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## **“Plan. Prepare. Be aware” the focus of Emergency Preparedness Week: May 1 to 7**

### **Plan, prepare and be aware in case of an emergency**

**NEWMARKET, Ont., May 3, 2016** – Central York Fire Services (CYFS) reminds residents of the importance of being prepared in the case of an emergency as part of *Emergency Preparedness Week*, May 1 to 7, 2016.

Newmarket residents are encouraged to stop by the Municipal Offices (395 Mulock Drive) during the week to learn about [home escape planning](#) and [72-hour survival kits](#) for emergency situations.

“Developing and practising a personal home escape plan is one of the most important things you can do with all members of your household,” says CYFS Fire Chief Ian Laing. “It is crucial that if an emergency situation were to happen, all occupants would know their plans and how to get out of their residence quickly and safely.”

**To create a personal home escape plan, CYFS recommends that all members of a household:**

- *Develop a home fire escape plan* and know what to do when the smoke alarm or carbon monoxide alarm sounds. Sit down with each person in your household to discuss how each person will get out in a safe and timely manner.
- *Draw out a floor plan* of your home which includes all floors, doors, windows and any features such as garage or porch roofs that could provide a safe passage to the ground and help with evacuation. Identify two ways out from each room, if possible and include them on the map.
- *Practise the plan* using different scenarios with every member of the household. For example, if there is smoke in the building, remember to ‘*get low and go*’ under the smoke to the nearest safe exit.
- When planning and practising, *consider the needs of those who may require additional assistance*, including young children, the elderly or individuals with disabilities and pets, and decide who will help those requiring assistance in case of an emergency.
- *Establish a meeting place* (such as a tree or lamppost) that is a safe distance from the house in order to account for everyone or quickly identify anyone who may be missing. Practise evacuating the home and meeting at the designated meeting place with all members of the household.
- Remember that once outside the home, *get out and stay out*. Call 9-1-1 from a cellphone or a neighbour’s phone and communicate with all members of the household that no one should ever re-enter a burning building.

Finally, remember it is the law that smoke alarms are installed on every level and carbon monoxide alarms are installed outside of all sleeping areas of the home. Smoke alarms and carbon monoxide alarms provide the early warning signal needed to help escape a home in an emergency situation.

In addition to home escape planning, the CYFS website ([www.cyfs.ca](http://www.cyfs.ca)) provides details on how to prepare for all types of emergencies. Residents can view the [Town of Newmarket’s Emergency Plan](#) and learn about creating a [personal emergency plan](#), as well as how to assemble a [72-hour kit](#) for emergency situations (such as extreme temperatures, thunderstorms, earthquakes, tornadoes, hurricanes and power outages) by going to [www.cyfs.ca](http://www.cyfs.ca) or by visiting the municipal display.

Emergency Preparedness Week is an annual, national event that takes place during the first full week in May. The main objective of Emergency Preparedness Week is to increase individual awareness about what steps can be taken to help reduce the dangers and lessen the consequences of a disaster. This is the 21st anniversary of Emergency Preparedness Week.

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