

**Community Disaster & Emergency**  
**HOME GUIDE**



**For Members  
of  
Snuneymuxw  
First Nation**



# **SNUNEYMUXW COMMUNITY DISASTER & EMERGENCY HOME GUIDE**

## **INTRODUCTION**

This *HOME GUIDE* is designed for members and residents of Snuneymuxw First Nation as a *Home Guide* to help families in case of a disastrous or emergency community event.

All community residents are encouraged to prepare themselves and their families as much as possible in case of an emergency. It is important to understand what might happen if there is an emergency and what actions each of us will need to take, which supplies will be required and how best to look after our loved ones.

Snuneymuxw First Nation has its own Emergency Plan, which identifies the people who will be responding within the community and provides guidelines for how to support the needs of our people in the time of an emergency.

Should an emergency event occur, government assistance may be a long time in coming. It is best that our Nation and all families in the community are prepared to survive, and be on their own, for as long as a week or more.

This *HOME GUIDE* contains a simplified list of responses and actions to address emergency plan identified threats. This is intended as a self-help guide to what each of us should do in the case of an emergency. Some portions of the information in this *HOME GUIDE* was obtained and reproduced with the assistance of the Canadian Red Cross, Emergency Management Division of the Justice Institute of B.C., Emergency Management B.C. , and First Nations Emergency Social Services. We hope you will find this booklet beneficial to you and your family.

If you have any questions about the information in this *Home Guide*, please call or visit the Snuneymuxw Health Centre.



### Household Emergency Supplies:

In an emergency or major disaster, the key to a successful and perhaps a life saving outcome, will be the preparation and maintenance of a family emergency preparedness kit. These kits should be stored in a safe and accessible place. Emergency supply kits should be portable, in case your home or vehicle becomes severely damaged. It is not necessary to purchase emergency kit materials all at once. It may be easier to purchase items once a week, until your kit is fully complete. Careful planning and preparation now can make a BIG difference later. Here is a recommended list of items that a good family emergency kit should consist of:



#### Food and Water:

- ☑ Water (4 litres per person per day). Water is critical for survival. People can survive for weeks without food, but can go only without water for a very few days. Store 4 litres (1 gallon) per person per day, planning on a minimum of 3 days. Include additional water for your pets. Store water in sturdy plastic bottles, such as **well rinsed** chlorine bleach bottles.

Replace stored tap water at least every six months. Store emergency water containers in a cool, dark accessible place. Do NOT store emergency water supplies near toxic materials such as cleaning supplies, pesticides, or gasoline. The vapours from such items can penetrate the plastic container and contaminate the water. Emergency water can be obtained from both the hot water tank, and the **flush tank** of a toilet. This water should be purified first. To purify water, check with the Snuneymuxw Health Department first. This is a complicated subject, and there are different accepted methods for purifying water.

- ☑ Emergency Food supply;

Families should have on hand the supplies needed to produce at least three days of meals anywhere with a minimum of equipment, a heat source, and water. Warning: Never use a gas or charcoal barbeque indoors, either for cooking or as a heat source. Even if the power goes out, the food in the refrigerator will stay cold for 24 hours if the door is closed. Perishable food in the refrigerator should be eaten first. Eat food from the freezer next. When those supplies are gone, then eat non-perishable foods. After a disaster, it may not be possible to access the food in the refrigerator or kitchen cupboards. Individuals and families should prepare a supply of canned or dry foods for an emergency. It is **not essential** to purchase “special” emergency food. Choose foods that the family normally eats.



Consider the following:

- Food should need little or no refrigeration or cooking
- Food should be packaged in single servings or small containers
- Food should not need to have water added
- Consider special medical or dietary needs
- Food should have a long shelf life
- Have a supply of dry pet food as well
- Include a **manual** can opener, matches, paper plates, napkins and plastic cutlery.

Emergency food should also be stored in a dry, cool, dark place. Store in airtight or tightly sealed plastic or metal containers. Take precautions to keep out insects and rodents.

Use a permanent marker to write the storage date on each package. Rotate supplies every 6 to 12 months to make sure they are fresh. Again, do NOT store emergency food supplies near toxic materials such as cleaning supplies, pesticides, or gasoline. The odours from such items can penetrate the plastic container and contaminate the food content.

☒ **Sanitation:**

To avoid spreading bacteria, viruses and disease, it is important to maintain sanitary conditions during an emergency or disaster. An emergency, bucket style toilet is a highly recommended emergency kit option. Such units are relatively inexpensive, and come with chemicals, toilet bags, and wipes as options. Disinfectant sprays for hand washing are also essential items for all emergency kits. Normal supplies such as disinfectant wipes, toothbrush, and other toiletries (toilet paper, hygiene products etc.) should round out the sanitation portion of any emergency kit.

### Health and Safety:

#### ☒ First Aid Supplies and first aid manual.

A first aid kit is not the final solution to first aid during a disaster. Individuals need to know how to use the items in their kits, and may need to be creative (for example, using a door as a stretcher, or a blanket as a means of emergency transport, and diapers as an emergency bandage for serious bleeding wounds). A proper emergency first aid kit should contain the following items:

- A nylon satchel or plastic container
- A first aid manual
- 6 triangular bandages with 2 safety pins each
- 2 pressure bandages (non sterile) 11cm x 15cm (4 ½ " x 6")
- 6 pkgs. of gauze sponges (sterile) 10 cm x 10 cm (4" x 4")
- 1 pkg. gauze sponges (non-sterile) 10 cm x 10 cm (4" x 4")
- 6 abdominal pads (sterile) 20cm x 25cm (8" x 10 ")
- 2 stretch roller gauze 10 cm x 4.5 m (4" x 15 ')
- 1 adhesive tape 2.5cm x 4.5 cm (1" x 15')
- 1 pr of scissors
- 1 splinter forceps (stainless steel)
- 6 prs of latex gloves (non sterile)
- 50 plastic adhesive strips (band-aids)
- 2 pkgs of eye pads
- 1 bottle of Savlon antiseptic, 120 mL (4 oz.) (preferred over iodine)

#### Optional items:

- ASA tablets ( Tylenol Aspirin etc)
- Eye drops
- Laxatives
- Anti diarrhea medicine
- Thermometer
- Disposable diapers
- Soap
- Splints
- Antacids



- Instant hot / cold packs
- Sunscreen
- Elastic tensor bandages sanitary napkins



#### **Safety:**

- Medication(s), and spare eyeglasses
- Heavy work gloves
- Sturdy footwear
- Emergency blanket, poncho blankets or sleeping bags
- Whistle
- Flashlight and spare batteries
- Portable radio and batteries if used
- Wrench
- Crowbar and axe
- Duct tape
- Multiple blade knife



#### ☒ **Miscellaneous**

- Paper, pen & pencil
- Quarters, credit card for emergency pay telephone station
- Cash (credit and debit cards will not work if power is out)
- Family documents, and pictures of each family member (identification, missing person)
- Direct phone numbers for local police, fire and ambulance ( Don't use 911, it will likely be overwhelmed)
- Name and number card for your out of area contact person(s)
- Children's toys and / or board games; cards
- Tent
- Spare house and car keys
- Leash and supplies for pets
- Insurance and legal document photocopies
- Photocopies of personal identification ( drivers license, birth certificate, passport)
- Local area map showing emergency shelters or places of refuge

## ☒ **Emergency Kits for Vehicles and the Workplace**

Many people spend more than one third of their time at work and/or in their cars. Keep a small, portable emergency kit in the car and at the workplace to get through the initial hours after a disaster or until it is safe to go home. Here are some suggested supplies.

- Comfortable walking shoes
- Small first aid kit
- Toilet tissue
- Water
- Food
- Medication(s)
- Blanket
- Fire extinguisher (type ABC)
- Whistle
- Wind up, solar or battery powered radio
- Heavy gloves Small tool kit
- Cash / coins
- Warm protective clothing
- Names and numbers of your out of area contact(s)
- Maps

## What If I Have To Evacuate?

**IF an Evacuation Alert is delivered to your area, it may be followed by an Evacuation Order.**

### WHAT YOU SHOULD DO WHEN AN EVACUATION **ALERT** IS IN EFFECT

**You should be prepared for the evacuation order by:**

- Locating all family members or co-workers and designate a safe meeting place in the event that an evacuation order is called.
- Gathering essential items such as medications, eyeglasses, valuable papers (i.e. insurance), immediate care needs for dependants and, if you choose, keepsakes (photographs, etc.)  
You may wish to follow the Evacuee Documentation List provided. Have these items readily available for a quick departure.
- **Consider** moving any disabled persons and/or children to a known safe area with supervision, in advance of an emergency.
- Moving pets to a safe area.
- Arranging to transport your household members (or co-workers) in the event of an evacuation order. The fewer vehicles on the road during an evacuation, the better.
- Arranging accommodation for your family, if possible, with family or friends in a known safe area. In the event of an evacuation, emergency accommodation will be provided if required, but you will be much more comfortable staying with people already well known to you.
- Monitoring news outlets (and social media) for verified information on location of Reception Centres and the current status of evacuation alerts and evacuation orders.

### IF YOU HAVE TO EVACUATE:

- Take an emergency survival kit with you.
- Make sure you take prescription medicine and identification for the entire family.
- **Listen** to the local radio and **follow instructions** from local emergency officials.
- If you are instructed to do so, shut off water, gas and electricity.
- Make arrangements for your pets. Local emergency officials will advise you.
- Wear clothes and shoes appropriate for the weather conditions.
- Lock your home.
- Follow the routes specified by emergency officials. Don't take shortcuts. A shortcut could take you to a blocked or dangerous area.
- If you have time, leave a note telling others when you left and where you went. If you have a mailbox, you can leave the note there.
- If you have time, turn off all operating outside water sprinklers so water is conserved for firefighting efforts.

- If you are evacuated, register with the local ESS emergency reception centre at the Regional District of Nanaimo, or City of Nanaimo so you can be contacted or reunited with your family and loved ones, and they with you.

## **Evacuee Document List**

**If time permits** provide the following suggested Key Documents which residents should consider taking with them.

- ☐ Driver's Licence
- ☐ Insurance Policies
- ☐ Insurance Agent's name/contact information
- ☐ Credit Card and debit card number's
- ☐ Mortgage Papers
- ☐ Name/phone number of children's school
- ☐ Birth Certificates
- ☐ Name/address of Doctor
- ☐ Medical Card
- ☐ Treaty Card/Identification
- ☐ Name/number of out of town/province contact
- ☐ Passport
- ☐ Bank account numbers
- ☐ Photo's or video of personal property to support insurance claims
- ☐ Will
- ☐ Title (registration forms) to vehicles (cars, boats, RV's etc)
- ☐ Medication lists (suggest they write down what they take and how often)
- ☐ Professional licences and credentials
- ☐ Other important medical Information

## **Part “B”**

# **Hazard Specific Response Guidelines**

<b>Earthquakes</b>	<b>Page 11</b>
<b>Flooding</b>	<b>Page 17</b>
<b>Fires; Wildland and Interface</b>	<b>Page 25</b>
<b>Residential Fires</b>	<b>Page 28</b>
<b>Urban Interface Fires</b>	<b>Page 30</b>
<b>Severe Weather</b>	<b>Page 32</b>
<b>Hazardous Materials Incidents</b>	<b>Page 36</b>
<b>Power Outages</b>	<b>Page 38</b>
<b>Pandemic Influenza</b>	<b>Page 40</b>

## Earthquakes

The danger of an earthquake in British Columbia is a concern to many areas of B.C. Every year, there are earthquakes taking place in various regions of this province. Some are hardly noticeable, others may not be so, and are felt by citizens to varying degrees throughout numerous communities, and over great distances. An earthquake occurs when the huge tectonic plates underneath the earth's surface that are interacting with each other, suddenly slip or drop and move past each other. This results in the ground beginning to shake, sometimes violently, or to pitch, or roll. It is usually accompanied by a large noise. Such motions can vary in intensity, resulting in anything from insignificant to intense damages to communities and infrastructure. Buildings collapse, roads fail, as do bridges and overpasses. Utilities are disrupted and fires may be generated. Many people are injured by flying debris. However, when individuals are prepared for such events, the overall impacts on them are lessened.



### Earthquake Facts

- The earth's crust is composed of many large and small segments called tectonic plates. These plates are in constant slow movement. With these movements come small tremors and earthquakes.
- Shallow crevasses can form during earthquakes due to landslides or other types of ground failures.
- Buildings do not automatically collapse in earthquakes.
- Earthquakes cannot be predicted.

### What to expect during an earthquake

#### Small or moderate earthquakes

- These can last only a few seconds and represent no emergency risk.
- Ceiling lights may move and some minor rattling of objects may occur in your home.
- You may feel a slight quiver under your feet if you are outside.
- If you are close to its source, you may hear a loud bang followed by shaking.

#### Large earthquakes

- These can last up to several minutes and constitute a natural disaster if its epicentre is near a densely populated area or its magnitude sufficiently large for the region.
- The ground or floor will move, perhaps violently.
- Whether far away or close to the source, you will probably feel shaking followed by a rolling motion, much like being at sea.
- If you are far away from the source, you might see swaying buildings or hear a roaring sound.
- You may feel dizzy and be unable to walk during the earthquake.

- If you live in a high rise or a multi-storey building, you may experience more sway and less shaking than in a smaller, single-storey building. Lower floors will shake rapidly, much like residential homes. On upper floors, movement will be slower but the building will move farther from side to side.
- Furnishings and unsecured objects could fall over or slide across the floor.
- Unsecured light fixtures and ceiling panels may fall.
- Windows may break.
- Fire alarms and sprinkler systems may be activated.
- Lights and power may go off.

## Before an Earthquake

Plan ahead. Develop a family emergency plan, and take the time to put together a family emergency preparedness kit. Test the plan and exercise it regularly. Do an earthquake hazard hunt in your home, and set about reducing the risks of damages to your living quarters or workspaces. Make comprehensive plans for people with disabilities. Be sure and include pets in your emergency planning. They are part of your family too.

- **Identify safe and unsafe areas** of your home or workspace. Set up desks or workstations away from glass windows. Look for areas of refuge under sturdy pieces of furniture, such as a desk or table, or against an inside wall.
- **Fasten** shelves or tall bookcases and cabinets securely to your walls so that they won't fall over, causing exit routes to become impassable or doors to jam.
- **Place** large or heavy objects on bottom or lower shelves.
- **Store breakable items** in closed cabinets with latches to prevent them from spilling onto the floor during the seismic movements.
- **Hang heavy items** such as pictures and mirrors away from where people normally sit, and use proper seismic hooks fastened securely into a stud in the wall.
- **Secure** your water heater by strapping it to a wall, or bolting it to the floor.
- **Locate beds and chairs** away from chimneys and windows. Don't hang heavy pictures and other items over beds. Closed curtains and blinds will help stop broken window glass from falling on beds.
- **Put anti-skid pads under TVs, computers and other small appliances**, or secure them with Velcro or other such product.
- Keep flammable items and household chemicals away from heat and where they are less likely to spill.
- If you live in a **mobile home**, you can leave the wheels on the mobile home to limit its fall. Or, you can install a structural bracing system to reduce the chance of your unit falling off its supports. Ensure the awning on your home is securely supported and fastened to the unit. For information on the best way to brace your unit, contact your local mobile home dealer or a mobile home owner's association.
- **Contact your Snuneymuxw Community Emergency Program** for additional ideas and information on what to expect before, during, and after an earthquake.

## Have These Disaster Supplies available and on hand

- Flashlights with extra batteries
- Portable battery, dynamo, or solar powered radio
- First Aid kit complete with a manual
- Emergency food and water to last at least 72 hours as a bare minimum
- Non electric can opener
- Essential medications
- Cash ( credit cards and debit cards require electricity to make them work)
- Extra clothing for the elements.

## Develop an Emergency Communications Plan.

- In case family members are separated from each other during an earthquake (a real possibility when adults are at work and children are in school); develop a plan for re-uniting after a disaster. Determine a suitable location, preferable with a shelter such as a school gymnasium, community centre, or Church hall that every family member can walk to in order to re-unite as a family.
  - Don't rely on cell phones for communications. Their infrastructure may be damaged or destroyed by the earthquake, or simply overloaded with call volume. Establish an "out of area" contact with a relative or friend, preferably with an area code different from yours. Remember that pay phones will be considered emergency communications devices, and will be restored to service before residential telecommunications services.



### Help your Snuneymuxw Community get Ready

- **Become actively involved** in your Community's emergency program.
- **Take training** in basic first aid, emergency survival techniques, and become a part of the local Snuneymuxw ESS Team.
- **Learn how** to perform basic first aid and search and rescue functions.
- **Make yourself known** to local emergency officials. Get together with them to promote Emergency Preparedness Week displays and help put on public education workshops.
- **Encourage** your neighbours to also become prepared for emergencies or disasters.
- **Practice** earthquake drills at least once a year.

## During an Earthquake.

### *If indoors,*

- **Protect yourself. Drop** to the ground or floor –**Take Cover** by getting under a sturdy table or other substantial piece of furniture – **Hold On** drop to your knees, hold on to the covering furniture with one hand in order to keep it over remaining over you, and cover your head and neck with your other arm and hand.
- **Move away** from windows and mirrors that may shatter and objects that may fall. If you are can't get under cover, or are in a hallway, crouch down and lean against an interior wall.
- Stay in bed if you are in bed when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a light fixture that may fall.
- **Do not** immediately attempt to assist others until the shaking stops, **protect yourself** first.
- **If you are inside, stay inside. Do not attempt to exit.** Research has shown that more injuries occur when people attempt to leave buildings to move to a different location outside.
- **If you are at school**, get under a desk or table and hold on. Face away from windows.
- **If you are in a wheelchair**, lock the wheels and protect the back of your head and neck
- **Be aware** that the electricity may go out for prolonged periods of time, or the sprinkler systems or fire alarms in large buildings may inadvertently turn on.
- **DO NOT** use the elevators. You may become trapped inside them due to power loss or structural damage to the elevator shaft.



### *If You Are Outdoors*

- **Stay there.**
- **Move away** from buildings, glass storefronts, streetlights, and overhead utility wires. The greatest danger exists directly outside buildings, at exits, and alongside exterior walls.



Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of the buildings **only to be killed** by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass and falling objects.

- **Stay away** from any downed utility power lines by at least 10 metres
- **If you are in a crowded public place**, move to an area where you won't be trampled.
- Once in the open, crouch down and stay there until the shaking stops.

### ***If You Are In a Moving Vehicle***

- **Stop** as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires and poles.
- **Proceed** cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.
- If you are on a bus, stay in your seat until the bus stops. Take cover in a protected place. If you can't take cover, sit in a crouched position and protect your head from falling debris.



### **After An Earthquake**

- **Don't** try and go home right after a major earthquake if you are away. Stay where you are until it is known to be safe to travel. Roads may be severely damaged, jammed with traffic, or closed for the usage of emergency vehicles only.
- **If** you are in a coastal area, and experience a large earthquake with shaking that lasts more than a minute, move to higher ground as a tsunami may have been generated. Check with the Snuneymuxw EOC where there are maps of threatened areas to see which of your areas may be impacted by a tsunami.
- **Be prepared** for aftershocks.
- **Listen** to the radio or television for information from authorities. **Follow** their instructions.
- **Check** your building for structural damage before re-entering it.
- **If you suspect your home is unsafe**, do not re-enter.  
**Be careful** when opening doors and cupboards, as contents may have shifted inside due to the shaking, and may fall on top of you.
- **Put on sturdy shoes and protective clothing** to help prevent injury from debris, especially broken glass.
- **Hang up** any phones that may have come off the hook and stay off the phone unless it is an emergency, as emergency officials will probably need use of the system; only make calls if requiring emergency services.

- **If you have to leave your home**, take your emergency kit and other essential items with you. Post a message in clear view, indicating where you can be found. Do not waste food or water as supplies may be interrupted.
- **Do not** light matches or turn on light switches until you are sure there are no gas leaks or flammable liquids spilled. Use a flashlight to check utilities and do not shut them off unless damaged. Leaking gas will smell like rotting eggs.
- **If tap water is still available** immediately after the earthquake, fill a bathtub and other containers in case the supply gets cut off. If there is no running water, remember that you may have water available in a hot water tank (make sure water is not hot before touching it) and toilet reservoir (not the bowl).
- **Do not flush toilets** if you suspect sewer lines are broken.
- **Carefully clean up** any spilled hazardous materials. Wear proper hand and eye protection.
- **Check on your neighbours** after looking after members of your own household.
- **Organize rescue measures** if people are trapped or call for emergency assistance if you cannot safely help them. Be prepared to assist others once you have looked after yourself.
- **If you have pets**, try to find and comfort them. If you have to evacuate, take them to a pre-identified pet-friendly shelter.
- **Place a HELP sign in** your window if you need assistance.
- **Beware of secondary effects.** Although ground shaking is the major source of earthquake damage, secondary effects can also be very destructive. These include landslides, saturated sandy soils becoming soft and unstable, flooding of low-lying areas and tsunamis washing over coastlines.



# Flooding



Flooding can be caused by several events, heavy rains, rains mixed with snow melting can cause heavy runoffs on rivers (called a freshet) and lakes. Flooding can also be caused by extremely high tides and severe wind storms. Predictable flooding in British Columbia is usually preceded by an official flood advisory, flood watch, flood warning, and an “alert” or “order” to evacuate as the threat level rises.

## **Possible Major Effects:**

Major Flooding is defined as a flooding incident that extends over a large geographical region. A flood of this magnitude would normally expand outside the boundaries of a single response agency and its’ mutual aid agreements, and normally requires a coordinated response from multiple agencies and / or jurisdictions. Note: for flooding on IR#3 (Raines Rd.), response will be as per the RDN’s “Flood Response Operational Guideline” (revised November 2011) in Appendix I of the Snuneymuxw Disaster Operations Emergency Plan.

1. Casualties
2. Deaths
3. Trapped, stranded and / or missing people
4. Public health issues and concerns
5. Evacuation and / or relocation of people and animals
6. Drinking water and food shortages
7. Dangerous goods / hazardous materials spills, escaping gases and / or nuclear waste
8. Decontamination issues
9. Extensive flooding
10. Landslides, mudslides, tsunamis and / or sea surges
11. Disruption and / or damage to infrastructure (roads, bridges, docks, utilities, water, sewer and drainage systems)

12. Disruption of Travel (road, air and / or water)
13. Disruption of Essential Services (Police, Fire, Health)
14. Disruption of Communications
15. Extensive damage to public and private property
16. Jurisdictional issues
17. Disruption and economic effect on government, business and / or public

### **If flooding is likely in your vicinity, you should**

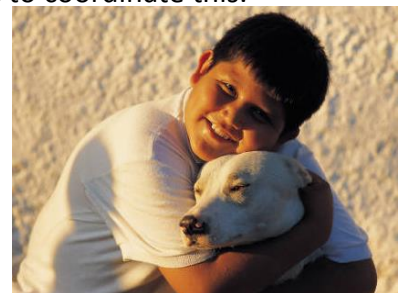
- **Listen** to your radio or television for information.
- **Sand bag the perimeter** of your building, if such resources are available.
- **Become prepared** for an evacuation.
- **Be aware** that flash flooding can occur. Move to higher ground if such a possibility exists; do not wait for formal instructions to move.
- **Be aware** that streams, drainage channels, creeks, rivers, and other areas can flood very suddenly. Flash floods can occur in these areas without typical warnings as rain clouds or heavy rain.

### **If you must evacuate your home or business, you should:**

- **Secure your home or business.** If you have time, bring in outdoor furniture. Move all essential items to an upper floor.
- **Turn off** electrical power to the home or business if the service is in a potentially flooding area (basement). Disconnect plugged in electrical appliances.
- **Turn off** the water supply. Plug all basement storm drain outlets and sewage connections, (toilets, sinks, shower, bathtubs) to avoid backflows
- **Follow your family or business emergency plan.** Ensure that each member of your family has sufficient warm clothing and waterproof raingear or outerwear. Wear waterproof footwear. Carry belongings in a backpack to keep your hands free.
- **Do not** walk through moving water. Fast moving water could cause you to fall, if you must walk in water; use a stick to probe the area in front of you, as the ground underneath the water may have given way.
- **Do not** drive into flooded areas. You and your vehicle could be swept away. It only takes 6 inches of water to reach the bottom of most cars, causing loss of control and possible stalling. Twelve inches will float many vehicles, and two feet of rapidly moving water can carry away most SUV's and pick up trucks.

## After a flood:

- **Listen** for news reports on whether it is safe to return to flood impacted areas. Obey the instructions of emergency officials. Return home only if authorities say it is safe to do so.
- **If you rent or lease a home**, contact the building owner or manager advising of the flooding situation.
- **Be wary** of where floodwaters have receded. Roads could be weakened and undermined, and buildings may have become unstable.
- **Stay clear** of any downed power lines. Water conducts electricity, and flooded areas may be electrically charged. Entry into this condition may cause electrocution.
- **Get your family settled.** If your home is unlivable, and you cannot stay with other family or friends, you will need to arrange temporary housing. The Snuneymuxw EOC can assist with this requirement. If you have to evacuate, try to keep your family together.
- **If you move**, even temporarily, be sure to give your new address to:
  - Post Office
  - Band Office
  - Banks
  - Schools
  - Family and friends
  - Newspapers and magazines you subscribe to
  - Credit card companies
  - Utility companies (Hydro, Gas, Telephone)
- **Stay clear** of any buildings that remain surrounded by floodwaters.
- **Check for financial assistance.** Check your home insurance policy for coverage. You may also be eligible for provincial or federal disaster financial assistance to replace or restore essential items. Work through the Snuneymuxw EOC to coordinate this.
- **Take care of pets.** If you have to move, take pets with you. Ensure they have plenty of food, clean water, and get lots of exercise. If a pet is lost, check with the local pound or SPCA.



## Returning Home:

The return home can be emotionally devastating and physically challenging. Use caution before entering the residence or work place. Go with another person.

- **Assemble the things you may need.**
  - Pails, mops, sponges
  - Liquid chlorine bleach
  - Large containers for soaking bedding and clothing, and lines to hang them on to dry
  - Flashlight
  - Camera or video camera and notebook to record damage
  - Tools, crowbar hammer, saw etc.
  - Drinking water
  - Large trash bags
  - Wooden stick to turn things over with
- **Walk carefully** around the outside perimeter of the home, checking for downed power lines, broken or leaking gas mains, and broken sewer pipes or storm drains. If you have any doubts about the structural safety of the building, have it checked out by a professional **before entering it**.

### ***Going Inside the building***

- **Be very careful and aware** of damage due to water incursion. Check the foundation, roof, and steps for damage. Look for broken or cracked foundation walls, sign that the ground has been washed away, shifted stairs or slanted walls. If you have any doubts about the integrity of the building, do not enter it. Call for an inspection of it first. Protect yourself with rubber boots or waders if there are still floodwaters around, or sturdy footwear (not runners or sandals) if the water has gone down. Rubber gloves and a dust mask is also a good idea. Wet and slippery floors, soaked carpeting, and loose boards are potential tripping hazards. Examine walls, floors, doors, staircases and windows to make sure the building is not in a dangerous condition. Take pictures of all damage to contents and structure to support your insurance claim.
- **If your regular house phone is not working, consider carrying a cell phone.** That way you can summon help if you need it.
- **Natural Gas.** If you smell or hear the hissing of leaking natural gas, open a window and then leave the premises immediately. Shut off the gas main at the meter. Be aware also that the gas line feeding the meter from the street could also be damaged. Call the gas company from another facility. Don't turn the gas back on; leave it to a qualified gas fitter to complete repairs, and completely check out the entire system before re-lighting any appliances.

- **Electrical Distribution.** Check the electrical system before turning on any appliances. Look for damaged wiring, wet or immersed electrical plugs and /or panel. Do not turn on any electrical circuits unless you are sure that they are safe. Call an electrician if in doubt. Do not stand in any water that may have electrical fittings immersed in it. It could lead to electrocution.
- **Appliances.** If electrical appliances are wet, turn off the electricity to them at the main panel. Un-plug any portable appliances and let them dry out before using them again.
- **Water and Sewerage systems.** If any pipes are broken or damaged, do not use the device they service. Turn off water at the main shutoff to prevent any further damage to the building. Check with authorities before using any fresh water; it may be contaminated at its source. This includes water from wells. Do not flush toilets until it can be determined that the sewer lines are undamaged. Disinfect any standing water.
- **Food and other Supplies.** Throw away any and all food that has come into contact with flood waters. It may have become contaminated. Launder any clothing and linens that have come into contact with floodwaters before using them. If your basement was flooded, pump out the residue in stages, and remove wet materials to a drying place before using them.
- **Clean and disinfect** anything that may have got wet through flooding. Wear rubber gloves, safety glasses and protective clothing. Debris left from floodwaters could be contaminated by sewerage, pesticides or other chemicals. Damaged sewerage systems are potentially serious health hazards. Contact the Band office, municipality, regional district or provincial environment ministry to find out how to properly dispose of irreparable flood damaged debris, and any hazardous materials such as chemical containers that may be leaking or have opened.
- **Watch for animals.** Small animals that have been flooded out may seek shelter in yours. If backed into a corner, they could become dangerous as they are already frightened. Use a stick to overturn items that have tipped over. Use caution when opening drawers and cupboards.
- **Rescue the most valuable items.** Concentrate on finding valuables such as money, jewellery, legal documents, insurance papers, photographs and family heirlooms. Wash any mud off the items before they dry if possible. Place them in plastic bags and store in a freezer to protect them from mildew and further damage until you have time to thaw them and properly clean them.
- **Insurance.** Call your Insurance agent once you have an inventory of all damaged belongings. Note the value or approximate cost of all damaged items. Take photographs of damaged belongings, furniture and appliances. Record lost or damaged items with your camera, or video camera, and compile a written list. Keep accurate

records and receipts of all repair and cleaning costs, and track the amount of time you and your family members spend doing the cleanup. It will be useful when seeking disaster financial assistance.

### **Cleaning Up:**

The first job after conducting the initial building safety inspection is to give the house a thorough cleaning.

- **Remove standing water slowly.** Once floodwaters have gone down outside, it is important to get any amounts of standing or remaining water from out of your home, most likely found in your basement area or crawlspaces.
  - Using a pump, lower large amounts of the water level by 2 – 3 feet (1 metre). Mark the level and wait overnight. Mark the level and wait overnight.
  - Check the water level the next day. If the water level has risen over your mark, it is too early to drain the house. Wait 24 hours and then try again.
  - When the level stops going back up, it is appropriate to remove the standing water in stages. Remove 1/3<sup>rd</sup> each day, until all standing water has been removed. Use gas driven pumps, or electrically driven pumps if safe to do so, (no electrical outlets under water) and complete with a wet and dry vacuum.
- **Remove all soaked and dirty materials, hose them off and place them in a dry safe area until later.**
  - This includes carpets, furniture, clothing, appliances, bedding, and dishes – everything that has been exposed to floodwaters.
  - Household goods that may have been contaminated by sewage, or that have been wet for a long time, will have to be bagged, tagged, and discarded according to local health regulations
  - If damaged items have to be thrown away, take pictures of them and record them on your list for insurance or disaster financial assistance claims.
  - Place things that can be salvaged in a dry, shady place if possible, until you have time to clean them up. Keep such items as good quality wood furniture, washable clothing, valuable papers, document, photographs and appliances. Discard **submerged** mattresses, pillows, foam rubber, carpets, carpet underlay, furniture coverings and cushions, stuffed animals and baby toys, food, cosmetics and medicines.
- **Get rid of mud and hose down the house. The mud left behind the floodwaters contains most of the health hazards you will face.** Shovel out as much mud as possible. Ensure the electricity is shut off, and then hose down any dirt sticking to walls or furnishings. Hose out light boxes, and electrical power receptacle boxes, as well as heating and air conditioning ductwork and plenums (heating ductworks). Remove any remaining water with a mop, squeegee or if electrical power is safe to use, a wet/dry shop vacuum.

- **Disinfect all surfaces in the home, whether they were soaked by floodwaters or not.**  
This includes ceilings, walls, floors, and any contents that remain in the home. Use disinfecting or sanitizing products at full strength, or a mixture of 75 ml (1/4 cup) of liquid chlorine bleach to 4.5 litres (1 gallon) of water. Ensure that there is adequate cross ventilation to remove fumes. After this cleaning, rinse thoroughly.
- **Tackle one room at a time.**
  - Use a two bucket approach; one for disinfecting solution, one for rinsing. Change the rinse water frequently.
  - Clean walls from the bottom up so you can easily see where you have already cleaned. If you start from the top, drips will make it harder to determine what has not been washed.
  - Follow a three step cleaning process. First clean the room or item, second, disinfect it to kill germs and the smell left by floodwaters, and third get rid of mildew if necessary by using 75 ml (5 Tb) of tri sodium phosphate (TSP) in 4.5 litres (1 gal.) of water.
  - Soaked wooden floors may buckle, and hardwood floors are more vulnerable to buckling than softwood floors. Too much heat during a drying process may make the buckling worse, so let floors dry at a normal temperature.
  - Linoleum and vinyl tile floors can slow down the process of drying the subfloor below them. They should be removed unless you are certain that no water has gone through.
  - Furniture that has been flood damaged should be removed to a dry shady area to dry slowly. If the furniture made from solid wood, the water damage can usually be fixed, but veneered furniture may be beyond recovery. Discard it.
  - Upholstered furniture, unless it is very valuable or antique /family heirloom, is probably not worth saving. If it is, have it professionally cleaned.
  - Rugs and carpets, and underlay that have been soaked by floodwaters or sewage should be discarded. Those that were exposed to floodwater only for a short period of time, may be able to be salvaged by a hiring a professional cleaner.
  - Mattresses, bedding, and pillows soaked by floodwaters should be discarded.
  - Leather goods should be professionally cleaned. As a temporary measure, wash off any mud and dry them slowly away from direct heat and sunlight.

#### **Cleaning clothing:**

Do not use your clothes washer until you are sure you are using clean water and that the sewer line is working. Before using the washer, run it through one complete hot wash cycle with disinfectants, but with the drum empty. Hose or shake off any muddy items before washing. Cottons and linens soiled with red or yellow clay need to be cleaned carefully. Remove loose dirt, rinse and then wash in warm soapy water. Do not use hot water, or the stains will set. Wash several times if necessary.

#### **Cooking utensils:**

You must sterilize all cooking utensils, storage containers, cutlery, glasses, and dishes. Do not use household water unless it proven to be clean. The best way to disinfect

utensils is to thoroughly wash them in hot soapy water, then boil them in water for at least two minutes. An alternative method is to wash them in hot soapy water, and then soak them in a solution of 75ml (1/4 cup) of chlorine bleach and 4.5 litres (1 gal.) of water for 10 minutes. Then let them air dry.

### **Drying**

**Dry out the house and its contents quickly and thoroughly in order to prevent the growth of bacteria and moulds.**

- Increase ventilation and decrease humidity.
- Open doors and windows to allow moist air to escape. If you have safe electrical power, consider using fans and dehumidifiers to accelerate the drying process.
- Heat your home if appropriate, but do not heat your home to more than 4°C (about 40°F) until all of the water is removed. Whether you use a wood, gas or electrical heating system, have it thoroughly inspected by a qualified technician before using it again. Replace the furnace blower motor, switches and controls if they have been soaked. Consider the use of electric heaters to speed up the drying process. Do not use a barbeque, hibachi, or propane heater to heat your home, as these appliances use up oxygen you need to breathe and give off deadly carbon monoxide which can kill you.
- Replace filters and insulation inside furnaces, water heaters, refrigerators and freezers if they have been wet.

**Remove flood soaked insulation in the walls.** Do this as soon as possible. Wet insulation holds moisture, encourages the growth of mould and bacteria and keeps other building materials from drying out properly. Remove insulation at least 50 cm (20 inches) above the high water line.

### **Dry out and disinfect interior walls.**

- Drywall soaked sections must be removed and thrown away. Remove drywall at least 50 cm (20 inches) above the high water line.
- Paneled walls must have the bottom pried out from a corner, popped off the bottom nailed portion from the wall studs and propped open to allow air to circulate in behind. Wipe all interior cavities with a disinfecting solution of 75 ml (1/4 cup) of liquid chlorine bleach to 4.5 litres (1 gallon) of water.
- Dry out and disinfect floors. Check for wet floor insulation. If you discover any, remove it, then disinfect and dry the floor framing in the same manner as walls.
- Replace any flooring that has been deeply penetrated by floodwater or sewage.

# Fires – Wildland

## Possible Major Effects:

1. Casualties
2. Deaths
3. Trapped, stranded and / or missing people
4. Public health issues and concerns
5. Shelter-In-Place of people and animals
6. Evacuation and / or relocation of people and animals
7. Explosions and / or fire hazards
8. Shortage of water for fire fighting capabilities
9. Dangerous goods / hazardous materials spills, escaping gases and / or nuclear waste
10. Decontamination issues
11. Disruption and / or damage to infrastructure (roads, bridges, docks, utilities, water, sewer and drainage systems)
12. Disruption of Travel (road, air and / or water)
13. Extensive damage to public and private property
14. Disruption and economic effect on government, business and / or public



## How to prepare for a wildfire

If your community is surrounded by brush, grassland or forest, follow these instructions to prepare your home and family for potential wildfires.

- Prepare an emergency kit.
- Check for, and remove, fire hazards in and around your home, such as dried out branches, leaves and debris.
- Keep a good sprinkler in an accessible location.
- Learn fire safety techniques and teach them to members of your family.
- Have fire drills with your family on a regular basis.
- Maintain first-aid supplies to treat the injured until help arrives.
- Have an escape plan so that all members of the family know how to get out of the house quickly and safely.

- Have an emergency plan so family members can contact each other in case they are separated during an evacuation.
- Make sure all family members are familiar with the technique of "STOP, DROP, AND ROLL" in case of clothes catching on fire.
- Make sure every floor and all sleeping areas have smoke detectors.
- Consult with your local fire department about making your home fire-resistant.
- If you are on a farm/ranch, sheltering livestock may be the wrong thing to do because a wildfire could trap animals inside, causing them to burn alive. Leaving animals unsheltered is preferable, or if time and personal safety permits, evacuation away from the danger zone should be considered.

### **If you see a wildfire approaching your home**

If you see a fire approaching your home or community, report it immediately by dialling 9-1-1 or your local emergency number. If it is safe, and there is time before the fire arrives, you should take the following action:

- Close all windows and doors in the house.
- Cover vents, windows, and other openings of the house with duct tape and/or pre-cut pieces of plywood.
- Park your car, positioned forward out of the driveway. Keep car windows closed and have your valuables already packed in your car.
- Turn off propane or natural gas. Move any propane barbeques into the open, away from structures.
- Turn on the lights in the house, porch, garage and yard.  
Inside the house, move combustible materials such as light curtains and furniture away from the windows.
- Place a ladder to the roof in the front of the house.
- Put lawn sprinklers on the roof of the house and turn on the water.
- Move all combustibles away from the house, including firewood and lawn furniture.
- Evacuate your family and pets to a safe location.
- Stay tuned to your local radio station for up-to-date information on the fire and possible road closures.

### **What to do during a forest fire or wildfire**

- Monitor local radio stations.
- Be prepared to evacuate at any time. If told to evacuate, do so.

- Keep all doors and windows closed in your home.
- Remove flammable drapes, curtains, awnings or other window coverings.
- Keep lights on to aid visibility in case smoke fills the house.
- If sufficient water is available, turn sprinklers on to wet the roof and any water-proof valuables.

# Residential Fires

Far too many lives are lost, and property destroyed due to Fires, many of which could have been prevented. In order to protect yourself, it is important to understand the basics of fire. Fire spreads very rapidly; there is no time to gather valuables or to make a phone call.

Inside of two minutes, a fire can become life threatening. In five minutes, a residence can become totally engulfed in flames. Heat and smoke from fire can be more dangerous than the flames.

Inhaling super heated hot air can sear you lungs. Fire also produces gases that are poisonous, and make you disoriented and drowsy.

Instead of being awakened by fire, you may fall into a deeper sleep. Asphyxiation is the leading cause of fire related deaths, exceeding that of burns by a three to one ratio.



## Before a Fire

- Install smoke alarms, and test them regularly. Properly working smoke alarms decrease your chances of dying in a fire by 50 %.
- There should be a smoke alarm on every level of your residence or business. Place them outside of bedrooms on the ceiling, at the top of open stairways, or at the bottom of enclosed stairwells. Do not put them in kitchens, bathrooms, or just outside of bathrooms
- Smoke alarms should be tested every month manually, Batteries should be replaced twice a year, and the units themselves replaced every ten years, as the ionization chambers wear out over time.

## Escaping from a Fire

- Practice your escape routes with your family or work mates. Conduct drills from every room which you regularly occupy.
- Stay low to the floor during a fire. Smoke fills the upper two thirds of a room. Crawl towards your nearest exit. Feel the doors for heat before opening them, as fire may be unseen behind them. Close doors and windows behind you as you leave the facility.
- Consider escape ladders if your residence has more than one level. Ensure that windows are free opening, and not painted shut. Ensure that any anti-burglar devices installed in the facility are easily removed from the INSIDE.

## Fire Prevention

- Never use gasoline, benzene, or similar flammable fluids indoors.

- Always store flammable fluids in properly approved containers placed in well ventilated storage areas.
- Never smoke around flammable liquids.
- Discard all rags or materials that have been soaked in flammable liquids for cleaning purposes. Discard them safely in a metal container, outdoors.
- Ensure that your chimney is cleaned annually if you use wood burning devices to heat your facility. Install spark arresters on the tops of chimneys, especially if you have a cedar shake type roof.
- Place any heaters at least 1 metre away from flammable materials. Use electric heaters that are tip over proof.
- Always use a screen in front of open burning fireplaces.
- Keep open flame (such as candles) away from furniture, drapery, carpeting, or other flammable items.
- Keep matches and lighters out of reach and away from inquisitive children.
- NEVER smoke in bed or while lying on a couch, or while medicated. Ensure there are proper deep and sturdy ashtrays used. Soak all cigarette and cigar butts with water before disposing of them.
- Use properly wire gauged grounded electrical extension cords. Do not overload electrical outlets with multiple cord installations. Do not run extension cords under carpets or across high-traffic areas.
- Ensure that all of your household / business wiring is safe, and installed to code requirements. Replace any defective or frayed wiring. If in doubt, have it checked by an electrician.
- Keep a type ABC fire extinguisher in your residence and teach family members how to use it. Remember the acronym **PASS** meaning **PULL** the pin, **AIM** the extinguisher at the base of a small fire, **SQUEEZE** the handle, **SPRAY** the contents across the fire.)
- Ask the Nanaimo Fire Department to conduct a safety inspection of your facility. Follow their advice on any corrective measures recommended.

# Urban Interface Wildfire

## Learn and teach safe fire practices

- Avoid open burning if possible, especially during the dry season.
- Build fires away from any trees or bushes or areas of tall grasses. Ensure that there is no wind before lighting any fire.
- Never leave any fire – even a lit cigarette - burning unattended.



## Always be ready for an evacuation

Evacuation may be the only way to protect your family from a wildfire. Such fires can move very quickly, as seen recently in Kelowna during the fires of 2003 and 2009, and cause major destruction in their paths. Know where to go, and take with you your emergency supplies.

## Create a safety zone around your home or business

All vegetation is fuel for a wildfire, though some trees and shrubbery are more flammable than others. To reduce the risk, you will need to modify brush, trees, and other vegetation near your home. The greater the distance is between your home and the vegetation, the greater the protection. Create a 30 foot safety zone around your home. If you live on a hill, extend the zone on the downhill side. Fire spreads rapidly on an uphill slope.

- **Remove** any vines that may be on the side of a building
- **Keep shrubs and other vegetation** from touching the sides of the house.
- **Prune back** any tree branches that may be within 5 metres of any chimneys or stove pipes
- **Remove tree limbs** within 5 metres of the ground.
- **Replace** any vegetation that has dead branches from ground level up, as these act as ladder fuels for approaching fire.
- **Clear the zone** of any leaves, brush, evergreen cones, dead limbs and fallen branches.
- **Avoid** using bark mulch or wood chips for landscaping in wildfire threatened zones. Use decorative rock or gravel instead
- **Stack** firewood 30 metres and uphill away from a home or any structure. Use any propane or gas barbeques with caution during dry season.

## Protection of your home.

- **Remove** any debris from underneath sun decks and porches. These are usually favourite storage places, but are ideal spaces for fueling an approaching wildfire. Items can ignite by flying embers becoming trapped within them.
- **Clear** built up leaves, trash, combustibles away from underneath sun decks and porches.

- **Enclose** wooden supports (stilts or beams supporting sun decks / porches) with non-combustible surrounds such as brick, rock, stucco or metal cladding.
- **Eaves and overhangs also trap fire.** Enclose all eaves / overhangs with metal soffit material to discourage fire which can build up underneath them just as they do with sun deck and porches.
- **Use fire resistant siding.** Wooden siding can look very attractive, but is an ideal source of fuel for a fire. Wood siding can be treated with approved fire retardant chemicals, but such treatments are not permanent. Again, use of exterior fire resistant materials such as brick, stucco, metal siding, concrete or rock provide better protection overall.
- **Choose safety glass** for windows and sliding glass doors. Glass will allow radiated heat to pass through, and may ignite surrounding draperies or combustible material inside the structure. Dual pane or triple pane thermal glass helps greatly to reduce this risk.
- **The roof is especially vulnerable in a wildfire.** Embers and flaming debris can travel great distances, land on your roof and start a new fire. If hoses and adequate water supplies are available, leave sprinklers on your roofs and anything that may be damaged by an approaching fire.
- **Avoid** flammable roofing materials such as wood, cedar shakes, and shingles. Materials that are more fire resistant include single ply membranes, fiberglass shingles, metal, clay tile, or concrete tile roofs.
- **Keep** rain gutters clear of leaves and debris which could catch on fire from flying embers and move the fire to the structure.

# Severe Weather

## Preparing for severe storms

Stock up on heating fuel and ready-to-eat food, as well as battery-powered, solar powered or wind-up flashlights and radios – and extra batteries. Also, learn what to have in your car emergency kit.

When a severe storm is on the horizon, the Meteorological Service of Canada issues [watches, warnings and advisories](#) through radio and television stations, the [Weather Office Website](#), automated telephone information lines and [Environment Canada's Weatheradio](#).



### Other tips for preparedness

- If a severe storm is forecast, secure everything that might be blown around or torn loose – indoors and outdoors. Flying objects such as garbage cans and lawn furniture can injure people and damage property.
- Trim dead branches and cut down dead trees to reduce the danger of these falling onto your house during a storm.
- If you are indoors, stay away from windows, doors and fireplaces.
- You may want to go to the sheltered area that you and your family chose for your emergency plan.
- If you are advised by officials to evacuate, do so. Take your emergency kit with you.
- You can use a cellular telephone during a severe storm, but it's not always safe to use a land-line telephone.
- Never go out in a boat during a storm. If you are on the water and you see bad weather approaching, head for shore immediately. Always check the marine forecast before leaving for a day of boating and listen to weather reports during your cruise.

## Before Severe Weather or Periods of Extreme Cold

Check on and add additional items to your disaster supplies kit. Ensure time sensitive contents have been discarded and replaced.

- Rock salt to melt ice on walkways and stairs.
- Sand to improve traction on icy surfaces.
- Snow shovels and other appropriate snow removal equipment.
- If a blizzard or heavy blowing snow is forecast, you may want to string a lifeline between your house and any outbuildings to which you may have to go during the storm.
- When a winter storm hits, stay indoors. If you must go outside, dress for the weather. Outer clothing should be tightly woven and water-repellent. The jacket should have a hood. Wear mittens – they are warmer than gloves – and a hat, as most body heat is lost through the head.

## Prepare your home and family

- **Prepare for possible isolation in your home** for extended periods of time. Stock up on and have sufficient supplies of heating fuel, as regular supplies of fuel may be cut off for some time. A good example is a well seasoned supply of firewood for a wood stove, or fireplace. Electric heating and fuel fired furnaces are dependant on electricity, which may be absent for long periods of time.
- **Winterize your home** to extend the life of your fuel supply by ensuring walls are adequately insulated, ceilings are adequately insulated, and that doors and windows shut properly and have adequate weather stripping around them. Replace worn out caulking seams where necessary. In extreme cases, it may be advisable to cover windows with clear polyethylene. Clean out all roof gutters and downspouts to ensure proper run off of water from snow or rain. Repair any known roof leaks, and cut away any nearby tree branches that could fall through the roof during a severe wind storm.
- **Insulate pipes** that are exposed to cold areas. Allow faucets to drip a little bit to keep water moving, thus avoiding freezing.
- **Learn how to shutoff water valves** in case of a water pipe burst due to freezing.
- **Keep a fire extinguisher close at hand**, as cold weather causes people to turn on alternate heating sources without sometimes taking the proper precautions. Electric heaters plugged into regular circuits may cause electrical overloading and fire.
- **Know ahead of time** what to do to help elderly or disabled friends or family members.
- **Ensure anything that could be knocked down in heavy wind is secured or removed.** If dead or uprooted trees hang over property, ensure they are safe or removed. After severe windstorms, check your property for damaged trees, power poles or anything else which may fall or collapse onto your home.

## Prepare your Car

- If you must travel during a winter storm, do so during the day and let someone know your route and arrival time.
- Check / change your anti-freeze levels for correct operating limits.
- Ensure air conditioning is working.
- Ensure your car battery is in good condition, and that the battery terminals are clean, tight, and free from corrosion.
- Exhaust System – check for exhaust leaks, as carbon monoxide poisoning is a silent killer and often proves fatal.
- Heater and defroster – ensure that they are working properly. Clear windshields properly before driving.
- Lights and hazard lights – check for correct operation and burned out bulbs
- Windshield wiper equipment – ensure wiper blades are in good condition and have a frost scraper available.

- Install good winter tires. All weather radials are usually adequate for light conditions, but it is far better to have proper winter tires all round. Carry chains as an extra precaution for remote areas.
- Maintain at least a minimum half tank of fuel at all times during the winter season.
- Place a winter emergency kit in your car that includes:
  - A shovel
  - Windshield scraper and small broom
  - Flashlight
  - Battery, solar, or windup radio.
  - Water
  - Snack foods
  - Matches
  - Extra clothing
  - First Aid Kit with pocket knife
  - Blankets
  - Tow rope or chain
  - Jumper cables
  - Emergency flares
- If you are in a car and need to stop, move the car away from trees or power lines that might fall on you) before parking. Stay there.
- If your car gets stuck in a blizzard or snowstorm, remain calm and stay in your car. Allow fresh air in your car by opening the window slightly on the sheltered side – away from the wind. You can run the car engine about 10 minutes every half-hour if the exhaust system is working well. Beware of exhaust fumes and check the exhaust pipe periodically to make sure it is not blocked with snow. Remember: you can't smell potentially fatal carbon monoxide fumes.
- To keep your hands and feet warm, exercise them periodically. In general, it is a good idea to keep moving to avoid falling asleep. If you do try to shovel the snow from around your car, avoid overexerting yourself.
- 

## **Dress for the Weather**

### ***During a Winter Storm***

- **Wear several layers** of clothing that is loose fitting, light weight and warm as opposed to one layer of heavy clothing.
- **Wear mittens**, which are warmer than gloves.
- **Wear a hat.**
- **Cover your mouth** with a scarf to protect your lungs from extreme cold air.

### ***During a Heat Wave***

- Carry and use sun screen regularly.

- Ensure you are drinking lots of water throughout the day.
- Wear a hat.

### **During a Severe Weather condition**

- Listen to your radio or television for weather broadcasts and warnings, or other emergency instructions
- Eat regularly and drink ample fluids, but avoid caffeine or alcohol
- Conserve home heating, by closing off some unused rooms and congregating in one room.
- Check in on family members, who may be on their own, the heat can have a dangerous affect on the elderly.

### **If you are outside**

#### ***During a Winter Storm***

- **Avoid overexertion when shoveling snow.** Overexertion can bring on a heart attack – a major contributor to death in the winter. If you must shovel snow, stretch and do a warm up exercise before going outside.
- **Keep dry.** Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating qualities and transmits heat rapidly.
- **Watch for sign of frostbite.** These include loss of feeling and white or pale appearances in the extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical attention as soon as possible.

# HAZARDOUS MATERIALS INCIDENT

**If you are subjected to a Hazardous Materials Incident and**

**Are told to shelter in place;**

- Bring all children and pets inside immediately
- Close ALL exterior doors and windows. Close vents from bathroom and kitchen fans that vent to the exterior, and close any fireplace dampers. Turn off any air conditioners and ventilation systems.
- Select a room inside the home or building suitable for the numbers of persons inside. This room should be above ground level, and have the fewest external openings as possible.
- Seal all of the windows and doors with plastic sheeting and duct tape. Reinforce air tightness by further sealing gaps around doors and windows with wet towels or rags.
- Ten square feet of floor space per person in a sealed room will provide sufficient air to prevent carbon dioxide build-up for up to five hours, assuming a normal resting adult breathing rate. Contaminated air will still slowly infill the room however. In recognition of this, officials after 2 to 3 hours will most likely recommend and initiate an evacuation if the hazard persists. It will be the better protective action to take over the long term.
- Ventilate the shelter room when the emergency has passed, to avoid breathing the contaminated air inside.



**Are told to evacuate:**

- Do so without delay.
- Stay tuned to local radio stations for information of safe evacuation routes and prevailing wind conditions. Short cuts may be unsafe.
- Take with you your family emergency kits.
- Remember to take your pets with you.
- Remember to assist your neighbours, infants, elderly, or physically challenged, who may be in need of special assistance.

**Are caught outside in the open:**

- Stay upwind, uphill, or upstream of the spill or source of contamination. As a rule of thumb, you should be at least a half mile away from the danger area.
- Do not walk into, or touch any spilled liquids, airborne mists, or condensed solid chemical deposits. Try not to inhale gases, fumes or smoke. If possible, cover the mouth with a cloth while leaving the area
- Stay away from site accident victims until the hazardous material has been identified and /or contained.

**Are in a motor vehicle:**

- Stop and seek shelter in a permanent building. If you must remain in your car, shut off the engine, air conditioner or heater, and close the exterior ventilation system and all windows.

**What to do after a hazardous materials incident:**

- Return home only when authorities say it is safe to do so. Open windows and vents, and turn on fans to provide ventilation
- Act quickly if you have come into contact with, or have been exposed to hazardous chemicals. Do the following;
  - Follow decontamination instructions from local authorities. You may be advised to take a complete shower, or may be advised to stay away from water and follow another procedure.
  - Seek medical treatment from unusual symptoms as soon as possible. You may have to be quarantined, or decontaminated before being treated. Because the type of chemical may not be known right away, treatment will be based on symptoms. Observe and record things like breathing and heart rate, perspiration, dizziness, skin tones, deliriousness. Share this information with medical personnel and public health agencies when you attend for treatment.
  - Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call authorities to find out about proper disposal.
  - Advise everyone that comes into contact with you that you may have been exposed to a toxic substance.
- Find out from local authorities how to clean up your land and property.
- Report any lingering vapors or other hazards to local emergency services.

## Power Outages

Power outages are frequent occurrences at varying times in the Province of British Columbia. Coastal areas can be particularly hard hit as Pacific weather systems move across Canada from the Ocean. Main causes of power outages are high winds and tress falling across power lines, build ups of ice weighing down the lines and causing them to break, or as simple as power equipment failures, blown circuit protection or transformers, traffic accidents and bird strikes. Irrespective of the cause, the result is the same.



Should you experience a complete power failure, check with your neighbours to see if they are also affected. If they are not, chances are the problem lies within your own building/home's distribution system. Check your electrical panel for tripped circuit breakers. Look for faults, such as circuit overloads (too many devices plugged in to one circuit, or defective electrical equipment) and correct them before re-setting the breaker. If the neighbourhood is also out of power, it is likely a problem with the hydro distribution grid.

### Preparing for power failures

Most homes rely on electricity for cooking, heating, and hot water, as well as general conveniences such as lights and appliances. To cope with power failures involving these items, alternate equipment can provide some relief.

- A wood burning stove can be used for heating, cooking, and making hot water. Store adequate amounts of seasoned firewood for this purpose. Ensure that your flue is cleaned annually, as creosote builds up quickly and can ignite in sustained high temperatures generated by continuous operation causing a chimney fire.
- Barbeques, both charcoal and gas supplied, can also be used for cooking and heating water. **DO NOT** use them indoors as a source of heat however, as they generate carbon monoxide, the silent killer.
- Check with your local fire department about the use of kerosene heaters.
- Generators can also be used for temporary power. Determine what the loading capacity of the items you wish to power are, and use a suitably sized generator to meet the need. Do not connect the generator to you electrical panel unless you use an approved isolating transfer switch. Generators connected to a panel without one could kill hydro workers as the electricity back feeds down the power lines causing them to also become "live".

### During Power Outages

- **Look** for and report any downed power lines to your electrical authority. Do not go near them, as they may still be alive. Never assume them to be "dead".
- **Turn off** heavy load appliances such as stoves and dryers, as they consume a large amount of power at start up and may trip the circuit breaker due to the high demand.

- **Turn off** power tools, as they may start up inadvertently and injure somebody by starting unexpectedly.
- **Don't** open your fridge or freezer door unless absolutely necessary. A freezer should be able to keep food frozen for 24 hours or more if the door remains closed. Any food stored outside in winter requires caution, due to potentially unsanitary conditions, passing animals, and fluctuating temperatures.
- **Keep** doors, windows and drapes shut to conserve heat during the winter. Concentrate activities into one room if possible.
- **Turn off** all lights except one. That will light up so you will know when the power is restored.
- **In very cold weather**, the temperature in a home can drop to the point where it is too cold to remain there. Be prepared to re-locate elsewhere if the power outage is going to be for a long time. If you do leave your home, make sure all of your heat generating appliances (iron and stove) is turned off. This will ensure that the fire hazard is reduced if the power comes on while you are away.
- You should take precautions before leaving your home in extremely cold weather during power outages. Turn off the water at the supply valve. If exposed, wrap it in insulation for protection. Drain household waterlines from the top down by opening all taps. Flush the toilet several times to remove all standing water. Shut off the circuits feeding the hot water tank, and then drain the tank by coupling a hose to the drain valve and leading it to the outside.

#### **After the Power Outage**

- If the main switch or circuit breaker was shut off, double check to make sure all appliance are unplugged to prevent damage from a power surge when the power is switched on.
- Switch on the main power circuit breaker, followed by individual circuit breakers. Give the electrical system time to stabilize before turning on heating.
- If you drained the water pipes and electric hot water tank, turn on the main water supply valve and refill the system. Close the lowest valves and taps first, working your way upwards and allowing air to escape. Make sure water **is in** the hot water tank before restoring power to it. You could burn out your elements otherwise.
- Warm the house slightly above normal to allow it to dry out thoroughly.

#### **Food Spoilage**

- **Monitor** food spoilage due to power outages carefully. If ice cubes normally kept in the freezer compartment of a fridge have melted, chances are that the food is also spoiled. When food begins to defrost, it should be cooked. If in doubt, toss it out.

# Pandemic



## Ways to Prevent the Spread of Influenza

### Hand Washing



One of the most important things you can do to keep from getting sick is to wash your hands.

One of the most common ways to become ill is by rubbing your nose, eyes or mouth after your hands have been contaminated with viruses. By frequently washing your hands you wash away viruses that can be picked up from other people, or from contaminated surfaces, or from animals.

It is especially important to wash your hands

- Before, during, and after you prepare food
- Before you eat, and after you use the bathroom
- After handling animals or animal waste

### You should also....



Cover your mouth and nose with a tissue when you cough or sneeze



Throw your tissues away



Stay at home if you are sick

- Sneeze or cough into the inside of your arm if you do not have a tissue
- Drink lots of fluids. Fluids that do not have caffeine is best (caffeine makes you lose fluids)
- Take basic pain/fever relievers e.g. Acetaminophen (Tylenol)
- Take cough medicine. This helps especially if you have a dry cough
- Use a hot water bottle or heating pad. Applying heat carefully, for short periods of time, can help reduce muscle pain.

- Get lots of rest.

To report symptoms please call (250) 740-2337 please leave a message if no one answers.  
Please call 811 (BC Nurse Line), your doctor, or 911 if you experience severe symptoms

## Basic Cleaning Tips

As the Influenza Virus can live on smooth unclean surfaces for more than 24 hours, during an influenza outbreak it will be very important to disinfect your home, especially if you have a loved one at home who is sick. The following are a few tips on where to clean and how to clean.

As bleach has been proven to kill 99.9% of common household germs, such as E. coli, Staphylococcus (Staph), Salmonella and viruses that can cause colds and flu, your cleaning solution should be made up of 9 parts water and 1 part bleach.



The following common surfaces should be kept clean especially when someone is sick:

- Refrigerator and microwave door handles
- All sinks, tubs & faucets
- Toilet handles, seats & bowls
- TV remotes
- Telephones
- Light switches
- Doorknobs
- Computer keyboards & Mouse's
- Countertops



These surfaces can be cleaned by using the bleach/water cleaning solution, with just a few quick sprays of the cleaning solution and wiping the surface with a cloth. Be sure to give the surface a good rub, while wiping off the cleaning solution.

A sink drain needs to be cleaned at least weekly. After you've washed out the sink with the cleaning solution, flush the drain by pouring in 1 cup (8 Oz.) of bleach down the drain and flush again with hot water.



Sweep then mop kitchen and bathroom floors with the cleaning solution, and vacuum carpets at least weekly or as needed.

To clean plastic cutting boards, wash or rinse with liquid dishwashing detergent and water. Then soak in a solution using 1 tablespoon of bleach per gallon of water. Let stand 2 minutes, then air dry.

To clean wooden cutting boards, use approximately 3 tablespoons of bleach per gallon of water to create a sanitizing solution. Wash, wipe, or rinse with dishwashing detergent and water, then apply solution. Let stand 2 minutes. Rinse with a solution of 1 tablespoon of bleach per gallon of water. Do not rinse or soak overnight.



When cleaning telephones, be sure to clean both the receiver and the buttons on the phone, this way the entire phone is clean.



Scrubbing toys weekly is your safest bet. Clean washable, colorfast plastic toys with a solution of  $\frac{3}{4}$  cup bleach per gallon of water. Soak for 5 minutes, rinse and air dry. Keep in mind that many toys can simply join your dishes in the dishwasher. If your child has been ill you will want to disinfect hard plastic toys with bleach as soon as your child shows symptoms of influenza.

Have your children use a plastic tub for the hard plastic toys they've been playing with that day. This way, you can simply pick the whole thing up and clean in one batch. Don't forget to wipe down and rinse the toys and the bin!

Toys that trap water (like rubber ducky's) also need to be cleaned regularly, rinsed well and left to dry.



Some of the information gathered in regards to the above cleaning information came from the Clorox Bleach website

## Flu Treatment

Need help deciding which treatments are effective for the flu? Though flu treatments won't cure the flu, there are flu treatments that can relieve common flu symptoms such as fever, aches, fatigue, and congestion. Some flu treatments may actually shorten the time you have flu symptoms. However, Health Canada now says that over-the-counter cough and cold medicines should not be given to children under 6.

There is some basic home treatment which can help to alleviate the flu symptoms:

- Get plenty of rest. Stay home from work or school as bed rest will also help you avoid spreading the virus to others.
- Drink plenty of extra fluids to replace those lost from fever.
- Avoid smoking and breathing other people's smoke.
- Breathe moist air from a hot shower or from a sink filled with hot water to help clear a stuffy nose.
- Anti-influenza drugs or antivirals are available by prescription, but these must be started early. They will shorten symptoms by about three days if given within 12 hours, and by about 1.5 days if given with two days of the start of symptoms.
- Over-the-counter medications can help relieve symptoms such as pain and fever. These are *not* recommended for children under six years of age. Non-prescription flu remedies are also available at the pharmacy.

Information found at [http://www.bccdc.ca/dis-cond/a-z/\\_f/Flu/overview/default.htm](http://www.bccdc.ca/dis-cond/a-z/_f/Flu/overview/default.htm)

## Which flu treatments should I take for flu symptoms?

The flu treatment you should take depends on your symptoms. For example, if you have nasal or sinus congestion, then a decongestant can be helpful. However, decongestants should not be used for more than a few days because, if they are used too long and then stopped, they can cause rebound symptoms.

If you have a runny nose, postnasal drip, or itchy, watery eyes -- then an antihistamine may be helpful for your flu symptoms.

Over-the-counter antihistamines often make people drowsy, whereas decongestants can make people hyper or keep them awake. Antihistamines can make mucus thick, which can be a problem if you have lung disease such as COPD or asthma. Keep in mind that both decongestants and antihistamines can interact with other drugs you may be taking for conditions such as heart disease, and they may worsen some conditions. Talk to your doctor or pharmacist about which flu treatment may be best for you.

### **Which flu treatment should I use for nasal congestion?**

If you need immediate relief for swollen, congested nasal passages, you may get relief with an over-the-counter decongestant nasal spray. **Warning:** It is important to stop using decongestant nasal sprays after three to five days to avoid the development of rebound congestion or recurrent congestion.

Some doctors suggest using a saline spray instead of a medicated spray. Saline spray works more slowly but has no rebound effect. It may be used for extended periods of time without significant side effects.

### **Is it safe to take a decongestant if I have high blood pressure?**

Decongestants can increase blood pressure and heart rate and increase the risk of heart attacks and strokes. Pseudoephedrine is the primary oral decongestant available. In general, **if your blood pressure is well controlled with medications**, then a decongestant shouldn't be a problem as long as you monitor your blood pressure. **This may not be true, however, with certain types of blood pressure medications.** If you are at all unsure or hesitant, **check** with your **doctor or pharmacist** about whether a decongestant may be appropriate or not for you.

### **Which flu treatment works best for my cough?**

An occasional cough may clear the lung of pollutants and excess phlegm. A persistent cough should be diagnosed and treated specifically. On the pharmacy shelf, you'll find numerous cough medicines with various combinations of decongestants, antihistamines, and cough suppressants, ask your pharmacist which combination, if any, would be right for your cough.

### **Which flu treatment should I take to lower my fever and body aches?**

Fever may be a good thing. It helps the body fight off infection by suppressing the growth of bacteria and viruses and activating the immune system. Doctors no longer recommend suppressing fever for most people, except perhaps for the very young, the very old, and those with certain medical conditions such as heart disease or lung disease. However, if you are uncomfortable, then it's fine to take medications.

Young people (including those in their early 20s) should avoid aspirin. Acetaminophen (Tylenol and others) or the numerous other medicines like ibuprofen (Advil and others) are your best choices. Each medication has risks. Check with your doctor or pharmacist as to which medication may be best for you.

Be careful not to overdose! These drugs are often mixed in with other cough and cold and flu remedies you may also be taking. Your pharmacist can help you make the right choice.

### **Which flu treatment is best for my sore throat?**

Drinking lots of fluids and using salt water gargles (made by combining a cup of warm water and a teaspoon of salt) can often be helpful for easing the pain of a sore throat. Some oral medications (such as Tylenol) and medicated lozenges and gargles can also temporarily soothe

a sore throat. Get your doctor's approval before using any medications, including over-the-counter drugs, and don't use lozenges or gargles for more than a few days. The medications could mask signs of strep throat, a bacterial infection that should be treated with antibiotics.

### **Can antibiotics help my flu symptoms?**

Antibiotics cannot help flu symptoms. The flu is caused by a virus, and antibiotics only treat bacterial infections. Taking antibiotics needlessly may increase your risk of getting an infection later that resists antibiotic treatment. If you get a secondary bacterial infection with the flu virus, your doctor may prescribe an antibiotic to treat the secondary infection.

If your doctor does prescribe an antibiotic for a sinus infection or respiratory tract infection associated with flu, and you do not get relief within a few days, check back with your doctor to see if the antibiotic is working for your particular infection. Certain bacteria have become resistant to some antibiotics in some locales, and stronger medications may be needed.

### **When do you need to seek medical advice?**

If you do not start to feel better in a few days or your symptoms get worse, you should seek medical advice:

- Chest pain
- Difficulty breathing
- Wheezing
- High or persistent fever: more than 38.5°C (101.3°F) for more than 24 hours
- Severe headache or neck pain
- Severe throat pain

### **Seek medical advice if you get sick and you have the following health concerns:**

- Heart or lung disease
- Any chronic health concern that requires regular medical attention
- An immune system weakened by disease or medical treatment, or
- You are frail or at risk of serious illness or complications

**Information found** <http://www.bccdc.ca/dis-cond/a-z/f/Flu/overview/default.htm>,  
[http://www.canadianliving.com/health/prevention/colds\\_and\\_the\\_flu\\_symptoms\\_and\\_treatment.php](http://www.canadianliving.com/health/prevention/colds_and_the_flu_symptoms_and_treatment.php),  
<http://www.webmd.com/cold-and-flu/9-tips-to-treat-colds-and-flu-the-natural-way?page=2>

## Is It a Cold or the Flu?

Cold and flu viruses are both respiratory illnesses, but they have different symptoms. The following chart will help you know the difference between the two.

Signs and Symptoms	Influenza	Cold
<b>Fever</b>	Usually present	Rare
<b>Aches</b>	Usual, often severe	Slight
<b>Chills</b>	Fairly common	Uncommon
<b>Tiredness</b>	Moderate to severe	Mild
<b>Symptom onset</b>	Symptoms can appear within 3 to 6 hours	
<b>Coughing</b>	Dry, unproductive cough	Hacking, productive cough
<b>Sneezing</b>	Uncommon	Common
<b>Stuffy nose</b>	Uncommon	Common
<b>Sore throat</b>	Uncommon	Common
<b>Chest discomfort</b>	Often severe	Mild to moderate
<b>Headache</b>	Common	Uncommon
<b>Complications</b>	Bronchitis, pneumonia; can be life threatening	Sinus Congestion or earache

Information for this chart found at <http://www.bccdc.ca/dis-cond/a-/f/Flu/overview/default.htm>, [www.flufacts.com](http://www.flufacts.com) and [www.webmd.com](http://www.webmd.com)

### High risk groups for seasonal flu include:

- anyone aged 65 years or older
- people with chronic heart, lung, or metabolic disorders (including diabetes)
- those with chronic kidney disease, anaemia, a weakened immune system, or asthma
- residents of nursing homes
- children receiving long-term ASA therapy who may be at risk of developing Reye's syndrome
- children 6 months or older with respiratory disorders

*Written and reviewed by the MediResource Clinical Team Updated, April 8, 2011*

[http://bodyandhealth.canada.com/channel\\_section\\_details.asp?text\\_id=2383&channel\\_id=1020&relation\\_id=10882](http://bodyandhealth.canada.com/channel_section_details.asp?text_id=2383&channel_id=1020&relation_id=10882)

## Child's Symptoms and Care Guide

The answers to these questions can help determine whether a child is fighting the flu or combating a cold:

Flu vs. Colds: A Guide to Symptoms		
Questions	Flu	Cold
Was the onset of illness ...	Sudden?	Slow?
Does your child have a ...	High fever?	No (or mild) fever?
Is your child's exhaustion level ...	Severe?	Mild?
Does your child's have ...	A headache?	Headache-free?
Is your child's appetite ...	Decreased?	Normal?
Are your child's muscles ...	Aching?	Fine?
Does your child have ...	Chills?	No chills?

If most of your answers fell into the first category, chances are that your child has the flu. If your answers were usually in the second category, it's most likely a cold.

Some bacterial diseases, like strep throat or pneumonia, also can look like the flu or a cold. It's important to get medical attention immediately if your child seems to be getting worse, is having any trouble breathing, has a high fever, that doesn't break (or for more than 24 hours), has a bad headache, has a sore throat, or seems confused.

While even healthy kids can have complications of the flu, kids with certain medical conditions are at more of a risk. If you think your child might have the flu, contact your doctor.

### **Caring for your child:**

Offer plenty of fluids (fever, which can be associated with the flu, can lead to dehydration). If your child is tired of drinking plain water, try ice pops, icy drinks mixed in a blender, and soft fruits (like melons or grapes) to maintain hydration.

Encourage your child to rest in bed or on the couch, with a supply of magazines, books, quiet music, and perhaps a favourite movie.

Give acetaminophen or ibuprofen for aches and pains (but do not give aspirin unless your doctor directs you to do so).

Dress your child in layers so you can add and remove layers during bouts of chills or fever.

Take care of yourself and the other people in your family ensure you wash your hands thoroughly and often after taking temperatures and picking up used tissues. It's also a good idea to give your house a thorough cleaning using a bleach and water solution, focus on: common areas such as door knobs, TV remotes, light switches, sinks and taps.

Information reference:

[http://kidshealth.org/parent/h1n1\\_center/h1n1\\_center\\_treatment/tips\\_take\\_care.html](http://kidshealth.org/parent/h1n1_center/h1n1_center_treatment/tips_take_care.html)

### **First Nation Reference Websites**

- 1) British Columbia Government: <http://www.gov.bc.ca/>
- 2) Interior Health: <http://www.interiorhealth.ca/>
- 3) First Nation and Inuit Branch: <http://www.hc-sc.gc.ca/fniah-spnia/index-eng.php>
- 4) BC Centre for Disease Control: <http://www.bccdc.ca/default.htm>
- 5) Health Canada: <http://www.hc-sc.gc.ca/index-eng.php>
- 6) Health Link BC: <http://www.healthlinkbc.ca/kbaltindex.asp>
- 7) Environmental Health BC: <http://www.vch.ca/environmental/>
- 8) Public Health Agency of Canada: <http://www.phac-aspc.gc.ca/index-eng.php>
- 9) World Health Organization (WHO): <http://www.who.int/en/>

- 10) Assembly of First Nations. A First Nations Holistic Approach to Pandemic Planning: A lesson for Pandemic Planning. Available at: [www.afn.ca/cmslib/general/pan-planning.pdf](http://www.afn.ca/cmslib/general/pan-planning.pdf)
- 11) Interior Health Pandemic Influenza Plan: [www.interiorhealth.ca](http://www.interiorhealth.ca) – Pandemic Influenza Pandemic Plan