

# EMERGENCY PREPAREDNESS GUIDE

FOR MUSKEGO CREE FAMILIES

JAMES BAY FIRST NATION COMMUNITIES

# BE RED CROSS READY



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**FIRST NATION COMMUNITIES IN ONTARIO ARE PARTICULARLY VULNERABLE TO NATURAL DISASTERS AND MANY REMOTE NORTHERN FIRST NATION COMMUNITIES MUST DEAL WITH HAZARDS SUCH AS FOREST FIRES AND FLOODS EVERY YEAR.**



We know that when community members are prepared, they are better able to cope with an emergency and they help to make their community more disaster-resilient.

Moose Cree First Nation and the Canadian Red Cross have worked together to develop a series of emergency preparedness materials to help residents become better prepared for emergencies. The guides, videos, and handouts that have been developed, meet the specific and unique needs of those living in remote northern First Nation communities. The information provided will help community members learn how to Be Red Cross Ready.



## WHY IS IT IMPORTANT FOR MOOSE CREE FIRST NATION COMMUNITY MEMBERS TO PREPARE FOR EMERGENCIES?



**KNOWING HOW TO PREPARE FOR EMERGENCIES IS YOUR FAMILY'S BEST PROTECTION AND YOUR RESPONSIBILITY.**

Disasters can happen at any time, often without warning. Floods, forest fires, severe storms and other emergency situations can leave you and your family without electricity, and access to the supplies you need such as food, clean water, medication and personal care items.

After a disaster in a remote northern community, it could take emergency workers several days or more to clear the debris left on roads/rail lines and restore power and water service to the community. Stores may have to remain closed for a period of time and you will not be able to get the items you need like batteries, flashlights, food, water and medication.

As in any emergency, emergency responders will be there to help. However, they will need to focus on assisting those who need immediate medical attention and on dealing with the emergency situation itself (e.g. a flood, chemical spill, etc.). If you and your family have taken the steps to prepare for an emergency before one happens and have the supplies on hand to stay healthy and safe, emergency responders will be able to focus on helping those who need immediate assistance and/or medical attention.

## PREPARING FOR EMERGENCIES - THE THREE STEPS

There are three steps residents in the James Bay area should take to prepare for an emergency:

### STEP ONE

#### KNOW THE RISKS



### STEP TWO

#### MAKE A PLAN



### STEP THREE

#### GET YOUR KITS





# STEP 1: KNOW THE RISKS

**KNOW WHAT EMERGENCIES CAN HAPPEN  
WHERE YOU LIVE, WORK AND PLAY**

**FIRST NATION COMMUNITIES ALONG THE JAMES BAY COAST COULD BE IMPACTED BY THE FOLLOWING TYPES OF EMERGENCIES:**



**FLOODS**

**FOREST FIRES**

**POWER OUTAGES**

**SEVERE WINTER WEATHER**

(e.g. blizzards, ice storms, extreme cold, etc.)

**SEVERE SUMMER WEATHER**

(e.g. thunderstorms, windstorms, hail, etc.)

It is important to remember that other types of emergencies can and do happen. First Nation communities along the James Bay coast have also been affected by water quality emergencies, a transportation accident and a chlorine leak, among others. Emergencies, such as a flu pandemic are also possible in the James Bay coastal area.

When considering what types of emergencies can happen where you live, work and play remember that sometimes one type of emergency can cause another type of emergency. For example, a forest fire can cause a power outage if the forest fire damages hydro lines.

If you spend part of the year at your bush camp (e.g. during the spring or fall harvest seasons), consider whether there are any different types of emergencies that could happen at that location.





## STEP 2: MAKE A PLAN

### PREPARE A COMMUNICATION PLAN AND KNOW WHAT TO DO IF YOU HAVE TO EVACUATE

Emergencies can happen when family members are not all together in one place. Children may be at school or daycare, parents may be at work and grandparents may be visiting friends. It is important to think about how you will all get back together in an emergency.

- » Ask an out-of town relative or friend to be your family's emergency contact person. Your contact should live outside of your community because after a disaster, it is often easier to make a long-distance call than a local call. Each family member should know to call the emergency contact person and tell them where they are. Every family member must know the emergency contact person's name, address and phone number.
- » Pick a location away from your home where family members can meet in case you are unable to return home because of the emergency (e.g., debris blocks the road to your home and you cannot safely get to your house). Everyone must know the location, address and phone number of the meeting place.
- » Prepare a family member contact list with the names, telephone numbers, and e-mail addresses of each family member. Ensure each family member keeps this contact list with them at all times.
- » Know the emergency plan at your children's school/daycare. Learn about the school's evacuation plan and when/where parents are to pick-up their children.
- » Know the emergency plan at your workplace(s).
- » If members of your family spend time at a bush camp or drive on ice roads, make sure that you take this into consideration when making a communication plan.
- » If you spend time at a bush camp, ensure a family member or friend at home in the community knows when you are leaving, where your camp is located, and when you plan to return. In an emergency, this information will help emergency personnel quickly find and evacuate you, if necessary.
- » While at your bush camp, try to be in regular contact with family members and/or tune in to local radio stations for information about potential emergency situations.

# KNOW WHAT YOU HAVE TO DO IF YOU NEED TO EVACUATE

In an emergency, you and your family may have to evacuate your home. Now is a good time to consider what you would do if you needed to evacuate your home. This saves valuable time in an emergency.

## EVACUATING YOUR HOME DUE TO AN EMERGENCY (E.G. HOUSE FIRE)

It is important to think about how you would quickly leave your home in the event of an emergency such as a house fire.

- » Plan several escape routes and make sure everyone in your family knows these routes. As a family, regularly practise leaving your home using the planned escaped routes.
- » Decide on a meeting place outside of you home where family members can gather if they have to quickly evacuate the home. If everyone knows to meet at this location, everyone can be quickly accounted for.

## COMMUNITY EVACUATIONS DUE TO AN EMERGENCY

- » Some disasters, such as floods, forest fires, and major power outages, can create very unsafe conditions. If your safety is at risk, community officials may ask you to evacuate or leave your home. If asked to evacuate, you may have only minutes to get what you need and leave. Evacuations of remote northern First Nation communities often happen in the spring due to flooding and during the summer forest fire season. However, many other emergency situations can make an evacuation necessary.
- » Evacuation orders are usually broadcast through the media on local radio and television stations.
- » An evacuation order may also be delivered by emergency service personnel from an emergency vehicle using a loudspeaker.
- » Always follow the directions of community officials when they ask you to evacuate. It is for your safety.
- » When you are asked to evacuate, you will be told where to go.
- » You may be sent to a local evacuation centre or to an evacuation point.



## **IF TIME PERMITS AND IT IS SAFE TO DO SO, BEFORE YOU LEAVE YOUR HOME:**

1. Eat a meal before leaving home (if possible).
2. Turn off all fans, vents and heating systems and close the fireplace damper.
3. If evacuating your home for a prolonged period during cold weather, drain water from the plumbing system. Turn off the main water supply and then, starting at the top of the house open all taps, flush toilets several times and open the drain valve in the basement (if you have one). Drain your hot water tank by attaching a hose to the tank drain valve and running the hose to the basement floor drain.
4. If you are evacuating due to a flood, if possible, try to move any valuable items from the floor/basement in order to limit potential water damage

## **ONCE TOLD TO EVACUATE, PLEASE DO THE FOLLOWING:**

1. Ensure each individual in your family has their “grab and go” bag.
  2. Shut off your water at the main valve.
  3. Shut off your electricity at the main breaker.
  4. Turn off all lights and lock all doors and windows prior to leaving.
  5. Proceed to your evacuation point.
- » Make sure to wear shoes and clothing appropriate for the conditions.
  - » Offer to help any neighbours who may need assistance evacuating.
  - » Use only the travel routes provided by community officials as you leave. Using a shortcut could take you to a dangerous area or a road that is blocked.
  - » If you have family members or friends who are at their bush camp when you are ordered to evacuate, make sure to advise emergency personnel/community officials. Tell them where the camp is located and who is at the camp. If you are able to communicate with the camp via satellite phone, advise family members or friends of the evacuation order.

## **AIR EVACUATIONS**

### **IN SOME SITUATIONS IT MAY BE NECESSARY TO EVACUATE A REMOTE NORTHERN FIRST NATION COMMUNITY BY AIR TO A SHELTER LOCATED IN A HOST COMMUNITY.**

- » Bring your “grab and go” bag. Details on how to prepare a “grab and go” bag for remote, northern First Nation communities can be found on page 10.
- » The aircraft used for air evacuations have weight limits. Evacuees leaving from, and returning to their community, are allowed a limit of one carry-on bag up to 13 pounds and one stowed bag of approximately 40 pounds. This weight limit is in addition to any required medical assistive devices used by evacuees, such as wheelchairs.
- » For safety reasons, no flammable, dangerous or pressurized items, or firearms and ammunition are allowed on the aircraft.

## IF YOU LIVE IN MOOSE CREE FIRST NATION:

Please visit the Moose Cree First Nation website at, [www.moosecree.com](http://www.moosecree.com) and the Moose Factory Island Fire and Rescue Facebook page for updates on any emergency/potential emergency situations (e.g. spring flood watches, etc.)



### Your local radio and television stations are:

- » 107.1 The Island (local FM radio station)
- » CHMO 1450 (local AM radio station)
- » MRBA Channel 10 and Channel 22



The Community Complex and the Thomas Cheechoo Jr. Memorial Complex are the designated evacuation centres for those residing within the Moose Cree First Nation Reserve. The Ministik School has been designated as the evacuation centre for those residing within the Local Services Board, MoCreebec, and School Board jurisdictions.



When you are told to proceed to your evacuation point, do so in one of these ways:

- » Use your personal vehicle; or
- » Wait outside your residence until you are picked up and escorted to the evacuation point by designated personnel; or
- » Make plans with your neighbours or family members to ensure you get to the evacuation point if you do not have your own vehicle.







# STEP 3: GET YOUR KITS

## “GRAB AND GO” BAG AND HOME EMERGENCY PREPAREDNESS KIT

In an emergency, you could have to evacuate your home quickly. It is also possible that in an emergency you could have to remain in your home for several days or longer. It is important to prepare for both possibilities.

A “grab and go” bag should be prepared for you and your family in the event you have to quickly evacuate your home. A home emergency preparedness kit should also be prepared in the event you and your family need to remain in your home for several days or longer because of an emergency situation.

If members of your family have special needs (e.g. have a medical condition, use mobility aids such as a cane or walker, are an infant or a toddler, etc.) you will need to make sure that you have thought about this when you prepare your “grab and go” bag and your home emergency preparedness kit.

### WHO IS READY GOOSE?

Ready Goose is a kid-friendly character that has been developed to help children understand why it is important to prepare for emergencies.

Ready Goose wants to help you, your family and your community prepare for emergencies. He wants every kid in the James Bay area to be a Red Cross Ready Kid!



# “GRAB AND GO” BAG CHECKLIST FOR REMOTE NORTHERN FIRST NATION COMMUNITIES

Some disasters can create very unsafe conditions. If your safety is at risk, community officials may ask you to evacuate or leave your home. If asked to evacuate, you may have only minutes to get what you need and leave. Preparing a “grab and go” bag before a disaster strikes will ensure that you and your family have everything that you need when you evacuate. These items need to be placed together in one bag or each family member can have their own “grab and go” bag. Individual “grab and go” bags are a good idea for large families as they are easier to carry. The following items should be in your “grab and go” bag:

- A copy of your family emergency plan
- Water (1 litre per person) \*Individuals with special medical needs or with young children may need to add additional water to their “grab and go” bags based on their personal needs (e.g., extra water for preparing baby formula or to take with medications, etc.)
- Food for 12-hour period (non-perishable ready-to-eat foods, high energy bars, meal replacement drinks, etc.)
- Crank or battery-operated flashlight, with extra batteries
- Photocopies of important documents (medical and vaccination records, health card, status card, birth certificate, prescriptions, insurance policies, bank account information, phone numbers of family members)
- Seasonal change of clothes (2-3 sets for each person in the family)
- House keys
- Cash (coins & bills)
- Basic first aid kit (one per family)
- Medication
- Personal items (soap, toothbrush, toothpaste, feminine hygiene products deodorant, etc.)
- Paper and pen for writing
- Special needs items – canes, walkers, wheelchairs, insulin testers and kits, glasses, hearing aids and extra batteries etc. (NOTE: while these items would not be in a “grab and go” bag because they are used daily, keep them easily accessible and take them if you have to evacuate)
- Items for babies and toddlers – baby formula, baby food/cereal, bottles, sippy cups, pacifiers, diapers, baby wipes, toys, etc.
- Items for children – crayons, activity booklet, stuffed animal, photo of family, ETC.

## NOTES:

- » The “grab and go” bag should be put together seasonally and according to each individual’s needs.
- » It is recommended that you never allow the amount of medication you have on hand to fall below a 10-day supply.
- » Aircraft used for evacuations have strict weight restrictions. Each family member’s “grab and go” bag must weigh 40 lbs or less (medical assistive devices, such as wheelchairs, are not part of this weight restriction).

## 7-10 DAY EMERGENCY PREPAREDNESS KIT CHECKLIST FOR REMOTE NORTHERN FIRST NATION COMMUNITIES

In a remote northern community, it is very important to ensure that you are prepared to take care of yourself for a minimum of 7-10 days in the event of an emergency. If a major winter storm blocks road and rail service and travel outdoors is not possible, you could have to remain in your home for several days or longer. To ensure you are prepared to take care of yourself in an emergency situation like this, make sure that you have the following items in your home, stored together so they are easily located:

- Crank or battery-operated flashlight, with extra batteries
- Crank or battery-operated radio, with extra batteries
- First aid kit
- Extra keys, for house and car
- Cash (coins & bills)
- Food: Store at least a 7-10 day supply of non-perishable food for each person in your emergency preparedness kit. Non-perishable food items include dried fruit, canned stew/pasta/fish/vegetables, evaporated milk, instant oatmeal, meal replacement drinks, protein bars and granola bars. It is best to select foods that are compact, easy to prepare and require no refrigeration, cooking or added water. Once per year, check the expiration dates of your food items. Ensure that there is enough for each member of your family. Be sure to have a manual can opener in your kit.
- Water: During an emergency, tap water can become polluted or the supply may be cut off. Listen to public announcements about treating the water in your area after a disaster. A one-week supply of water should be included in your emergency preparedness kit for your family and any pets. It is recommended you store two litres of drinking water and two litres of water for washing per person, per day. Once per year, make use of your water supply and add fresh water to your kit.
- Special needs items - medications, insulin testing kit and testing supplies, glasses, hearing aids and batteries, baby formula, baby food/cereal, bottles, sippy cups, baby wipes and diapers, etc.
- Copy of your family emergency plan
- Copies of important documents for each member of your family (medical and vaccination records, health card, status card, birth certificate, prescriptions, insurance policies, bank account information, family contact information)
- Toilet paper and other personal items (soap, toothbrush, toothpaste, feminine hygiene products, deodorant, etc.)
- Extra blanket(s)
- Seasonally appropriate outerwear items (spring – rubber boots, winter – snowshoes, etc.)
- Waterproof matches
- Lantern and fuel (store fuel outside, away from a heat source)
- Bush cooking stove for cooking outside and fuel (store fuel outside, away from a heat source)
- Whistle
- Playing cards or board games

**YOU CAN HELP MAKE THE JAMES BAY AREA BETTER PREPARED FOR EMERGENCIES IF YOU COMPLETE THESE THREE STEPS:**

**STEP ONE: KNOW YOUR RISKS**

Learn about the emergencies that could affect Moose Cree First Nation and the James Bay area.

**STEP TWO: MAKE A PLAN**

Prepare a family emergency plan so that in an emergency, you and your family will know what to do.

**STEP THREE: GET YOUR KITS**

Prepare a home emergency preparedness kit in the event an emergency situation confines you to your home for a period of time. Also prepare a “grab and go” bag for you and your family that can be taken with you in the event you have to evacuate. These two kits will help to ensure that you and your family remain healthy and safe during an emergency.

Knowing how to prepare for emergencies is your family’s best protection and your responsibility.



**CANADIAN  
RED CROSS**

**PLEASE VISIT:**

**WWW.REDCROSS.CA/READY**

**ADDITIONAL INFORMATION MAY ALSO BE FOUND AT:**

**WWW.FACEBOOK.COM/MOOSECREEFIRSTNATION**

**WWW.MOOSECREE.COM**

**WWW.FACEBOOK.COM/PAGES/MOOSE-FACTORY-ISLAND-FIRE-RESCUE**

**TOGETHER, WE CAN HELP MAKE THE JAMES BAY AREA BETTER PREPARED FOR EMERGENCIES!**

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