

**Leeds, Grenville and Lanark
District Health Unit
MEDIA RELEASE**

May 02, 2016



MAY 1 TO MAY 7, 2016 IS EMERGENCY PREPAREDNESS WEEK

The first week of May is Emergency Preparedness Week across the country. The Leeds, Grenville and Lanark District Health Unit works with our local municipalities, counties and government agencies to help reduce the impact of emergencies and disasters on people living in our communities.

We encourage everyone to be aware of their surroundings, the possible risks and consider what you can do to prepare yourself and your family including pets before an emergency occurs. It is not uncommon every year that there are seasonal extreme weather events such as winter storms that we likely can forecast, and severe summer weather that can develop quickly. These weather events can cause power outages, delays in delivery of supplies including food, and dangerous travel conditions. It is important to have an emergency kit that can sustain your family for a minimum of 72 hours to help you through times when services may not be readily available.

When creating your kit consider sufficient amounts of non-perishable food that can be prepared without cooking, a supply of bottled water, first aid kit, clothing and blankets. Flashlights and extra batteries, and a portable radio will help keep you in touch with your community. Be aware of where important papers are stored and ensure you can access them quickly if needed. Have a plan of where you can meet should you get separated and have a common contact person designated outside of your area so you can let each other know how you are doing.

There are many useful resources available to help you be prepared instead of being scared. Visit the health unit website at: <http://www.healthunit.org/emergency/> where you will find emergency specific information and links to emergency preparedness sites to help you be prepared and stay safe.

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