

EMERGENCY MANAGEMENT NEWSLETTER

Prepared by

ALBERTA EMERGENCY MANAGEMENT AGENCY

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Every year thousands of Canadians are affected by the impacts of natural and human caused emergencies/disasters, which can happen to anyone, at any time and with very little warning. Emergencies can have a large impact on your family and your community. Your best protection in an emergency is having a plan and knowing what to do.



IS YOUR FAMILY
PREPARED?

Be Prepared

Know the Risks

Emergencies can happen to anyone at any time and with very little warning. In Alberta, we can face meteorological events (such as blizzards, tornadoes and wildfires), industrial accidents (such as chemical spills), technological events (such as power outages), biological events (such as SARS, H1N1) or intentional acts. Understanding the risks and taking steps to mitigate the impact can stop a hazard from turning into a disaster. Knowing the

risks and hazards is the first step to help you and your family prepare for the unexpected.

Emergency Plan

An Emergency Plan will help you and your family know what to do in case of an emergency. Keep your plan document in an easy-to-find, easy-to-remember place (for example, with your emergency kit). Photocopy this plan and keep it in your car and/or at work. If you completed your plan online, keep an electronic version on your computer or phone. Your plan should at least include information on:

- Ⓢ Emergency Contacts
- Ⓢ Childcare contacts and plan
- Ⓢ Important documents
- Ⓢ Communications

For more information please visit:

<http://www.aema.alberta.ca/make-a-plan>

Prepare an Emergency Kit

In an emergency, you will need some basic supplies. You may need to self-sustain without power or tap water.

You may have some of the items already, such as food, water and a battery-operated or crank flashlight. 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 and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your

front-hall closet. If you have many people in your household, your emergency kit could get heavy. It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize his or her own grab-and-go emergency kit.

Here are some basic items to consider for your emergency kit:

- ⑫ Three-day supply of water (4 L per person per day)
- ⑫ Non-perishable food for all family members and pets (three-day supply)
- ⑫ First-aid kit
- ⑫ Flashlight, battery-powered radio and extra batteries
- ⑫ An extra set of car keys, credit cards, and cash
- ⑫ Sanitation supplies
- ⑫ Extra eyeglasses or contact lenses
- ⑫ Important family documents and contact numbers
- ⑫ Prescriptions or special medications
- ⑫ Chargers for electronic communication devices
- ⑫ Insurance documents
- ⑫ Emergency phone numbers list
- ⑫ A change of clothes for each family member

For more information please visit:

<http://www.aema.alberta.ca/build-a-kit>

Alberta Ready



The Alberta Emergency Management Agency has launched an interactive online course which will help you prepare for a disaster. The course walks you through the steps you need to take to prepare yourself and your family in the event of an emergency or disaster. As you complete the course you fill out your own emergency household

plan document. This is a great tool to help you identify all of the factors to be considered when building your household plan.

By being prepared, you'll be able to minimize the impact an emergency or disaster has on your health, family and home.

The course can be found using google chrome at:

<https://albertaready.aema.alberta.ca/#/id/m01-co01>

Evacuation Alerts

An Evacuation Alert is issued to prepare you to evacuate your premises or property should it be found necessary. You will be given as much advance notice as possible prior to evacuation; however you may receive limited notice due to changing conditions.

Evacuation Orders

Authorities will not ask you to leave your home unless they have reason to believe that you may be in danger. If you are ordered to evacuate, try to take your emergency kit with you.

Always use travel routes specified by local authorities. If possible, leave a note telling others when you left and where you are. Shut off water and electricity if officials tell you to do so.

Alberta Emergency Alert



The Alberta Emergency Alert is designed to provide critical, life-saving information to Albertans when emergencies or disasters occur. When an alert comes through your radio, television, phone or internet, take immediate action. If an emergency develops, you should follow the safety instructions

provided by an alert to protect yourself and your family.

You can receive the Alerts through:



https://twitter.com/AB_EmergAlert



<https://www.facebook.com/abemergalert>



<http://www.emergencyalert.alberta.ca/aeapublic/feed.atom>

There is also an Alberta Emergency Alert mobile application for both Apple and Android phones.



The app has the following features:

- Allows alerts to be delivered based on current location (“where you are”)
- Receive alerts for preselected areas (“where loved ones may be located”)
- Allow the user to change the alert tone for informational alerts; and
- Links to the AEMA emergency preparedness website with details of the 72 hour Emergency kit.

For more information please visit:

<http://www.emergencyalert.alberta.ca/>

Precautionary Air Quality Advisories

When an air quality advisory is in effect, all individuals living in or travelling within the affected area are advised to be aware of potential health concerns that can be associated with poor air quality conditions, and take the following precautions to reduce exposure and risk:

- Close and lock all outside windows and doors, including attached garage doors.
- Turn down furnace thermostats and furnace fans to the minimum setting. Do not attempt to extinguish pilot light.
- If you have an air-conditioner, keep the fresh-air intake closed and the filter clean to prevent outdoor smoke from getting inside.
- Avoid running fans, such as “whole-house fans” or “fresh air ventilation systems”, that bring more smoky outdoor air inside.
- Switch all floor registers to closed position.
- Do not use wood burning fireplaces, wood stoves or other smoke-producing appliances or features, including candles.
- If you must drive to another location, keep windows and vents closed. Run car fans on re-circulate mode to avoid drawing in outdoor air.
- Reduce levels of physical activity, as necessary, to decrease the inhalation of airborne pollutants.
- Residents are reminded not to use backyard fire pits or fire boxes in parks when the air quality risk is high or very high.
- An Air Quality Health Index (AQHI) is produced to explain what the air quality around you means to your health using a scale from 1 to 10. The lower the number, the lower the risk.

The AQHI provides a number to indicate the level of relative health risk associated with local air quality.



The higher the AQHI number, the greater the health risk and need to take precautions.

Occasionally during extreme pollution events, such as a forest fire smoke event, AQHI levels may reach 10 or 10+, indicating Very High Health Risk.

Information about the air quality in many areas of Alberta is updated regularly on the Alberta Environment and Parks Website at:

www.airquality.alberta.ca.

Information on Air Quality Advisories and be found at:

<http://www.albertahealthservices.ca/news/air.aspx>