



Are You Prepared for an Emergency?

Tips and Information on Preparing for an Emergency or Pandemic Situation.

Emergencies:

In an emergency you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

You may have some of the items already, such as a flashlight, battery-operated radio, food, water and blankets. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

Make sure your kit is easy to carry. Keep it in a backpack, duffel bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front hall closet. Make sure everyone in the household knows where the emergency kit is.

For further information or to book an appointment:

For youth ages 13-29

Planned Parenthood Toronto Health Services
416-961-0113
Offers drop-in and scheduled appointments
www.ppt.on.ca

Planned Parenthood Toronto's Teen Sex InfoLine
416-961-3200

Live chat through MSN messenger at spiderbytes@hotmail.com
www.spiderbytes.ca

For women of all ages

Women's Programming at the Bay Centre for Birth Control
416-351-3700

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From Choice, a World of Possibilities



Basic Emergency Kit

- Water - at least two litres of water per person per day. Include small bottles that can be carried easily in case of an evacuation order
- Food that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year)
- Manual can-opener
- Wind-up or battery-powered flashlight (and extra batteries)
- Wind-up or battery-powered radio (and extra batteries)
- First aid kit
- Special items such as prescription medications, infant formula and equipment for people with disabilities
- Extra keys for your car and house
- Some cash in smaller bills, such as \$10 bills (travelers cheques are also useful) and change for payphones
- A copy of your emergency plan and contact information

(From: Public Safety Canada (2008) Your Emergency Preparedness Guide:
http://www.getprepared.gc.ca/_fl/guide/national-eng.pdf)

Pandemic Influenza

When a lot of people all over the world get the flu at the same time it is called an influenza pandemic. We do not know when the next influenza pandemic will be.

Planned Parenthood Toronto has a flu pandemic plan. During a flu pandemic, not all of our services will be available. Be sure to call us first before you come in. (416) 961-0113

One of the best ways to avoid getting the flu is to wash your hands and use hand sanitizer often. One of the best ways to avoid spreading the flu is to cover your cough.

Always Wash Your Hands

After you:

- Sneeze, cough, or blow your nose
- Use the washroom or change diapers
- Handle garbage

Before and after you:

- Prepare or eat food
- Touch a cut or open sore

Always Cover Your Cough

- Covering your cough or sneeze can stop the spread of germs
- If you don't have a tissue, cough or sneeze into your sleeve
- Keep your distance (more than 1 metre/3 feet) from people who are coughing or sneezing

(From: Toronto Public Health: Hand Washing Poster and Cover Your Cough Poster:
http://www.toronto.ca/health/sleeve_sneeze.htm)

More information is available on the following websites:

Toronto Public Health: Swine Flu:

http://www.toronto.ca/health/cdc/communicable_disease_surveillance/monitoring/alerts/swine_flu.htm

Toronto Public Health: Pandemic Flu:

<http://www.toronto.ca/health/pandemicflu/index.htm>

Ministry of Health and Long-Term Care: What You Should Know About a Flu Pandemic:

http://www.health.gov.on.ca/english/public/program/emu/pan_flu/pan_flu_mn.html

Public Health Agency of Canada: Pandemic Influenza:

<http://www.phac-aspc.gc.ca/influenza/pandemic-eng.php>

WHO: 10 Things You Need to Know About Pandemic Influenza:

<http://www.who.int/csr/disease/influenza/pandemic10things/en/>

CDC: Caring for someone with swine flu at home:

http://www.cdc.gov/swineflu/guidance_homecare.htm