

Before an emergency happens, it's important to make sure you **have a plan in place** for your household. Follow the steps below to:

- develop your plan
- build an emergency kit
- make sure you stay informed should an emergency occur

Do you have 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.

Your emergency kit should have everything you and your household would need to be safe and take care of yourselves for **at least three days** immediately following an emergency.

Essentials: 72-HOUR EMERGENCY KIT



The following list includes essential items to have in your emergency kit:

- food (non-perishable and easy-to-prepare items, enough for three days) and a manual can opener
- bottled or bagged water (4 litres per person for each day) and backup water purification tablets
- medication(s)
- toilet paper and other personal items such as soap, shampoo, toothbrush, toothpaste, etc.
- personal protective equipment (PPE) such as medical masks and respirators
- back up chargers and power banks for cell phone or mobile device
- cash in small bills
- portable light source such as a flashlight, headlamp or glow stick
- radio (crank or battery-run)
- extra batteries
- first-aid kit
- candles and matches/lighter
- hand sanitizer or moist towelettes
- important papers such as a copy of your emergency plan, identification, contact lists, copies of prescriptions, etc.
- extra car and house keys
- whistle (to attract attention, if needed)
- zip-lock bag (to keep things dry)
- garbage bags and duct tape



Additional considerations

The following list includes additional items you may require to meet your household's unique needs:

- items for babies and small children such as diapers, formula, bottles, baby food, etc.
- comfort and sentimental items such as photos of loved ones, irreplaceable items, etc.
- prescription medication
- medical supplies, equipment and copies of care/support plans including contact information for doctors or specialists
- extra pair of glasses or contact lenses and solution (if applicable)
- pet supplies
- any other items specific to your household's needs



Extra supplies for evacuation

The following list includes items to have ready in case you need to leave your home:

- seasonal clothes, shoes, and accessories such as hats, gloves, etc.
- sleeping bags or blankets
- lightweight plates and utensils
- survival multi-tool that includes a screwdriver, pocketknife, and other basic tools
- local map with your safe meeting places identified
- playing cards, travel games and other small activities
- pen or pencil and a small paper/notepad



For more information, go to: <https://www.ontario.ca/page/be-prepared-emergency>

The Corporation of the Town of Bruce Mines wants you to be prepared!



Medical Transportation **VOLUNTEERS NEEDED!**



Do You Have:

- ✓ Time to Give!
- ✓ An excellent driving record!
- ✓ A reliable vehicle!

Join Our Team!

The NSHN's Community Support Services Department is seeking Volunteers to support the **Medical Transportation Program**. This service is vital to the health of our community and relies on dedicated Volunteers!

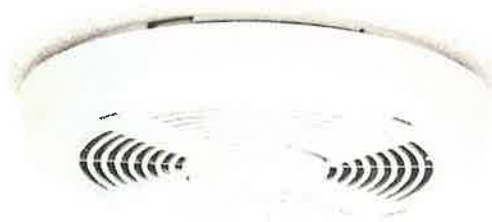
Interested in Volunteering? Here's How it Works:

- Community Support Services arranges Volunteers to transport Clients to their out-of-town medical appointments.
- Medical appointments include chemotherapy, dialysis, surgery, methadone treatment, etc.
- Volunteers use their own vehicles and must have an excellent driving record and insurance with one million dollar liability coverage.
- Volunteers are reimbursed for mileage on a monthly basis by NSHN.
- There's no minimum time commitment! You can choose to volunteer daily, weekly, monthly - whatever works for you!

Contact Us!

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Test your **SMOKE ALARMS** every month to make sure that they are working properly. Follow the manufacturer's directions for cleaning your smoke alarms. Change the batteries as often as recommended by the manufacturer. Replace any smoke alarm that is more than ten years old.