

# Emergency Preparedness Guide 2013



*In the event of  
a disaster, we're ready.  
**Are you?***



**1 Citizens' Office**   
General information: 311

**2 Borough Hall**  
777, boulevard Marcel-Laurin  
H4M 2M7  
ville.montreal.qc.ca/saint-laurent  
**Urban Security Patrol**  
514 855-5700

**3 Aréna Raymond-Bourque**  
2345, boulevard Timens  
H4R 1T4  
514 956-2580

**Bibliothèque du Boisé**  
2727, boulevard Timens

**6 Bibliothèque du Vieux-Saint-Laurent**  
1380, rue de l'Église  
H4L 2H2  
514 855-6130

**Boulodrome**  
800, rue Saint-Germain  
H4L 3R8  
Indoor petanque:  
514 956-2580, ext. 4710

**C@f St-Lo**  
 1375, rue Grenet  
H4L 5K3  
514 855-6110, ext. 4898

**2 Cégep de Saint-Laurent**  
625, avenue Sainte-Croix  
H4L 3X7  
514 747-6521

**Centre de formation professionnelle Léonard-De Vinci**  
2405, boulevard Timens  
H4R 1T4  
514 332-7934

**5 Centre des loisirs Shelter and Drop-In Centre for Disaster Victims**  
 1375, rue Grenet  
H4L 5K3  
514 855-6110

**École Enfant-Soleil**  
1615, rue Tassé  
H4L 1R1  
514 747-3065

**École Henri-Beaulieu**  
235, rue Bleignier  
H4N 1B1  
514 332-0742

**École secondaire Saint-Laurent**  
**Édifice Émile-Legault**  
2395, boulevard Timens  
H4R 1T4  
514 332-3190

**Édifice Saint-Germain**  
1870, rue Decelles  
H4M 1A8  
514 332-3190

**7 Fire Station - 73**  
820, rue Saint-Germain  
H4L 3R8  
514 280-6740

**LaurenHill Academy Junior Campus Sports Complex**  
2350, boulevard de la Côte-Vertu  
H4R 1P1  
514 956-2598

**LaurenHill Academy Senior Campus**  
2505, boulevard de la Côte-Vertu  
H4R 1P3

**Municipal Court**  
 Saint-Laurent location  
1405, rue de l'Église  
H4L 2H4  
514 872-2964

**4 Musée des maîtres et artisans du Québec**  
 615, avenue Sainte-Croix  
H4L 3X6  
514 747-7367

**Parc-nature du Bois-de-Liesse**  
Accueil des Champs  
3555, rue Douglas-B.-Florenani  
H4S 1Y6  
514 280-6678

**Maison Pitfield**  
9432, boulevard Gouin Ouest  
H8Y 1T4  
514 280-6729

**Parkdale Elementary School & Community Centre**  
1475, rue Deguire  
H4L 1M4  
514 744-6423

**Public Works**  
 13001, boulevard Cavendish  
H4R 2G5  
311

**Salle Émile-Legault**  
 613, avenue Sainte-Croix  
H4L 3X6  
514 855-6110

**Skatepark**  
Parc Marcel-Laurin

**YMCA Saint-Laurent**  
1745, rue Décarie  
H4L 3N5  
514 747-5353



## TABLE OF CONTENTS

<b>Message from the Mayor of Saint-Laurent</b>	<b>2</b>
--	----------

<b><i>Be prepared</i></b>	
Remaining alert as the event unfolds	3
Knowing what to do	3
Adapted rescue service	3
<b>Be prepared to face any kind of disaster</b>	<b>4</b>
<b>No. 1 Knowing the risks</b>	<b>4</b>
<b>No. 2 Preparing a family emergency plan</b>	<b>4</b>
<b>No. 3 Having an emergency kit</b>	<b>7</b>
Emergency kit	7
First-aid kit	7
Pre-packaged first-aid kits	7
Additional emergency supplies	8
<b>Providing support to children and teens</b>	<b>8</b>
<b>Chemical spills</b>	<b>9</b>
<b>Flooding in basement</b>	<b>10</b>
<b>Natural hazards</b>	<b>11</b>
Tornadoes	11
Lightning storms	11
Windstorms	12
Earthquakes	13
<b>Power outages</b>	<b>14</b>
<b>Heat waves</b>	<b>15</b>

<b><i>We're prepared</i></b>	
<b>How will you be informed during an emergency</b>	<b>16</b>
Shelter and Drop-In Centre for Disaster Victims	16
<b>Service – Notice to the community</b>	<b>17</b>
<b>The Borough of Saint-Laurent's emergency, succession and mission plan</b>	<b>17</b>
<b>The Urban Security Patrol</b>	<b>17</b>
<b>Parks and facilities map</b>	<b>18</b>

**REGISTER TODAY**  
[ville.montreal.qc.ca/saint-laurent/newsletter](http://ville.montreal.qc.ca/saint-laurent/newsletter)



# Message from the Mayor of Saint-Laurent

Dear Fellow Citizens of Saint-Laurent,

Security in the community is one of Saint-Laurent administration's prime concerns. In order to enable its residents to benefit from a stimulating living environment that is conducive to their development, my colleagues on Council and I have stepped up initiatives in this respect.

For instance, we implemented an Urban Security Patrol that continuously circulates throughout the territory and we introduced a comprehensive Emergency, Succession and Mission Plan that we will regularly update. It is important to add that we enjoy a very close collaboration with emergency services and in fact with all stakeholders involved in security.

To summarize, we are prepared to react quickly and effectively in the event of a disaster on our territory. Nonetheless, this preparation could not be complete without citizen participation. For this reason, we have revised our Citizen's Emergency Preparedness Guide in order for all Saint-Laurent residents to be able to effectively fulfill their roles with respect to their own safety and that of their families if necessary.

Any disaster risks having terrible consequences. Nonetheless, just a few precautions can be taken to lessen these impacts. We are therefore encouraging every resident to carefully read this Guide and to share the information it contains with family members to be able to face any emergency situation. We also recommend that you prepare **to be self-sufficient for a period of three days** to enable authorities to intervene at critical points in order to protect the population, alleviate the effects of the disaster, and facilitate a return to normal life.

In closing, Saint-Laurent Council would like to remind you that it does not want to alarm you, but rather encourage you to take control of your own safety and that of your loved ones. For them, this represents an excellent testimonial of your love!

All the best with your preparations!



Alan DeSousa, FCA  
Mayor of Saint-Laurent

## COUNCIL OF SAINT-LAURENT



**Alan DeSousa, FCA**  
Mayor of Saint-Laurent



**Francesco Miele**  
City Councillor,  
Côte-de-Liesse  
District



**Aref Salem**  
City Councillor and  
Associate Councillor,  
Norman-McLaren  
District



**Maurice Cohen**  
Borough Councillor,  
Côte-de-Liesse  
District



**Michèle D. Biron**  
Borough Councillor,  
Norman-McLaren  
District

# Be prepared

## Remaining alert as the event unfolds

- When an emergency situation is declared, call 911 if someone's life is in danger.
- Contact the municipality at 311 and inform them of the situation (when the situation is worrisome, even if no lives are threatened).
- Monitor the situation on television, radio or Internet to find what major actions to take.
- If you know basic first aid, intervene when an emergency occurs in the workplace or at a recreational facility while waiting for help to arrive.
- Evacuate the home if necessary or at the request of authorities. Don't forget to bring the emergency kit. If the authorities ask you to stay home, on the other hand, obey their instructions.
- Think about the people who may try to contact or join you. If possible, leave a note in your mailbox telling them where you'll be.

## Knowing what to do



- **Avoid breathing in toxic substances**
  - Enter the nearest building as quickly as possible.



- **Prevent a toxic substance from entering your location**
- **Protect yourself in the event of an outdoor explosion**
  - Don't stay outside; don't stay inside a vehicle.
  - Close and seal doors and windows and turn off air conditioning.



- **Know what instructions to follow**
  - Monitor the situation on television, radio or Internet
  - Follow instructions given by the authorities.



- **Avoid exposing yourself or your children to toxic substances**
  - Don't go pick up children at the daycare centre or school.



- **Help rescue services get organized**
  - Don't use the phone; keep the lines free for rescue services.
  - In case of emergency only, call 911.

## Adapted rescue service

If you have trouble getting around due to a reduced mobility, or visual, hearing, or other impairments, the Montréal Fire Prevention Department encourages you to register for a census of individuals with disabilities.

In case of emergency, this free service enables firefighters to respond more effectively in the event you must be evacuated from your home.

Registration: 514 872-3775.



# Be prepared

## Be ready to face any type of disaster

In the event of an emergency situation, it is up to individual citizens to take the first steps in order to ensure their safety and to safeguard their belongings. Individuals can also play an important role in their immediate environment and in the workplace by using the right means to get out of the situation or, if need be, to assist others while waiting for help to arrive.

**Being well prepared involves three phases:**

**No. 1 Knowing the risks**

**No. 2 Preparing a family emergency plan**

**No. 3 Having an emergency kit**

### No. 1 Knowing the risks

Effective preparation starts by knowing the risks inherent to the region where we live. For this, there are two options:

- Consult the “Hazards and Emergencies” section of the “Get Prepared” website presented by the Government of Canada at the following address: [www.getprepared.gc.ca](http://www.getprepared.gc.ca)
- Dial **1 800 O-Canada** to obtain the national map of natural risks.

### No. 2 Preparing a family emergency plan

#### STEP 1 – Put evacuation plans in place

It is important to designate at least two possible emergency exits in each room of your home. In apartment buildings, it is important to plan routes that do not require the use of an elevator.

Route for exiting your home:

---

---

Route for exiting your district (refer to the central map):

---

---

#### STEP 2 – DESIGNATE A MEETING PLACE

In the event of the rapid evacuation of your home during an emergency, your family members or others with whom you live should gather at a previously designated location.

Meeting place near your home (refer to the central map):

---

---

Meeting place outside the immediate area:

---

---

#### STEP 3 – Ensure the evacuation of children

Parents must appoint individuals to pick up their children, if required, in the event of the evacuation of a daycare centre or school. It is important to ensure that the institution has updated information relating to these appointed individuals.



First person to contact:

---

Telephone:

---

Second person to contact:

---

Telephone:

---

**STEP 4 – Provide for specific medical needs**

We recommend that you make a note of all the details relating to your health status: specific problems, allergies, recent surgical procedures, family medical history, medications, recent vaccines, individuals to contact in case of emergency, insurance information. We also recommend that you add any specific information pertaining to the people living with you.

Health information:

---

---

---

---

---

Medications and medical supplies:

---

---

---

---

Location of emergency kit:

---

**STEP 5 – Pet evacuation plan**

In an evacuation situation, it is possible that public shelters or hotels will refuse pets due to the risk of allergies or other concerns. Pet owners must designate a friend or relative as a temporary guardian or arrange boarding or find a hotel where they are welcome.

Designated guardian:

---

Hotel or kennel location and contact information:

---

---

**STEP 6 – Planning for specific risks**

What to do in the case of an earthquake, flood, or generalized power failure? We recommend that you make a note of measures to take with respect to events that are most liable to occur in your region.

Risks:

---

---

**STEP 7 – Note the contact information of resource persons**

Since it is possible that family members may not be able to be in the same place in the event of a disaster, it is important to take measures to meet or communicate with each other.

**Emergency** 911  
(fire, police and ambulance)

**Numbers for non-emergency situations**

Saint-Laurent Borough Hall  
and municipal services: 311

Urban Security Patrol: 514 855-5700

Fire department: 514 280-6740

Police – Non urgent calls: 514 280-2222

Community Station no 7: 514 280-0107

Hydro-Québec (HydroDirect line):  
1 800 790-2424

GazMetro (gas leaks): 514 598-3111

Société des transports de Montréal:  
514 786-4636

Info-Santé: 811

CSSS Bordeaux-Cartierville–Saint-Laurent:  
514 331-3020

Antipoison Centre: 1 800 463-5060

Medical clinic:

---

---

Other services:

---

---

---

---

**Other sources of information**

Centre de sécurité civile de Montréal:  
ville.montreal.qc.ca/csc

Sécurité publique Québec:  
1 866 644-6826

Public Health – Public Safety Canada:  
1 613 991-3283

Air and water pollution control:  
514 280-4330

Urgence-environnement: 1 866 694-5454

Food inspection: 514 280-4300

**Family contact No. 1**

Name:

Tel. (home):

Tel. (work):

Cell.:

E-mail:

Address:

**Family contact No. 2**

Name:

Tel. (home):

Tel. (work):

Cell.:

E-mail:

Address:

**Designated friend or neighbour**

Name:

Tel. (home):

Tel. (work):

Cell.:

E-mail:

Address:

**Family physicians**

Patient names:

---



---

Physician names and telephone numbers:

---



---

**Insurance broker or company**

Name of broker or company:

---

Tel.:

---

Home and vehicle policy insurance numbers:

---



---

**Residential security system**

Name of company:

---

Tel.:

---

**STEP 8 – Make sure detection devices are working properly**

Make sure your home is equipped with the appropriate fully operational home detection equipment, namely a carbon monoxide detector, smoke detector, and fire extinguisher. If you are living in an apartment or hotel, it is important to locate the fire alarms. Below is the list of where to find certain items for all of the members of your family or members of your household to know in the event of an emergency.

Extinguisher location:

---

Water inlet location:

---

Fuse box location:

---

Gas valve location:

---

Location of the sump pump\*:

---

(\*The sump pump must be kept clear of objects to remain functional.)



## No. 3 Having an emergency kit

### Emergency kit

A basic emergency kit should enable you to be self-sufficient for at least 3 days. The kit should contain:

- |   |   |
|---|---|
| <input type="checkbox"/> Water – two litres of water per person per day   | <input type="checkbox"/> First-aid kit  |
| <input type="checkbox"/> Food that won't spoil, such as canned food, energy bars and dried foods (remember to replace the food and water once a year) | <input type="checkbox"/> Special needs items – medications, infant formula or equipment for people with disabilities                    |
| <input type="checkbox"/> Manual can opener  | <input type="checkbox"/> Extra keys – for your car and house  |
| <input type="checkbox"/> Flashlight and batteries   | <input type="checkbox"/> Cash – include smaller bills, such as \$10 bills (travellers cheques are also useful) and change for payphones |
| <input type="checkbox"/> Battery-powered or wind-up radio (and extra batteries)   | <input type="checkbox"/> Emergency plan – include a copy of it and ensure it contains in-town and out-of-town contact information       |

### First-aid kit

It is essential to have a personal or family first-aid kit on hand. The kit should contain:

- |  |   |
|--|---|
| <input type="checkbox"/> Analgesics*   | <input type="checkbox"/> Adhesive tape  |
| <input type="checkbox"/> Antiseptic solution and soap  | <input type="checkbox"/> Latex gloves   |
| <input type="checkbox"/> Sterile gauze pads, individually wrapped                                  | <input type="checkbox"/> Safety pins  |
| <input type="checkbox"/> Sterile roller gauze  | <input type="checkbox"/> Pair of scissors   |
| <input type="checkbox"/> Bandages and bandage strips in assorted sizes                             | <input type="checkbox"/> Splinter forceps (or eyebrow tweezers)   |
| <input type="checkbox"/> Compress dressings  | <input type="checkbox"/> "Ziploc"-type plastic bags to hold ice or to serve as a sickness bag (i.e., throwing-up bag) |
| <input type="checkbox"/> Triangular bandages of the following size: 101.6 cm x 101.6 cm x 101.6 cm | <input type="checkbox"/> Safety sheet   |
| <input type="checkbox"/> Roll of elastic wrap bandage  | <input type="checkbox"/> A first-aid guide  |
| <input type="checkbox"/> Thermometer   | <input type="checkbox"/> Notepaper and pen/pencil   |

\* Check the expiry dates for all medication.

### Pre-packaged first-aid kits

First-aid kits from the Canadian Red Cross are available online at [www.redcross.ca](http://www.redcross.ca).

Kits from St. John Ambulance and the Salvation Army are available at the following stores: *Jean Coutu*, *Déco Découverte* and *Canadian Tire*.



## Additional emergency supplies

In order to be well equipped for even the worst emergency situations, it is recommended that you also have the following additional emergency supplies on hand:



- |  |   |
|--|---|
| <input type="checkbox"/> Change of clothing and footwear                   | <input type="checkbox"/> Basic tools – hammer, pliers, wrench, screwdrivers, fasteners, work gloves |
| <input type="checkbox"/> Sleeping bag or warm blanket                      | <input type="checkbox"/> Small fuel-driven stove and fuel   |
| <input type="checkbox"/> A whistle (in case you need to attract attention) | <input type="checkbox"/> Two additional litres of water per person per day                          |
| <input type="checkbox"/> Garbage bags                                      | <input type="checkbox"/> Copies of personal documents (passport, birth certificate, etc.)           |
| <input type="checkbox"/> Toilet paper and other personal care supplies     | <input type="checkbox"/> Candles and matches, or a lighter  |
| <input type="checkbox"/> Safety gloves                                     |   |

## Providing support to children and teens



Children and teens are not exempt from worry or stress when an unfortunate event or disaster occur. Every child or adolescent reacts to stress in a different way, and their reactions usually don't last long.

It is important that parents:

- Comfort their children;
- Keep them with them;
- Explain to their children what has happened and reassure them that whatever feelings they may have are normal;
- Encourage their children to talk about what happened and provide simple answers to their questions;
- Let them help, if possible;
- Prevent them from seeing pictures/ footage of the disaster on television or Internet.

At all times, it is possible to ask for help from a health and social-services professional or a trustworthy person.

There are no magic formulas for helping children and teens cope with stress:

**ACT AS A ROLE MODEL and LISTEN TO THEM AT ALL TIMES**

# Chemical spills

Accidents involving hazardous chemicals may occur within a building, in an industrial park or at the site of a road collision involving a truck transporting chemical substances or gas.

This could result, for example, in a chemical spill or risk of a spill, which could represent a major and imminent danger for people in the area as well as for the environment. Emergency responders are trained to identify hazards and provide appropriate guidance to the public.



## If you are outside and in close proximity to the accident site

- Follow safety instructions issued by the authorities.
- Leave the contaminated area, on foot if necessary, and find shelter.
- Do not start a car or light a cigarette.
- Call and warn emergency services of the incident (911).
- Do not use appliances that run on electricity, gas or oil.

## If you are at home and receive an evacuation order

- Close all doors and windows.
- Turn off all systems that draw in air from the outside (fireplace damper, air exchanger, heat pump, range hood, dryer, etc.).
- Shut off the water valve.
- Turn off the electricity panel (except for the heating circuit).
- Turn off all lights and electrical appliances.
- Vacate home as quickly as possible, with the emergency kit.

## If you are at home, the authorities may ask you to stay put

- Close all doors and windows.
- Turn off all systems that draw in air from the outside.
- Seal off all systems that draw in air from the outside with rags in order to prevent hazardous gases from entering your home.
- Using duct tape, seal all cracks around doors and windows.
- Shut off the water valve.
- Shut off the power.
- Turn off all lights and electrical appliances.
- Monitor the situation using a battery-operated radio.

## Medical treatment

Exposure to a chemical substance may require a specific type of treatment, depending on the type of chemical in question. Doctors need to know the symptoms. It is important to keep track of all symptoms (breathing and heart rate, perspiration, dizziness, skin tone, incoherence, deliriousness). Tell medical personnel and public health agencies about these or any other symptoms.

# Flooding in basement

To address problems regarding basement flooding, the best course of action is to start from the top and work all the way down: from the eavestroughs all the way down to the footing drains, and then to the plumbing system.

## Eavestroughs and downspouts

Water that collects in eavestroughs drains through the downspouts. If the downspouts direct water close to the foundation, the water will flow directly into the footing drains, which could easily become overloaded.

- Ensure that drainage for downspouts is installed at least 1.8 metres (6 ft.) from the foundation wall. In addition, care must be taken to ensure that water does not flow toward your neighbours' foundation walls. The water must move away from the house toward the street, back yard or back alleyway.
- Disconnect downspouts that are connected to the house sewer or footing drains.
- Remove debris from eavestroughs on a regular basis.

## Lot grading

- If the land surrounding the house rises away from the house, backfill and level the area so the first 1.8 metres (6 ft.) of land around the house slopes down and directs the flow of water away from the house.
- Raise the dirt or sod around the edge of the house so it slopes down and directs water away from the foundation. In addition, check walkways, patios, terraces and driveways. Over time, these structures may buckle and redirect water toward the foundation.
- Extend downspouts so that water flows away from the house and doesn't collect around basement walls and windows.

## Measures to protect against flooding – New

There are several devices designed to protect against flooding such as sump pumps and check valves. Nonetheless, the installation of these devices is governed by **Bylaw 11-10 on protecting buildings against sewer back-ups**.

Residents may request a visit from a Borough inspector to verify their existing equipment. The inspector may make recommendations in the event of noncompliance with the Bylaw. Furthermore, since its adoption, the Borough has begun inspecting areas where backups have occurred in the past in order to make the facilities safer and more effective.

## Maintenance of protective equipment and devices

Articles 36 and 37 of Bylaw 11-010 on the protection of buildings against sewer backups stipulates the **owner's obligations** with respect to protective equipment.

36. The owner must keep the devices in equipment covered by this Bylaw in good working order by servicing it whenever necessary.
37. The owner cannot disable all or part of a device or piece of equipment covered by this Bylaw.



# Natural hazards

Natural hazards such as tornadoes, lightning, windstorms or earthquakes, while relatively foreseeable for most of them, can develop quickly. Environment Canada issues warnings in the event of severe weather.

## Tornadoes

### Preparing for a tornado

- Store or firmly tie down anything that might be blown away, such as garden furniture, barbecues, garbage bins or satellite dishes.
- Have a battery-operated radio and an emergency kit on hand.

### During a tornado

#### Indoors

- Gather together all family members in a safe place, such as in the basement, and take shelter under heavy furniture. If the dwelling does not have a basement, take shelter in the bathroom, hallway, closet or under a piece of heavy furniture.

#### Outdoors

- If you are in a vehicle, get out.
- Take cover in an underpass or in a ditch. Lie down facing the ground and protect the head.



## Lightning storms

### Preparing for a lightning storm

- Keep clear of windows, doors and chimneys.
- Don't touch metal items that may conduct electricity, such as sinks, bathtubs, heaters and clotheslines.
- Don't use the phone.
- Unplug computers, radios, television sets and other electrical appliances.

### During a lightning storm

#### Outdoors

- Do not take shelter under a tree.
- If caught in the open, do not lie flat but crouch down and keep the head down.
- If you are in a vehicle, stay inside, well away from trees that may fall on top of it.
- If out on the water, return to shore immediately.



## Windstorms

### Preparing for a windstorm

- Have an emergency kit on hand.
- Regularly prune and collect dead tree branches around the residence. If any trees are too close to power lines, call Hydro-Québec.
- Regularly check the drainage system around the house that directs the flow of rainwater.



### In the event a windstorm warning is issued

- Listen to the radio or television stations, or check the Internet, for severe weather warnings.
- Store or firmly tie down anything that might be blown away, such as garden furniture, barbecues, garbage bins or satellite dishes.

### During a windstorm

#### Indoors

- Gather together all family members in a safe place, such as in the basement, and take shelter under heavy furniture. If the dwelling does not have a basement, take shelter in the bathroom, hallway, closet or under a piece of heavy furniture.
- Keep clear of doors and windows.
- Avoid taking the elevator.

#### Outdoors

- Take shelter in a safe building that appears to have a solid roof that can stand up to the force of wind and to heavy snow accumulation.
- If in an open area, take shelter in an underpass, in a ditch or in a fold of the ground. Lie down facing the ground and protect the head.

### When the winds die down

- Watch out for debris such as sheet metal, glass or other sharp objects.
- Don't touch fallen or hanging power lines, as these may still be live. Contact Hydro-Québec or the local power distribution company.
- Never enter a building that has suffered from wind damage.
- Pay attention to the quality of the drinking water, especially after a heavy rainfall.

# Earthquakes

## Preparing for an earthquake

- Decide on a meeting place in case family members are separated after the earthquake.
- Have an emergency kit on hand; make sure to have a supply of candles and a lighter or matches.
- Remove heavy objects from upper shelves to lower shelves to ensure they won't fall on anyone.
- If the residence is equipped with appliances that run on natural gas or are connected to an outdoor propane tank, ensure that all connections are tight and that pipes and tubing cannot break.



## During an earthquake

- Stay calm and follow safety instructions issued on the radio.
- Use the telephone only in the event of an emergency.

### Indoors

- Stay inside the building, do not go outside.
- Keep clear of windows, mirrors, glass partitions, tall bookshelves, fireplaces and lighting fixtures.
- Take cover under a heavy piece of furniture and hold tight, or stand in a doorway. Otherwise, flatten against a wall and protect your head.
- In a crowded public place, try to find shelter in a less-crowded space not to get trampled.

### Outdoors

- Stay away from buildings, power lines and other structures that may collapse, such as billboards.

### If you are in a vehicle

- Avoid bridges, overpasses, underpasses, or tunnels.
- If inside of a car, pull over and park on the side of a road, in an open area, and stay inside.
- If inside a bus, stay seated until the vehicle comes to a complete stop.

## After an earthquake

- Check on the conditions of people in the area. In case of injury, ask for help and, if possible, administer first aid.



# Power outages in winter...

Power outages usually don't last very long. If the power is out for several days, however, especially in winter, the consequences could be serious, particularly for your health and safety.

## Preparing for a power outage

- Keep in a safe place:
  - ☐ a flashlight and replacement batteries
  - ☐ a battery-operated or wind-up radio
  - ☐ candles or an oil lamp, along with recommended fuel
  - ☐ a fondue cooking set and recommended fuel
  - ☐ a lighter and/or matches
- Install a carbon monoxide detector and regularly check that it is working properly.

## During a power outage

- Listen to the news on the radio.
- Lower thermostats to their minimum setting.
- Turn off all electric appliances and electronic equipment, except for one light on each floor.
- Do not needlessly open the refrigerator or freezer; this will ensure that food keeps for 24 to 48 hours.
- Unless the municipality instructs you otherwise, leave a tap turned on (a trickle of water is sufficient) and flush the toilet regularly to ensure that the pipes don't freeze.
- Light the auxiliary heating appliance before your residence becomes too cold.
- If you use a generator, closely follow the manufacturer's instructions.

## Take care...

When indoors, never use equipment designed for outdoor use or for camping. This includes heating or lighting equipment, charcoal or gas barbecues, and camping heaters or propane stoves. These items increase the risk of fire and give off **carbon monoxide**, an odourless, invisible gas that is life-threatening.

## If the power outage lasts a few days

- Leave the residence if it gets too cold. If you don't have a place to go, contact the municipality. Don't forget to take along the emergency kit.
- Before leaving:
  - Shut off the water valve and drain the plumbing system. Put antifreeze in toilet- bowl and sink traps.
  - Shut off the power and gas entries.

## When power is restored

- Ensure that the water heater is full before turning it on.
- Restore power by turning on the main electric switch.
- Turn on the water supply and open taps to let air escape from the system.
- Do not turn on the gas supply yourself; ask a gas technician to do it.

## ...in summer

In summer, power outages produce fewer serious consequences. However, keep a close eye on the freshness of food in the refrigerator as well as in the freezer: **Never refreeze food** that has thawed because it may lead to food poisoning.



## A few preventive measures

- Identify someone to call in case there's a problem.
- Use a thermometer to monitor the weather and the temperature inside the home, especially when the temperature rises above 30°C, or 86°F, and doesn't go down at night.
- Cool the dwelling with an air conditioner or spend a few hours in an air conditioned place, such as a shopping mall.
- Drink plenty of water, even if you're not thirsty, or follow a doctor's recommendation regarding how much water to drink.
- Avoid the following kinds of beverages, which will dehydrate you: alcoholic drinks, beverages with high-caffeine content (coffee, tea, soft drinks, etc.).
- Take a shower or bath as often as you need to.
- Avoid high-energy activities.
- Protect yourself against the sun by wearing light, pale-coloured clothing and a hat.



It is recommended that particular attention be paid to **children aged four and under**:

- Make them drink more often.
- Cool them down in a lukewarm bath several times a day.
- Avoid exposing them to the sun and taking them outside between 10 a.m. and 3 p.m.
- Dress them in light clothing and a wide-brimmed hat when they are outside.
- Ensure that there is good air circulation around their bed and avoid pushing the bed up against a wall.
- Never leave children alone in a car, even for a few minutes.

## In case of emergency

In the event of oppressive heat conditions, the Borough of Saint-Laurent has its own emergency plan that takes advantage of its various municipal installations.

In the event of a heat wave, contact the Citizens' Office at 311 or read the Borough's latest communications tools.

In the event of general discomfort, dizziness, tiredness, headaches, breathing difficulties, chest pain or swollen legs, immediately contact Info-Santé (811), your doctor or, in case of emergency, 911.

# We're prepared

## How will you be informed during an emergency

Saint-Laurent will use all means at its disposal to inform citizens during an emergency:

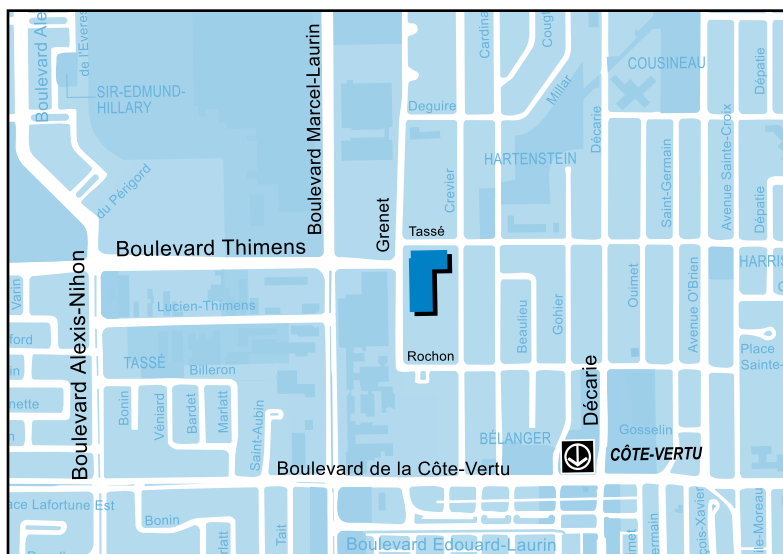
- Answer calls placed to 514 855-6000 or to the 311 line
- News releases issued to the media (radio, television, newspapers, Internet)
- Notices posted on the Borough's website at [ville.montreal.qc.ca/saint-laurent](http://ville.montreal.qc.ca/saint-laurent)
- Alerts sent out to subscribers to the Cyberbulletin de Saint-Laurent ([ville.montreal.qc.ca/saint-laurent/newsletter](http://ville.montreal.qc.ca/saint-laurent/newsletter))
- Notices distributed to all homes
- Home visits

## Evacuation order

Should the situation worsen, the authorities could issue an evacuation order. In this case, leave your home immediately, taking your emergency kit with you. It is important to follow the instructions given by facilitators to the letter, and to go to stay with a friend or at the **Shelter and Drop-In Centre for Disaster Victims** (see below).

Unless someone's life is in danger, do not use the phone (landline or cell phone) in order not to tie up phone lines needed by the authorities and by emergency services.

**The Shelter and Drop-In Centre for Disaster Victims will be set up at the Centre des loisirs de Saint-Laurent, 1375, rue Grenet, 514 855-6110**



## Service – Notice to the community

For over a year now, the Montréal's Centre de sécurité civile has used a Service d'avis à la communauté (SAC) to quickly alert residents of a disaster or emergency in their area by means of their landline.

Using the 911 telephone database, which contains the contact information for most homes and businesses on the territory,

the SAC is able to transmit up to 10,000 alert messages per hour within a precise perimeter.

**Cellular telephone** users can now also register their device number with the SAC in order to receive alerts.

INFORMATION AND REGISTRATION:  
**[ville.montreal.qc.ca/csc](http://ville.montreal.qc.ca/csc)**

## The Borough of Saint-Laurent's emergency, succession and mission plan

The Borough of Saint-Laurent has developed an Emergency, succession and mission plan that its teams regularly update.

This plan contains a warning and mobilization procedure, and that coordinates the activities of responders from the Borough and from external organizations.

In the event of a disaster, regardless of the situation, a structure adapted to the specific circumstance will be set up immediately.

Persons of authority will gather together in the Borough's Emergency Operations Centre, located at Borough Hall. All actions and activities will be managed from this strategic location, and it is also from here that information will be issued to residents and to the media.

## The Urban Security Patrol



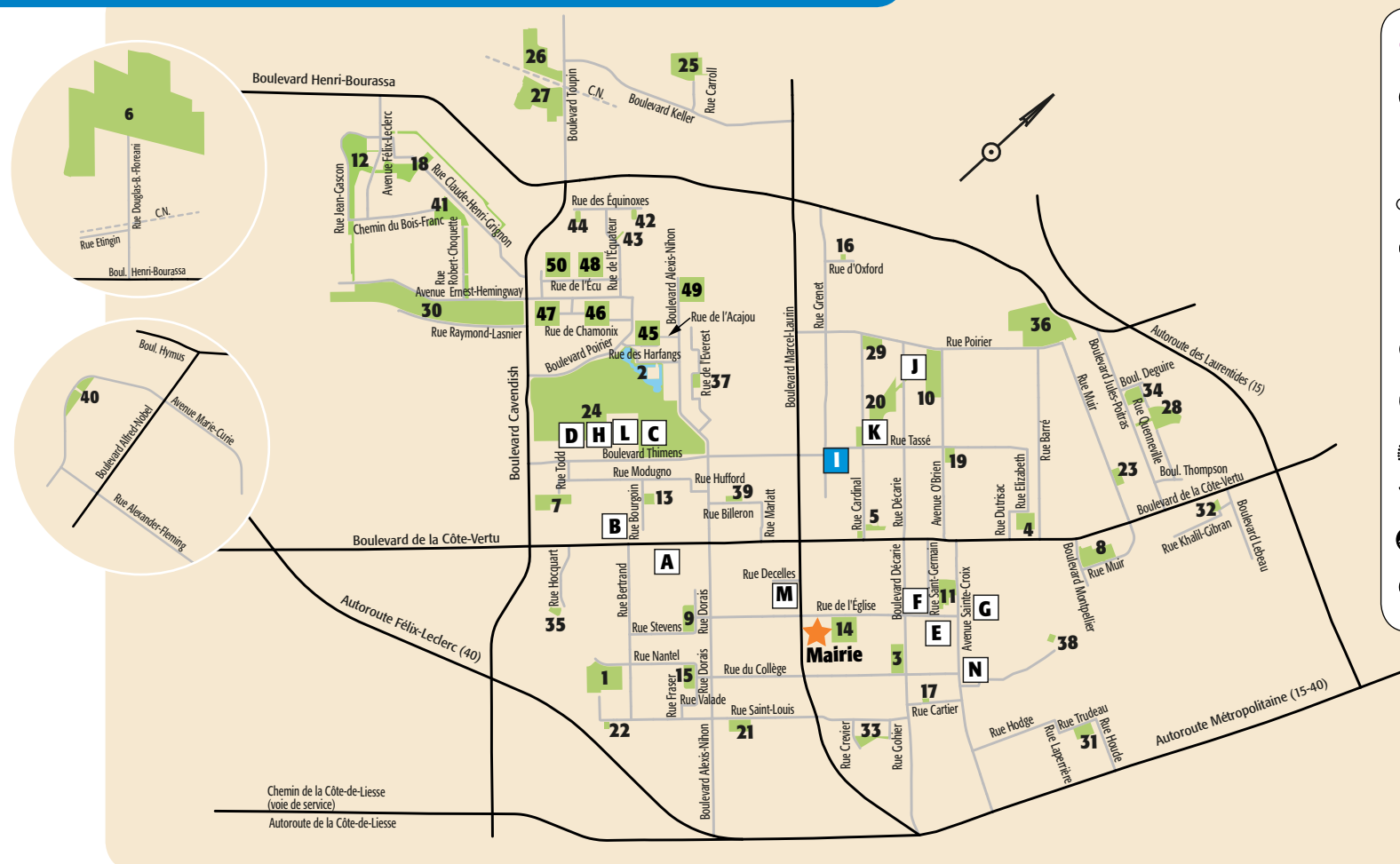
A year-round urban security patrol was set up in Saint-Laurent in April 2007. The patrol's services complement those provided by neighbourhood police, and the patrol works and exchanges with the police in a spirit of close cooperation on an ongoing basis.

The patrol is on duty **24 hours a day, seven days a week** in order to closely monitor the territory and to ensure that bylaws covering various areas of activity are respected.

Urban Security can be  
reached at all times:

**5 14 855-5700**

# Parcs et installations Parks and facilities



- Site d'animation Activities
- Baseball Baseball
- Basketball Basketball
- Bocce Bocce
- Exerciseur pour adultes Adult exerciser
- Football Football
- Glissade hivernale Winter slide
- Jardin communautaire Community garden
- Jeux d'eau Water game
- Jeux pour enfants Children's playground
- Parc canin Dog run
- Pataugeoire Wading pool
- Patin à roues alignées In-line skating
- Patinoire Hockey rink
- Pétanque Petanque
- Piscine Swimming pool
- Piste d'athlétisme Track and field facilities
- Planche à roulettes Skateboarding
- Rond de glace Skating rink
- Sentier pédestre Hiking trail
- Ski de randonnée Cross-country skiing
- Soccer Soccer
- Tennis Tennis
- Volleyball de plage Beach volleyball

## SQUARES

- 45. Gauguin
- 46. Jean-Rostand
- 47. Lamartine
- 48. Magellan
- 49. Nelligan
- 50. Vivaldi

## PARCS PARKS

- 1. Alexis-Nihon
- 2. Bassin de la Brunante
- 3. Beaulac
- 4. Beaulac
- 5. Bélanger
- 6. Bois-de-Liesse
- 7. Bourbonnière
- 8. Caron
- 9. Chamberland
- 10. Cousineau
- 11. Decelles
- 12. Dr-Bernard-Paquet
- 13. Gariépy
- 14. Gohier
- 15. Gold
- 16. Goulet
- 17. Grou
- 18. Guillaume-Bruneau
- 19. Harris
- 20. Hartenstein
- 21. Houde
- 22. Isaac-Abrabanel
- 23. L'Archevêque
- 24. Marcel-Laurin
- 25. Marlborough
- 26. Noël-Nord
- 27. Noël-Sud
- 28. Painter
- 29. Petit
- 30. Philippe-Laheurte
- 31. Poirier
- 32. Raymond-Vidal
- 33. Robert-Mitchell (en construction)
- 34. Roman-Zytnysky
- 35. Ronald-Moreau
- 36. Saint-Laurent
- 37. Sir-Edmund-Hillary
- 38. Super Jardin communautaire
- 39. Tassé
- 40. Urgel-Archambault
- 41. Aire de jeux (nom officiel à venir)
- 42. Aire de jeux (nom officiel à venir)
- 43. Aire de jeux
- 44. Aire de jeux

## PLACETTES PIAZZETTAS

## INSTALLATIONS FACILITIES

- A Académie LaurenHill Junior Campus
- B Académie LaurenHill Senior Campus
- C Aréna Raymond-Bourque
- D Bibliothèque du Boisé
- E Bibliothèque du Vieux-Saint-Laurent
- F Boulodrome
- G Cégep Vanier College
- H Centre de formation professionnelle Léonard-De Vinci
- I Centre des loisirs – C@f St-Lo  
Centre d'hébergement et d'aide aux personnes sinistrées
- J Centre YMCA Saint-Laurent
- K École Enfant-Soleil
- L École secondaire Saint-Laurent  
Édifice Émile-Legault
- M École secondaire Saint-Laurent  
Édifice Saint-Germain
- ★ MAIRIE Mairie d'arrondissement  
Borough Hall
- N Musée des maîtres et artisans du Québec  
Salle Émile-Legault – Cégep de Saint-Laurent

## CHALETs DE PARC PARK CHALETs

- Alexis-Nihon 514 855-6124
- Beaulac 514 855-6114
- Bois-de-Liesse 514 280-6678
- Bourbonnière 514 956-2597
- Caron 514 855-6123
- Chamberland 514 825-4571
- Cousineau 514 855-6118
- Decelles 514 855-6107
- Gohier 514 855-6119
- Hartenstein 514 855-6117
- Houde 514 855-6106
- Marcel-Laurin 514 956-2596
- Marlborough 514 956-2595
- Noël-Nord 514 956-2593
- Noël-Sud 514 956-2594
- Painter 514 887-6042
- Petit 514 855-6113
- Poirier 514 855-6115
- Saint-Laurent 514 855-6127