

Emergency Planning for Your Family

Town of Carleton Place

This is the third part of Emergency Planning for your family.

Regardless of the type of emergency situation, the key is to remain calm and alert. Knowing what to expect following an emergency will help you to cope with the emergency situation immediately after it happens and in the hours or days that follow.

COMMON IMPACTS OF AN EMERGENCY:

- ❖ significant numbers of casualties
- ❖ health services may become strained
- ❖ extensive media coverage
- ❖ workplaces and schools may be closed
- ❖ families may have to evacuate
- ❖ clean up operations could take several months

EXPECT EMOTIONAL REACTIONS:

- ❖ people caught in an emergency often feel confused
- ❖ people may sleep poorly
- ❖ people may suffer from shock

HOW TO RECOVER:

- ❖ talk about your feelings
- ❖ encourage your children to express their feelings
- ❖ recognize when you suffer a loss
- ❖ you may not sleep well or eat well
- ❖ give yourself and family permission to grieve and time to heal

For further information on emergency planning for you and your family, visit the following web sites:

www.emergencymanagementontario.ca

www.EPweek.ca