



Malton Women Council



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Advance Brampton Fund

EMERGENCY PREPAREDNESS

Tip Sheet



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Different Types of Emergencies

The types of emergencies one may face can vary based on your geographical location. Some common emergencies to be prepared for in the Greater Toronto Area include fires, earthquakes, cold weather, winter power outages, floods, heat waves, storms, tornadoes, medical emergencies, etc.

Listed below are some tips on handling some common emergencies. To find more information on dealing with emergencies, see the resources section of this document.

- Floods
- Fire
- Winter Power Outage
- Winter Storm
- Dealing with Emergencies in Hi-Rise Buildings

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Floods

- Stay on firm ground. Moving water deeper than 6 inches can sweep you away.
- Wear gloves and boots and avoid touching with your bare hands.
- Do not drive or walk through flooded roads. Water can compromise street and sidewalk safety.
- Never enter a basement or room where water may contact electrical wires or outlets.
- Never attempt to turn off power if you need to stand in water to turn it off. Call Hydro One Brampton to shut it off.
- Be careful of debris like branches and broken glass.



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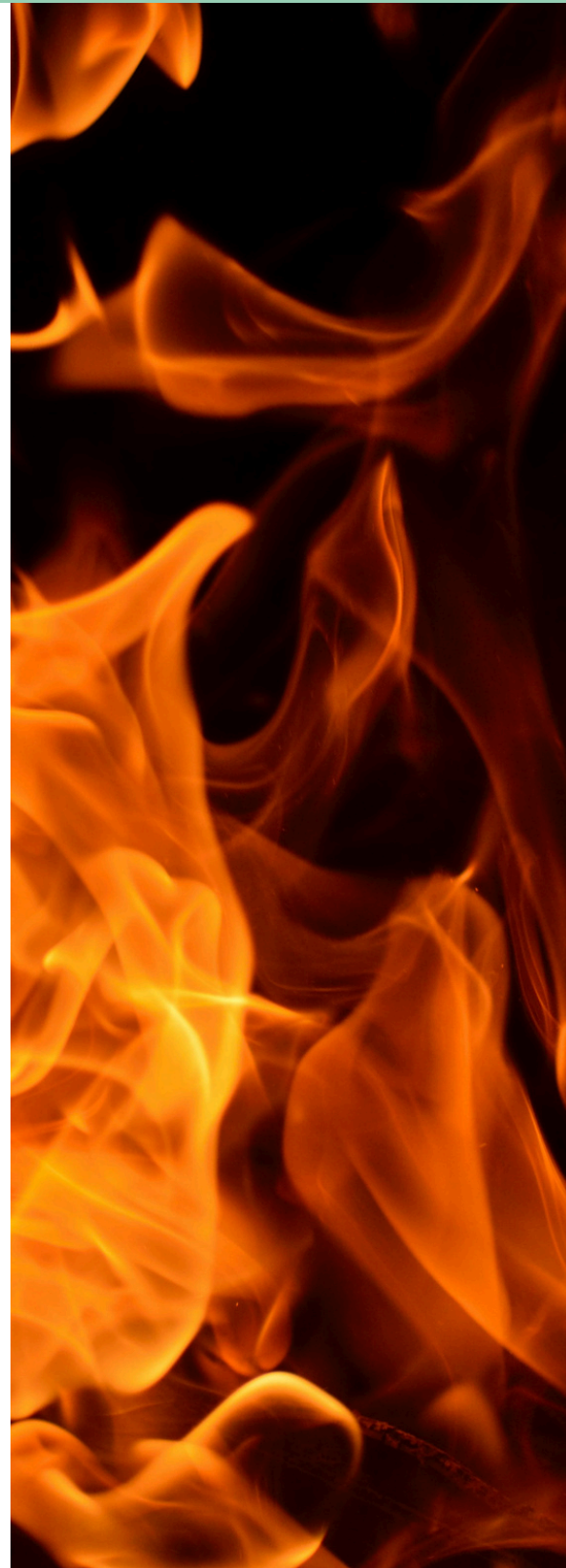


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Fire

- If you smell smoke, get on the floor and crawl to the nearest fire exit or window.
- Never open a door before checking for heat. If the door is warm, go in another direction.
- Stay low on the floor. The air is cleaner and easier to breathe on the floor.
- If clothes catch fire, stop, drop, and roll, while covering the face.
- Do not use the elevator. Use the stairs to exit.



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Winter Power Outage

- Do not use gas appliances such as stoves for heat. They deplete oxygen.
- Do not use charcoal or gas barbeques, camping heating equipment, or home generators inside the house. The carbon monoxide from this equipment is deadly.
- Be careful when inspecting damage after a storm. Downed or hanging electrical wires can be hidden by snow, trees, and debris.
- Ensure your flashlights and battery-powered radios work for light and news information.



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Winter Storm

- Eat and drink to stay healthy.
- Wear layers of loose-fitted, light, and warm clothing. Remove layers to avoid overheating.
- Travel during the day if you must travel. Let people know where you are going.
- If you're stuck in a car, stay there. Run the motor each hour for heat and open windows slightly for air.
- Tie a bright cloth to your car for rescuers to notice you.



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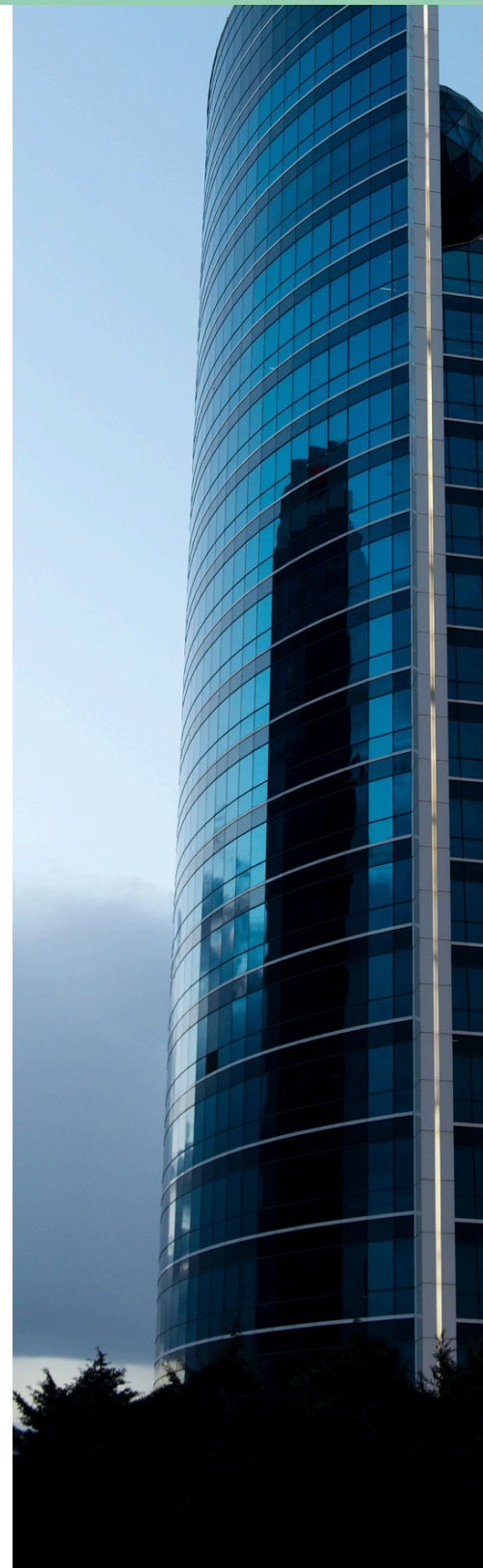


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Dealing with Emergencies in Hi-Rise Buildings

- Know the location of emergency exits and fire alarms
- Know your building's fire safety plan
- Keep a copy of the building's emergency procedures and emergency contacts
- Keep a plastic pail to store supplies and water
- Use the stairs, not the elevator, to exit the building
- Blow a whistle to signal for help or use a flashlight
- Hang a bright cloth outside your window for identification. You can write messages on it using a marker.





Emergency Plan

To prepare for any emergency, create an emergency plan that includes:

- Location of Emergency Supplies
- Location of fire extinguishers, water, electric, and gas utilities
- Exits such as doors, windows, and stairs. Create a floor plan with escape routes, exits, and locations of smoke and carbon dioxide detectors, utility boxes, emergency supplies, tools, etc.
- Meeting place where everyone will gather
- Phone numbers of contacts such as family, friends, doctor, pharmacy, insurance, local services, etc.
- Transportation to leave the area, especially if you do not drive
- Plan for evacuating seniors or those with special needs



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Emergency Plan

- Shelter Plan
- Health Needs such as medication and medical equipment
- Insurance for Home, Tenant, Car, etc.
- Know your community's emergency plan and evacuation rules
- Establish out-of-town emergency contacts who live far away enough not to be affected by the same event.

Everyone should know about and frequently rehearse the emergency plan, including children and dependents.



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72-Hour Emergency Kit

In an emergency, it's helpful to have a kit of items that can sustain you for at least 72 hours. Keep your kit in an accessible place, such as the front closet, and ensure everyone in the household is aware of the kit and its usage. Place the items in single or multiple backpacks or duffel bags to allow for portability.





Listed below are some of the items you should have in your emergency kit according to the City of Brampton's Emergency Management Office:

- Flashlight and batteries
- Radio and batteries or a crank radio (to listen to news)
- Spare batteries (for radio and flashlight)
- First-aid kit
- Candles and matches/lighter
- Extra car keys and cash (including coins/cards for the telephone)
- Important papers (identification for everyone, personal documents)
- Food and bottled water
- Clothing and footwear (one change of clothes per person)
- Blankets or sleeping bags (one blanket or sleeping bag per person)
- Toilet paper and other personal supplies
- Medication
- Backpack/duffel bag (for the emergency survival kit, in case of evacuation)
- Whistle (in case you need to attract someone's attention)
- Playing cards, game
- Waterproof matches and plastic garbage bags



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Emergency Food and Water Kit:

Carry a 3-day supply of food and water.

- Drinking Water (at least 2 litres per person per day)
- Ready-to-eat foods that do not require refrigeration (Canned food - soups, stews, baked beans, pasta, meat, poultry, fish, vegetables, fruits, crackers and biscuits, honey, peanut butter, salt, pepper, sugar, instant coffee, tea, hot chocolate, power bars)
- Equipment (Knives, forks, spoons, disposable cups and plates, manual can opener, bottle opener, fuel stove, and fuel.
- Do not use a barbecue indoors.





Resources

- Peel Police Contact Numbers:
<https://www.peelpolice.ca/en/report-it/emergencies.aspx>
- 911 is for emergencies such as life-threatening situations or crimes in progress. It leads to a fire, police, or ambulance.
- Peel Police Non-Emergency Line: 905-453-3311. This is to report non-urgent or non-life-threatening incidents or general inquiries for support and resources (noise complaints, thefts, etc.)
- Ontario Provincial Police Non-Emergency Line for Caledon: 1 888 310-1122 <https://www.opp.ca/>
- Toronto Police Non-Emergency Line: 416-808-2222 <https://www.tps.ca/>
- Hydro One: <https://www.hydroone.com/>
- 311: Information on City services and programs
- 211: Information and referral to community, social, government, and non-emergency health services
- Environment Canada: <https://weather.gc.ca/> for weather warnings
- 811: Health811 for Non-Emergency Health Issues



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References

- Emergency Preparedness Week 2025:
<https://www.getprepared.gc.ca/cnt/rsracs/ep-wk/index-en.aspx>
- City of Brampton Emergency Management Office:
<https://www.brampton.ca/EN/residents/Emergency-Management>
- Emergency Kit for Special Situations:
<https://www.brampton.ca/EN/residents/Emergency-Management/Pages/Emergency-Survival-Kits.aspx>
- Personal Preparedness:
<https://www.brampton.ca/EN/residents/Emergency-Management/Pages/Personal-Preparedness.aspx>
- City of Toronto Before an Emergency:
<https://www.toronto.ca/community-people/public-safety-alerts/emergency-preparedness/before-an-emergency/>
- Red Cross Emergency Plans:
<https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/be-ready-emergency-preparedness-and-recovery/make-an-emergency-plan>
- Region of Peel Home Escape Plan
<https://peelregion.ca/health/protecting-your-health/emergency-planning/emergency-home-escape-plans>
- Ready.gov <https://www.ready.gov/>
- City of Brampton Emergency Tips:
<https://www.brampton.ca/EN/residents/Emergency-Management/Pages/Personal-Preparedness.aspx>

