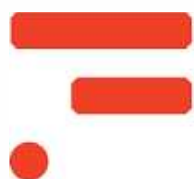




Fallowfield Community Association

EMERGENCY PREPAREDNESS PLANNING GUIDE



**OTTAWA
COMMUNITY
FOUNDATION**

invested for good

EMERGENCY TELEPHONE NUMBERS

POLICE	911
AMBULANCE	911
FIRE	911

Other Helpful Contacts

Suicide Crisis Helpline	988
Police (to make a report)	613-236-1222 (ext7300)
Ontario Poison Control – 24 Hour service	1-800-268-9017
Children’s Hospital (CHEO)	613-737-7600
Queensway Carleton Hospital	613-721-2000
Ottawa Hospital	613-722-2000

City of Ottawa

City of Ottawa – Main Switchboard (24Hrs/day)	311 or 613-580-2400
Hydro Ottawa: Power Outage	613-738-0188
Enbridge Consumer Gas (Leaks)	1-866-763-5427
City Councillor: David Brown	ward21@ottawa.ca613-580-2491

TO SIGN UP FOR EMERGENCY ALERTS NEAR YOU:

Ottawa Alert: an emergency notification system powered by the Alertable app, designed to keep residents of Ottawa informed and safe during local emergencies and urgent public safety events. For more information and to sign up:

<https://ottawa.ca/en/health-and-public-safety/emergency-preparedness/ottawa-alert-public-emergency-notification-system#>

Emergency Preparedness Planning Guide Fallowfield Community Association (FCA) 2025

The guide is provided by the Fallowfield Community Association and is intended to serve as a reference for individual households on how to prepare to cope with weather-related and other emergencies. The following information is taken from Municipal, Provincial and Federal guidelines as of July 2025.

WHY EMERGENCY PREPAREDNESS MATTERS

In the event of a disaster or major emergency, the City of Ottawa has a plan and trained teams for response. In the event these teams are not available, it may be necessary to take certain actions, both in your home and in our village.

Experience has shown us that weather-related emergencies can and do occur in Fallowfield. The village has experienced such events in recent history which led to lengthy power outages, downed power lines and trees and damage to homes. City responders were not always able to provide services due to blocked roads and other priorities. Some residents were required to take care of themselves.

WHAT THIS GUIDE COVERS:

- Household Emergency Supplies Checklist
- Making a Household Emergency Plan
- What to do During an Emergency
- Resources within Fallowfield

Household Emergency Supplies Checklist

Prepare to sustain your household for **at least 72 hours**.

Full list: <https://www.getprepared.gc.ca/cnt/rsracs/faq-en.aspx>.

- **WATER:** Enough drinking water in large bottles and portable totes (such as camping gear) to supply four (4) litres PER PERSON, PER DAY that usually lives in the house, two (2) litres for drinking plus two (2) litres for cooking and personal hygiene. Include more if you have pets.
 - Record the date that you bottled or stored the water on the label. Replace stored water every six months and store-bought bottled water every year.

- Note: unless you have a generator, you will need additional water for flushing.
- **FOOD:** Enough shelf-stable foods to feed each person for at least three (3) days, foods such as canned vegetables, meats and fish, and soups, etc.
- Manual can openers and bottle openers
- Flashlights and radios (wind-up or battery-powered)
- Extra batteries for flashlights and radios
- A basic first aid kit
- Hand sanitizer and soap for personal hygiene
- Spare keys for house and autos
- Some money in the form of cash in small bills (Interac systems might not be available at gas stations and stores)
- Copies of important documents such as identification and health cards
- A list of important phone numbers for friends, family, home maintenance contractors, neighbours you might need to call for help and health care providers other than those accessible via 9-1-1 for police, fire and paramedic/ambulance services

Making a Household Emergency Plan

Every household needs an emergency plan. It will help you and your family know what to do in case of an emergency. Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another and discuss what you would do in different situations.

Emergency Plan Templates can be found at:

<https://www.getprepared.gc.ca/cnt/plns/index-en.aspx>

Make copies of important documents

Make copies of birth and marriage certificates, passports, licenses, wills, land deeds and insurance. Have recent photos of family members. Keep them in a safe place, both inside and outside your home.

Safe home supplies

Have a working carbon monoxide detector, smoke alarm, fire extinguisher and well-stocked first aid kit. Have a fire extinguisher on every level of your home, including one in your kitchen. Everyone in your home should know where to find the fire extinguishers; All capable adults and older children should know how to use them.

Older children and adults should know how to turn off your home's water, electricity and gas. Make large, easy-to-see signs for water and gas shut-offs as well as for the electrical panel.

What to do During an Emergency

In the event of a disaster or major emergency, the City of Ottawa has a plan and trained teams for response. In the event these teams are not available, it may be necessary to take certain actions, both in your home and in our village.

During an emergency, your best protection is preparation. Knowing what to do will help you stay safe and better control the situation.

The following information will help you prepare for specific emergencies, including:

- Emergency Reception Centres
- Power Outage
- Severe Winter Storm
- Severe Thunderstorm and Lightning
- Tornado Watch and/or Warning
- Basement Flood
- Well Water Contamination and Testing

Emergency Reception Centres

- Emergency Reception Centres will be opened by the City should an emergency be declared. You can go there to get information, to stay warm or keep cool, and for comfort and food.
- Locations will be broadcast on local emergency radio and TV stations.
- In general, you should stay in your home as long as you are safe, warm and can feed yourself.

Power Outage

- Hydro Ottawa advises that if you can move freely in your house safely, turn off all lights, unplug appliances and electronics, and turn down heating system thermostats. This will help avoid a power surge when electricity is restored. More detailed advice can be viewed at <https://hydroottawa.com/en/outages-safety/outage-centre/outage-safety>
- Use flashlights instead of candles (if using candles, use proper candleholders and never leave them unattended).
- Never use fuel-powered generators indoors (risk of carbon monoxide poisoning).

Severe Winter Storm

- Stay indoors if safe and warm.
- If there is a loss of power, use only a small portion of the house to preserve heat, close unused rooms.

- Reflect on 1998 Ice Storm experience: basement or single room sheltering was effective.

During extended power outages in winter there are extra precautions that should be taken to avoid frozen pipes:

- Shut off water at the main valve (usually found in the basement near the water meter). Use blankets or insulation material to protect the valve, inlet pipe, meter, and pump.
- Open taps to drain the pipes. Leave the taps open.

Severe Thunderstorm and Lightning

Environment Canada posts warnings of approaching severe weather events for the Ottawa and Eastern Ontario Regions at:

https://weather.gc.ca/mainmenu/alert_menu_e.html

- If you can hear thunder, you are within striking distance of lightning.
- **Indoors:** Stay away from windows, doors, fireplaces, electrical appliances, plumbing, sinks or other electrical charge conductors. Unplug TVs and other electrical appliances.
- **Outdoors:** Seek shelter in a building. Avoid trees, water, metal. If caught in the open, crouch down with feet close together and your head down. Don't lie flat; by minimizing your contact with the ground you reduce the risk of being electrocuted by a ground charge.
- **In a Vehicle:** Do not park under tall objects that could topple, and do not get out if there are downed power lines nearby.

<https://www.canada.ca/en/environment-climate-change/services/lightning/safety/overview.html>

Tornado Watch and/or Warning

- **Tornado Watch:** When conditions are favourable for the development of severe thunderstorms with one or more tornadoes.
- **Tornado Warning:** When a tornado has been reported; or when there is evidence based on radar that a tornado is imminent.
- **Indoors:** The safest place is the lowest and most central room, preferably a basement or cellar. Get under a sturdy piece of furniture and use your arms to protect your head and neck. Don't open windows.
- **Outdoors:** Go inside right away. If you can't get inside, lie flat in a ditch or sunken ground and cover your head with your hands. Do not go under an overpass or bridge.

- **In a Vehicle:** If there is no solid structure available for shelter, if it's safe to exit your vehicle, seek shelter in a low-lying area such as a ditch, away from your vehicle. Lay flat and protect your head and neck from debris.

<https://www.getprepared.gc.ca/cnt/hzd/trnds-prp-en.aspx>

Basement Flood

- Your basement has several potential sources for flooding contained within it: the water supply line from your well and pressure tanks (your pipes), hot water tank and the sump pump not working, if your home has a sump pump. Any time one of these is damaged or breaks, a basement can flood.
- Sump pumps are usually plugged into a nearby basement wall plug. During a power outage, the sump pump can be unplugged and plugged into a temporary power supply from a portable generator or an extension cord run from a neighbour's house where they have power supply from a non-portable standby generator.
- It is also possible to install a second, battery operated sump pump that will provide some prevention of the sump pit (location of the sump pump) overflowing until hydro is restored or a generator-sourced power supply can be found.
- All sump pumps can be powered by portable gasoline power generators that are also capable of operating fridges and freezers intermittently during a prolonged power outage.
- Hydro Ottawa is a good reference for more information on this topic.

<https://hydroottawa.com/en/outages-safety/emergency-preparedness>

and

<https://hydroottawa.com/en/blog/sump-pumps-101#:~:text=Know%20when%20to%20disconnect%20the,your%20electricity%20safely%20turned%20off.>

Well Water Contamination and Testing

- Well owners are encouraged to get their water tested every spring, summer and fall, even if it looks, tastes and smells fine.
- Bacterial testing for private wells is performed free of charge by the Ontario Ministry of Health Public Health Laboratory at 2380 St. Laurent Blvd. Sample bottles are available for pickup at that laboratory, and at water testing pickup and drop-off locations.
- The design and configuration of most household wells are such that contamination as a consequence of rain or temporary flooded ground surfaces is unlikely.

- However, if you suspect that your well has been contaminated, do not drink the water unless you follow proper sterilization procedures. Most plumbing service contractors have the knowledge and skill to “shock” a well with chlorine products to provide certainty of no bacterial contamination
- The closest water testing drop-off location to Fallowfield Village is:
 - Kings, Your Independent Grocer, 5911 Perth Street, Richmond,
 - Tuesday Drop-off, 8:00 am – 9:00pm

<https://www.ottawapublichealth.ca/en/public-health-services/free-well-water-testing.aspx?mid=29311>

Resources within Fallowfield

A number of village members have equipment, and expertise should you urgently require assistance that is not available from City of Ottawa Police, Fire Services or Ambulance. Some residents of the village have training in first aid. Others may be able to help with a temporary power supply to operate a sump pump using a portable generator, for example.

Some residents own and are comfortable in using chain saws, perhaps able to help remove downed tree limbs from driveways or garage and home entrances.

Contact a member of the FCA executive for information on resources available when city resources are not an option (contact information can be found at the front of the Fallowfield Community Association 2025 Directory).