



## 72-HOUR SELF-SUFFICIENCY



Why prepare for 72-hour Self-Sufficiency?

- If a disaster affecting the whole community happens, emergency workers will prioritize their response and help those in desperate need first.
- You should be prepared to take care of yourself and family for a minimum of 72 hours.
- Here is a very basic checklist and examples of products to assist you in getting started:

### Checklist ~ Home:

- Stock up on water – 4 litres (1 gallon) per person per day, including pets.
- Set aside a supply of “shelf-able” food (don’t forget a non-electric can opener!), including your pets’ food – check expiry dates and replace when needed.
- Be sure to refill prescriptions ahead of expiry (2-week supply is recommended).
- Have some cash in smaller bills on hand in case electronic banking fails.
- Keep extra keys in easy-to-access locations.
- Compile a list of emergency contacts (family doctor, local police, neighbour, family member, etc.) and post near every telephone in home.
- Make sure your home first-aid kit is well-stocked.
- Keep important records and documents up to date, **with copies stored outside the home.**
- Purchase a portable (battery-operated or hand-cranked) radio, and one flashlight per family member, with lots of extra batteries.
- Keep an emergency kit, adapted to your family’s individual needs, in the front hall closet so that it is readily available in case of evacuation.

### Checklist ~ Children:

- Learn the emergency plans of your children’s schools and activity centres.
- Identify a back-up emergency meeting place outside the home.
- Keep non-electronic games and books (and comfort food!) on hand.

### Checklist ~ Community:

- Listen to the radio or TV for information from authorities, and follow their instructions.
- Stay put until all is safe or until you are ordered to evacuate.
- In anticipation of evacuation, make sure your gas tank is always at least half full.
- Work with your neighbours to ensure everyone is taken care of.

For further information and recommended procedures and checklists, please view these websites:

Government of Canada: <http://www.getprepared.gc.ca/index-eng.aspx>

Emergency Management Ontario:

<http://www.emergencymanagementontario.ca/english/prepare/emergency.html>

or download brochure from: <http://www.getprepared.gc.ca/fl/pub/ep-gd-prprtn-eng.pdf>

## EMERGENCY CONTACTS

Emergency (police, fire, ambulance) ~ 9-1-1
Toronto Police Services (non-emergency) ~ 416-808-2222
Toronto Fire Services (fire prevention) ~ 3-1-1
Doctor ~
Dentist ~
Pharmacy ~
Telehealth Ontario ~ 1-866-797-0000
Ontario Ministry of Health & Long Term Care ~ <a href="http://www.health.gov.on.ca">www.health.gov.on.ca</a>
Ontario Poison Centre ~ 1-800-268-9017 ~ <a href="http://www.ontariopoisoncentre.ca">www.ontariopoisoncentre.ca</a>
TTC Information ~ 416-393-4636 ~ <a href="http://www.ttc.ca">www.ttc.ca</a>
TTC Wheel-Trans ~ 416-393-4222
Taxi ~
Neighbour ~
Relative ~
School ~
Out-of-town Contact ~
Insurance company ~
Home security company ~

*(See other side for more Supplemental Information)*



## **72-HOUR SELF-SUFFICIENCY**



### ***SUPPLEMENTAL INFORMATION ...***

#### **Electricity:**

- The building's back-up generator will supply power for up to 3 days. Since the whole building cannot be run by the back-up generator, usage is limited to life support systems and is planned/controlled to save fuel.

#### **Elevators:**

- One elevator will run on the generator during power outages. Wait times will be longer than usual. Special usage of the elevator will be organized and broadcast over the Public Address system.

#### **Communication:**

- Mobile phones may not work during power outages; they do have limited battery back-up, but are mainly dependant on electrical connections. Cell phones will work only if the cell tower is not overloaded. Land lines are still best for communication in a power blackout.
- The Public Address system can be used to announce the scope of a problem and give directions on how to proceed and where to meet during an emergency.

#### **Water:**

- Electricity is needed to operate the water pumps. In the event of a power outage, water could still reach the lower (up to 7<sup>th</sup>) floors due to Hydro's back-up pumping system; however, the length of time it is operational is unknown.
- For people who have the ability to carry it, water can be accessed on the lower floors in the Superintendents' workroom and the sauna rooms.
- In an emergency, times may be assigned for use of generator-powered elevator for "water pick-up" runs, and individuals will be assigned to acquire/distribute water.
- Washroom facilities are available in the main floor washrooms and in the sauna rooms.

*Compiled by the Health & Safety Committee for residents of YCC323 – Jan. 2013*

*(See other side for more Supplemental Information)*



## **72-HOUR SELF-SUFFICIENCY**



### ***SUPPLEMENTAL INFORMATION ...***

**Heat** (seasonal problem, in fall/winter/spring):

- Keep blankets on hand, e.g. thermal blanket/comforter/sleeping bag.
- Candles will supply a minimum of heat, but be very careful not to start a fire with them.
- Close doors where possible.

**Cooling** (seasonal problem in summer, affecting personal comfort and food storage, and possibly storage of medications):

- If there is electricity, use fans rather than air conditioning as they draw less power.
- If you can't use a fan, leave all windows open for a cross breeze.
- Keep hydrated with plenty of fluids (no alcohol because it dehydrates).
- Exert yourself as little as possible.
- If power is out, watch foods in refrigerator for spoilage and be sure to clean out all spoiled items as soon as emergency is over.

❖ For further information, please refer to the Health & Safety Committee's section of the website at [www.YCC323.com](http://www.YCC323.com)



Hand crank portable radio. This model operates on batteries as well as AC power. Supports AM, FM and short wave frequencies and provides emergency lighting.



Hand crank portable flashlight. One minute crank should allow approximately 5-hours of illumination.

We recommend that candles only be used for a short period of time until flashlights and other non-flammable illumination are in place.



12-hour glow sticks (bend container to activate) to provide blue or yellow lighting. Minimum lighting capability, but does provide sufficient light to illuminate a room.



A cell phone or other wireless communication device (e.g. Blackberry) to contact friends, relatives or emergency services. Note that land lines (Bell) are still available in a power outage. Portable telephones with sufficient battery power will provide for an outside call.



Bottled water and/or purification tablets to provide sufficient fluids equalling 4 litres per individual per day. 20-litre potable water containers are another option.



Tins of tuna, salmon, beans etc. should be set aside. Granola bars and other "trail" mixes will provide energy for a period of

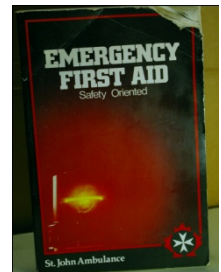
time. Manual can opener should be stored with the emergency supplies.

Hot meals as displayed are complete and can be heated in a provided “oven” by adding several drops of water to the chemical tray. Some products include eating utensils.

A first aid kit provides bandages, gauze, dressings etc. until qualified first responders arrive. First Aid manual produced by St. Johns Ambulance may provide assistance in addressing injuries.



A multifunctional utility knife with cutting blades, screwdriver, can opener and pliers to repair damaged items or to install short term emergency protection, e.g. duct tape over broken windows.



A solar generator can provide power to recharge cell telephones and/or a laptop computer. Two electrical sockets are available for lighting or telephone. The system can also be charged from household current or a car battery.

We encourage each resident to give some thought as to what additional items would be appropriate to protect yourself during a major disruption. Food allergies, medications and clothing needs will differ for each unit in the building.

