

**May 4 – 10, 2025**

# **Emergency Preparedness Week**

**[canada.ca/get-prepared](https://canada.ca/get-prepared)**



Government  
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Canada



# EP DAY 2025



**Lambton**  
College

**MAY 10 ~ 10am-2pm**

*Brought to you in part by:*





# Emergency Preparedness Week 2025

## Know the Risks

- Being aware of the hazards in your community can help you develop your own emergency plan. Consider the likelihood and consequences of various risks where you live, work, and play and then plan accordingly. In Lambton, the following hazards may be more prevalent:
- Agricultural & Food emergencies
- Civil Disorder
- Critical Infrastructure failure
- Cyber Attack
- Electrical Energy
- Hazardous Materials (fixed site, transportation, or pipeline)
- Infectious Disease
- Severe Summer Weather
- Terrorism & Sabotage
- Water Quality
- Winter Weather

# Emergency Preparedness Week 2025

## Make a Plan

Record the important details of your emergency plan using the format that works best for you, whether on paper or digitally. Make sure to include a copy of your plan in your emergency kit and share it with those in your household.

### Be sure to include the following elements in your home emergency plan:

- Names and triplicate contact information (i.e., cell phone, home phone, social messaging, email) for each family member
- Evacuation Plan with two ways out of your home, location of your emergency kit, safe meeting areas near your home and in your neighbourhood
- Emergency numbers (including 9-1-1) – Police, Fire, Family Doctor, Dentist, Telehealth, Poison Control, Insurance, Relatives and Friends (local and out-of-town), Utilities, Utility shut-off procedures

### When your plan is ready:

- Review it with family members and other close contacts
- Keep your plan in an easy-to-access location
- Review it annually (it is good practice to review your plan the same time you refresh your 72-hour kit)

# Emergency Preparedness Week 2025

## Assemble a Kit

One of the best ways you can prepare for emergencies is to have enough supplies at home to feed and care for you and your family for at least three days following a crisis or disaster. This is called a 72 Hour Emergency Supplies Kit (or 72-Hour Kit).

The following resources provide excellent information on what you should include in the 72-Hour kit:

<https://www.getprepared.gc.ca/cnt/kts/index-en.aspx>

<https://www.ontario.ca/page/be-prepared-emergency>



# Emergency Preparedness Week 2025

## Pets

Just as you should prepare an emergency supplies kit for you and your family, prepare an emergency kit for your pet(s) to keep them comfortable for at least seven days. This kit should be stored in an easy to carry duffle bag or container next to your own emergency kit. Include the following items:

Food and water for seven days

Bowls, paper towel and a manual can opener

Blanket

Small toy or chew toys

Sturdy leash and harness

Scoopable litter or a week's worth of cage liner

Long leash and yard stake

Litter/pan and plastic bags

Carrier for transport

Medications and medical records (including vaccination records)

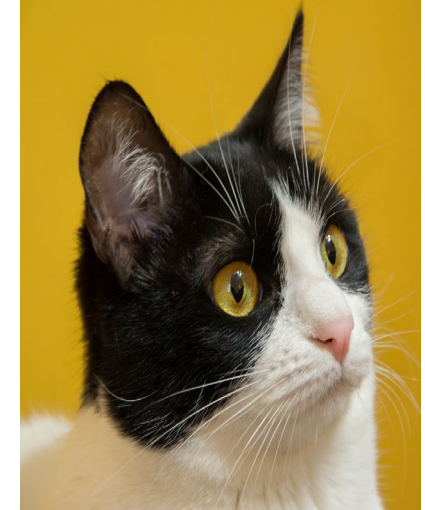
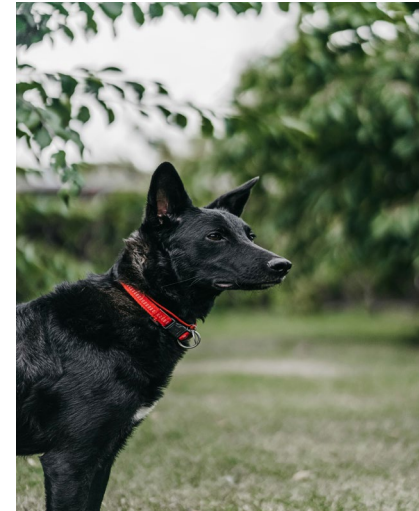
Current photo of your pet (in case your pet gets lost)

Pre-written information on feeding schedules, special needs or medical or behavioural problems

Up-to-date ID tag with your phone number and the name/phone number of your veterinarian

Copy of license

Muzzle



# Emergency Preparedness Week 2025

## Stay Informed

### *Watches and Warnings*

Do you know the differences between severe weather watches and warnings, issued by Environment & Climate Change Canada?

*Watch:* issued when conditions are favourable for severe weather to develop later in the day. Monitor weather conditions and watch for updates. Be prepared to act if severe weather develops.

*Warning:* issued when severe weather is imminent or occurring. Take immediate safety precautions.

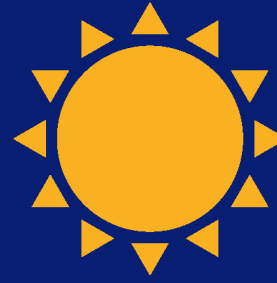
### **Sarnia-Lambton Alerts**

Sarnia-Lambton Alerts, powered by Everbridge, Inc., is an advanced regional emergency notification tool used by local municipalities to communicate emergency information including shelter-in-place, boil water, and evacuation advisories. Sarnia-Lambton Alerts also includes emergency and non-emergency updates from local industrial sites. Sign up to receive notifications. <https://www.sarnialambtonalerts.ca/>

### **Alert Ready**

Alert Ready is Canada's emergency alerting system. Alert Ready delivers critical and potentially life-saving alerts to Canadians through television, radio and LTE-connected and compatible wireless devices. Visit [AlertReady.ca](https://AlertReady.ca) for more information.

# Be prepared: Extreme heat



Climate change is expected to increase the frequency, intensity, and duration of heat waves.

## Safety tips:

Extreme heat can make you sick with heat rash, heat cramps, heat exhaustion & heat stroke.

### Stay hydrated:

- Drink water every 15 to 20 minutes even if you aren't thirsty. Drinks containing alcohol and caffeine may cause dehydration and are not recommended.
- Check in with others (including pets/animals) to make sure they are also drinking plenty of cool liquids.

### Stay cool:

- Stay indoors to limit sun exposure. Spend the hottest part of the day in air conditioned public buildings (e.g., mall, library, cooling station).
- Dress in light-coloured, loose-fitting clothing.
- Take frequent cool showers or baths. If you cannot shower/bath frequently, sponge often with cool wet towels.
- Stay on lower floors if there's no air conditioning and use fans when possible.

### If you are outdoors:

- Reschedule or plan outdoor activities during cooler parts of the day.
- never leave a person or animal in a parked car or in direct sunlight.
- Wear a hat to protect your face, UV-protective eyewear for your eyes, and apply sunscreen (SPF 30 or greater) to prevent skin cancer.

## How to prepare:

### Heat-proof your home



Cover windows that receive morning or afternoon sun with drapes, shades or awnings. If possible, open windows at night and create a cross-breeze.

### Stay informed



Check weather reports prior to going outdoors on hot days for the temperature, humidex, UV index, and air quality.

### Prep your emergency kit



Include extra water and seasonal items like sunscreen and sunglasses (with full UVA and UVB protection), or spray bottle misters in your emergency preparedness kit.

### Check on vulnerable people



Check on older family members, neighbours, and friends, especially if they are ill or disabled. If you're able, provide supplies to keep them cool and hydrated.

### Find cooling centres



Some municipalities provide cooling stations during extreme heat. Know when to go - especially if you do not have access to air conditioning, be ready to relocate if necessary.

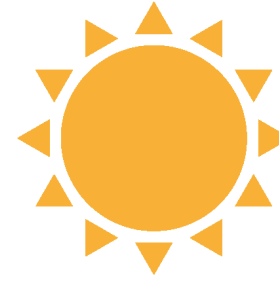
### If you feel dizzy, weak, or overheated:

- move to a cool place
- rest by sitting or lying down
- drink water

**If you don't feel better soon, seek help immediately.**



# Be prepared: Extreme Heat



## Outdoor safety:

- Dress in light-coloured, loose-fitted clothing. Wear sunscreen, sunglasses, and a hat that protects your face.
- Drink water frequently (every 15-20 minutes). Avoid alcohol/caffeine.
- Never leave a person or animal in a parked car or in direct sunlight.

## Indoor safety:

- Take frequent cool showers or baths, run wrists under cold water.
- Have multiple ways of cooling down in the event of a power outage.
- Stay on lower floors, use air conditioning if possible.
- use fans and ice packs to help you sleep comfortably.

## Stay cool:

- Check local weather and forecasts online.
- Spend the hottest part of the day in air-conditioned public buildings (e.g. mall, library, cooling station).
- Know the signs of heat-related illness. If you feel dizzy, weak, or overheated: sit/lie down in a cool place, drink water, wash your face with cool water. Seek help if you don't feel better soon.

# Stay safe: Heat-related illnesses

## Know the signs

**Heat rash:** red or pink rash usually found in areas where sweat collects.

**Heat exhaustion:** heavy sweating, weakness, dizziness, nausea, vomiting and fainting.

**Heat cramps:** painful muscle cramps, caused by dehydration and lack of nutrients from excessive sweating.

**Heat stroke:** headache, dizziness, confusion and fainting; skin may be hot and dry or damp. This is a medical emergency – seek emergency help and cool down right away.

Consult a healthcare provider or call Health811 (TTY: 1-877-797-0007) if you experience these symptoms.

In the event of medical emergency (for example, loss of consciousness), call emergency services immediately.

## Be prepared

**Stay hydrated:** drink plenty of cool liquids. Water is best.

**Stay cool:** dress in light-coloured, loose-fitting clothing, wear a hat and apply sunscreen.

**Stay inside:** spend the hottest part of the day (typically noon to 2 p.m.) in air-conditioned homes or public buildings (for example, a mall, library, or cooling station).



**Keep your house comfortable:** open windows at night to create a cross-breeze. Close awnings, curtains, or blinds during the day to reduce heat indoors.

**Check on friends, family, and neighbours:** check in daily, particularly if they are at increased risk or they do not have access to functioning air conditioning.

# Be prepared: Winter Storms



Winter storms cause more fatalities in Canada than tornadoes, thunderstorms, lightning, floods and hurricanes combined.

Heavy snowfall and ice can make roads treacherous and interrupt power supplies.

## Safety tips:

- Avoid unnecessary travel.
- Wear layers of lightweight clothing, mittens & a hat. Wear waterproof, insulated boots to keep your feet warm and dry and to keep from slipping on ice and snow.
- Regularly check for frostbite — numbness or white areas on your face and body (ears, nose, cheeks, hands and feet in particular).
- Avoid overexertion when shoveling snow by taking frequent breaks. Use rock salt and sand to melt ice and improve traction on sideways and driveways.
- Bring pets inside and move livestock to sheltered areas with non-frozen drinking water.
- In rural areas: string a lifeline between your house & any outbuildings you may have to visit during a storm. Install snow fences to reduce drifting snow on roads and paths.

## How to prepare:

### Winterize your home



Insulate walls and attics; caulk or weather-strip doors and windows; install storm windows or cover windows with plastic. Get heating equipment and chimneys cleaned and inspected once a year.

### Make your kit seasonal



Add extra blankets and warm clothes to your emergency preparedness kits (home kit, car kit). Have multiple ways of staying warm in case of power outage.

### Check on vulnerable people

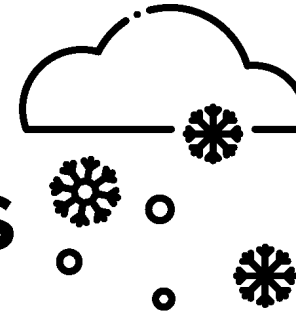


Check on older family members, neighbours, and friends, especially if they are ill or disabled. If you're able, provide supplies to keep them cool and hydrated.

### Stay informed:

- Check local weather and forecasts online.
- Check Ontario511 for road conditions and driving information.
- Check with your local school board for information on cancelled classes & buses.
- Check with your municipality for information on snow removal services & special rules in place during a snow emergency.

# Be prepared: Winter Storms



## Outdoor safety:

- wear weather-appropriate clothes (layers, hats, gloves, boots)
- take breaks inside to warm up
- regularly check for frostbite

## Winterize your preparedness kit:

- add extra blankets, and warm clothes and accessories to your home and car kits.
- include multiple sources of heat in the event of a power outage.
- keep electronics fully charged
- put flashlights/batteries in all major rooms at home

## Stay informed:

- check local weather and forecasts online.
- check Ontario511 for road conditions & driving information. Avoid unnecessary travel.
- check your local municipality for information on snow removal services & warming centres.