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FOR IMMEDIATE RELEASE

Are you prepared for an emergency? May 6 – 12 is Emergency Preparedness Week

NEWMARKET, Ontario, May 4, 2012 – Would you know what to do in the case of a flood? How about a severe storm? In honour of Emergency Preparedness Week from May 6-12, Central York Fire Services (CYFS) is encouraging families in Aurora and Newmarket to reduce the risks and lessen the impact of a disaster by preparing for the unexpected.

“Emergencies and disasters can happen at any time, and everyone should be prepared to take care of themselves and their families for up to three days should an emergency or disaster occur,” says Ian Laing, Fire Chief for Central York Fire Services. “There are three important steps to remember when planning for an emergency. Know the risks in your area, create an emergency escape plan and assemble an emergency kit for your home.”

The CYFS website (www.cyfs.ca) provides details on how to prepare for all different types of emergencies including extreme temperatures, fires, thunderstorms, earthquakes, tornadoes, hurricanes and floods. The most essential step in preparing for an emergency is creating a [personal emergency plan](#) designed to fit the needs of your family and your home.

Designating an emergency contact, establishing a meeting place and assembling a 72-hour kit are all key components of a personal emergency plan. Items to incorporate in your 72-hour survival kit include:

- Flashlight and batteries
- Crank radio
- First-aid kit
- Candles and matches
- Sleeping bags and blankets
- Non-perishable food and bottled water

To view a sample [72-hour survival kit](#), visit the Municipal Offices at the Town of Aurora (100 John West Way) or the Town of Newmarket (395 Mulock Drive). For more information on [Emergency Preparedness Week](#) or how to create a 72-hour survival kit or a personalized emergency plan, visit www.cyfs.ca and click on Emergency Preparedness.

In case of an emergency, Newmarket residents are urged to listen to 680News or visit www.newmarket.ca for frequent updates.

Emergency Preparedness Week is an annual, national event that takes place during the first full week in May. The main objective of EP 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 17th anniversary of Emergency Preparedness Week.

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Emergency preparedness tips and information:

[Town of Newmarket Emergency Response Plan](#)

[Personal Emergency Plan](#)

[Pets and emergencies](#)

[Emergency preparedness challenge](#)

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