



SAFER HOMES

Extreme weather preparation guidebook

Are you ready for anything?
Checklists inside!

Learn how to be wildfire smart

Protect your property from storms

How to build an emergency
plan with the kids

PREPARATION IS PROTECTION.



Wildfires



Extreme Wind



Heatwaves



Winter Storms



Floods

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Emergency readiness in our communities

Ontario

- In case of emergency, dial 9-1-1
- For health advice call 8-1-1 or visit [Health811.Ontario.ca](https://www.health811.on.ca)
- Ontario road conditions, call 5-1-1 or visit [511On.ca](https://www.511on.ca)
- Information on community and social resources, dial 2-1-1 or [211Ontario.ca](https://www.211ontario.ca)
- For extreme weather alerts: [theweathernetwork.com](https://www.theweathernetwork.com) or [Weather.gc.ca](https://www.weather.gc.ca)
- Extreme weather alerts that pose danger will be broadcast on television, radio and mobile devices via the Alert Ready emergency alert system. For more information visit [AlertReady.ca](https://www.alertready.ca)

Ottawa

- City of Ottawa: 3-1-1 or [311@Ottawa.ca](mailto:311@ottawa.ca)
- Ottawa Police Services non-emergency line: (613) 236-1222
- Ottawa Public Health: (613) 580-6744 or [OttawaPublicHealth.ca](https://www.ottawapublichealth.ca)
- Sign up for extreme weather alerts from AlertAble at [AlertAble.ca/signup](https://www.alertable.ca/signup) or download the AlertAble App

Sudbury

- City of Sudbury: 3-1-1 or 311@greatersudbury.ca
- Greater Sudbury Police non-emergency line: (705) 675-9171
- Public Health Sudbury & District: (705) 522-9200 ext. 398 or [PHSD.ca](https://www.phsd.ca)
- Sign up for extreme weather alerts at [GreaterSudbury.ca/Sudbury-Alerts](https://www.greatersudbury.ca/Sudbury-Alerts)

North Bay

- City of North Bay: (705) 474-0400 or CustomerService@NorthBay.ca
- North Bay Police non-emergency line: (705) 472-1234
- North Bay Perry Sound District Health Unit: (705) 474-1400 or [MyHealthUnit.ca](https://www.myhealthunit.ca)
- Sign up for extreme weather alerts from AlertAble at [AlertAble.ca/signup](https://www.alertable.ca/signup) or download the AlertAble App

Thunder Bay

- City of Thunder Bay: (807) 625-2230
- Thunder Bay Police non-emergency line: (807) 684-1200
- Thunder Bay District Health Unit: (807) 625-5900 or at [TBDHU.com/Contact](https://www.tbdu.com/contact)
- Sign up for severe weather alerts at [ThunderBay.ca/subscribe](https://www.thunderbay.ca/subscribe)

Cornwall

- City of Cornwall: (613) 930-2787 ext. 0 or CityHall@Cornwall.ca
- Cornwall Police Services non-emergency line: (613) 933-5000
- Eastern Ontario Health Unit: (613) 933-1375 or info@EOHU.ca
- Sign up for extreme weather alerts at [Cornwall.ca/en/live-here/emergency-notifications](https://www.cornwall.ca/en/live-here/emergency-notifications)



Preparation is protection against extreme weather

These days, floods, wildfires, extreme heat, winter storms, and severe winds are much less predictable and much more damaging than ever before. While we can't control the weather, we can control how ready we are for it.

That's where **CAA Safer Homes** comes in.

This guide is designed to help you feel informed, confident and prepared. Inside, you'll find practical steps you can take to help protect your home, your lifestyle and the people who matter most to you.

From keeping water moving away during heavy rain and creating space around your home for wildfire

season, to planning ahead for power outages, heat waves or sudden storms, small actions can make a meaningful difference.

Being prepared is about peace of mind. It's about knowing what to do before the weather turns extreme, so you're not making decisions in the moment. It's about reducing risk, protecting what you've worked hard for and feeling ready for whatever comes next.

Because when it comes to extreme weather, **preparation is protection.**

And with the right information and a few simple steps, you can be ready— at home.

What you need to know about extreme weather in Ontario



Federal data shows that Canada averages about a dozen natural disasters a year, with more expected as climate change triggers more extreme weather.

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Floods

As flooding is the most common natural disaster in rural communities, putting well guards around your basement windows is a first line of defence. Consider installing both a sump pump to help pump water up and away from the weeping tiles and a backwater valve to prevent sewage from backing up into your home. If flooding is imminent, move your furniture, valuables and family keepsakes above ground level. Do not attempt to turn off your home's electricity if the water is rising, as this could result in a fatal shock.

Pg. 08

Tornadoes and derechos

Tornadoes and derechos have caused millions of dollars in damage in North & East Ontario in recent years. If one hits and you're at home, take refuge in the basement, or if you don't have one, a small ground-floor room, like a bathroom. For those in an apartment or office building, seek shelter in an inner hallway or a low-floor room. While driving, look for the nearest sturdy shelter. If there isn't one, leave your car and hide in a low-lying area, like a ditch.

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Wildfires

Devastating blazes are expected to become more common as Canada's climate changes. Around your home, remove fallen branches, dried leaves and other potential fire hazards for several metres around your home. To reduce the risk of airborne embers entering your home, close all doors and windows and cover your air vents. Turn on any sprinklers installed on your roof, shut off the natural gas if you have it, and move propane barbecues away from your house.

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Extreme heat

Heatwaves are events that last two or more days with temperatures above 29°C. Extreme heat can cause heat exhaustion and heat stroke, leading to hospitalization. Extreme heat can also be a major strain on the power grid as demand for ice and air conditioning increases. In heatwaves, it's critical to protect the young and the elderly, to stay hydrated, use alternative cooling methods and be ready for outages.

Pg. 14

Winter storms

Freezing rain, heavy snowfalls and wild winds in winter can impact the power grid. They can topple trees and power lines, leading to blackouts that can last days or even weeks. If a severe storm is in the forecast, refresh your emergency kit, generator, or battery pack, if you have one. Venture outside only if you have to.



Be proactive

Research hazards in your immediate area and conduct a risk assessment. The government has emergency preparedness websites that outline which neighbourhoods are prone to flooding, forest fires and other extreme weather conditions. Develop an emergency plan tailored to your home and family – follow the **CAA Safer Homes checklist on page 19**. Refresh the plan twice a year, once in early winter and again in early summer, so you know what to do in every season. Learn more about what you can do at getprepared.gc.ca



Regularly clean gutters and downspouts to prevent clogs that can damage foundations.

Keep water out and keep your life moving

Flooding isn't just a concern during stormy seasons or during spring melt. Burst pipes or sewer issues can also cause flooding in a home. By taking preventative measures, you can reduce the likelihood of damage, save on repair costs, and gain peace of mind.

Seal doors, windows and cracks in your basement

Cracks can develop in your basement floors and foundation due to thawing and freezing temperatures, improper grading, or expanding tree roots. These cracks can lead to water infiltration and structural issues. Cracks can also form due to shifting soil or poor construction. Leaving these unsealed can lead to water damage and structural problems over time.

To prevent this, inspect your foundation regularly. Minor issues can often be repaired from inside your basement. If needed, work

with a professional to manage external repairs or excavation.

Clean and maintain gutters and downspouts

Gutter systems are essential for directing rainwater away from your home's foundation and preventing long-term structural issues. By ensuring water is channelled correctly, you can prevent foundation cracks, leaks, and basement mould growth. A well-maintained system also protects your landscaping from soil erosion, shields your roof and siding from moisture damage, and helps prevent ice dams in colder climates by keeping melted snow away from the base of your home.

Regularly clean gutters and downspouts to prevent clogs

Downspouts must extend at least 1.8 metres from your foundation to keep water from pooling near your base. If your downspouts empty water across solid surfaces like driveways, the risk of refreezing or improper absorption increases.

Additionally, ensure your downspouts do not direct water onto your neighbour's property.

Downspout extensions provide a practical way to channel water toward lawns or gardens, ensuring safe, efficient dispersal. However, check local regulations, as some municipalities may restrict connecting extensions to underground drainage systems.

Improve landscaping

The ground around your home should slope away from the foundation. It's recommended that the ground be 2.5 centimetres lower for every 30 cm you move away from your foundation. If the slope directs water toward your house, regrading the soil with stable materials such as clay can be an effective solution. Redirecting water flow will prevent pooling around your property and reduce the risk of damage during heavy rain or snowmelt.

If necessary, build your foundation on solid soil, such as clay, to ensure that heavy rainwater flows away from your home. Consider installing rain gardens to absorb runoff.

Install window well covers

Low-level basement windows are prone to water pooling and seepage. Window well covers can reduce the risk of water entering your home through these vulnerable points. Make sure the bottom of the well sits at least 15 cm below the window, and fill the window well base with gravel or sand to improve drainage.

See our flood preparation checklist on page 20.

Get a professional to check your plumbing

Your plumbing system plays an integral role in flood prevention, so upkeep is essential.

- **Weeping tile** is a pipe-shaped drain that runs along the bottom of a home's foundation. Older homes may not have these, so consider having them installed. They can become clogged or collapse. Installing a cleanout port can make future maintenance easier.
- **Sump pumps** move water from under your basement to the outside. A sump pump is essential if your home has a high water table or isn't connected to sewer laterals. It is a key safeguard in high-risk areas.
- **Backwater valves** allow wastewater to flow out of your home in one direction. If sewage begins to move towards your basement, the valve will close, preventing sewer backup. Some municipalities offer rebates for installing backwater valves.
- **Sewer laterals** are pipes that connect your home's plumbing system to the city's sewer system. They can become clogged with fats, oils, and grease, leading to a sewer backup. A plumber can use a camera to inspect your laterals and, if necessary, access the cleanout port to unclog them.



Learn more about what you can do at [CAASaferHomes.ca](https://www.caasaferhomes.ca)



Inspect your roof for damage and loose shingles.

Be ready before the wind blows

From thunderstorms and tornadoes to derechos, extreme wind poses a year-round threat to homes across Ontario. However, with proper preparation, you can safeguard your property and prevent expensive repairs.

Here's what you need to know:

Straight-line winds vs. tornadoes

Severe winds come in various forms, each presenting unique challenges. Straight-line winds, commonly produced by powerful weather systems such as thunderstorms, hurricanes, or pressure gradients, move in a direct outward path.

An Environment and Climate Change Canada "wind warning" is issued when sustained winds reach 70 km/h or higher, or when gusts exceed 90 km/h, depending on the region.

Tornadoes, on the other hand, involve violently rotating columns of air that cause concentrated and often catastrophic damage. Tornadoes are unpredictable and

carve erratic paths of destruction. Their nature makes them particularly challenging to anticipate.

Tornado activity in Canada

Canada experiences more tornadoes annually than any other country except the United States. Most occur between April and September, peaking in June and July. However, tornadoes are not limited to these months; they can occur at any time of year.

What to do and how to prepare

It is important to have a pre-existing plan in place for seeking evacuation or shelter. Ensure that everyone in your household knows where to go in case of an emergency - clear communication ahead of time can make all the difference.

Know the difference between a tornado watch and a tornado warning

A watch simply means that you should stay alert during weather conditions where a tornado might occur, while a warning means one is actively in progress in your area. While on watch, keep your eyes on the skies and

look out for dark clouds, hail and any funnel-shaped winds.

If a tornado is imminent, seek shelter immediately. Close windows and doors to prevent wind from entering and pressurizing the structure. Shelter in an interior room, ideally a basement or bathroom.

If you're not home, remain calm and get indoors if possible. Look for solid shelter, such as convenience stores, public buildings, or reinforced structures. If there is no shelter in sight, lie low in a ditch or depression, cover your head and neck with your arms and shield yourself from potential flying debris or falling objects.

How to protect your home against wind damage

While we can't control the weather, we can prepare for it. Take these proactive steps to significantly reduce the risk of wind-related damage and disruption to your home.

Fortify your roof

Your roof serves as your home's first line of defence against powerful winds, making it crucial to take proactive measures to minimize the risk of damage. Start by choosing shingles and roofing materials specifically designed to withstand high winds. Bracing can further reinforce the roof's structure, reducing the likelihood of it being lifted during intense storms.

Routine inspections and maintenance are equally important, as they help identify and resolve potential vulnerabilities.

Secure windows and doors

Windows and doors are often a home's weakest points during windstorms, making their protection essential. Installing impact-resistant windows or storm shutters significantly strengthens your home's defences.

For entryways, pressure-rated doors with robust hinges and deadbolts provide an added layer of security. Similarly, reinforcing double doors and sliding glass doors with heavy-duty bolts or slide locks further minimizes the risk of damage during severe weather.

Strengthen porches and overhangs

Anchor porches, awnings and other overhangs to the home's main structure. Proper reinforcement prevents these elements from turning into debris during wind events, protecting your property and neighbourhood.

Anchor outdoor structures and items

In high winds, outdoor furniture, sheds, and other unsecured structures can become hazardous projectiles. To reduce risks, firmly anchor items like patio furniture, barbecues, and HVAC units to the ground.

Ensure your garage door is pressure-rated to endure high winds. A properly reinforced garage door can act as a barrier, safeguarding your home from strong winds, flying debris, and potential water damage.



Learn more about what you can do at CAASaferHomes.ca



Clear away dead vegetation and debris around the perimeter of your property.

Create space around your home, reduce your risk

Ontario is blessed with endless kilometres of trees, but also increasingly hot, dry summers and more frequent wildfires.

There are simple measures homeowners can take to reduce the risk of property damage, as reported by FireSmart Canada, the National Fire Protection Association (NFPA) and other leading fire safety agencies.

To protect your property, follow these tips

Improve your Home Ignition Zone (HIZ)

The HIZ is divided into three areas where you can take specific action. The Immediate Zone includes your home and the area extending 1.5 metres from there. The Intermediate Zone extends from 1.5 to 10 metres, followed by the Extended Zone, which stretches from 10 to 30 metres.

Prioritize the Immediate Zone

It's your home's critical buffer against embers, radiant heat and direct flames from a wildfire. Here's what to do:

- **Inspect your roof**
Clear the rooftop and gutters of leaves, branches and debris, then caulk any cracks and replace missing or loose shingles. When it's time for a new roof, choose

Guard against embers

Wildfires generate embers that are carried by wind. These bits of burning debris can travel up to two kilometres beyond a fire line and ignite new spot fires. If they land on a wood-shingled roof, a woodpile against a garage or even the junipers flanking a front door, the structure can ignite. "An estimated 90 per cent of homes damaged or destroyed by wildland fire are ignited by sparks and embers," according to the FireSmart Begins at Home Guide.

When embers land on a fire-resistant property, though, they tend to burn out before doing harm.

Class-A fire-rated roof material, such as metal, asphalt, slate, clay, or concrete. Statistics show wildfire structural survival is 4 per cent for a flammable roof with no treatment or defensive action, compared to 90 per cent for a non-combustible roof with mitigation measures in the HIZ.

- **Check the deck**
Clear yard waste and flammable materials from under the deck, and sheath the underside with a fire-resistant material. If the deck is wood, replace any rotten or cracked boards with a fire-rated surface. Cap deck joists with foil tape or flashing.
- **Eliminate entry points**
Keep embers out by sealing or screening vents and gutters to limit debris. Make sure your home's pet door is properly

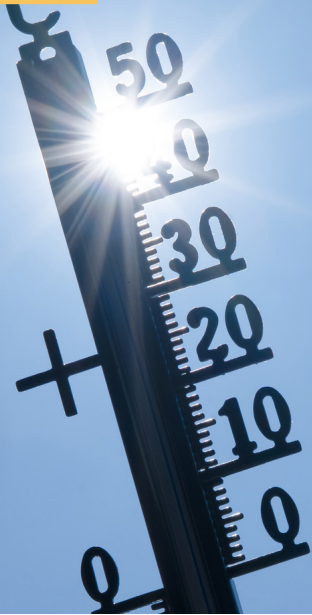
sealed and keep it closed during fire season. Fix any gaps in your home's siding.

- **Assess windows and doors**
When replacing these items, choose multi-pane, tempered glass windows and non-combustible or fire-rated doors and garage doors. Seal cracks in existing frames and keep windows and doors closed as much as possible during wildfire season.
- **Clear away vegetation**
Swap flower beds for a 1.5-metre non-combustible hardscaping area using materials such as pea gravel, pavers, flagstone, or concrete. Remove plants, organic mulch, yard trimmings, and all flammables near your house. Visit FireSmart Canada for more landscaping advice.
- **Move what burns**
Relocate firewood, propane tanks, construction materials and anything ignitable so it's at least 10 metres away from your house.
- **Stay abreast of exterior maintenance**
Cut grass shorter than 10 centimetres, replace flammable plants with fire-resistant ones, prune and thin vegetation, routinely clear debris and follow HIZ guidelines for outbuildings on your property.
- **Keep learning**
Check the National Fire Protection Association's Preparing Homes for Wildfire.

See our FireSmart Canada checklist on page 20.



Learn more about what you can do at CAASaferHomes.ca



Stay cool, stay safe in extreme heat

It's not your imagination; there are more extremely hot days than 20 years ago.

According to Environment Canada, the cumulative number of days under extreme heat conditions across Canada has increased from 1948 to 2023. While natural weather patterns like El Niño and La Niña are responsible, so, too, is climate change. Extreme heat events in Ontario are those in which two or more days experience temperatures over 29°C.

Protecting vulnerable populations—especially children and the elderly—has never been more urgent, as extreme heat events are becoming more frequent and intense due to climate change.

Protecting the most vulnerable

Children and the elderly are at higher risk during heat waves because their bodies have a reduced ability to regulate temperature.

To keep them safe:

- **Stay hydrated:** Ensure they drink plenty of water.
- **Cool environments:** Keep them in cool, shaded areas.
- **Monitor health:** Regularly check for signs of heat-related illnesses, such as dizziness, nausea and excessive sweating.
- **Community support:** Utilize community resources such as cooling centres and wading pools, and check on neighbours who may need assistance.

Simple strategies to cool your home without AC

Not everyone has air conditioning, but there are ways to keep your home cool:

- **Use fans and natural ventilation**
Create cross-ventilation. Open windows during cooler parts of the day.
- **Use natural plants**
Both homeowners and renters can use large shading plants around windows to create shade indoors.
- **Create shade**
Using curtains, blinds, or reflective window films. Plant trees or install awnings. Install weatherstripping around windows to keep the inside cool.
- **DIY cooling techniques**
Use cold packs, damp cloths, or take cool showers and baths.
- **Shade landscaping**
Implement landscaping techniques that reduce heat absorption, such as using light-coloured materials and planting drought-resistant plants. Consider planting shade trees for long-term cooling.

- **Watch for urban heat islands**
These hot spots in cities and towns are caused when built-up areas are hotter than surrounding areas. Buildings, parking lots and other dark surfaces retain heat and become hotter than nearby green spaces, water and rural areas. It's important to be aware of urban heat islands and consider taking short term breaks out of the area until the heat returns to seasonal norms.
- **Protect pets in extreme heat**
Animals suffer during extreme heat, so measures should be taken to ensure their safety. When combined with humidity, extreme heat reduces an animal's ability to cool down through panting. Limit exercise on hot days, never leave your pet alone in a hot house, backyard or car, provide ample shade and water and watch for signs of heat stroke. Use ice packs or cold towels on their head, neck and chest to cool them down.



Learn more about what you can do at CAASaferHomes.ca



Improve pipe insulation to reduce the risk of a flood from burst pipes in winter.

Winterize early, worry less

Winter in Canada can be a beautiful time, but it also brings challenges for homeowners. Heavy snowfall and freezing temperatures can damage your house if you're unprepared.

In many parts of the country, temperatures can plummet far below freezing, dropping to -40°C during severe cold snaps. By taking proactive measures, homeowners can protect their properties from winter-related hazards and avoid the stress of managing damage caused by snow and ice.

Common winter challenges and how to prevent them

Roof collapse

Excessive snow and ice can add significant weight to your roof, increasing the risk of structural strain and collapse. Wet, heavy snow and ice are hazardous, weighing more than light, fluffy snow. Regularly clearing snow off your roof can help prevent overloading and protect your home from severe damage. Use a roof rake or hire a professional to remove snow, avoid standing directly below.

Proper attic insulation and ventilation also help prevent ice dams, which can trap water and further strain your roof. To address potential issues early, inspect your roof regularly for warning signs such as sagging, cracks, or unusual noises.

Ice dams

When ice accumulates along the edges of your roof, it can form ice dams, which block melting snow from draining properly. This trapped water can seep under shingles, causing leaks, water damage, and even structural issues. Ice dams typically form when warm attic air melts snow on the roof, then refreezes at the colder edges.

To prevent ice dams, ensure your gutters and downspouts are free of debris so water can flow freely. Proper attic insulation and ventilation are critical to maintaining a consistent roof temperature and reducing snow melt.

Sealing attic air leaks can further reduce heat loss, helping protect your home from the costly impacts of ice dams.

Frozen pipes

When water freezes in pipes, it can expand and burst the pipes, resulting in costly flooding and damage. To protect your home against snow and ice, start by insulating exposed pipes and keeping indoor temperatures consistent. During extreme cold, allow faucets to drip slightly to relieve pressure in the pipes. Make sure to seal any gaps or cracks near pipes to block cold air, and open cabinet doors under sinks to let warm air circulate around the plumbing.

If you will be going away, set your thermostat to at least 15°C and consider shutting off and draining your water system to prevent freezing. Keep cabinet doors open to keep warmer air circulating under the sink, too. These precautions can save you from costly repairs and water damage.

Proactive steps to protect your home

Taking simple steps now can protect your home and help you avoid winter problems.

- Upgrading or adding insulation in your attic is a smart way to keep your home warm during the winter while also lowering energy bills by improving heat retention.
- Check your roof and gutters. Clear debris and inspect for damage to prevent leaks or ice dams.
- Protect exposed pipes by insulating them to prevent freezing and bursting during extreme cold.
- Ensure your windows and doors are properly sealed to prevent heat loss and improve energy efficiency.
- Have your heating system serviced before the cold sets in to ensure it runs efficiently and reliably throughout the winter.
- Prepare for power outages by having backup heating and power solutions ready, such as portable generators or alternative heat sources.
- Plan ahead for snow removal by stocking up on tools like snow rakes and de-icers, or by hiring licensed snow removal professionals.

See our winter storm checklist on page 21.



Learn more about what you can do at CAASaferHomes.ca



Building a family-friendly emergency plan

Any disruption to the regular cadence of family life can create chaos. But by creating an emergency preparedness plan as a family, you are taking effective steps to protect what matters most.

Start with a family meeting

Ask questions like: What would we do if the power went out? Where would we go if we had to leave home? Encourage everyone—including kids—to share ideas and concerns. This conversation builds awareness and helps everyone feel included from the start.

Kids may feel anxious about emergencies, so listen to their concerns and reassure them that having a plan helps everyone make better decisions.

Everyone gets a job to do

Give each family member a role that fits their age and abilities. One person might be responsible for checking emergency supplies, another for pets, and someone else for keeping a list of important contacts. Children can help by

gathering items, labelling kits, or reminding the family when it's time to review the plan.

Prepare the emergency kit together

Every household should have an emergency kit that supports your family for several days. Build the kit together so everyone knows what's inside and where it's stored. (See emergency kit checklist on page 19)

As you pack, talk through why each item matters. This helps reinforce confidence and ensures nothing is overlooked.

Practice, review, and update

A plan is only effective if everyone remembers it. Walk through your emergency plan at least once a year and update it as your family grows or routines change. Practicing helps turn uncertainty into muscle memory—and reassurance.

Familiarize your household with the federal emergency weather alerts. Use familiar moments, like the start of a new season, as a reminder to review supplies and revisit roles.

Checklist for emergency plan

- Choose a clear meeting place near your home and a backup location outside your neighbourhood in case evacuation is required.
- Decide on an evacuation route out of your home and your neighbourhood.
- Decide how you'll communicate if you're separated, including who to contact and how to reach one another if phone lines are busy.
- Sign up for emergency alerts to stay informed about hazards in your area.
- Make sure all adults in the home know how to safely shut off the utilities.
- Build a list of emergency contacts including police, ambulance, insurance, and utilities.
- Keep your plan and documents in your kit, with digital copies saved online.
- Include pets in your plan and use a window sticker to tell firefighters they're inside.
- Know the emergency procedures at your workplace, school, or daycare, including who can pick up children.
- Identify potential local hazards, such as storms or power outages, and plan your household's responses for each.
- Locate local warming and cooling centers and know how to get updates during service disruptions.
- Review your plan annually to update routes, meeting spots, and communication strategies.
- Learn more at getprepared.gc.ca





What goes into an emergency kit



Whether you're impacted by a flood, a winter storm or there's a temporary power outage in your area, it's important to have a plan. You should know what to do and how extreme weather or other disturbances could impact your family and your day-to-day life. Here's a one-week emergency preparedness checklist to help get you started.

- 20l of water per person
- Candles, matches, lighters, headlamps and flashlights
- Emergency power such as a solar-powered battery unit and alternative heat source
- Food that can be stored at room temperature like crispbread, oatmeal, canned beans, honey, cookies, nuts, pasta, rice, instant soup, flour, Crisco, canned fruit and vegetables and oils
- Alternative payment methods to back up credit and bank cards, including cash
- Extra fuel or gas
- Pet food and medications
- Battery-powered, solar or wind-up radio
- Batteries and charging power banks
- Paper-based lists of important phone numbers, emergency clinics and vets, family friends and neighbours
- Copies of important papers and identification in paper and digital formats
- A week's worth of prescription medicine
- Hygiene products like wet wipes, hand sanitizer, diapers, toilet paper, paper towels, sanitary pads and tampons
- Waste bags
- List of public muster stations or emergency shelters in your area
- List of emergency numbers including fire, police and ambulance

Preparedness checklists

Preparing for a possible emergency can be overwhelming, but there are many resources at hand.

Start with these checklists and learn more about emergency preparations at canada.ca.

FireSmart Canada checklist

- Know your risk by checking local forest fire information maps
- Remove combustible materials from under decks and around your home
- Keep gutters, roofs, decks and balconies clear of leaves and debris
- Keep lawns cut short to below 10 centimetres
- Choose plants that are resistant to wildfires
- Add non-combustible screens to all external vents except dryer to keep embers out
- Prune trees to keep two metres of clearance from ground
- Move firewood to be at least 10 metres from your home
- Learn how to turn off electricity and gas supply in case authorities direct you to do so
- Test smoke alarms and carbon monoxide alarms monthly
- Have a wildfire evacuation plan for your household

Flood checklist

- Reduce the risk of flooding by grading soil away from your foundation
- Keep rain gutters and downspouts clear of leaf litter and ensure they drain 2 metres away from the foundation
- Put weather sealant around basement windows and ground flood doors
- Install a sump pump, a backwater valve or preventer, and weeping tiles in your basement
- Ensure everyone knows how to turn off utilities such as electricity, water, natural gas, fuel, oil or propane. However, do not such off electricity if water is present
- If a flood is imminent, place sandbags around doors and windows. A sandbag wall needs to be two to three times as wide as it is tall
- If you are in a car during a flood, do not try to drive through flood waters
- Avoid using well water during a flood, as it may become contaminated
- If evacuating, follow the official emergency detour routes

Winter storm checklist

- Ensure that your phone is fully charged and top up any backup power packs
- Winter-proof your home by insulating doors, windows and attic spaces
- Clear gutters and secure outdoor items to prevent them from becoming hazards in high winds
- Place shovels, salt, and snow-removal tools where you can reach them easily
- Set up a safe backup heat source and remember that generators must always run outdoors
- Install carbon monoxide alarms with reliable battery backups
- Get your vehicle storm-ready by checking the battery, tires, antifreeze and wiper fluid. Make sure the tank stays full
- Bring pets indoors before conditions worsen
- Check in on older relatives and neighbours who may need extra support
- When the storm hits, stay indoors and avoid travelling unless absolutely necessary
- Follow instructions from local authorities and emergency services
- Once it's safe, carefully walk on clear walkways and use salt or sand to prevent slips
- Take a quick look at your roof and address any signs of wear or damage
- Watch for ice dams, leaks, and downspouts as things begin to thaw
- Get CAA roadside emergency updates and information from caaneo.ca



Emergency phone numbers & contacts

1. Emergency & health services

Police [redacted]
Ambulance [redacted]
Fire department [redacted]
Emergency clinic [redacted]
Family doctor [redacted]
Pharmacy [redacted]
Poison Control [redacted]
Veterinarian [redacted]

2. Government, utilities & infrastructure

Municipal emergency office [redacted]
Regional public works [redacted]
Water and sewer [redacted]
Hydro [redacted]
Gas or oil supplier [redacted]
Waste/garbage [redacted]
Conservation authority [redacted]
Bylaw services [redacted]

3. Home, property & technical services

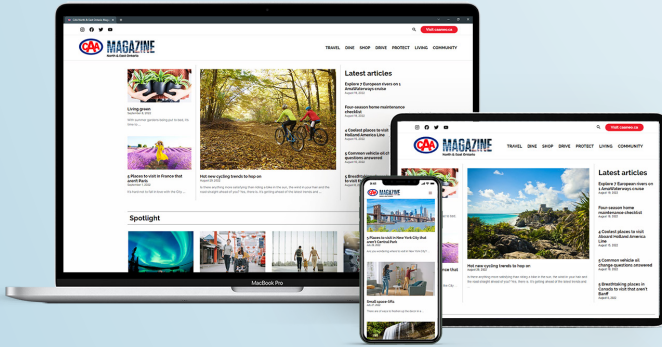
Plumber [redacted]
Electrician [redacted]
Locksmith [redacted]
Insurance company [redacted]
Internet provider [redacted]
Mobile provider [redacted]
Home security [redacted]
Property manager/landlord [redacted]

4. Transportation & access

Tow truck/roadside assistance [redacted]

5. Personal, work & community contacts

Emergency contacts [redacted]
[redacted]
Workplace emergency contact [redacted]
Neighbours [redacted]
[redacted]
[redacted]
School [redacted]
Daycare [redacted]
Pet boarding/emergency kennel [redacted]



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