingston Frontenac Lennox & Addington Public Health
613-549-1232

Kingston & Frontenac Mental Health - 24/7 Crisis Phone Line
613-544-4229

Government Service Line
2-1-1



Hospitals:

Kingston General Hospital
613-548-3232

Hotel Dieu Hospital
613-544-3310



Electricity Providers:

Utilities Kingston
613-546-1181

Eastern Ontario Power
1-844-601-9473

Hydro One
1-888-664-9376



City of Kingston:

City of Kingston Customer Service
613-546-0000

Community Resources

St. John's Ambulance Kingston Branch
613-384-8062

Canadian Red Cross Kingston Branch
613-548-4929

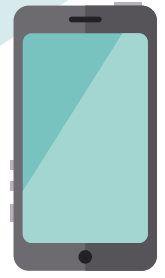
Kids Help Phone
1-800-668-6868

Salvation Army – Kingston Citadel Community & Family Services
613-548-4411

United Way of KFLA
613-542-2674

Did you know? 2-1-1 connects you to a full range of non-emergency community, social, government and health service information, including employment and job skills, parenting and child care, support for seniors, etc.

Personal Emergency Contact Numbers



Make sure the members of your household have a copy of this information in their Go Bags.

Household Members				
Full Name				
Work Address				
Work Telephone				
Cell phone				
Email				
Special Needs / Equipment				
Medications				

School	
School Name	
Address	
Telephone	
Email	
Teacher / Care provider	

Out of Area Contact

Name	
Work Address	
Work Telephone	
Cell Phone	
Email	

Family Medical Information

Family Physician	
Telephone	
Local Hospital	
Hospital Phone	

Insurance Agency

Company Name	
Phone Number	
Home Policy #	
Vehicle Policy #	

Pets

Veterinarian	
Licence #	
Special Needs	
Medication	



Emergency meeting place #1



Emergency meeting place #2

Tip: Should an emergency occur where you need to evacuate your home, it is recommended that one of the two locations identified as emergency meeting places include a location outside of the boundaries of your neighbourhood.

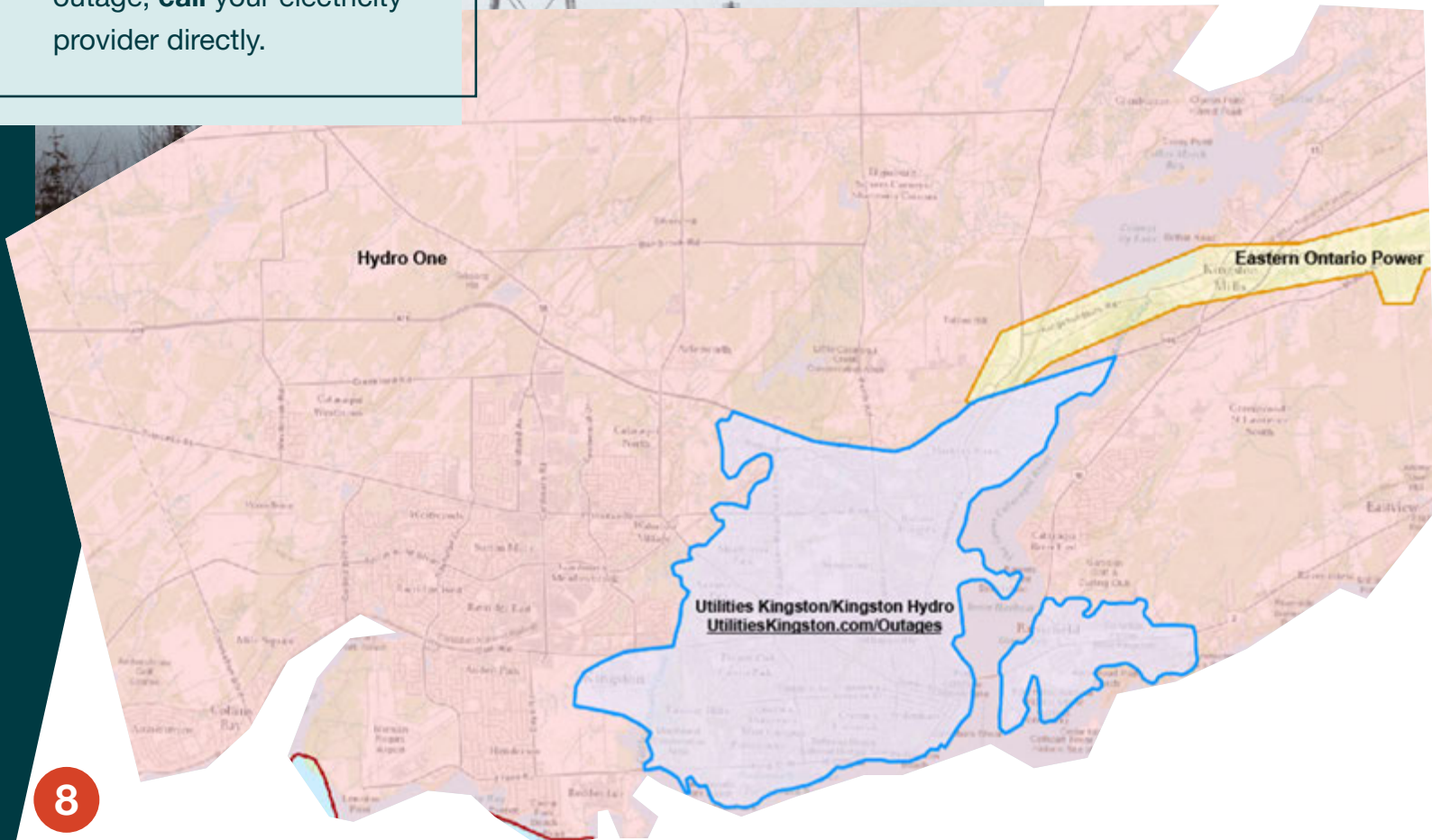
Utilities Providers in Kingston

Know who provides your electricity and gas services and keep their phone numbers handy.

- To see where power outages have been reported in Utilities Kingston's service area, go to [the Utilities Kingston outages page](#).
- To see where outages have been reported in Hydro One's Service area go to [the Hydro One Storm Centre](#).
- For information related to the Eastern Ontario Power service area, go to [Eastern Ontario Power Webpage](#).

Did you know?

Social media is a great tool. However, if you're experiencing a power outage, **call** your electricity provider directly.



Planning Ahead!

The City and local responding agencies are committed to assisting and offering advice to deal with foreseeable emergencies. As a resident, you also play a key role in ensuring your own safety.

Being prepared for any major emergency requires planning ahead:

- Know the major risks and hazards.
- Develop a household plan. Decide where your family or household members will gather in preparation for an emergency event.
- Identify places to meet. One place near your home and one outside your neighbourhood.
- Practice by preparing an escape plan using all possible exit routes from your home and neighbourhood.
- Designate an out-of-town contact whose household members you can call if separated during an emergency. The contact can help you communicate with others in your family or household.
- Plan to meet the needs of everyone in your household, especially seniors, people with disabilities, children and pets.
- Plan to communicate by text, email or social media instead of by phone. Non-voice channels may work even when phone service doesn't in an emergency.
- Understand how your household's heating, electrical and plumbing equipment works and how to protect it.
- Have equipment on hand, such as sandbags, to assist in preventing flooding in your basement/dwelling.



Build Your Home Emergency Kit

Every household should have an Emergency Kit that contains all the supplies needed by residents to be self-sufficient for 72 hours.

- Flashlight**
 - Battery-operated or crank **radio and extra batteries.**
 - Batteries and chargers.** Include extra batteries to run flashlight and radio. Consider getting a solar-powered, crank or vehicle phone charger.
 - First aid kit:** adhesive bandages, waterproof tape, antiseptic wipes, assorted bandages, gauze pads, gauze roll, cotton sterile roll, eye pads, eye wash, face masks, first aid cream packets, cold pack, non-adhesive pads, plastic bags, scissors, triangular bandage, tweezers, latex gloves, first aid instructions.
 - Bottled water.** Four litres of water per person per day for drinking and bathing.
 - Cash.** Have up to \$100 on hand in case Automatic Teller Machines are not operational.
 - Non-perishable, ready-to-eat **canned foods** and a manual can opener.
- Whistle.** This will allow you to signal for help during an emergency and alert others of an emergency in your vicinity.
- Evacuation/home escape plan.** Have a Home Escape Plan to get out of your house in case of fire and have exit drills in your home to test the plan. If possible, identify two unobstructed ways out of every room. Make sure everyone knows what to do/where to go when the alarm sounds. Determine who will be responsible for young children or others in need of physical assistance. Decide on a meeting place where your household members can gather. Don't try to save possessions. Never re-enter a burning building.
- Plastic sheeting.** This can be used to seal all doors, windows and ventilation systems as may be required in certain emergencies (when authorities may ask you to shelter-in-place).
- Duct tape.** As with plastic sheeting, duct tape can be used to seal all doors, windows and ventilation systems as may be required in certain emergencies (when authorities may ask you to shelter-in-place).
- A **phone** that does not require electricity.
- A copy of your **Home Escape Plan**, if applicable.



Gather a list of emergency contact numbers:

Every family member should carry a copy of these numbers with them at all times. Adults can keep a copy in their wallet, purse and/or vehicle. Children can keep a copy in their backpacks and/or school agenda. Also provide the list of emergency contacts to your children's daycare provider.

Build Your Go Bag

A Go Bag is what you take with you if you have to evacuate your home quickly. Each member of your household should have one.



Sturdy, lightweight, waterproof and portable pack (like a backpack) containing:

- Copies of credit and debit cards and cash.**
- Bottled water**
- Non-perishable snacks,** like granola bars.
- Flashlight**
- Battery operated or crank **radio and extra batteries.**
- Medication.** Pack any prescription and over-the-counter medications you may need in addition to a list of your medications and copies of your prescription slips. Check expiration dates on medication regularly.
- First aid kit**
- Regional map**

- Contact list** — including designated out-of-city and out-of-province contacts.
- Comfortable shoes** to walk long distances if necessary.
- Extra **house and car keys.**
- Toiletry kit:** hand sanitizer, face masks, toothpaste, tooth brushes, a change of contact lenses and solution, feminine hygiene products, shaving cream, razors, soap, moist towelettes, band-aids, nail clippers, Q-Tips, lip balm, and sunscreen.
- Blankets.** A mylar blanket is windproof and waterproof. It will protect you from all weather conditions.
- A **waterproof poncho** and an **umbrella.**

- Copies of important documents** such as birth certificates, photo ID, and insurance information stored in a waterproof plastic bag or stored on a flash drive. Keep a copy of your pet's licence and ID tag with you records in case your pet is lost.
- Special items** that may be needed for children, seniors. These may include: glasses, medications, leashes, pet food, carriers, soothers, toys, diapers etc.
- Photographs** of household members and pets.
- Mess kit:** cooking and eating utensils, plates, cups, forks, spoons, knives and paper towels.



Build Your Vehicle Emergency Kit

Kingston winters often bring extreme cold, heavy snow, ice, sleet and freezing rain. These elements can pose serious hazards. During extreme weather, drivers should stay off the road. If you're caught in extreme weather, it's always best to have a Vehicle Emergency Kit ready.

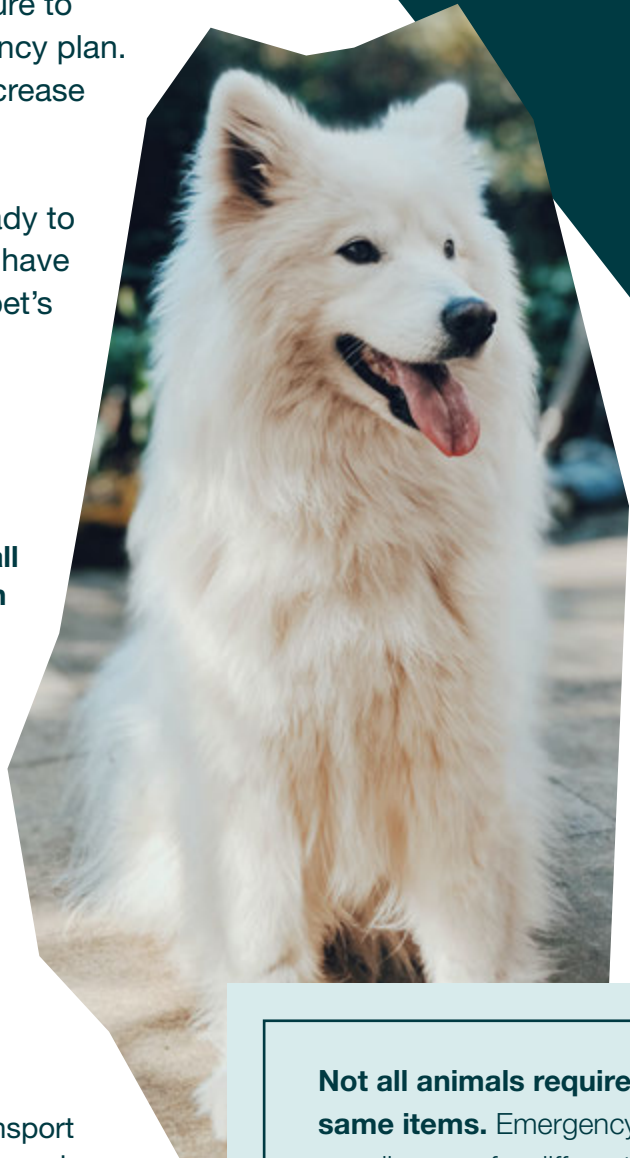
- Water**
- Emergency food supply** (e.g. energy bars)
- Blanket**
- Extra pieces of **warm clothing** including a hat, mitts, scarf, and boots.
- Survival **candle** in a deep can and matches/ lighter.
- Seat belt cutter** and **window breaker** tool (keep these items where they can be easily reached from the driver's seat).
- Sand, salt, cat litter or traction mats** for ice.
- Extra anti-freeze and windshield wiper fluid.**
- First aid kit**
- Flashlight**
- Snowbrush & ice scraper**
- Shovel**
- Emergency contact numbers** (relatives, work, roadside assistance).
- Booster cables**
- Emergency flares**
- Whistle**
- Spare fuel container**
- Road maps**
- Brightly coloured ribbon** (preferably red) to tie to your vehicle's antenna.
- Vehicle phone charger**

Build Your Pet's Emergency Survival Kit.

Pets are important members of the family. Make sure to include them when developing your family emergency plan. Making arrangements before an emergency will increase your pet's chances for survival and ability to cope.

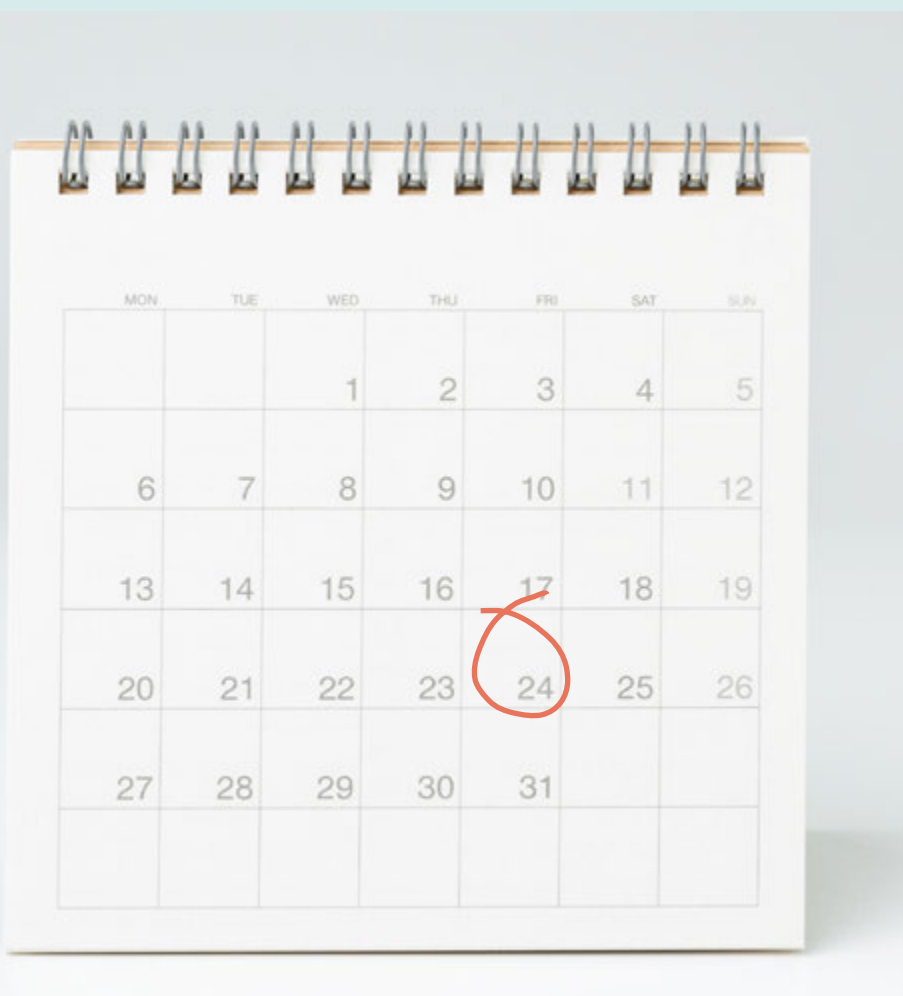
Assemble a Pet Emergency Survival Kit and be ready to take your pet and the kit with you in the event you have to evacuate. Include contact information for your pet's veterinarian at the front of this guide.

- Food, water, bowls, manual can opener and spoon.**
- Up-to-date ID tag and current photo of your pet. Emergency contact lists** of pet friendly hotels/motels outside your area, friends, relatives, and your veterinarian.
- Copies of **medical records/vaccinations and Information on feeding schedule, medical and/or behavioural problems.**
- Medications and first aid kit.**
- Familiar bedding, small toy and brush leash, collar or harness and muzzle (dogs).**
- Litter/pan and scooper (cats) or poop n' scoop bags (dogs).**
- Carrier** large enough to transport and house your pet.
- Copy of your pet's licence.**



Not all animals require the same items. Emergency kit supplies vary for different kinds of pets. Please contact your veterinarian or visit [Ontario SPCA website](#) if you have any questions.

Check Your Kits at Least Once Each Year



A good time to check your Emergency Preparedness Kit is during Emergency Preparedness Week, held the first full week of May each year. Replace food, water and batteries in your kits during your annual check and any other medical supplies that may be expired. Ensure you have a first aid kit.

First Aid & Medical Supplies

Purchasing a basic First Aid Kit or assembling one on your own will ensure you have adequate supplies for a number of people in your home.

A basic family first aid kit includes:

- 2 pressure bandages
- 2 triangular bandages
- 8 gauze pads (4) 2x2, (4) 4x4
- 5 large fabric fingertip dressings
- 20 wrapped antiseptic towelettes
- Safety pins
- 2 abdominal pads
- Instant cold pack
- 1 roll adhesive tape
- Tweezers
- 2 gauze rolls
- First aid gloves (non-latex, nitrile)
- Assorted adhesive bandages
- Thermal blanket
- Scissors
- First aid manual



Did you know?

You can purchase pre-made Emergency Kits. Call ahead to a local retailer to learn if they carry emergency kits. Then customize the kit for your unique situation.





Draw Your Home Escape Plan

If a fire occurred in your home would your family get out safely?

Make a Home Escape Plan to be able to leave your home quickly and safely in the event of an emergency.

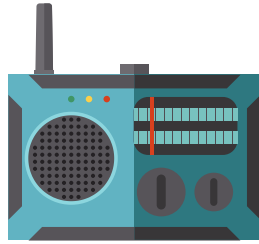
Consider purchasing a collapsible emergency ladder if you may need to exit from an upper floor window or balcony.

- Test your **smoke alarms** by pushing the test button. Smoke alarms should be installed on every storey and outside all sleeping areas of the residence.
- Sit down with everyone in your home and discuss how each person will get out in the event of a fire. **Practice your Escape Plan.**
- **Know two ways out of every room**, if possible. Make sure all doors and windows leading outside open easily.
- **Help those who need it!** Determine who will be responsible for helping young children, older adults, people with disabilities or anyone else who may need assistance.
- **Have a meeting place outside**, that is a safe distance from your home. In case of fire, everyone should go directly to this meeting place.
- **Close doors** behind you as you leave.
- **Get out, stay out.** In the event of a fire, when the smoke alarms sound, get out immediately and call 9-1-1 from outside using a cell phone or a neighbour's phone. Never re-enter a burning building.

Draw Your Plan Here

Did you know?

The City of Kingston has more information about ways to prevent fires on the [Fire Prevention webpage](#)



Stay Informed During an Emergency

The key to responding effectively in an emergency is to be prepared, remain calm, use common sense, and follow the directions and updates issued by emergency authorities.

In the event of an emergency you will be provided with information through the media and the **City's website**, and Twitter feed (follow **@CityofKingston**) about the nature of the emergency, status of the situation, and instructions about what to do.

Monitor radio and television broadcasts and the social media channels of local news outlets as well as the City for emergency information and notifications. You could also be alerted by emergency workers who come directly to your home or workplace. If you need to wait out a disaster in your home, use the provisions in your 72-hour Emergency Preparedness Kit. If it is safe to do so, cook outside on a barbecue or camp stove if there is no electricity. **Never** cook indoors on a barbecue or camp stove as this creates carbon monoxide and could prove to be deadly. In cold weather you may be able to use a fireplace or woodstove to heat your home.

Getting to Shelter



If you need to shelter in place

Depending on the emergency and conditions outside, it may be safer for you to stay inside your home or workplace rather than leave or evacuate. This is known as sheltering in place.

A person of authority from Emergency Services or the City of Kingston may instruct residents to shelter in place. If this situation occurs to you and your family this means that you must:

1. Go indoors immediately and stay there.
2. Close all windows and exterior doors.
3. Turn off the furnace, air conditioner and exhaust systems that circulate air through your home.
4. Close your fireplace chimney damper.
5. Listen to your radio and monitor your TV or the City's Twitter feed. (@CityofKingston) or [CityofKingston website](#) for further instructions.
6. Use your preparedness kit to be self-sufficient for up to 72 hours.



If you need to evacuate

Authorities will only direct you to evacuate your home if they have reason to believe that you are in significant danger by remaining in place.

1. Follow the instructions you are given about when to leave, where to go, and what transportation rules to follow.
2. Do not enter or return to an evacuated area unless emergency officials have given you specific instructions and permission to do so.
3. If you are ordered to evacuate, remember to take the following with you:
 - Your emergency kit(s).
 - Your Go Bag.
 - Your emergency plan and contact information.
 - A mobile phone and charger.
 - Your pets and their supplies.
 - Essential medications and copies of prescriptions, if applicable.



Rural & High-rise Residents



Are you a rural resident?

You could face special challenges in the event of a major emergency. There are important items you should keep in mind.

Well water contamination

If your well water is contaminated by bacteria or parasites, bring the water to a rapid rolling boil and boil for at least one minute before using it for drinking, making infant formula and juices, cooking, making ice, washing fruits and vegetables, and brushing teeth. Bottled water can be used as an alternative.

Contaminated well water should not to be consumed until it is determined to be potable through laboratory analysis.

Water samples should be taken from the well on a regular basis to ensure the water is potable.

Know how and when to evacuate if you live in a high-rise building

- Know the evacuation plan for your building and what to do in the event of an alarm.
- Know the location of each exit stairwell on your floor, and identify them as primary (closest) and secondary exits.
- Keep the corridors and hallways leading to these exits free and clear of obstruction. Never use the elevator to evacuate a high-rise during an alarm.
- In the case of a power outage, have extra drinking water stored, especially if you live on higher floors.
- If you use a wheelchair or scooter, request that an emergency evacuation chair be stored near a stairwell on the same floor where you work or live.

Emergency planning for people with disabilities

People with disabilities may need to make more specific plans to prepare for an emergency – ones that considers their particular needs and capabilities.

If you have a disability, or you are a caregiver, please consider the following as you make your plans to face possible emergencies at home and locally.

Have a Personal Support Network

A personal support network is a group of at least three people who you know and trust and who would help you – and/or the person who you care for – in the event of an emergency.

The out-of-area emergency contact, who you listed in the front of this guide, will be one member of your support network, but it is good to have a couple of people nearby who are prepared to help. **Here's how to develop your support network:**

- Ask people you trust if they are willing to help you and/or the person you care for in case of an emergency. You may wish to offer to help them, too, should the need arise.
- Identify contacts for important locations such as home, work or school and make sure you have their phone numbers and/or email addresses in your cell phone, computer and your Go Bag.
- Neighbours are often the closest and most available contacts in an emergency.
- Make sure these support people know where you store your home emergency kit and show them where to find any special needs items. Give at least one member a key to your home.
- Include a contact – your out-of-area contact – who is far enough away that they are unlikely to be affected by the same emergency.
- Work with your support network to develop an emergency plan that meets your needs.
- Practice your emergency plan with your network. Make sure to show them how any equipment works!

Emergency checklist for those with special needs:

In addition to the items listed in the “Build Your Home Emergency Kit” and “Build a Go Bag” sections of this guide, you will want to consider any special items or instructions that may be needed by you or the person who you care for.

- Make sure all Go Bag items are organized in one place, easy to find and to carry.
- Tag all special needs equipment, including instructions on how to use and/or move any devices during an emergency.
- Create a checklist of special needs items and provide a copy to your support network. Keep a copy in your Go Bag and home emergency kit.
- Have food / drug allergies? Wear a MedicAlert® bracelet.
- List all food/drug allergies and current medications. In the list, include dosages, special instructions, the medical condition being treated, the generic name, and the doctor’s name and contact information. Provide this list to your support network and keep a copy in your Go Bag and home emergency kit.
- Those who rely on life sustaining equipment and/or regular attendant care, should ask their network to check on them immediately if an emergency occurs and have an emergency backup plan in the event of a power outage.



Be prepared to cope without a support network

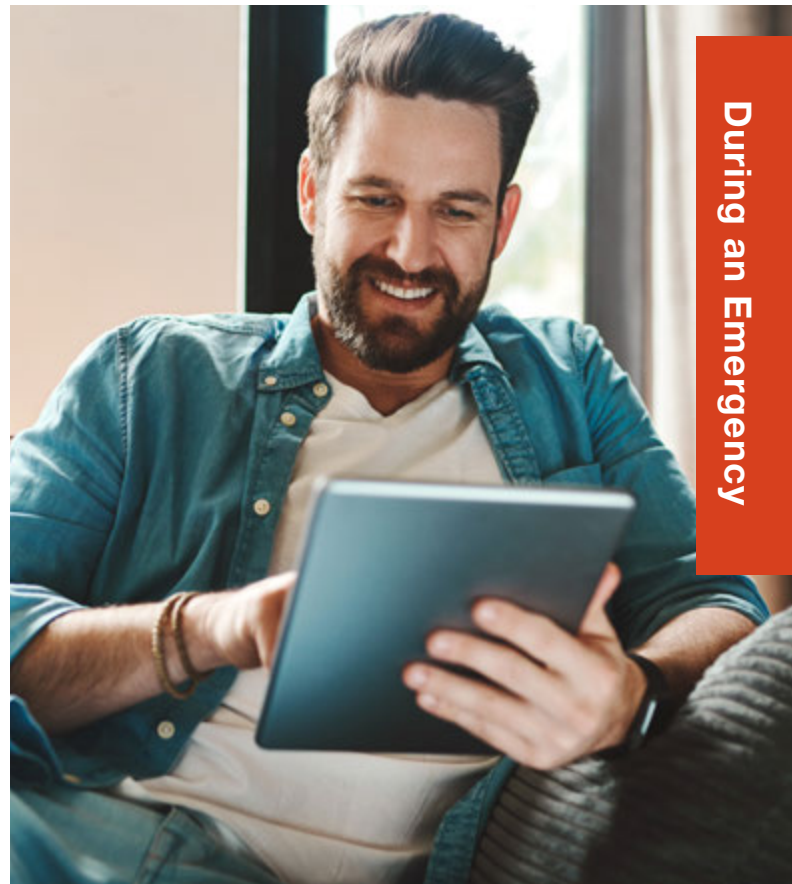
Ideally, your support network will be there to help you in the event of an emergency. But what if they are not immediately available when an emergency occurs?

- If your support network is unable to help, plan to ask others for help and inform them of your special needs and how they can assist you.
- If you are in urgent need of help, call 9-1-1.
- If your situation is not urgent, but you still require timely help, call 2-1-1 (in Ontario) for assistance to reach human services.
- Carry a personal alarm that emits a loud noise to draw attention.
- If you need to, call out loudly for “help” to alert people to your needs. This will help anyone within hearing distance locate you, so they can assist you (or let emergency responders know to assist you).
- Emergencies are stressful and can worsen some medical conditions. Let the person who is assisting you know if you have such a condition.

Assisting people who have special needs.

Please review the points below so that you are prepared in the event you need to assist someone who has a disability.

- Ask if the person wants your help, and how you may best assist them.
- If the person refuses your help, wait for first responders to arrive, unless it is a matter of life or death.
- Unless it is a matter of life or death, do not touch the person, their service animal or equipment without their permission,
- Look for and follow instructions posted on special needs equipment.
- Ask the person if they have special medications or devices that can be safely retrieved.



During an Emergency

- Do not try to move someone who is injured unless you are trained in proper first-aid techniques.
- If a person is unconscious or unresponsive do not administer any liquids or food.
- If the person has a service animal, it is their responsibility to assess whether it is safe for the animal to work through the emergency. The animal's owner will need to know the hazards they are expected to face and any changes to the physical environment.
- If providing sighted assistance, the first responder or caregiver should confirm that the service animal is then not working and is therefore off duty.



Games for your family

Have a list of ways to entertain your family for the duration of the disruption. Here are some ideas:

Hum a tune

Hum a popular song and have others try to guess what song you're humming.

Charades

On pieces of paper, write book and movie titles, the names of famous people, etc. Fold the papers and place them in a container. Form teams, and then have one team member select a piece of paper and act out what they read!

Puzzles

Puzzles and puzzle books are a great way to keep you, and little ones occupied during an emergency event.

Cards

Have a deck of cards handy so you can play Crazy Eights. In this game, every player is dealt eight cards. To win, you must get rid of all eight cards. To do so, you need to find a matching number or suit. To slow other players down from getting rid of all their cards, you can play a 2 of any suit (which requires the next player to pick up two cards), a Queen of Spades (which requires the next player to pick up five cards), a jack, which forces the next player to miss a turn, or an 8 of any suit to change the suit to one of your choice.

To extend the fun, play Crazy Eight Countdown. In this version of the game, once a player gets rid of all eight cards in their hand, they are then dealt seven cards and need to play those. Each time you count down the number of cards you have is your wild card that changes suit. This is repeated until the person gets to one dealt card, finds that cards matching number, plays them and then wins.

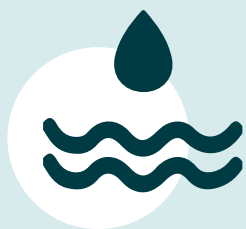
Board Games

If board games are available they are a great way to pass time. Maybe even have a small travel board game packed in your Go Bag.

Specific Emergencies

During severe weather, such as thunderstorms, flash flooding and tornadoes, check your local radio, television and [Environment Canada website](#) for more information. Environment Canada provides forecasts and warning information 24 hours a day.

In the next few pages we will cover actions to take in the following emergencies:



Flooding



Storms



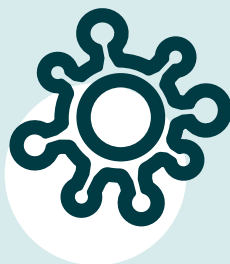
Tornadoes



Fires



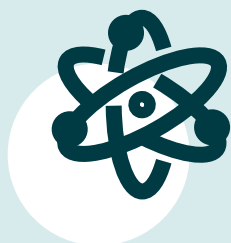
**Hazardous
Materials**



Pandemic



Attacks



**Nuclear Power
Plant Accident**



**Extreme Heat and
Winter Weather**



Flooding

To reduce the likelihood of flood damage

- Put weather protection sealant around basement windows and the base of ground-level doors.
- Install the drainage for downspouts a sufficient distance from your residence to ensure that water moves away from the building.
- Consider installing a sump pump and zero reverse flow valves in basement floor drains.
- Do not store your important documents in the basement. Keep them at a higher level, protected from flood damage.
- Review Utilities [Kingston's basement flooding page](#) to learn more about how to protect your home.
- Have sandbag supplies ready. Keep a supply of sand on hand (if your property is prone to floods), or have information handy on where to access sand.

If a flood is forecast

- Turn off basement furnaces and the outside gas valve.
- Take special precautions to safeguard electrical, natural gas or propane heating equipment.
- If there is enough time, consult your electricity or fuel supplier for instructions on how to proceed.

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.
- Information on basement flooding can be found at [Kingston's basement flooding page](#)
- Use sandbags if possible.
- Always keep children and pets away from flood water.

Storms



During extreme weather such as thunderstorms or heavy rain

- Close all windows and doors. Secure loose objects outside so they don't get blown around.
- Disconnect electrical appliances, such as radios, TVs, computers, etc. as they can conduct electricity.
- Get to the basement or main level of your house if it's a severe storm.
- If caught outside, squat low to the ground and seek safe shelter if possible.
- 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, return to shore immediately.
- If you are in a car, stay there. Do not attempt to drive through extreme storms.





Tornadoes

If you are in a house

- Go to the basement or take shelter in a small interior ground floor room such as a bathroom, closet or hallway.
- If you have no basement, protect yourself by taking shelter under a heavy table or desk.
- In all cases, stay away from windows, outside walls and doors.

If you are in an office or apartment building

- Take shelter in an inner hallway or room, ideally in the basement or on the ground floor.
- Do not use the elevator.
- Stay away from windows.

If you are in a gymnasium, church or auditorium

- Large buildings with wide-span roofs may collapse if a tornado hits.
- If possible, find shelter in another building.
- If you are in one of these buildings and cannot leave, take cover under a sturdy structure such as a table or desk.

Avoid cars and mobile homes

- More than half of all deaths from tornadoes happen in mobile homes.
- Find shelter elsewhere, preferably in a building with a strong foundation.
- If no shelter is available, lie down in a ditch away from the car or mobile home. Beware of flooding from downpours and be prepared to move.

If you are driving

- If you spot a tornado in the distance go to the nearest solid shelter.
- If the tornado is close, get out of your car and take cover in a low-lying area, such as a ditch.

In all cases

- Get as close to the ground as possible, protect your head and watch for flying debris.
- Do not chase tornadoes - they are unpredictable and can change course abruptly.
- A tornado is deceptive. It may appear to be standing still but is, in fact, moving toward you.

Fires



Smoke and CO alarms save lives

One of the main ways to prevent fires is by being prepared. The law requires smoke alarms be installed between each sleeping area and the remainder of the dwelling unit. Where the sleeping areas are served by hallways, smoke alarms must be installed in the hallways.

In addition, at least one smoke alarm is required to be installed on each storey that does not contain a sleeping area.

Install smoke alarms, it's the law. Prepare a Home Escape Plan so you can get out quickly and safely.

CO alarms are required to be installed in a house

- If the house contains a fuel-burning appliance, fireplace or an attached garage, a CO alarm must be installed beside each sleeping area in the house.
- It is recommended that additional CO alarms be installed on other levels and/or areas of the home close to a CO source (subject to

the distance limits provided in the product's instruction manual).

CO alarms must be installed in an apartment building

- If a fuel-burning appliance or a fireplace is in the apartment suite, a CO alarm is required to be installed beside each sleeping area within the suite.
- If an apartment suite shares a common wall or floor/ceiling assembly with a garage, a CO alarm is required to be installed beside each sleeping area within the suite.
- If an apartment suite shares a common wall or floor/ceiling assembly with a service room containing a fuel-burning appliance, a CO alarm is required to be installed beside each sleeping area within the suite.
- If the apartment building's service room contains a fuel-burning appliance associated with building services, a CO alarm is required to be installed in the service room.

In the event of a fire and when a smoke alarm sounds

- Everyone should know two ways out of every room, if possible. When the smoke alarm sounds, everyone must know what to do and where to go. Develop and practice a Home Fire Escape Plan with the entire family. See [page 17](#) for Escape Plan details.
- Check that all exits are unobstructed and easy to use.
- Don't try to save possessions — go directly to your meeting place.
- If caught in smoke, get low and go under the smoke to the nearest safe exit.
- Call the fire department from outside the home, from a cell phone or a neighbour's phone.
- Get out and stay out. Never re-enter a burning building.



Hazardous Materials

A hazardous materials spill may require you to be evacuated or **to shelter in place**. You may be alerted on your smartphone through the Government of Canada's Wireless Public Alerting System. Listen for instructions from local emergency response officials on radio and/or follow the City's Twitter feed ([@CityofKingston](#)) and [City's website](#).

Safety precautions

- 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 or piece of clothing.
- 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 the event happens indoors, get out of the building without passing through the contaminated area.
- If you feel sick, seek medical attention as soon as possible.

Pandemic



Pandemics are disease outbreaks that affect large numbers of people. A new, or novel pandemic (like COVID-19), can emerge from anywhere and spread quickly:

- from person to person. It can even be spread by those who don't have symptoms.
- through objects that have been in contact with people who are ill.

Preparing for a possible pandemic:

- Stay alert. Follow the news for mentions of emerging diseases and how/where they are spreading.
- Ensure you are prepared to work/study/visit remotely.

- Gather supplies to prepare to stay at home for an extended period including non-perishable food items, bottled water, cleaning supplies and prescriptions. Buy them slowly to ensure others are able to buy what they need.
- Stay healthy! Maintain good hygiene and health habits.

- Keep a distance of at least 2 metres (6 feet) between yourself and those who are not in your household.
- Wear a face-covering/mask that covers your nose, mouth and chin.
- Frequently clean and sanitize high-touch surfaces.
- Limit face-to-face contact with others and avoid gatherings and crowded areas. Stay home as much as possible.

In the event of a pandemic:

- Follow and share the guidance of KFL&A Public Health. Follow them on Twitter [@KFLAPH](#), like them on Facebook and/or visit the [KFLAPH website](#).
- Wash your hands frequently with soap for at least 20 seconds or use hand sanitizer to keep hands clean.
- Avoid touching your eyes, nose and mouth.
- Take care of your mental and emotional health. Stay in contact with family, friends and/or colleagues online or by phone. Check up on those who may need support.
- When you come across new information about the pandemic, ensure it comes from a reliable source. Only share information that you have checked for accuracy.





Attacks

Mass attacks – including shootings, bombings and attacks with a vehicle or other weapon – are relatively rare in Canada, but they can happen.

Preparing for a possible attack:

- Stay alert. Follow the news and be aware of your environment and possible dangers.
- If you notice suspicious packages, people who are behaving strangely or someone using an odd form of communication, report it to an authority on the scene (like a manager or government official) or call the Kingston Police non-emergency line 613-549-4660.
- Watch for warning signs, including violent behaviours or angry communication.
- Plan your exit. Know how you will leave your work or home in the event of an emergency or attack. Identify hiding spots.
- Take first aid training so that you are able to assist others until help arrives.

In the event of an attack:

- Seek safety. Your top priority is to get away as quickly as possible. Leave belongings behind.
- Once you are safe, call 9-1-1.
- If you are unable to leave, hide out of view and put a barrier between you and the attacker/threat. Lock and block doors.

Close blinds and turn off lights. Be silent and silence your phone. Do not leave a hiding spot until you know it is safe to do so.

- Look for instructions from local emergency response officials including Kingston Police. Follow them on Twitter [@KingstonPolice](#)
- If necessary: Defend, Disrupt, Fight – but only as a last resort if you can't get away or disrupt or disable the attacker. If this is the case, enlist the help of others, if possible, to ambush the attacker. Be aggressive and commit to your actions.
- Help yourself and the wounded when it is safe to do so and after you have called 9-1-1.
- Follow the direction of Kingston Police when they arrive on the scene.
- Survivors should seek the care of a mental health professional to help them deal with the trauma tied to the event.

Nuclear Power Plant Accident



Nuclear power plants are closely monitored and regulated, but accidents that can produce dangerous levels of radiation are possible. There are three Nuclear power plants in Ontario (Darlington, Pickering and Bruce).



Preparing for a possible nuclear power plant accident:

- Stay alert. Follow the news.
- Have an emergency supply/shelter-in-place kit (described on [page 10](#)).
- Have a Household Emergency Plan (described on [page 9](#)).

In the event of a nuclear power plant accident:

- Stay out of the zone around the incident. Most radiation loses its strength quickly.
- Look for instructions from provincial and local emergency response officials including Kingston Police. Follow them on Twitter [@KingstonPolice](#) on and/or follow the City's Twitter feed [@CityofKingston](#).
- If you are instructed to evacuate, minimize your exposure by keeping car windows and vents closed.

- If you are advised to shelter in place/remain indoors, minimize your exposure by turning off air conditioning, ventilation fans, furnace and other air intakes.
- You may wish to use plastic sheeting and duct tape to further seal the space where you are sheltering.
- Go to a basement or other underground area, if possible.
- If you have come in to contact with or have been exposed to hazardous radiation, act quickly and follow decontamination instructions from local authorities.
- Seek medical treatment for unusual symptoms, such as nausea.



Extreme Heat & Winter Weather

Kingston occasionally experiences extreme weather – cold, heavy snow, ice, sleet and freezing rain in the winter and heat and drought in the summer. These elements can pose serious hazards.

Preparing for extreme weather:

- Stay alert. Follow KFL&A Public Health on Twitter [@KFLAPH](#) to learn about heat or cold alerts or warnings. Pay attention to weather forecasts.

In the event of extreme heat:

KFL&A Public Health issues heat alerts and heat warnings. When these are in effect:

- Keep the home cool.
- Stay out of the heat.
- Keep the body cool and hydrated.
- Help others.
- Know the signs of heat related illness and know what to do.
- Remember to keep pets cool and hydrated too!

In the event of extreme cold:

KFL&A Public Health issues extreme cold warnings. When these are in effect:

- Wear several layers of clothing and make sure that the outer layer protects you from wind and wetness.
- Cover exposed skin with hats, mittens, or a face mask to protect against frostbite and losing your body heat.

- Stay hydrated. Drink warm fluids that do not contain caffeine or alcohol, to prevent dehydration.
- Maintain a heated indoor environment above 20°C. Note: hypothermia can even occur indoors when temperatures are 16°C or lower.
- Avoid outdoor strenuous exercise during cold weather temperatures.
- Check on elderly and vulnerable people to ensure they are in a safe and warm environment.
- Know the signs of frostbite and hypothermia so you know what to do.
- Pets get cold too. When possible, bring pets indoors. If they aren't able to come inside, make sure they have proper shelter to keep warm, and access to drinking water.
- Protect your pipes by running water, even a small amount, to prevent them from freezing.
- If you are using a space heater, it is important for it to be placed on a sturdy, hard surface and to keep it away from any flammable items such as clothing, bedding, rugs, paper, etc. Be sure to turn the space heater off before leaving the room or house, or going to bed.

Learn More

For more information on emergency preparedness, consult the following websites:

City of Kingston – Emergency Management

CityofKingston.ca/GetReady

Office of the Fire Marshal and Emergency Management (OFMEM)

EmergencyManagementOntario.ca

Public Safety Canada

GetPrepared.ca

St. John Ambulance Canada

SJA.ca

Canadian Red Cross

RedCross.ca

United Way of KFL&A

UnitedWayKFLA.ca

The Salvation Army

SalvationArmy.ca

Kingston Frontenac Lennox & Addington Public Health Unit

KFLAPH.ca

