

Emergency Preparedness Information for Residents

This pamphlet is about protective measures you can take in the event of an emergency. Please read this pamphlet carefully and discuss it with your family. Attach it to the refrigerator, where you can quickly refer to it if an emergency strikes.

Take these simple steps and be prepared, not scared!

Contact your municipality for local emergency information:

Township of Adelaide Metcalfe

(519) 247-3687 • www.adelaidemetcalfe.on.ca

Township of Lucan Biddulph

(519) 227-4491 • www.lucanbiddulph.on.ca

Township of Middlesex Centre

(519) 666-0190 • www.middlesexcentre.on.ca

Village of Newbury

(519) 693-4941 • www.newbury.ca

Municipality of North Middlesex

(519) 294-6244 • www.northmiddlesex.on.ca

Municipality of Southwest Middlesex

(519) 287-2015 • www.southwestmiddlesex.ca

Township of Strathroy-Caradoc

(519) 245-1070 • www.strathroy-caradoc.ca

Municipality of Thames Centre

(519) 268-7334 • www.thamescentre.on.ca

County of Middlesex

(519) 434-7321 • www.county.middlesex.on.ca



Before a disaster strikes:

- Prepare a 3-day emergency survival kit for your family (details on back of card)
- Keep a smaller kit in your car
- Post emergency numbers near the phone and put them in your cell phone
- Learn how to shut off the water, gas and electricity in your home
- Read your community's Emergency Response Plan, accessible on the municipality's website
- Know the emergency procedures for your family's workplaces, schools and residential facilities
- Take a first aid & CPR course

Local media for emergency information:

Radio:		100.5 FM	CBBL
980 AM	CFPL	101.3 FM	CKOT
1070 AM	CHOK	102.3 FM	CHST
1290 AM	CJBK	103.1 FM	CFHK
1410 AM	CKSL	103.9 FM	CKDK
92.7 FM	CJBX	106.9 FM	CIXX

Television:	
CFPL	A Channel
CKCO	Kitchener
Rogers	Cable 13

To report a life-threatening emergency, call 9-1-1 immediately.

Ontario Provincial Police.....	1-888-310-1122
Strathroy-Caradoc Police.....	(519) 245-1250
Middlesex-London Health Unit	(519) 663-5317
Poison Control Centre	1-800-268-9017
Telehealth Ontario	1-866-797-0000

For more information on specific emergencies like tornadoes or winter storms, a series of self-help brochures is available at your local branch of the Middlesex County Library, or on the internet at www.safeguard.ca

After a disaster occurs, you may be confused or disoriented. Stay calm and remember the following procedures:

- Help the injured; use the first aid supplies in your emergency survival kit
- Listen to the radio and follow the instructions of emergency officials
- Do not use the telephone unless absolutely necessary, as emergency workers will need all available phone lines
- Check your home for damage; if you smell gas, open windows and get outside immediately, then turn off the gas at the meter
- Turn off any other damaged utilities
- Drink bottled water, in case of water quality issues
- Comfort and reassure children and seniors; be honest and gentle
- Confine and secure your pets; provide extra food and water if you leave
- Check on your neighbours, especially the elderly and disabled
- If ordered to evacuate, take your survival kit and leave immediately
- Follow routes specified by officials, and avoid any dangerous areas



The Middlesex-London Health Unit reminds you to keep your immunizations current.



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Take the time to prepare a 3-day Emergency Survival Kit for your family:

- flashlight & spare batteries
- radio & batteries or crank radio
- first aid kit
- candles & matches/lighter
- whistle (in case you need to attract attention)
- extra car keys & cash, including coins
- photocopies of important documents
- recent photo of every family member (in case someone is missing)
- toilet paper & personal hygiene supplies
- spare set of eyeglasses
- prescription medications
- small camping stove & fuel (always follow manufacturers directions and store properly)
- waterproof matches & plastic garbage bags
- duct tape & paper towels
- disposable plates, cups, knives, forks & spoons
- manual can opener & bottle opener
- non-perishable food & bottled water
- one blanket or sleeping bag per person
- spare set of clothes & sturdy shoes
- a pair of work gloves
- playing cards, small games
- plastic container or dufflebag to store all items

For additional copies of this card, contact the County Emergency Management Coordinator (519) 434-7321 ext. 227