

# **BEPREPARED** *GreyBruceHuron*

## Your personal guide for community safety



[www.bepreparedgreybrucehuron.com](http://www.bepreparedgreybrucehuron.com)

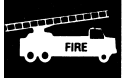


*Innovation at work*

# EMERGENCY PHONE NUMBERS



POLICE



FIRE



AMBULANCE

# 911



POISON CONTROL CENTRE..... 1-800-268-9017



MARINE AND AIR  
SEARCH AND RESCUE ..... 1-800-267-7270

(By telephone and TTY)



**DISTRESS CENTRE**

**211**..... **2-1-1**

*telephone helpline which provides a gateway to community,  
social, non-clinical health and related government services.*

Crisis Intervention Team (Owen Sound) ... 519-376-2121

Kids Help Phone ..... 1-800-668-6868

Victim Services

(Grey/Bruce) ..... 519-376-7474

(Huron) ..... 519-524-4108

Women in Crisis (Owen Sound) ..... 519-371-1600

Women in Crisis (Kincardine)..... 519-396-9655

(Toll free) ..... 1-800-265-3722

Women's House Serving

Bruce and Grey ..... 1-800-265-3026

(Kincardine)..... 519-396-9655



**ASSAULT VICTIMS**

Sexual Assault Centre  
of Grey and Bruce..... 1-800-720-7411

**CRIME STOPPERS** of Grey Bruce and Huron Inc.

..... 1-800-222-TIPS

*Crime doesn't pay – but Crime Stoppers Does*



**DOCTOR**

Enter Local Number \_\_\_\_\_

**OPERATOR**

Dialing Problems? Just dial "0" (zero) and ask the operator  
to connect you to the required emergency number.

# My Family Emergency Plan

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## About this Guide

Would you know what to do if an emergency occurred? Would your child, alone at home after school, know the proper steps to take if the weather suddenly turned threatening?

This Guide has been designed by Bruce Power in partnership with neighbouring counties and health units to help every household in the area prepare for and respond to severe weather or other emergencies which might arise.

Although Canada's nuclear facilities have proven to be safe and reliable, the industry continually works to improve safety and emergency preparedness, not only on-site but within surrounding communities. This involves preparing for the unexpected, no matter how unlikely the event.

Enclosed in the Guide you will find information about recent enhancements to emergency preparative initiatives in the area including a 'Be Prepared' website, emergency public notification upgrades, and the re-distribution of Potassium Iodide tablets.

Preparedness for an emergency could make all the difference in the world to you and those you love. This Guide will help you make that difference.

Please take the time to review its contents.

## Steps to Be Prepared

### Build an Emergency Survival Kit

Your emergency survival kit should have everything you and your family would need to be safe and take care of yourselves for at least 72 hours immediately following an emergency.

As recommended by Emergency Management Ontario, the following list is broken down into the essentials, items you may need to meet your family's unique needs, and items to have ready in case you have to leave your home.

### What to put in your kit:

#### *Essentials*

- Food (non-perishable and easy-to-prepare items, enough for three days) and a manual can opener.
- Bottled water (four litres per person for each day).
- Medication(s).
- Flashlight.
- Radio (crank or battery-run).
- Extra batteries.
- First-aid kit.
- Candles and matches/lighter.
- Hand sanitizer or moist towelettes.
- Important papers (identification, contact lists, copies of prescriptions, etc.).
- Extra car keys and cash.
- Whistle (to attract attention, if needed).
- Zip-lock bag (to keep things dry).
- Garbage bags.

### ***Special Considerations***

- Items for babies and small children – diapers, formula, bottles, baby food, comfort items.
- Prescription medication.
- Medical supplies and equipment.
- Pet food and supplies.
- Any other items specific to your family's needs.

### ***Extra Supplies for Evacuation***

- Clothes, shoes.
- Sleeping bags or blankets.
- Personal items (soap, toothpaste, shampoo, comb, other toiletries).
- Playing cards, travel games, other activities for children.

### ***Other Tips***

- Pack the contents of your kit in an easy-to-carry bag(s) or a case on wheels.
- Store your kit in a place that is easy to reach, and ensure everyone in your family knows where it is.
- Your kit does not have to be built overnight. Spread your shopping over a few weeks. Purchase a few items every time you go to the store.
- Your water supply is meant to cover what you would drink as well as what you might need for food preparation, hygiene and dishwashing.
- Check and refresh your kit twice a year – when clocks shift to/from daylight savings time is a good time. Check all expiry dates and replace food and water with a fresh supply. Check batteries and replace as needed.
- Keep your cell phone or mobile device fully charged.

For additional information visit: [www.emergencymanagementontario.ca](http://www.emergencymanagementontario.ca)

## **Emergency Evacuation**

In the event of a large scale emergency, such as flood, major fire, nuclear or chemical release, it may be necessary to evacuate people from their homes, schools or businesses. These evacuations may last only a few hours or they may last several days.

If you are required to evacuate, the following guidelines will assist you in the process.

### **When to evacuate:**

Do not evacuate unless instructed to do so by radio, television or emergency personnel. Unnecessary traffic could hamper emergency operations, and exposure to toxic smoke from a fire or exposure to chemicals could put you and your family at risk.

### **Where to go:**

Listen carefully to evacuation instructions as they are broadcast and follow them exactly. Be prepared to take the most direct route or follow an emergency detour route to a major highway and travel away from the area in a safe direction.

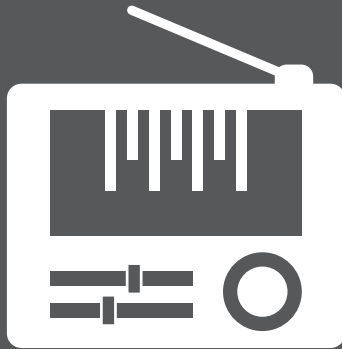
## Turn your radio on

During any emergency situation, authorities will immediately contact all local radio stations. To receive information, residents should immediately turn on battery/crank-operated radios and tune to:

**AM RADIO:** AM560 AM920

**FM RADIO:** FM91.3 FM93.7 FM92.3 FM94.5  
FM95.5 FM97.9 FM99.3 FM101.7  
FM106.5

Depending on the nature of the emergency, TV broadcast overrides may appear on local channels with warnings and instructions. You are advised, however, to rely on your battery-powered radio, which will broadcast information on both extensive and more localized emergency situations.



**DO NOT TURN YOUR RADIO OFF  
until the official 'all clear' has been issued.**

## Be Prepared for a Fire

Instituting a home fire escape plan is one of the most important actions you can take to protect your own life and the lives of others. The fire department urges you to develop and practice a fire escape plan for your home. Remember, an hour of pre-planning may save your life. Make regular fire drills a family affair.

### Develop a home fire escape plan

Our family meeting place is: \_\_\_\_\_

- **Install smoke and carbon monoxide detectors** outside primary sleeping areas, in sleeping areas and in each level of your home for maximum protection. Test your alarms monthly.
- **Install fire extinguishers** in high-risk areas of your home, including the kitchen and furnace area, and make sure everyone knows how to use them. Remember, should you feel uncomfortable about using the extinguisher or fighting the fire, leave immediately.
- **A closed door** provides some protection against fire and fumes. Keep basement or utility room doors closed at all times and close all doors at bedtime.
- **Check your home** for fire hazards and eliminate them as you find them. Your fire department will be glad to advise you on any questions of fire safety for your home.
- **Draw a floor plan** of your home, showing all possible exits from each room. Where possible, plan a main exit route and an alternate exit route from each room.
- If your home has more than one storey, have an **emergency escape ladder** available on upper floors. Make sure all family members know how to use the ladder.
- Make certain that everyone understands that if they hear the smoke detector, or hear someone shouting 'Fire!' they should immediately evacuate.

- **Decide on a meeting place** outside your home. In case of fire, go to the meeting place. Someone should be sent to phone the fire department.
- **Do not re-enter a burning building.** Make certain that everyone in your home knows. Firefighters are properly equipped and trained to perform rescue operations.

### Detect a fire?

#### *You should:*

- Raise the alarm. When you detect fire or smoke, shout the warning to other occupants.
- Don't wait to get dressed. Shoes and one blanket per person will be enough.
- Assign someone to call the fire department after everyone is out.
- Never waste time trying to extinguish anything other than a small fire.

#### *Remember:*

- A hot door is a warning. Never open a door without first checking it for heat. If it is warm, leave it closed and go to a window. If you cannot escape from the window, wait by the open window or on a balcony for rescue. Place bedding at door cracks to keep smoke out.
- Heat and deadly gases are the main killers, and even small fires are dangerous. The open staircase may become a chimney, allowing heat or smoke to rise to the highest floor level. If you cannot leave an upper room by a window, close the door and wait by the open window for rescue.
- Tell the firefighters if anyone remains in the building. Leave rescue operations to them.
- Never go back into a burning building for any reason whatsoever. Many lives are lost through the deadly effects of fumes, even in small fires. Never risk a life in an attempt to save personal possessions.

## Be Prepared for a Flood

Flood damage costs Canadian taxpayers millions of dollars annually, to say nothing of the cost in terms of human lives and suffering. Each of us has a responsibility to protect our homes and families to the best of our abilities. By planning ahead and taking sensible precautions, you can do your part to minimize flood damage.

In case of flood threats or flash flooding, local government authorities try to keep residents informed of developments. Through the media, they will recommend actions to take to limit or prevent disaster and provide detailed instructions, should the need arise.

#### *In case of flood threat:*

- Shut off power in premises in immediate danger of flooding. Don't attempt to do so if the main switch is in a location that has already been flooded.
- Special precautions should be taken to safeguard or minimize damage to electrical, natural gas or propane heating equipment. If warning time permits, consult your supplier for steps to be taken.
- If through taste, colour or odour, you suspect that your drinking water has been contaminated, purify it before drinking by boiling or by adding purification tablets, or chlorinating it with non-scented bleach. If the latter is used, add two drops per litre and allow to stand for 30 minutes before drinking.

#### *What you should do:*

- Turn on the radio and find a local station at AM560, AM920, FM91.3, FM92.3, FM93.7, FM94.5, FM95.5, FM97.9, FM99.3, FM101.7 or FM106.5.
- Have emergency food, water and medical supplies on hand.
- Move furniture, electrical appliances and other belongings to upper floors. Remove weed killers, insecticides, etc., to prevent pollution.

- Stay calm, stay warm and stay put.
- Have flashlights and candles, as well as extra batteries and matches/lighters.

***After a flood:***

Emergency and relief workers will provide you with further information on action to take after a flood. Care should be taken when re-entering your home. Make sure the building is structurally safe and watch for holes in the floor, broken glass and other dangerous debris. Flood water may be heavily contaminated with sewage and other pollutants and poses a serious health hazard.

***Once flood waters have receded, you should not live in your house until:***

- The regular water supply has been inspected and officially declared safe for use.
- Every flood contaminated room has been thoroughly cleaned and disinfected.
- All contaminated dishes and utensils have been thoroughly washed or sterilized by either using boiling water or a sterilization solution.
- All food that may have been contaminated by flood waters has been disposed of.
- Adequate toilet facilities are available.
- An inspection is completed by a qualified technician on heating equipment (wood, gas or electric).

## Be Prepared for a Winter Storm

The Lake Huron shoreline is notorious for its winter storms. When the snow flies and the wind howls, the roads across Bruce, Grey and Huron counties can be closed for days. These winter storms leave many people without access to services like groceries and gas, and make it difficult for companies to deliver heating products such as propane and oil.

Emergency Management Ontario recommends the following:

**Tips to prepare your vehicle and home**

***Vehicle:***

- Monitor road and weather conditions prior to leaving your home.
- Properly service your vehicle prior to winter and ensure it has quality winter tires.
- Stock each vehicle with a shovel, gravel or sand, sleeping bag, candles, matches, high-energy foods, spare socks, mittens and a hat, a container for melting snow, and a brightly coloured cloth to signal for assistance.

***Home:***

- Ensure your home has a reliable alternate heat source in case of power interruptions or your fuel tanks run dry. Keep firewood dry and accessible.
- Have a sufficient supply (four litres per person, per day) of drinking water available in case the pipes freeze.
- Have a three-day supply of canned or prepared food in case you can't use your stove or microwave. Your barbecue can be used as an alternate source, but do not use it indoors.
- Have a fully charged back-up cell phone battery.



### ***If stranded in your vehicle:***

- Stay calm. Do not leave your vehicle to seek other shelter unless appropriate shelter is close, visible and obviously inhabited.
- Tie your distress flag to your side mirror or your outside door handle.
- Take steps to stay warm. If your clothing is wet, remove it and replace with dry items from your emergency kit. Wrap yourself in a sleeping bag. If two or more people are in the vehicle, sit close together to share body heat, and if you're alone, huddle in the fetal position.
- Running your car heater to keep warm should be done only as a last resort. If you must, run it intermittently on low, until fuel runs out. Keep a window open to allow fresh air to circulate. Carbon monoxide poisoning and death could result if your vehicle is tightly shut.
- Exercise regularly enough to stay warm and maintain circulation, but not enough to work up a sweat. Pay particular attention to hands and feet.
- Stay with your vehicle until help arrives.
- If you are travelling and you see a vehicle in distress, call police immediately.

### ***If you are stranded at home:***

- Turn the radio to any of local stations AM560, AM920, FM91.3, FM92.3, FM93.7, FM94.5, FM95.5, FM97.9, FM99.3, FM101.7 and FM106.5.
- Stay calm, stay warm and stay put.
- If your regular heating source fails, put on additional layers of clothing and use an emergency heat source (if available).

## **Be Prepared for a Tornado**

Tornadoes can occur at any time. Most often they occur in the late afternoon, in late spring or early summer. They are most frequent during moderate summer temperatures, accompanied by high relative humidity.

A **tornado watch** is issued if conditions exist for tornadoes to develop. No tornado has been sighted.

A **tornado warning** is issued if one has been sighted or if radar detects a tornado-like disturbance.

### ***In case of tornado warning:***

- If you are in the open, seek shelter in a sturdy building. If none is available, be prepared to lie flat in a depression or ditch and hang onto something on the ground like a culvert, large rock or shrub.
- If you are in a vehicle, get away from it and seek the shelter described above. You are safer in the ditch than in your car.
- If you are in a public facility, go to an interior hallway on the lowest level. Avoid large rooms and stay away from windows. Determine who is in charge of the facility and follow their instructions. Your calm, orderly behaviour will set an example for others and help avert panic.
- If you are in a home, head for the basement. Seek shelter under a staircase or sturdy furniture. If you have no basement, go to a bathroom or closet on the lowest floor or seek shelter under sturdy furniture.
- If you are in a mobile home, find a more substantial shelter immediately.

### ***What you should do:***

- Turn on the radio and find a local station at AM560, AM920, FM91.3, FM92.3, FM93.7, FM94.5, FM95.5, FM97.9, FM99.3, FM101.7 or FM106.5.
- Assemble all people and pets at the agreed-upon meeting place in the home.
- When a tornado watch is issued, store or secure light items outside, such as garbage cans, bikes, boats, barbecues, etc.
- When a tornado warning is issued, seek shelter, taking the radio and batteries with you. Do not leave this shelter until the 'all clear' has been given.

## **Be Prepared for a Power Outage**

Most power outages will be over almost as soon as they begin, but some can last much longer – up to days or even weeks. Power outages are often caused by freezing rain, sleet storms and/or high winds which damage power lines and equipment. Cold snaps or heat waves can also overload the electric power system.

During a power outage, you may be left without heating, air conditioning, lighting, hot water, or even running water. Everyone has a responsibility to protect their homes and to be prepared before it happens.

### ***Before the power goes out:***

- Have emergency light sources (flashlights with extra batteries).
- Have at least one traditional (corded) phone in your house or a fully charged back-up cell phone battery.
- If you have an electric garage door opener, make sure there is an emergency handle in place and learn how to operate the door without power.
- Have several coolers or ice chests on hand and if possible, a supply of ice for food storage in the event of a long-term power outage.
- Install surge protectors in your home to safeguard valuable electronic equipment, such as computers and home entertainment systems.
- Know where to find each utility shut off – electricity, water and gas. Know how to turn each utility off and make sure you have the proper tools to do so close at hand.
- If you are on home oxygen or have any other life-sustaining equipment in your home, contact the service provider to learn the details of their emergency contingency plan in the event of a power outage.
- Make sure you have at least one vehicle with no less than half a tank of fuel.

***During a power outage:***

- Check to see if your neighbours have power. If you are the only home without electricity, check the main fuse in your electric service panel or fuse box to see if the main circuit breaker has been tripped or if a fuse has blown.
- Turn off all major non-essential appliances such as your electric range and washer/dryer. Appliances and tools left switched on will start up automatically. Turning them off prevents injury or fire.
- Turn off all lights but one (so you can tell when power has been restored).
- Unplug sensitive electronic equipment. This will reduce the chance of damage due to electrical surges once power has been restored.
- Keep your refrigerator and freezer doors closed to preserve the cold inside.
- If you light candles, use candleholders and never leave burning candles unattended.

***When power is restored:***

- Turn on only the most essential appliance first to give the electrical system a chance to stabilize. Wait 10 to 15 minutes before reconnecting other appliances.
- Check your fridge and freezer to ensure they are back on. Follow Health Unit Guidelines to determine if food may be at risk of spoilage (as some may not be visibly spoiled).
- Don't forget to reset your clocks, timers and alarms.
- Replace any items from your Emergency Kit which you may have used so you are prepared for future emergencies.

***Use of home generators:***

Home generators are handy for backup electricity in case of an outage, but must only be used in accordance with the manufacturer's guidelines. A back-up generator may only be connected to your home's

electrical system through an approved transfer panel and switch that has been installed by a qualified electrician.

Never plug a generator into a wall outlet as serious injury can result when the current produced by the home generator is fed back into the electrical lines, and transformed to a higher voltage. This can endanger the lives of utility employees working to restore the power.

***To operate a generator safely:***

- Follow the manufacturer's instructions.
- Ensure that the generator operates outdoors in well-ventilated conditions, well away from doors or windows, to prevent exhaust gases from entering the house.
- Connect lights and appliances directly to the generator. If extension cords must be used, ensure they are properly rated, CSA-approved cords.

## Be Prepared for a Nuclear Emergency

Ontario is prepared to respond to nuclear emergencies both provincially and internationally. Bruce Power's CANDU reactors have independent emergency shutdown systems that provide layers of protection against a nuclear emergency occurring on site. The company has spent millions of dollars in adding additional ways to cool the reactors should a loss of power occur at the station and the layers of back-up power fail to work as well.

Although a nuclear emergency situation on the Bruce site is highly unlikely due to the depth of defence at Bruce Power, a detailed emergency plan has been formulated by the Municipality of Kincardine, the Office of the Fire Marshall and Emergency Management (OFMEM) and Bruce Power.

### Nuclear Emergency

Due to the proximity of Bruce Power, both The Municipality of Kincardine and the Town of Saugeen Shores each have detailed nuclear emergency plans for their municipality.

Residents within 10 kilometres of Bruce Power would be notified by the municipality in the unlikely case of a nuclear emergency, and directed to take actions such as sheltering indoors, evacuating and/or taking Potassium Iodide tablets.

#### *If you're instructed to take potassium iodide:*

- Potassium Iodide (KI) tablets are to be taken only when instructed by the Ontario Medical Officer of Health in the unlikely event of a nuclear incident involving a release of radioactive iodine.
- Potassium Iodide protects the thyroid from absorbing radioactive iodine but does not shield or protect from other types of radiation.

Please read the important message on Potassium Iodide Distribution on page 20-21 to learn more about this initiative.

#### *If you're instructed to shelter indoors:*

- Go into your home or workplace. If necessary, inform other people to do the same.
- Close all doors and windows.
- Turn off furnaces, air conditioners and any other air intake/exhaust mechanisms.
- Gather your family and your personal emergency kit.
- Stay tuned to designated radio stations for further instructions.

#### *It is important you do not evacuate unless instructed to do so. If you are instructed to evacuate:*

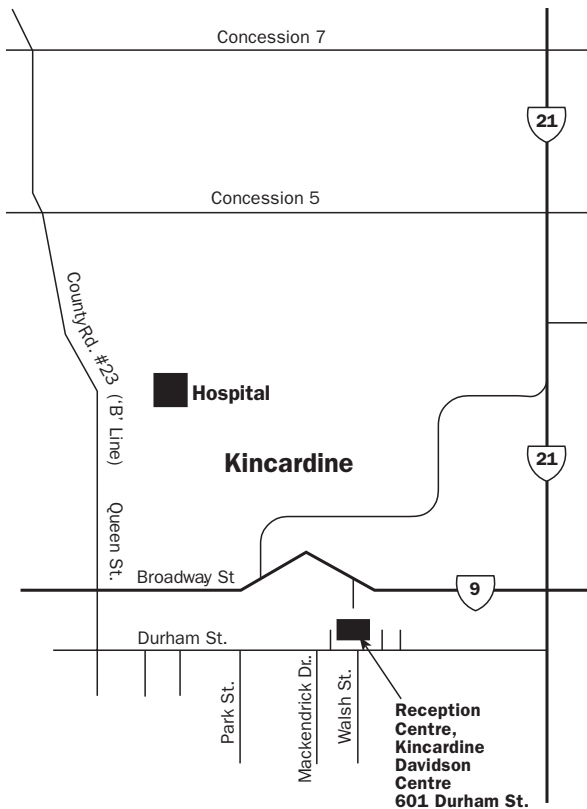
- Turn on the radio and find a local station at AM560, AM920, FM91.3, FM92.3, FM93.7, FM94.5, FM95.5, FM97.9, FM99.3, FM101.7 or FM106.5.
- Take your previously packed 72-hour emergency kit, ensuring it has plenty of clothing, necessary medications and personal care items. Take money and credit cards with you.
- Turn off furnace, air conditioning and other air intake mechanisms.
- Close and lock all windows and doors.
- If directed, report to the Municipal Reception Evacuation Centre (Kincardine Davidson Centre – 601 Durham St., Kincardine). Be aware, pets are not allowed. It is recommended you make arrangements in advance for pets.

Traffic will be directed along an evacuation route. For your safety, close the windows, shut off all ventilation in the car and listen to the radio for further instructions.

For residents living near the Bruce Power site

Sector	Evacuation Route out of the Area	Reception/Evacuee Centre
1, 2, 3, 6	Hwy #21 (S) or Bruce Rd #23 (S)	Kincardine Davidson Centre 601 Durham St., Kincardine
4 & 5	Hwy #21 (S)	

Detail Map



## A message for residents on Potassium Iodide Distribution

Bruce Power in partnership with the Grey Bruce Health Unit and regional municipalities is making Potassium Iodide (KI) tablets available to all residents, schools and businesses within a 50 kilometre (km) radius of Bruce Power.

Potassium Iodide has always been available to residents free of charge. This initiative, advocated by The Canadian Nuclear Safety Commission (CNSC) to pre-distribute Potassium Iodide to residents will replace the current practice of having the tablets stored at one central location at the Municipal Reception Evacuation Centre in Kincardine.

Potassium Iodide, when taken as instructed, blocks the thyroid from radioactive iodine in the unlikely event of a radiation release.

For all residents, schools and businesses within a 50 km radius to Bruce Power, distribution pick-up points have been made available for you to pick up tablets should you choose.

Enclosed on page 28 is a voucher for you to take to any of the following participating locations to redeem your tablets.

Arrangements have been made to have packages of Potassium Iodide available for you to pick up free of charge at any of the following locations:

**Hanover Pharmasave** – 118 7th Ave. Hanover, ON

**Gordon's Pharmasave** – 766 Queen St. Kincardine, ON

**Lucknow Pharmasave** – 622 Campbell St. Lucknow, ON

*continued on next page...*

Guardian Pharmacy – 514 Queen St. S. Paisley, ON

Wardrop Pharmasave – 639 Goderich St. Port Elgin, ON

Sauble Family Health Team – 672-B Main St. Sauble Beach, ON

Mino Bimaadsawin Health Centre – For members of Saugeen First Nation – 57 Mason Dr. Southampton, ON

Bruce Power Visitors' Centre – 3394 Bruce Road 20 Tiverton, ON

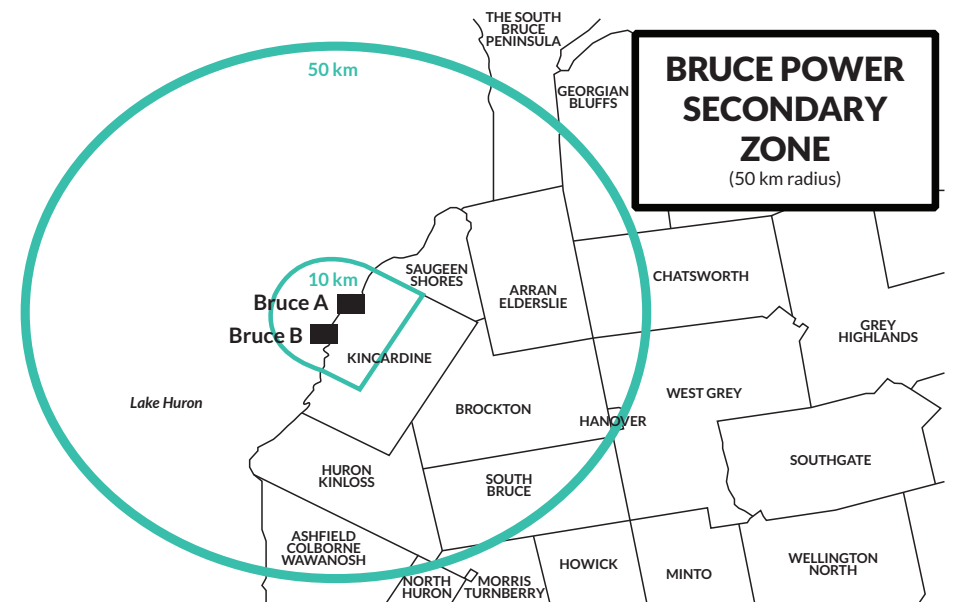
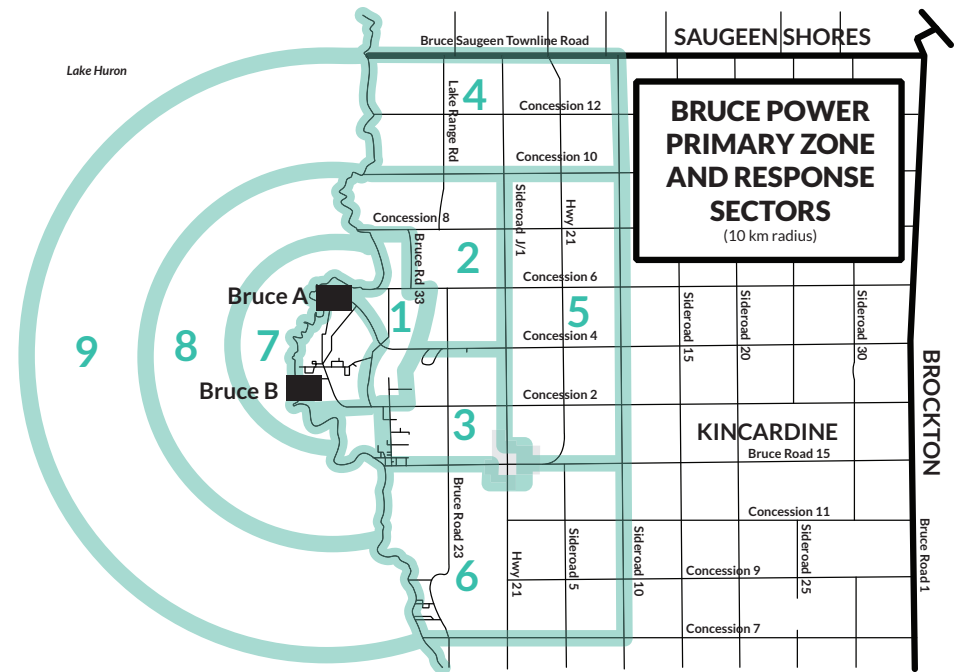
Brown's Guardian Pharmacy – 331 Durham Street, Walkerton, ON

Pellow Pharmasave – 232 Durham St. East, Walkerton, ON

Additional pick-up locations and communications will be made available throughout the year and can be viewed online at [www.bepreparedgreybrucehuron.com](http://www.bepreparedgreybrucehuron.com).

If you require further information please call 519-361-2771 or email [aboutki@brucepower.com](mailto:aboutki@brucepower.com).

This initiative is one of many to continually improve emergency preparedness in the region. It is all about a safe community becoming safer.



## Potassium Iodide Facts

*In the unlikely event of a nuclear incident involving a release of radioactive iodine, one of the health risks is a possible internal exposure of the thyroid gland to radioactive iodine. One way to protect the thyroid from the harmful effects of radioactive iodine is to take potassium iodide (KI). The following are some commonly asked questions about KI tablets.*

### Q. What is KI?

**A.** KI (the chemical name for potassium iodide) is a salt of stable (not radioactive) iodine. Stable iodine is an essential nutrient needed in very small quantities for the thyroid gland to function properly. KI comes in tablet form and can be easily swallowed.

### Q. How does KI work?

**A.** When swallowed just prior to or shortly after exposure to radioactive iodine, KI fills up the thyroid with stable iodine so it cannot absorb any other iodine for a period of time. This prevents the thyroid from absorbing harmful levels of radioactive iodine so that the radioactive iodine will not accumulate, and the body will naturally excrete it. This process is also called iodine thyroid blocking.

The thyroid gland does not know the difference between non-radioactive and radioactive iodine and can absorb both. Absorption of harmful levels of radioactive iodine can increase the risk of thyroid cancer later in life, especially in children.

### Q. Can KI be used to protect against all forms of radiation?

**A.** No. KI provides protection only to the thyroid gland and only against internal contamination from radioactive iodine. Radioactive iodine may be found in emissions from nuclear generating stations during an incident. KI will not protect against exposure to other contaminants contained in those emissions.

### Q. When should I take KI and how will I know to take it?

**A.** If possible, KI should be taken before exposure to radioactive iodine during a nuclear emergency. The optimum time is two to six hours earlier. If that is not possible, KI should be taken as soon as possible after first exposure, ideally within three hours. There is no benefit to taking KI if there has been a 24-hour delay.

If there is a threat of a significant exposure to radioactive iodine from a nearby nuclear generating station, the Chief Medical Officer of Health for Ontario will provide instructions through radio, TV, Internet and other available channels on where, when, and by whom KI should be taken.

KI is only to be used during an emergency and when instructed to do so by the Ontario Medical Officer of Health.

### Q. How long are KI tablets good for? How should they be stored?

**A.** The expiry date is printed on the label of the KI packaging. The KI tablets should be kept sealed at room temperature and away from light.

### Q. Are there any side effects from taking KI?

**A.** The risk of side effects from taking a dose of KI is extremely low for all age groups who have normal thyroid function. The overall benefit during a nuclear emergency outweighs the risks of side effects.

There is an increased risk of side effects for people with thyroid disorders i.e., auto-immune thyroiditis, Graves' disease, iodine deficiency and nodular goiter. These disorders are more common in adults and the elderly and are rare in children.

Rare side effects in other parts of the body, such as gastrointestinal effects or hypersensitivity reaction may occur but are generally mild. People who are sensitive to iodine or who have an existing or previous thyroid disorder or any other concerns should consult their doctor or nurse practitioner prior to taking KI.



### Q: Who benefits most from taking KI?

**A:** Pregnant and breastfeeding women, infants, children and adolescents should be among the first to receive KI as they are at higher risk for developing thyroid cancer after exposure to radioactive iodine.

### Q: What if I have a family member who cannot swallow a KI tablet?

**A:** Adults and young children who are unable to swallow a KI tablet can either crush the tablet into food or dissolve in fluids.

*The above section provides basic information only and is sourced from Ontario Ministry of Health and Long Term Care and Health Canada websites. This information must not take the place of medical advice, diagnosis or treatment. Always talk to a health care professional about any health concerns you have and before you make any changes to your diet, lifestyle or treatment.*

#### More information on potassium iodide can be found online:


Ministry of Health and Long Term Care  
[www.health.gov.on.ca](http://www.health.gov.on.ca)


Health Canada  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

Grey Bruce Public Health  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)

Be Prepared Grey Bruce and Huron  
[www.bepreparedgreybrucehuron.com](http://www.bepreparedgreybrucehuron.com)

#### Contact us:

 519-361-2771

 [aboutki@brucepower.com](mailto:aboutki@brucepower.com)

### Community Emergency Management

The Community Emergency Management Coordinator for Kincardine maintains a call-down list for all households (approximately 35-40) within a three kilometre radius of Bruce Power's perimeter in case action, such as sheltering or evacuation, is necessary.

An Emergency Plan, including designated emergency evacuation routes and zones, can be found on the Municipality of Kincardine's website.

#### Public Sirens:

Annually, Bruce Power and the Municipality of Kincardine conduct a full-volume test of the nuclear emergency public alerting sirens that are used to notify nearby residents of a nuclear emergency. The sirens are located within three kilometres of Bruce Power and operate simultaneously for two minutes.

#### Emergency Preparedness Enhancements:

Bruce Power is always looking for ways to enhance emergency preparedness on-site and within the community. A state-of-the-art Emergency Management Centre is in place which provides designated crews, trained in Incident Management, with a system of standardized organizational structure. The Incident Management system allows staff to communicate externally and monitor on-site activities.

Additional upgrades to public notifications may include wireless cellular public alerting and Alert FM Radio receivers.



# POTASSIUM IODIDE TABLETS (KI) Voucher

## CONTACT INFORMATION

First and last name: *(please print)*

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Postal code:

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This voucher can be redeemed at any of the locations on the reverse side of this page.

[www.bepreparedgreybrucehuron.com](http://www.bepreparedgreybrucehuron.com)  
[www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)

RESIDENCE WITHIN 50 KM RADIUS



Potassium Iodide (KI) tablets are available at the following locations:

Hanover Pharmasave – 118 7th Ave. Hanover, ON

Gordon's Pharmasave - 766 Queen St. Kincardine, ON

Lucknow Pharmasave – 622 Campbell St. Lucknow, ON

Guardian Pharmacy – 514 Queen St. S. Paisley, ON

Wardrop Pharmasave – 639 Goderich St. Port Elgin, ON

Sauble Family Health Team – 672-B Main St. Sauble Beach, ON

Mino Bimaadsawin Health Centre - For members of Saugeen First Nation - 57 Mason Dr. Southampton, ON

Bruce Power Visitors' Centre – 3394 Bruce Road 20 Tiverton, ON

Brown's Guardian Pharmacy - 331 Durham Street, Walkerton, ON

Pellow Pharmasave – 232 Durham St. East, Walkerton, ON

Please complete your voucher and bring it to any of the participating locations above to redeem your tablets.

## Nuclear emergency plan

### DON'T WAIT FOR AN EMERGENCY – BE READY IN ADVANCE:

Although an emergency is very unlikely, the best response is a prepared response. Take a moment now to review the map on page 22 and complete the following:

## NUCLEAR EMERGENCY PLAN

*(residents within 10 km radius)*

Your Sector Number is:

Your Reception/Evacuee Centre  
is located at:

*Kincardine Davidson Centre*

*601 Durham Street, Kincardine*

For additional information on emergency preparedness in your region:

visit [www.bepreparedgreybrucehuron.com](http://www.bepreparedgreybrucehuron.com) or contact your local municipality.



**www.bepreparedgreybrucehuron.com**

To request additional copies or an alternate format of this document, visit your local municipality, send a request to [aboutki@brucepower.com](mailto:aboutki@brucepower.com) or phone 519-361-2771.