

Steps to preparedness

Work through this booklet with your family. Fill in all the appropriate blanks and be sure that every member of your household knows where the booklet is located. We suggest hanging it near the telephone, NOT filed in a drawer or bookcase. Determine that location NOW, and write it down.

Ensure that your family knows the methods by which they might be notified of an emergency. A siren may sound, or bulletins may be issued over local radio and television stations. In some cases, notification might come by telephone, or through a public address system.

Have on hand the following items:

- * a working radio that will operate on battery power.
- * a supply of appropriate sized batteries to operate your emergency radio.
- * a reliable flashlight, extra batteries, and a supply of candles, matches and canned food to be used if there is an extended power failure.
- * a reasonable supply of bottled drinking water.



About a week after your family has read this booklet, hold an emergency drill to ensure that each family member is able to respond appropriately.

What to do when an emergency siren sounds

...or when notified in person by police or other officials

...or if you detect abnormal weather patterns

...or if you notice an unusual odour in the air

Tune your radio to a local station:

CHOK, Sarnia	AM 1070
CFGX, Sarnia (The Fox)	FM 99.9
CHKS, Sarnia	FM 106.3

If there is an emergency, these stations will be notified immediately by your local municipal authorities and will broadcast instructions for you to follow. During an emergency, CHOK (AM1070) has been designated to continuously broadcast information, while the other two radio stations will provide periodic announcements. Depending on the nature of the emergency, TV broadcasting may be interrupted with warnings or instructions. You are advised, however, to rely on your battery-powered radio which will broadcast information on both regional and more localized emergency situations.

When the Siren Sounds....

- ✦ **DO NOT TURN YOUR RADIO OFF** until the official “all clear” has been issued.
- ✦ Gather family members and pets, if they are outside the home in the immediate area.
- ✦ If your children are in school or daycare, do not attempt to bring them home. School officials will be notified if an emergency exists, and will begin the proper procedures to protect the children in their care.
- ✦ **DO NOT** use the telephone unless you are reporting an emergency. Phone lines should be left open for emergency communications.



Chemical Emergencies

Preparing for a chemical emergency

A chemical emergency can happen anywhere – in the Chemical Valley, on the highway or railroad, or at some other location in our community. Your family should be prepared to respond to a warning anywhere, anytime.

Responding to a chemical emergency

If you witness what you believe to be a chemical emergency situation:

- ✦ Move to a safe location. Then notify the nearest Fire or Police Department of the exact location and nature of the emergency. In our area, the phone number to call is **911**.

If you are at home:

- ✦ Stay calm. Assemble all people and pets at the agreed-upon meeting place in your home. Do not jump in your car and attempt to evacuate!
- ✦ Find your emergency radio and tune to a local station
- ✦ If advised that the emergency may involve a spill that endangers drinking water, follow broadcast advisory.
- ✦ If advised that the emergency may involve potentially toxic fumes, take the following precautions:
 - ✦ Close all doors and windows tightly.
 - ✦ Turn off all heating and ventilating equipment.
 - ✦ Extinguish all fireplace fires, and do not use matches or lighters.
 - ✦ Close all fireplace dampers.



- ✱ Close draperies and curtains.
- ✱ Wet several towels and place them at the base of doors leading to the outside. Moisten more towels and use them over your nose and mouth to filter the air you breathe.
- ✱ If your children are in school or daycare, do not attempt to bring them home. School officials will be notified if an emergency exists, and will begin the proper procedures to protect the children in their care.



- ✱ **DO NOT USE THE TELEPHONE** except in an extreme emergency (e.g., calling for assistance if ill or disabled). Phone lines should be kept open for emergency communications. In our area the phone number to call is **911**.
- ✱ **DO NOT EVACUATE UNLESS INSTRUCTED TO DO SO BY RADIO OR EMERGENCY PERSONNEL.** If instructed to evacuate, refer to Emergency Evacuation Procedures listed below.

If you are not at home:

- ✱ Seek appropriate shelter. In public buildings, determine who is in charge and follow their instructions. Your calm, orderly behaviour will set an example for others, and help avert panic.

If you cannot get indoors:

- ✱ Determine wind direction. If you are **DOWNWIND** of the site of the emergency, move quickly in a crosswind direction (so the wind is blowing against the side of your face). If you are **UPWIND** of the site of the emergency, move further upwind until you reach shelter, or until you are picked up by rescue personnel.
- ✱ If you detect fumes, wet a piece of clothing with water and use it as a filter over your nose and mouth.

When the “All Clear” is issued

- ✱ Open doors and windows, restart ventilating equipment, and move outdoors immediately.
- ✱ If you have experienced unusual physical symptoms, seek medical attention immediately.

Emergency evacuation procedures

- ✱ **DO NOT EVACUATE UNLESS INSTRUCTED TO DO SO BY RADIO, TV OR EMERGENCY PERSONNEL.** Exposure to chemicals could put you at risk, and unnecessary traffic could hamper emergency operations.
- ✱ **EVACUATION ROUTES** will be broadcast on local radio stations. If there is no evacuation route for your location, you should be prepared to take the most direct route to a major highway, and travel away from the area in a safe, crosswind direction. Depending on the nature and location of the chemical emergency, evacuation routes may be altered. Listen carefully to evacuation instructions as they are broadcast and follow them exactly.

- ✳ IF YOU MUST EVACUATE, assemble only the essential items you will require for the short term. No matter how important your possessions are, your health and safety take precedence. Take items appropriate to the care, feeding and entertainment of infants and young children. Pets should be caged or on a short leash. Don't forget any necessary medications or prescription drugs.
- ✳ Leave your home locked. Do not restart heating, ventilating or systems.
- ✳ Once on the road, exercise courtesy and common sense. Obey the instructions of emergency personnel who are directing or redirecting traffic. Do not attempt to collect family members from other locations. They will be following the evacuation procedures appropriate to their location. Your safety and the safety of those in your immediate care should be your primary concern.
- ✳ Family members may become separated during evacuation procedures, or they may be evacuated to different safe shelters. Determine now the name of a friend or relative in another community who will serve as your family's "outside contact". Once phone lines are available, each family member should check in with that person to exchange information on the location of all family members.

RECORD EVACUATION ROUTES AND DESTINATIONS FOR EVERY MEMBER OF YOUR FAMILY

Tornadoes

Preparing for a tornado

A tornado is a column of rotating wind, travelling across the land at speeds of 30 to more than 100 kilometres per hour (20 to 65 m.p.h.). Tornadoes can occur at any time. Most often they occur in late afternoon, in late spring or early summer. They are most frequent during moderate summer temperatures, accompanied by high relative humidity.

A severe thunderstorm or tornado **watch** is issued if conditions exist for tornadoes to develop. No tornado has been sighted. A tornado **warning** is issued if one has been sighted, or if radar detects a tornado-like disturbance.



Responding to a tornado warning

- ✳ If you are in the open, seek shelter in a sturdy building. If none is available, be prepared to lie flat in a depression or ditch, and hang onto something on the ground...a culvert, large rock, shrub, etc.
- ✳ If you are in an automobile, get away from the vehicle and seek shelter described above. You are safer in a ditch than in your car.
- ✳ If you are in a public facility (e.g., school, work, mall), go to an interior hallway on the lowest level. Avoid large rooms and stay away from windows. Determine who is in charge of the facility and follow their instructions. Your calm, orderly behaviour will set an example for others and help avert panic.

- ✳ If you are at home, head for the basement. Seek shelter under a staircase or sturdy furniture. If you have no basement, go to a bathroom or closet on the lowest floor, or seek shelter under sturdy furniture.
- ✳ If you are in a mobile home, go immediately to a more substantial shelter.

What you should do:

- ✳ Find your emergency radio and tune it to a local station. CHOK AM1070 has been designated to provide continuous information during an emergency.
- ✳ Assemble all people and pets at the agreed-upon meeting place in the home.
- ✳ When a tornado **watch** is issued, store or secure light items outside, e.g., garbage cans, bikes, boats, barbeques, etc.
- ✳ When a tornado **warning** is issued, seek shelter. Identify the safest location in your home and ensure everyone knows where to go.
- ✳ Take the radio and batteries with you.

Severe Winter Storms

Preparing for a winter storm

- ✳ Make sure that your vehicles have been properly serviced before the onset of winter. Stock each vehicle with emergency items: shovel, gravel or sand, blanket or sleeping bag, heat candles, matches, flares, high energy food (such as granola bars), spare socks, walking boots, mittens and hat, a container for melting snow, a brightly coloured cloth to signal assistance. Ideally, these items should be in the car (not the trunk), as trunks can freeze shut.
- ✳ Make sure you have a safe, alternative heat source available in case of power interruptions. If you have a fireplace, sufficient supplies of firewood should be kept dry and accessible.
- ✳ Have containers available to store a sufficient supply of drinking water in case pipes freeze. Be prepared to fill a bathtub with water for household use.
- ✳ Have on hand sufficient supplies of canned or prepared foods in case you cannot use your stove or microwave oven for an extended period of time. Your barbeque offers an alternative cooking source, but you are cautioned NOT to use it inside the home.
- ✳ Always dress appropriately for winter weather conditions. Protection of extremities (head, hands, feet) is vital. Several layers of clothing will trap warm air around your body more effectively than a single layer.



Responding to a winter storm

If you are in your car:

- ✱ Move your car out of the way of traffic.
- ✱ Stay calm. Do not leave your vehicle to seek other shelter unless appropriate shelter is very close, visible and obviously inhabited. Otherwise, stay with your vehicle until help arrives.
- ✱ Tie your distress flag to your aerial or outside door handle.
- ✱ Take steps to stay warm. If clothing is wet, remove it and replace with dry items. Wrap yourself in a blanket or sleeping bag. If two or more people are in the vehicle, sit close together to share each other's body heat. If you are alone, curl up in the fetal position.
- ✱ Running your car heater to keep warm should be done only as a last resort. If you must run the heater, do so intermittently on low until fuel runs out. **KEEP A WINDOW OPEN TO ALLOW FRESH AIR TO CIRCULATE.** Carbon monoxide poisoning and death could result if your vehicle is tightly shut. At the first sign of drowsiness, open all windows, breathe deeply, shut off the car, and use alternative methods to stay warm.
- ✱ Exercise regularly - enough to stay warm and maintain circulation, but not enough to work up a sweat. Pay particular attention to hands and feet.
- ✱ If you are travelling and see a vehicle in distress, and you are unsure of your ability to assist the occupants, notify the police at your first opportunity. Be prepared to give a description of the vehicle and its location.



If you are at home:

- ✱ Find your emergency radio and tune to a local station. CHOK AM1070 has been designated to provide continuous information during an emergency.
- ✱ Assemble all people and pets at the agreed-upon meeting place.
- ✱ Stay calm, stay warm, and stay put.
- ✱ If your regular heat source fails, put on additional layers of clothing and use your emergency heat source.
- ✱ Close doors to unused rooms to conserve heat.
- ✱ Have on hand a reliable flashlight, extra batteries, and supply of candles and matches.

Who We Are

What is CAER?

CAER stands for Community Awareness Emergency Response. In Sarnia Lambton, the local petrochemical industries sponsor CAER, with the support of local government officials and the Chemical Valley Emergency Coordinating Organization or CVECO. The Community Awareness side of CAER involves a speaker's bureau for local groups and schools, and several information pieces, including this booklet. The Emergency Response side of CAER involves each company's programs to reduce the severity and frequency of accidental chemical releases, to effectively deal with chemical emergencies on site, and to join with CVECO and other industry response teams to deal with emergencies in the community.



What is CVECO?

CVECO was formed in 1951 by local police departments, fire departments and industry to provide a coordinated service by all local emergency response groups to deal with ALL municipal and industrial emergencies. CVECO conducts regular testing of our emergency plan and was responsible for the creation of the Industrial Fire School at Lambton College.

For further information

Informational video and slide programs are available for presentation to groups or schools. These programs are presented by qualified individuals from the CAER/CVECO speaker's bureau.

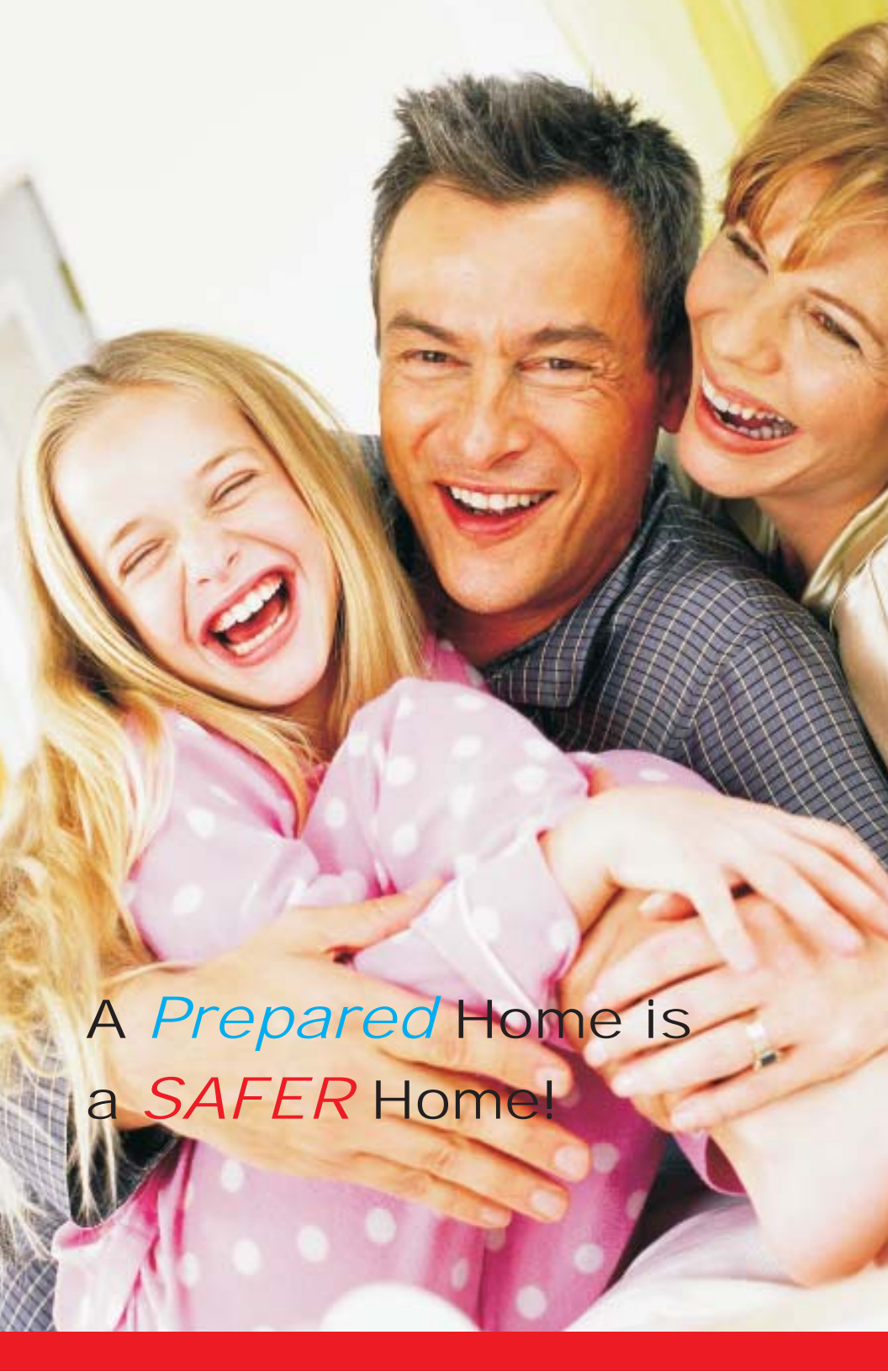
Printed information is also available, including our *CAER Community Report* newsletter. Additional copies of this booklet are also available from the CAER office. For further information which could prove useful in your personal planning, please contact the CAER office or visit our web site.

CAER (Community Awareness Emergency Response)

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a *SAFER* Home!