

TROUSSE D'URGENCE

LA SÉCURITÉ

une responsabilité partagée



EMERGENCY KIT

SECURITY

a shared responsibility



ROSEMÈRE

EMERGENCY PREPAREDNESS CITIZEN'S RESPONSIBILITY

The Civil Protection Act requires citizens to proceed with caution and foresight in the event of a disaster. Each citizen is primarily responsible for his own safety and that of members of his household as well as for the protection of his property. He must take the necessary measures to be self-sufficient during the first hours of an emergency situation. Once he has been made aware of the advantages of foresight and readiness, he will know how to respond should an emergency arise.

EMERGENCY PREPAREDNESS MUNICIPAL RESPONSIBILITY

The Civil Protection Act requires municipalities to implement, on their territory, measures to increase protection to their citizens and their property as well as to municipal equipment in the event of a disaster. These measures relate to prevention, intervention plans, interventions, and restoration following the event.



BEHAVIOUR AND ATTITUDE

In the event of a disaster, citizens should remain calm in order to better control stress, think through the situation, and avoid impulsive actions that could have serious consequences.

It is important for people to share their feelings regarding the situation as this can help alleviate stress. They must help each other and remain positive despite the events, by congratulating themselves on dealing effectively with a highly stressful situation, for instance.

EN CAS D'URGENCE :  **911**

POUR D'AUTRES SERVICES

Police : **(450) 621-2121**

Incendie : **(450) 621-1211**

Hygiène du milieu : **(450) 621-6630**

Info-santé : **(450) 430-4553**

Centre antipoison du Québec : **1 800 463-5060**

Hydro-Québec : **1 800 790-2424**

Que faire s'il y a une odeur de gaz ? Couper le gaz, ouvrir une fenêtre, sortir de la maison et alerter les pompiers. Gare aux étincelles !

Gaz Métro : (514) 598-3111

IN AN EMERGENCY :  **911**

FOR OTHER DEPARTMENTS

Police : **(450) 621-2121**

Fire : **(450) 621-1211**

Public Hygiene Department : **(450) 621-6630**

Info-santé : **(450) 430-4553**

Québec Poison Control Centre : **1 800 463-5060**

Hydro-Québec : **1 800 790-2424**

What to do if you smell gas? Turn off the gas, open a window, leave the house and notify the Fire Department. **Gas Metro: (514) 598-3111.**

VILLE DE ROSEMÈRE

Hôtel de ville

100, rue Charbonneau
Rosemère (Qc) J7A 3W1
Téléphone : (450) 621-3500
Télécopieur : (450) 621-7601

Courriel:
info@ville.rosemere.qc.ca

TOWN OF ROSEMÈRE

Town Hall

100 Charbonneau Street
Rosemère (Qc) J7A 3W1
Telephone: (450) 621-3500
Fax: (450) 621-7601

Email:
info@ville.rosemere.qc.ca

PREPARING YOUR EMERGENCY KIT

Having an emergency kit on hand can save you considerable worry should disaster strike.



Plan ahead!
Prepare your
emergency kit

IT SHOULD INCLUDE:

- ☐ A flashlight
- ☐ Battery-operated radio (for news)
- ☐ Replacement batteries
- ☐ First aid kit
- ☐ Candles, matches, lighters
- ☐ Food and bottled water (see back)
- ☐ Identification papers
- ☐ Clothing and footwear
- ☐ Blankets or sleeping bags (1 per person)
- ☐ Toilet paper and other personal hygiene items (soap, toothbrush...)
- ☐ Medication (approx. one-week supply and prescriptions)
- ☐ Whistle
- ☐ Card games, board games

PREPARING YOUR EMERGENCY KIT

EMERGENCY SUPPLIES

WATER

- ☐ 1 litre of water per person per day

FOOD

- ☐ Canned goods: soups, stews, beans, pasta, fruit, vegetables
- ☐ Crackers, rusks
- ☐ Honey, peanut butter, salt, pepper, sugar, instant coffee, tea

EQUIPMENT

- ☐ Knives, forks and spoons
- ☐ Can opener, bottle opener
- ☐ Portable stove and fuel
- ☐ Plastic garbage bags

INFANTS AND TODDLERS

- ☐ Diapers, baby bottles, canned milk or formula

Keep a three-day supply of food and water on hand. Choose food that does not require refrigeration.

PREPARING YOUR FIRST AID KIT



The following lists first aid items that should be included in your emergency kit.

This kit should hold an adequate supply for a family of four.

IT SHOULD INCLUDE:

- ☐ Adhesive tape
- ☐ 1 box of band-aids (different sizes)
- ☐ 2 stretchable gauze rolls
- ☐ Disposable latex gloves
- ☐ Sterile gauze pads (large and small) for wounds
- ☐ 3 boxes of 2 rectangular bandages

PREPARING YOUR FIRST AID KIT

Note the work and home telephone numbers of relatives and neighbours who could help you.

INSTRUMENTS

- ☐ Bandage scissors with pointed or rounded tip
- ☐ Long-pointed tweezers

OTHER ITEMS

- ☐ Instant hot and cold compresses (1 of each)
- ☐ Safety pins (various sizes)
- ☐ 2 emergency blankets

SIMPLE MEDICATION FOR PERSONNAL USE

- ☐ 1 bottle of calamine lotion
- ☐ 50 pain relief pills*
- ☐ 25 anti-nausea pills*
- ☐ 1 tube of zinc oxide ointment

* See your pharmacist

Don't forget to take your medication or prescriptions with you.

Quebec Poison Control Centre
1-800-463-5060

► STORMS

Severe storms can cause major material damage and endanger lives. The following provides helpful tips on what to do in this type of situation:



BEFORE THE STORM

- ★ Listen to weather advisories.
- ★ Have an emergency kit close at hand.
- ★ Identify places where you and your family can take shelter.
- ★ Tie down and secure anything that could be blown away.

DURING THE STORM

- ★ Stay away from windows, doors, radiators, the kitchen range, metal pipes, sinks and any other conductive material.
- ★ Unplug television sets, radios, toasters and other electrical appliances.
- ★ Do not use the telephone or electrical appliances.
- ★ If you are outdoors, take shelter in a building or a ditch.
- ★ If you are out in the open, squat down keeping your feet together and your head down.
- ★ Keep away from electrical and telephone wires, fences, trees and raised areas.
- ★ If you are in a car, park your vehicle far from trees and electrical wires and remain inside.

AFTER THE STORM

- ★ Do not enter the disaster zone and stay away from hanging electrical wires. Avoid using the telephone unless absolutely necessary.

► WINTER STORMS

Heavy snow or rainfalls, drizzle, cold waves and strong winds are some of the many weather changes we can expect in winter.



Do not take violent winter storms lightly. In a matter of minutes, extremely low temperatures and heavy snowfalls can put human lives at risk.

BEFORE THE STORM

- ★ Listen for weather advisories.
- ★ Have an emergency kit close at hand.
- ★ If your home is oil heated, make sure you have an adequate supply. In the event of a storm, trucks may not be able to deliver.

DURING THE STORM

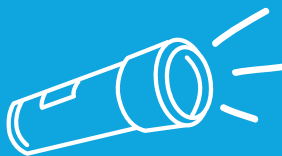
- ★ Remain in the house and do not go out unless it is essential.
- ★ Avoid intense shoveling as this could be fatal in extreme cold.
- ★ Do not drive off without your first aid kit, emergency kit and accessories (shovels, ropes, blankets). Have a full gas tank.
- ★ In the event that your car should break down or be unable to move, avoid exposing yourself to the cold. Open a window and run the engine as little as possible. Be aware of possible carbon monoxide. Keep moving and do not fall asleep. Set up road flares.

AFTER THE STORM

- ★ Stay away from disaster areas and keep away from hanging electrical wires.

► POWER OUTAGES

Often accidental in nature, power outages can last anywhere from several hours to several days. Regardless of the cause, you should be prepared.



In the event of a power outage that appears to be localized, check the breakers or fuses in your own electrical panel; there could be an overload or short-circuit. In the event of an outage that appears to be generalized, **notify Hydro-Québec by calling 1 800 790-2424**. Summer or winter, unplug your electrical appliances, except for the refrigerator, freezer and one light source per floor. Keep a flashlight close at hand and use a battery-operated radio to keep abreast of the situation. If you must use matches and candles, do it safely.

DURING A WINTER POWER OUTAGE

- ★ Keep doors and windows tightly closed.
- ★ Lower thermostats to avoid overloading the system when the power is restored.
- ★ If you have a fireplace or controlled-combustion wood stove, stock up on firewood. Beware of overloading.
- ★ If you must leave your home, turn off the main water valve and open all faucets.
- ★ Empty drains and pipes.
- ★ Pour antifreeze down the drains.
- ★ Cut the power at the main switch.

AFTER THE POWER OUTAGE

- ★ Turn the main water valve back on, release the air in your pipes and, one by one, turn off the faucets and close the drains.
- ★ Fill the water heater before turning it back on.
- ★ Restore power at the main switch.
- ★ Wait a few minutes before using electrical appliances, particularly heating units, to avoid an overly large demand that could result in another outage.

► WATER SHORTAGE

Since a shortage in drinking water could have serious repercussions on public safety and quality of life, preventive measures are vitally important.



Water contamination or shortage can result from major breaks, an extended power outage, toxic spills in the river, or a drought.

If a contaminated water warning has been issued by your municipality or the media, **boil water for the length of time stipulated in the advisory.**

Follow the instructions of the municipality or public health department; they will keep you abreast of the situation.

In the event that drinking water is contaminated, use water from a secure source: bottled water. You can also opt for canned juices or soft drinks.

If you have any doubts as to the quality of the water, call your municipality. Every week, it takes water samples throughout the city for testing, to ensure that the water quality complies with regulations.

**Water is essential to our survival.
An adult needs at least one litre of
drinking water per day.**

Water treatment plant:

Public Hygiene Department
(450) 621-6630

▶ FOOD PRESERVATION

It is important to be aware of the risks related to the preservation and consumption of food, particularly during a power outage.



A FEW HELPFUL TIPS:

- ★ First, check if your refrigerator and freezer are working properly and if there are obvious signs of an extended stoppage.
- ★ Avoid opening the refrigerator and freezer needlessly. If you must open them, do it quickly.
- ★ Food will keep for 24 hours in the refrigerator and 48 hours in the freezer.
- ★ If your appliances are not working or if there are significant signs of thawing, throw out perishable items that have been exposed to temperatures above 4°C for more than two hours. They could be hazardous to your health.
- ★ If a power outage occurred while you were away and your appliances are working normally when you return, check the quality of the perishable items (dairy products, meat, poultry, fish, eggs, etc...) Throw out all items showing signs of deterioration such as mould and foul smell.
- ★ Partially thawed items that show frost on the surface of the package can be returned to the freezer.

IN THE EVENT OF AN EXTENDED OUTAGE:

IN SUMMER → take your food to a relative or neighbour who has not been affected by the outage.

IN WINTER → Store some food outdoors or place it between two windows.

FLOODING



Be prepared at all times. Have your emergency kit close at hand, along with anything else you might need in the event of an evacuation.

WHEN A FLOOD WARNING IS ISSUED

- ★ Take all items that can be moved from the basement to an upper floor.
- ★ Block all sewer pipes in the basement.
- ★ Cut the power at the main electrical switch, ensuring that your feet are on a dry surface.

DURING THE FLOOD

- ★ Leave your home if the water level is too high or if authorities ask you to leave. Take your emergency kit with you, along with warm, waterproof clothes and identification documents for all occupants.
- ★ Notify the municipality of where you can be reached. Listen to the radio to keep track of the situation.
- ★ Avoid driving a vehicle in a flooded area.

AFTER THE WATER RECEDES

- ★ First, have your electrical and heating systems inspected by specialists.
- ★ Ensure that the water from the municipal system is safe to drink.
- ★ Clean items contaminated by the flood.
- ★ Throw out all food and medication that have come into contact with the water.
- ★ Take a full inventory of damages: notify the municipality and your insurance company.

THE CLEAN-UP

- ★ Pay particular attention to mould; it forms quickly and can be a major health hazard.
- ★ Remove the water as soon as possible and throw out all absorbent materials.
- ★ Disinfect all surfaces that have been in contact with the water.
- ★ Provide ample ventilation in all rooms, until everything is quite dry.

In the event of health problems, see your physician immediately. For further information, contact your municipality or your CLSC.

For additional details: Canadian Mortgage and Housing Corporation (CMHC) 1 800 668-2642 (toll free).

▶ IN CASE OF EVACUATION

If the situation is serious, you could be asked to leave your home and take shelter elsewhere, in a gymnasium or community centre, for instance.



IF AN EVACUATION ORDER IS ISSUED:

- ★ Leave immediately.
- ★ Take your emergency kit with you.
- ★ Listen to the radio and follow the instructions of those in charge of emergency operations.
- ★ Don't forget to leave your pets in a safe place.
- ★ Wear appropriate clothing and footwear.
- ★ Lock up the house.
- ★ Take the route you have been instructed to use. Do not take shortcuts as you could find yourself in an area that has either been closed or is dangerous.
- ★ If you can, leave a note indicating when you left and your destination. The mailbox is a good place for it.
- ★ Register with the disaster assistance organization; this will enable your friends and relatives to contact you more easily.

Following a serious crisis, many people feel confused. To get your family life back to a normal more quickly, it is helpful to express your feelings. Talk about what has happened and give yourself time to recover from it.