

CANTON DE CHAMPLAIN TOWNSHIP

ARE YOU PREPARED FOR A MAJOR EMERGENCY ?

Can you and your family care for itself for the first 72 hours of an emergency?

Do you have a family emergency plan?

Do you have an evacuation plan? From your home? From your neighbourhood? Do you know the best routes and their alternates?

Have you looked at your Township's emergency plan? How about your children's schools' emergency plan?

Or your employer's?

Do you have a family emergency survival kit?



Get this info & get prepared - now !

On-Line

For links to all the information you need
Federal Government sites

http://www.champlain.ca/emergency_services_municipal_plan.asp

http://getprepared.ca/kit/kit_e.asp &

<http://publicsafety.gc.ca/chan/cit/index-en.asp>

For the official Ontario site

http://www.mcscs.jus.gov.on.ca/english/pub_security/emo/about_emo.html

In Print

Get these guides at your Municipal Offices, or Library:

"Be Prepared, Not Scared", "Preparing for the Unexpected", "Let's Plan for the Unexpected"

It's Coming - Flu Season Got A Plan ?

In order to prevent the spread of infectious diseases, The Eastern Ontario Health Unit recommends routine immunization. This includes your annual influenza vaccine.

Basic infection control principles are also important,

- Wash your hands often,
- Use cough etiquette, which requires that you cover your mouth and nose when coughing or sneezing and that you maintain a distance of three feet from others.
- Wash your hands after coughing.
- Another method is to cough or sneeze into the crook of your elbow.

People who are ill and/or possibly contagious should stay at home!!!

More information can be found at the Eastern Ontario Health Unit's Website:

http://www.eohu-bseo.on.ca/segments/topics_e.php?segmentID=2&topicID=125

http://www.eohu-bseo.on.ca/segments/topics_e.php?segmentID=1&topicID=42