

Media Release

Wednesday, April 29, 2009

EMERGENCY PREPAREDNESS WEEK MAY 3 – 9, 2009

North Bay, ON - 'Be Prepared' – Emergency Preparedness Week is just around the corner, May 3 to 9, 2009. The focus is on what every family should know in the event of an emergency and to be as self-sufficient as possible, during the first 72 hours during an emergency; as many emergency services will be dealing with the larger scale emergency during this time period.

Every household needs an emergency plan. Your family may not be together when a disaster occurs. Plan how to meet or contact one another and discuss what you would do in different situations. Secondly, prepare an “emergency kit” to ensure your family is self-sufficient in your home for at least three days. An attached list is a great guideline to preparing your “emergency kit”.

North Bay has a very active Community Emergency Management Planning Committee (CEMPC) that includes representation from all sectors in our community who have devised a viable plan for our community should a large scale emergency occur and meet on a regular basis to ensure the plan is current. In the planning process each year a mock emergency is played out for the training of the emergency personnel. This year, we are pleased to invite the public and media during Emergency Preparedness Week, to attend **Tuesday, May 5th at 0945 hrs**, the Emergency Operations Centre (E.O.C.) table top exercise at Northgate Shopping Centre. The E.O.C. will be set up in Sears Court and will recreate the City of North Bay E.O.C. should it ever be placed into action to deal with an emergency, major event or a disaster.

Most people know who the first line responders and workers are, but the E.O.C. is somewhat of a mystery and this table top scenario is going to demystify what an E.O.C. is and the role it plays in major events.

Members of the public and media are more than welcome to come and see how the E.O.C. works and who the representatives are that deal with emergencies or disasters.

The members of the E.O.C. Group will be in attendance and will be put through the paces for a mock scenario which will last about 45 minutes; again, the start time is scheduled for

0945 hrs. After the table top the representatives from the various agencies will be able to speak to members of the public and the media about their roles and functions.

Also in attendance on Tuesday, May 5th will be table displays and representatives from various emergency and support services. These tables will be set up for the entire day for everyone to gather information on how to be prepared.

They include representatives from:

- North Bay Fire and Emergency Services
- North Bay Police Service
- Ontario Provincial Police
- North Bay Ambulance Services
- North Bay Parry Sound District Health Unit
- North Bay General Hospital
- City of North Bay departments: Public Works, Transit, Recreation Services, Senior Management Group
- Near North Crimestoppers
- VCARS
- ARES (Amateur Radio Emergency Services)
- DND (Department of National Defence)
- Canadian Red Cross
- Ontario Clean Water Agency
- MNR (Ministry of Natural Resources and North Bay-Mattawa Conservation Authority)

NOTE: the O.P.P. K-9 unit will have a demonstration two to three times during the day provided their services are not required on an actual call.

- 30 -

For more information:

Rob McDonald
OPP – Staff Sergeant/Area Commander
CEMPC/EOC – Training Coordinator
Phone: 475-2630

Yvon Montcalm
North Bay Police Services
CEMPC/EOC – Media Coordinator
Phone: 497-5555

Appendix:

The Emergency Survival Kit Checklist below outlines the basic items every individual should have:

- ✓ Flashlight and batteries
- ✓ Radio and batteries or crank radio
- ✓ Spare batteries (for radio and flashlight)
- ✓ First-aid kit
- ✓ Telephone that can work during a power disruption
- ✓ Candles and matches/lighter
- ✓ Extra car keys and cash
- ✓ Important papers (identification)
- ✓ Non-perishable food (ready-to-eat items that do not require refrigeration)
- ✓ Manual can opener
- ✓ Bottled water (4 litres per person per day)
- ✓ Clothing and footwear
- ✓ Blankets or sleeping bag
- ✓ Toilet paper and other personal items
- ✓ Medication
- ✓ Backpack/duffle bag
- ✓ Whistle (to attract attention, if needed)
- ✓ Playing cards

Since emergency supply requirements vary for individuals with special needs and different disabilities, please refer to the www.emergencymanagementontario.ca website for more details. Also remember that families with babies and toddlers will have additional needs. Remember to include things like diapers, baby food and formula, bottles/sippy cups, toys, crayons and paper etc.

Other tips:

- Keep important phone numbers in your emergency kit.
- Make sure all members of the household know where the emergency kit is stored.
- Discuss your emergency plan with family members in advance of any potential emergency, in the event you aren't all together when the emergency occurs.
- Review and replenish your kit on a yearly basis.

