

PORTAGE LA PRAIRIE
CITIZENS'
**EMERGENCY
QUICK REFERENCE GUIDE**



Provided FREE by the City of Portage la Prairie

www.city-plap.com

Portage  Prairie
City of Possibilities

THIS BOOKLET CONTAINS INFORMATION THAT MAY SAVE YOUR LIFE

EMERGENCY TELEPHONE NUMBERS

ONLY TO BE USED FOR EMERGENCY SITUATIONS

Emergency Operators have been trained to answer your call and to send Police, Fire, and/or Ambulance to help you. They can also connect you with Poison Treatment. They will ask a series of questions as well as tell you what to do until help arrives.

POLICE, FIRE, AMBULANCE 911

EMERGENCY CALL TAKERS WILL ASK:

- ▶ What is your emergency?
- ▶ Where do you need the help?—your location
- ▶ What is happening?
- ▶ What is your name?
- ▶ What is your phone number?

HELPFUL HINTS

- ▶ Talk to your family about how and when to make emergency calls
- ▶ If you accidentally call 911, stay on the line so the call taker knows that help is not needed and will not notify the Police to investigate
- ▶ When calling from a cell phone, you will be asked your specific location
- ▶ Mobile phones without SIM cards can still dial 911
- ▶ Keep wireless phones away from children

HAVE THE FOLLOWING INFORMATION BY YOUR PHONE

- ▶ The 911 number
- ▶ Your physical address
- ▶ Your phone number

MEETING PLACE NEAR HOME:

MEETING PLACE AWAY FROM HOME:

POLICE • FIRE AMBULANCE

911

Poison Control Centre	1-855-776-4766 or 1 855-7POISON
Manitoba E.M.O.....	1-204-945-5555
Environmental Accidents.....	1-204-944-4888
Natural Gas or Hydro Concerns (MB Hydro Gas Operations)	1 888-MBHYDRO 1-888-624-9376
Portage la Prairie After Hours Emergency (General)	204-239-8340
Portage la Prairie Communication Coordinator.....	204-239-8334
Portage la Prairie Operations Dept.	204-239-8346

Emergency Contact #1 _____ Number _____
Emergency Contact #2 _____ Number _____
Emergency Contact #3 _____ Number _____

To view Portage la Prairie's Emergency Plan go to: www.city-plap.com

EMERGENCY TELEPHONE NUMBERS

EMOTIONAL REACTIONS

It is important to realize that after an emergency you may not act like yourself for a while. Most people caught in an emergency usually feel confused.

You may tremble, feel numb, vomit or faint. Immediately after a traumatic event, people may often feel bewildered, shocked, and relieved to be alive. These feelings and reactions are normal for you and those around you.

After a traumatic event, you may sleep poorly, have no appetite, be angry with those around you, or panic at the slightest hint of trouble. Kids may start thumb sucking or bed wetting. These feelings and reactions are normal, too.

Eat properly, avoid alcohol and seek help when you need it.



WHAT TO DO WHEN DEALING WITH EMOTIONAL REACTIONS

1. Talk about your feelings.
2. Understand your feelings are real.
3. Realize that when you suffer a loss, you grieve.
4. Recognize you need time to heal.
5. Contact any of the Help-Lines listed below.

HELP LINES



Kids Help Phone 1-800-668-6868

Mb. Suicide Crisis Line 1-877-435-7170

Child & Family Services 1-888-339-3576

Portage Family Abuse Prevention Centre 1-877-977-0007

Health Links 1-888-315-9257

Portage General Hospital 204-239-2211

Canadian Mental Health Assoc. 204-239-6590

EMOTIONAL REACTION

SEVERE WEATHER TRAVEL

Due to its geography and topography, Southern Manitoba can experience hazardous weather in all four seasons and from any direction! The best safety precaution during severe weather is to avoid traveling.

IF YOU MUST TRAVEL, BE PREPARED

- ▶ Tune up your vehicle and top up the fluids – keep the tank full of gas.
- ▶ For long trips, take drinking water and some snacks
- ▶ Plan your trips in advance – choose a well-traveled road and check the weather along the route. Remember that the weather can change quickly!
- ▶ For Manitoba highway conditions visit: *manitoba511.ca*; follow *@MBGovRoads*; get the 511 Manitoba app
- ▶ Charge your phone and bring your charger



- ▶ Tell family and friends of your route, departure, and arrival times
- ▶ Check the 511 Manitoba App and the radio for weather updates
- ▶ If driving conditions become serious, turn back or stop at the side of the road—obey road closures
- ▶ Carry a WINTER SURVIVAL KIT

THINGS TO DO IF YOU ARE STRANDED

- ▶ Park completely off the traveled portion of the road
- ▶ Set out warning lights or flares
- ▶ Turn on 4-way flashers and the dome light
- ▶ Stay in the vehicle and keep dry
- ▶ Run the engine sparingly for heat/AC—keep the exhaust pipe clear
- ▶ Avoid long exposure and over-exertion—shoveling in bitter cold can kill
- ▶ Use your survival kit

- ▶ Exercise in the vehicle by vigorously moving your legs, arms and hands
- ▶ Even in a vehicle cover as much exposed skin as possible
- ▶ Do not let all occupants sleep at the same time
- ▶ Keep watch for searchers and other traffic

WINTER SURVIVAL KIT

Food that won't spoil—energy bars · Water in plastic bottles · Blankets/extrawarm clothing · First aid kit · Seatbelt cutter · Compass · Candle in deep can · Matches · Wind-up flashlight · Whistle · Cellular phone & charger · Air-activated heat packs · Road maps · Copy of personal documents

ALSO IN YOUR VEHICLE'S TRUNK

Flares/signal aids · Non-clumping kitty litter · Booster cables · Hatchet or axe · Fire extinguisher · Ice scraper and brush · Shovel and tow rope · Gasline anti-freeze · Antifreeze · Windshield washer fluid

SEVERE WEATHER TRAVEL

WEATHER ALERTS

Environment and Climate Change Canada monitors the weather 24 hours a day, every day of the year. If a severe storm is on the way, the weather service issues special alerts that notify those in affected areas of the impending weather.

Environment and Climate Change Canada uses local media, Weather Radio, and their official websites (Canada.ca/weather and weather.gc.ca) to alert the public. Download WeatherCan app.

TYPE OF ALERTS

Four basic alerts are used depending on the severity and timing of the event and are updated regularly.

- ▶ **Special Weather Statements** are the least urgent alert and are issued to let people know that conditions are unusual and could cause concern.
- ▶ **Advisories** are issued for specific weather events (like blowing snow, fog, freezing drizzle and frost) that are less severe, but could still significantly impact Canadians.
- ▶ **Watches** may come hours before a storm to alert people to weather conditions that are favorable for severe weather, which could cause safety concerns.
- ▶ **Warnings** are issued as certainty increases about the path and strength of a storm system. This urgent message informs people that severe weather is either occurring or will occur. Warnings are usually issued six to 24 hours in advance, although some severe weather (such as thunderstorms and tornadoes) can occur rapidly, with less than a half hour's notice.

BLIZZARDS

Blizzards come in with active weather systems in the winter bringing snow, high winds and poor visibility. Sometimes they are accompanied or followed by a wave of cold arctic air.

On average, the storms and cold of winter kill more than 100 people every year across the country. This is more than the total number of people killed by hurricanes, tornadoes, floods, lightning and extreme heat combined.



WHAT TO DO IN A BLIZZARD

1. When a blizzard is forecast, avoid travel. Pay attention to the weather and listen to the radio or review web sites for up-dated information.
2. When a blizzard hits, stay indoors.
3. If you must go outside, dress for the weather. Outer clothing should be wind-repellent and water-repellent. Wear a scarf, mittens and a hat, as exposed extremities are most at risk of freezing.
4. Be ready for a loss of utilities (see Loss of Utilities tab).
5. If stranded in a vehicle, stay in your car. Have an emergency kit.

WIND CHILL

Canada's wind chill index is based on the loss of heat from the face. The index is expressed in temperature-like units which are easier for everyone to understand.

The best way to understand wind chill is to think of it as a feeling. The wind chill index represents how your skin will feel at a given temperature on a calm day. For instance, if the outside air temperature is -5°C and the wind chill is -25, your face will feel as cold as it would at -25°C on a calm day.



WHAT TO DO FOR WIND CHILL

Windchill	Health Concern	What To Do
0 to -9	<ul style="list-style-type: none">• Slight discomfort	<ul style="list-style-type: none">• Dress warmly
-10 to -27	<ul style="list-style-type: none">• Uncomfortable• Bare skin feels cold• Risk of hypothermia	<ul style="list-style-type: none">• Dress in layers• Wear a hat, mittens and scarf• Keep moving

-28 to -39	<ul style="list-style-type: none"> Check face and extremities (fingers, toes, ears and nose) for numbness or whiteness Skin may freeze Risk of hypothermia 	<ul style="list-style-type: none"> Dress in layers—cover bare skin Wear a hat, mittens and scarf, neck tube or face mask Keep moving
WARNING LEVEL		
-40 to -47	<ul style="list-style-type: none"> Check face and extremities (fingers, toes, ears and nose) for numbness or whiteness (frostbite) Skin can freeze in 5-10 minutes Risk of hypothermia 	<ul style="list-style-type: none"> Dress very warmly in layers of clothing—cover bare skin Wear a hat, mittens and scarf, neck tube or face mask Keep moving Be careful
-48 to -54	<ul style="list-style-type: none"> Check face and extremities frequently for numbness or whiteness (frostbite) Skin can freeze in 2-5 minutes Serious risk of hypothermia if outside for long periods 	<ul style="list-style-type: none"> Dress very warmly in layers of clothing—cover bare skin Wear a hat, mittens and scarf, neck tube or face mask Be ready to cut short or cancel outdoor activities
-55 and colder	<ul style="list-style-type: none"> DANGER! Outdoor conditions are hazardous 	<ul style="list-style-type: none"> Stay indoors

WIND CHILL

EXTREME HEAT

Extreme heat is considered a weather emergency. Heat warnings are issued when two or more consecutive days of daytime maximum temperatures are expected to reach 32°C or warmer and nighttime minimum temperatures are expected to fall to 16°C or warmer; or when two or more consecutive days of humidex values are expected to reach 38°C or higher. An extended heat warning is issued when these conditions are expected for three days or more.



WHAT TO DO WHEN THERE IS EXTREME HEAT

1. Slow down. Your body can't function at its best in high temperatures.
2. Get out of the heat and into a cooler place as soon as you begin to feel too warm.
3. Avoid alcohol and drink plenty of water to keep your body from dehydrating.
4. Avoid high protein foods. They increase your body's water loss and heat production.
5. Dress appropriately in light-weight, light-coloured clothing made of natural fibres.
6. Avoid getting sunburned, it restricts the body's cooling system.
7. Do not leave children or pets in a closed vehicle for any amount of time.

HUMIDEX

The humidex is an index that describes how hot or humid weather feels to the average person. The humidex combines the temperature and humidity into one number. A humidex of 40 with a temperature of 30 degrees means that the humidity on that day, combined with the 30 degree temperature, will feel like 40 degrees on a dry day.

THUNDERSTORMS

A thunderstorm develops in an unstable atmosphere when warm moist air near the earth's surface rises quickly and cools. The moisture condenses to form rain droplets and dark thunder clouds.

These storms are defined by lightning and are often accompanied by hail, heavy rain, strong winds and sometimes tornadoes. Non-severe thunderstorms typically last about an hour. Severe thunderstorms can last several hours.



LIGHTNING

During a thunderstorm the air is charged with electricity. Bolts of lightning hit the ground at about 40,000 km per second—so fast that the series of strikes hitting the ground appear as a single bolt.

WHAT TO DO WHEN THERE IS LIGHTNING

1. If indoors, stay away from windows, doors, fireplaces, radiators, sinks, bathtubs, appliances, metal pipes, telephones and other things which conduct electricity.
2. Unplug electronic equipment. You can still use a cellular phone.
3. When outside stay away from tall objects such as large trees, towers, metal fences or poles.

4. If outdoors, take shelter in a building or ditch but never under a tree.
5. If caught outdoors, do not lie flat but crouch in the leap frog position and lower your head.
6. Do not ride bicycles, motorcycles or golf carts or use metal tools as they conduct electricity.
7. If swimming or in a boat, get back to shore immediately.
8. If you are in a car, stay there but pull away from trees which might fall on you.
9. You may resume activity 30 minutes after the last clap of thunder.

HAIL SAFETY

Hail forms when updrafts in thunderclouds carry raindrops upwards into extremely cold areas and freeze layer upon layer until they are too heavy and fall to the ground. Hailstones vary in size from peas to grapefruits and fall at great speed. People have been seriously injured by hailstones.

1. Routinely monitor the Environment Canada weather forecasts, watches and warnings for thunderstorms (which may include hail).
2. When hail or thunderstorms threaten to occur, seek shelter in a solid building and stay away from windows, glass doors or skylights.
3. If you are in a vehicle, find a place to safely pull off roadways and protect yourself from possible shattered glass.
4. If caught outdoors and there is no available shelter, crouch down, face away from the wind and protect your head and neck with your hands.
5. Look out for flooded areas. Excessive hail (when combined with heavy rain) can plug storm drains and suddenly create local flooding.



TORNADOES

Tornadoes are violent windstorms identified by a twisting funnel-shaped cloud.

They are always produced by thunderstorms but not every thunderstorm produces a tornado. They travel between 20 and 90 km/h, are erratic, and can change course suddenly. Do not chase tornadoes. **Tornado Watch** means the weather could develop a tornado. **Tornado Warning** means a tornado has been seen or it is very likely that one will develop shortly.



WARNING SIGNS OF A POTENTIAL TORNADO

- ▶ Severe thunderstorms with frequent thunder and lightning
- ▶ A very dark sky sometimes with green or yellow clouds
- ▶ A rumbling sound, such as a freight train or whistling, similar to a jet aircraft
- ▶ A supercell may have a funnel cloud at the rear of a thundercloud often hidden behind a curtain of heavy rain or hail

WHAT TO DO DURING A TORNADO

IF YOU ARE NEAR A BUILDING:

1. At the first sign of a storm, check for weather up-dates: weather.gc.ca.
2. If a Tornado Warning has been issued, take cover immediately.
3. Go to the basement or take shelter in a small interior ground floor room, closet or hallway.
4. Protect yourself by sitting under a heavy table or desk.
5. Stay away from windows, outside walls and doors.
6. Do not use elevators.
7. Avoid large halls, churches, arenas, etc.: their roofs are more likely to collapse.
8. Stay close to the ground, protect your head and hide from flying debris.

IF YOU ARE DRIVING:

1. Drive to a nearby shelter and get inside immediately.
2. Do not seek shelter under an overpass or bridge.
3. If you are unable to drive and the tornado is close, get out of your car and take cover in a low-lying area, such as a ditch. Protect your head.
4. If you are caught in a vehicle by extreme winds, park out of the traffic lanes and stay in the car with your seat belt on. Cover your head and keep down below the windows.
5. Beware of flying debris.

HEAVY RAINFALL AND FLASHFLOOD SAFETY

A heavy rainfall can result in flooding. This is particularly true when the ground is frozen or already saturated from previous storms.

Floods may also result if a heavy rain coincides with spring thaw. In preparation for the season, check your sump pump and back water valve.

1. Avoid driving, walking, or swimming in flood waters.
2. Do not drink flood water or food contaminated by it.
3. Stay away from high water, storm drains, ditches, ravines, or culverts. Even moving water only six inches deep can knock you off your feet.
4. Move to higher ground.
5. Know where your children are. Keep them away from washed out roads and drains.
6. If you come upon a flooded roadway, never drive through it.

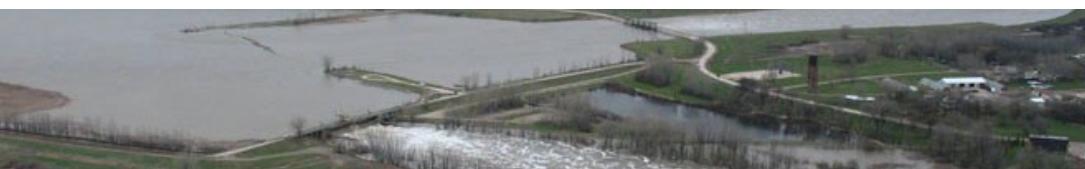


FLOODING

Floods are the most common natural disasters in Canada. Home and property flooding can occur anywhere in Manitoba. Getting ready for a flood can help reduce potential harm to your family and property.



- ✓ Install a back water valve on your sewer line to the street.
- ✓ Take precautions to safeguard or minimize damage to electrical, natural gas or propane heating equipment. Consult your supplier for instructions.
- ✓ Pay attention to the weather and listen to the radio or review websites for updated information.
- ✓ Remove toxic substances (pesticides, oils, etc.) to prevent harming the environment./contaminating your home (basement, garage etc.)
- ✓ Move furniture, electrical appliances and personal items to floors above flood level.
- ✓ Make arrangements for pets.
- ✓ Be prepared to evacuate.
- ✓ Store fresh drinking water either in bottles or by filling bathtubs and sinks that have first been sanitized with bleach.
- ✓ Plug basement drains and check sewer back-up valves.
- ✓ Disconnect eaves-troughs if they are connected to the house sewer.
- ✓ Install a sump pump.
- ✓ Call local municipal authorities before sandbagging or diking buildings.
- ✓ Put weather protection sealant around basement windows and the base of ground-level doors.
- ✓ Check your insurance policy to ensure you have adequate coverage.
- ✓ Familiarize yourself with The City's plans for registering and assisting people who may have to evacuate
- ✓ Pack a 72-hour emergency kit so it is ready to go. Ensure you have emergency numbers for police, fire, ambulance, hydro.
- ✓ Know where to turn off the furnace, gas, electricity, etc. in case you need to evacuate.
- ✓ Stay in touch with your neighbours and your community. Be prepared to offer support to vulnerable people



HEAVY RAINFALL / FLASH FLOOD

FLOODING

DURING AFLOOD

1. Stay away from the river and any water flowing towards the river.
2. Stay away from flooded areas and flooded buildings.
3. Do not wade in flood waters. The strong current may sweep you downstream.
4. Do not allow children to go near flooded areas.
5. Do not use pleasure crafts on the river.
6. Do not drive through flood waters.
7. Avoid crossing bridges if the water is high and flowing quickly.
8. Be aware that flood water and well water may be contaminated. Information will be provided by the Medical Officer of Health.

HAZARDOUS MATERIALS RELEASE

Hazardous materials are chemicals that are harmful to humans and to the environment. Accidents involving hazardous materials may require us to take action to protect ourselves.

People may be exposed to a hazardous material when there is a fire or an accidental spill. A powder may be blown by the wind or carried through the community on vehicle tires. Smoke and heat from a fire can carry hazardous materials. A spill on the ground can evaporate and enter the air. A chemical, such as ammonia or chlorine, may also be released as a gas and mix with the air. Some hazardous materials are flammable, some are explosive, and some are both.



The hazardous material may be seen as a cloud or it may not be seen at all. Sometimes we may be able to smell or taste a hazardous material to warn us of its presence. But this is not always the case and it is not the same for everybody. The effect that a hazardous material may have on our bodies depends on its nature, strength and the length of time that we are exposed to it.

An important thing to remember is that you do not want to get any of the hazardous material on you. If it is in the air or on your skin it may be able to enter your body and cause you harm. Take action to protect yourself. Do not visit the accident site. Listen to a local radio station and if actions are required by residents you will be given instructions about what to do.

Review the shelter-in-place and evacuation information in this guide.

WHAT TO DO DURING A HAZARDOUS MATERIAL RELEASE

1. Do not go to see what is happening.
2. Follow instructions provided by emergency response personnel.
3. Be prepared to shelter-in-place or evacuate.

THINGS TO DO IF YOU SEE, HEAR OR SMELL A HAZARDOUS MATERIAL RELEASE

1. Phone 911 and report what you see.
2. Stay away from the area and all routes of access.
3. If you are in a vehicle, leave the area and avoid visible clouds.
4. If you have been contaminated, seek medical assistance – phone 911.
5. Shelter-in-place unless told to evacuate. See SHELTER-IN-PLACE and EVACUATION.



HAZARDOUS MATERIALS RELEASE

PERSONAL SAFETY

No matter where you work, live, or play, reducing the risk of violence or becoming a victim of crime is a matter of increasing your awareness and planning your actions.

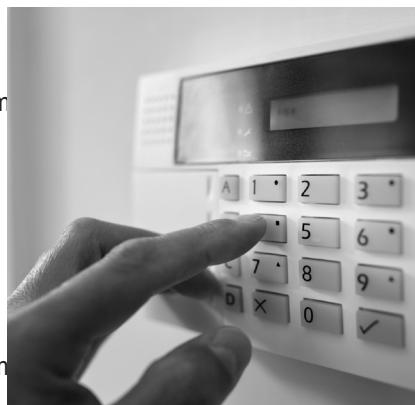


WHAT TO DO TO INCREASE YOUR SAFETY WHEN YOU ARE OUT ALONE

1. Buy a personal alarm that will keep ringing when dropped.
2. Change your walking or jogging route regularly and keep to main paths. Exercise with a friend.
3. Take a self-defense or safety awareness course.
4. Call someone before you leave so they know your plan.

WHAT TO DO BEFORE LEAVING YOUR HOUSE FOR AN EXTENDED PERIOD OF TIME

1. Have good locks on all windows and doors and use them.
2. Make sure your home looks lived in, not empty.
3. Leave curtains and blinds in normal positions.
4. Use timers to turn on and off lights and radios at proper times.
5. Have a trusted neighbour keep an eye on your home.
6. Have your lawn mowed, and mail and papers collected.
7. Install and test smoke, carbon monoxide, and burglar alarms.
8. Call forward your home phone.



WHAT TO DO WHEN TRAVELING

1. Never carry large amounts of cash.
2. Carry your purse under your arm or wallet in an inside pocket.
3. Do not identify your keys with your name or address.
4. Never advertise your travel plans to strangers (be mindful of sharing on social media)
5. Be aware of your surroundings and remain in well lit areas.



6. Use the centre of sidewalks away from hiding places.
7. If you feel uncomfortable, cross the street or leave the area.
8. Do not stop and help stranded people. Assist them by phoning for help.
9. Do not carry air tickets or passports in open view. Label your luggage and keep it locked.

WHAT TO DO IF YOU THINK SOMEONE IS BREAKING INTO YOUR HOUSE

1. If you notice signs of a break-in, go to a neighbour's home and phone 911.
2. If you are home at the time, turn on the lights, and call out loudly.
3. Phone 911 as soon as possible.

WHAT TO DO IF YOU THINK SOMEONE IS FOLLOWING YOU

1. Let the person know you are aware of them by looking directly at them.
2. Walk directly to a place where other people are and ask for help.
3. Phone 911.

WHAT TO DO IF YOU ARE ATTACKED

1. Do not freeze and do not panic.
2. Try to get someone's help by yelling "Fire," "Stop," or "No."
3. Use whatever force you feel is necessary to escape.
4. Activate a personal alarm device.



LOSS OF UTILITIES

While utility providers do their very best to maintain their services, from time to time there are events that interrupt that service.

Electrical outages may be isolated to your home or may be widespread. Check with neighbours to see if their power is on. Phone 911 to report downed power lines.

Safety controls on natural gas equipment are designed to close and shut equipment off if gas flow is interrupted. The natural gas distribution system is designed to deliver gas in the event of isolated electrical outages. For information on your equipment contact the manufacturer.



WHAT TO DO TO STAY WARM IN YOUR HOME

Note that your home will retain heat for several hours.

1. Keep windows and doors closed. Dress warmly. Stay inside.
2. Gas burning appliances must not be used indoors as they produce carbon monoxide.
3. If it is a gas outage, use portable electric heaters.
4. Use your emergency heating source to warm one room before it gets too cold.
5. Move to a location with heat.

WHAT TO DO TO PREPARE FOR FREEZE UP

If water pipes are at risk of freezing, follow instructions below:

1. Drain water pipes to prevent freezing and splitting the pipes:
 - a) Shut off the tap at the water meter.
 - b) Open all taps in the house. Water will drain from a tap at the lowest point.
 - c) Capture water in pails.
2. Turn off and drain the hot water tank, hottub, washing machine, and dishwasher.
3. Flush toilets and add antifreeze to the tanks and bowls. Add antifreeze to all drains.
4. City crews may shut off the water at the street and drain the line to your house. They may also require access to your house to drain the water meter.
5. Wrap the valve, inlet pipe and water meter with blankets or insulating material.

WHAT TO DO WHEN THE ELECTRICITY IS OFF

1. Check with your neighbours to see if they have electricity.
2. If your home is the only one without power, the problem could be in your residence.
3. Call Manitoba Hydro (see EMERGENCY TELEPHONE NUMBERS tab).
4. If you do not know how to change a fuse or re-set a breaker, contact Manitoba Hydro or a professional electrician.
5. If it is a neighbourhood power outage, unplug all appliances to avoid damage from a power surge when the power is restored.
6. Shut off all lights except one to signal the return of power.
7. Turn on your battery powered radio that is tuned to a local station.
8. Report all downed powerlines by phoning 911. Use caution—assume all powerlines are energized.

WHAT TO DO WHEN THE ELECTRICITY IS BACK ON

1. Wait a few minutes for the power to stabilize before plugging in appliances again.
2. Be sure the water heater is full of water before turning it on.
3. Turn off portable heaters.

WHAT TO DO WHEN THE NATURAL GAS IS OFF

1. Call Manitoba Hydro (see EMERGENCY TELEPHONE NUMBERS tab).
2. Turn the thermostat down so it is not calling for heat.



WHAT TO DO WHEN THE NATURAL GAS IS BACK

1. You may have to re-light the pilot light(s). Call Manitoba Hydro for help.
2. Be sure the water heater is full of water before turning it on.
3. Turn up the furnace thermostat and turn off portable heaters.



WHAT TO DO IF YOU SUSPECT CARBON MONOXIDE IN YOUR BUILDING

1. Open all doors and windows and leave the building immediately.
2. Immediately seek medical attention for those affected by phoning 911.
3. Call Manitoba Hydro for an emergency inspection (see EMERGENCY TELEPHONE NUMBERS tab).

LOSS OF UTILITIES

SHELTER-IN-PLACE

Shelter-in-place is the practice of going or remaining indoors during the release of an airborne hazardous material, as opposed to evacuating the area.

Unless the chemical is flammable, such as propane, emergency responders recommend that you stay indoors (shelter-in-place) until you are told to evacuate. If the hazardous material is already around the building you are in, evacuation may not be safe since you would have to move through the chemical to leave.

Shelter-in-place is a safe response to an airborne hazardous material release of three hours or less. Buildings can protect you by slowing the amount of air getting inside. Any chemical that may enter is weakened as it mixes with the indoor air.

If you see a chemical cloud outdoors or you can smell it indoors, you will be safer inside. There is no need to go to the schools to "rescue" your children. They will also shelter-in-place. Stay indoors until told to evacuate.



WHAT TO DO TO SHELTER-IN-PLACE

1. Go indoors and stay there.
2. Close all windows and doors.
3. Turn off anything that moves air in or out of your home. This includes things like your furnace, air conditioner, hot water tank, fire place, ventilation fans, clothes dryer.
4. Listen to the local media for up-dates.
5. For added protection you may also seal cracks around windows and doors with wide masking tape and a rolled up damp towel at the floor space.
6. Tape a piece of plastic over the room's window to seal it.

EVACUATION

In some emergency situations it may become necessary to leave your home or business and move to a safer location. Plan ahead.

The City of Portage la Prairie will make every effort to keep people informed of the situation. This may be done by telephone, local media, pamphlets, the ConnectPortage app, MB EMO alerting system or emergency service personnel.

PREPARING TO EVACUATE

1. A Family Emergency Supplies Kit can be prepared with water, food, clothing and personal items. See www.getprepared.gc.ca/cnt/kts/bsc-kt-en.aspx
2. Make arrangements for pets.
3. Listen to local radio for the location of reception centres.
4. Follow the instructions provided by local authorities.

WHAT TO DO WHEN YOU MUST EVACUATE

1. Shut off anything you may be cooking.
2. Leave refrigerators and freezers plugged in and running.
3. If there is time, you may be instructed to shut off some or all of your utilities, including: water, electricity and/or natural gas.
4. Close your windows.
5. Wear protective clothing and comfortable walking shoes.
6. Take your FAMILY EMERGENCY SUPPLIES KIT (www.getprepared.gc.ca/cnt/kts/bsc-kt-en.aspx).
7. Vacate your home when advised — ignoring a warning may jeopardize your safety and the safety of responders who may need to rescue you.
8. Lock your doors.
9. Leave a note on your door for friends and authorities saying when you left and where you went.
10. Follow the routes specified by officials. Do not take shortcuts.
11. Do not drive through flood waters or off-road unless told to.
12. If your car stalls in fast rising water leave it behind — always consider safety first.
13. Register with the reception centre set up by emergency officials so that you can be contacted and reunited with your family.
14. Notify your FAMILY CONTACT of your situation.



**ARE YOU
REGISTERED
WITH
Connect
Portage**

**STAY
CONNECTED
AND
REGISTER
TODAY!**

<https://register.aspxportage.allnetconnect.ca/Pubs/register.aspx>

SHELTER-IN-PLACE

EVACUATION

ABOUT THIS PAMPHLET

The Portage la Prairie Emergency Quick Reference Guide was created to provide effective community education so the public knows what to do in the event of an emergency

WHO IS RESPONSIBLE TO ACT IN AN EMERGENCY?

The responsibility for the health and welfare of its citizens rests with the elected officials of a Municipal Government. Every Municipality must be prepared to meet the threat that may arise from emergencies or disasters.

The City of Portage la Prairie, in compliance with the Emergency Measures Act, has chosen to develop an operational plan in anticipation of responding to natural or man-made disasters.

Planning, in relation to emergency situations, may be defined as the process of anticipating the need for application of resources and manpower and determining the methods of obtaining and applying these resources at the right time to achieve the aim.

YOUR CITY IS IMPROVING THE INDIVIDUAL'S ABILITY TO MANAGE AN EMERGENCY SITUATION BY:

Providing citizens with accurate and up-to-date emergency preparedness information.

Providing an effective way to distribute information.

Providing education that will reach people of all ages through a variety of means.

Providing one consistent message about emergency preparedness that eliminates confusing and mixed messages.

FOR MORE INFORMATION

Speak with the City's Emergency Coordinator at 204-239-8341

EMERGENCY SUPPLIES KIT

Your Emergency Supplies Kit should be prepared in advance and contain the following as a minimum:

- An extra set of car and house keys.
- First aid kit.
- Blankets or sleeping bags.
- Special items for infants, elderly or disabled family members.
- Special medications necessary for period of at least one week.
- Copies of prescriptions and extra eyeglasses.
- Battery powered radio and extra batteries.
- Flashlight and extra batteries
- Bottled water sufficient for at least 3 days. Two to four litres per person per day – two for drinking and two for food preparation, hygiene and dishwashing.
- A three-day supply of non-perishable or canned foods and manual can opener.
- Flares and emergency road kit (in your vehicle).
- Toys and games for any children in your care.
- Sewing kit.
- Candles and a supply of matches and/or cigarette lighter.
- Utensils (knives, forks, pots, etc).
- Paper plates and paper towels.
- Resealable plastic bags.
- Plastic garbage bags to store waste.
- Sanitation supplies (soap, paper towel, toilet paper, tissues, pre-moistened towelettes, waste containers, feminine hygiene products, etc.)
- A prepared package of important personal information such as family, work, etc. phone numbers, list of occupants of the residence (including pets) with copies of documents such as drivers licenses, birth certificates, etc.

EMERGENCY CHECKLIST

- Discuss with your family and friends how to respond to disaster situations.
- Draw a floor plan of your home. Mark two escape routes.
- Learn how to turn off water, gas and electricity at your location.
- Teach children how and when to use emergency telephone numbers (9-1-1) for help.
- Pick one out-of-area and one local family member or friend to call if you get separated when you evacuate.
- Pick a place and an alternate outside your home to meet in case of fire.
- Keep family records and other important papers in a waterproof and fireproof container.
- Make arrangements for pets if you leave or evacuate.
- Let others know when you leave, where you are going and when you expect to arrive.