EMERGENCY FLOOD PREPAREDNESS INFORMATION

MANITOBA MÉTIS FEDERATION
RED RIVER MÉTIS

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FLOOD PREPARATION 101

1. Monitor weather forecasts regularly during flood-risk periods and follow evacuation orders immediately when issued.

2. Have an AM/FM radio accessible and tuned into stations provided by local officials to stay up to date with emergencies and instructions.

3. Have a designated meeting place for you and your family members predetermined, both in your residence and at a safe location outside.

4. Call 911 for any immediate life-threatening emergencies – including downed power lines or electrical fires.

5. Call your local authorities for the following:
    a. Reporting flooded roads or blocked drainage
    b. Reporting property damage after the fact
    c. Asking for sandbags, shelter locations, or updates
    d. General flooding information or assistance

6. Keep a fully stocked emergency “go-bag” ready, including water, non-perishable food, flashlight, batteries, a first aid kit, and basic hygiene items.

7. Keep important documents (IDs, insurance papers, medical information) in a waterproof and easily accessible container or saved via digital backup.

8. Be aware of basic household shutoffs (electricity, gas, water) and know how to turn them off safely if instructed by authorities.

9. Keep a list of emergency contacts (family, neighbours, doctors) in multiple formats (phone and paper copy).

10. Ensure medications and essential medical supplies are packed in advance and rotated regularly to stay current.

FOLLOWING EVACUATION ORDERS

If you and your community are under evacuation orders, Citizens must:

1. Listen to the radio for the latest information.

2. Keep all receipts for evacuation-related expenses, including home flood-proofing, hotel bills and meals. These will be needed for an insurance or Disaster Financial Assistance claim.

3. Never try to drive on a flooded road.

4. If your vehicle stalls in rising water, exit immediately and move to higher ground.

5. Stay out of the way of emergency workers and observe all roadblocks.

6. Always be careful. Flash flooding can happen, and you never know what is in water.

BUILDING AN EMERGENCY KIT

Creating a home emergency kit or “go-bag” ensures you have all the necessary items on hand in the event of an emergency. The kit should contain enough supplies to support all family members for at least 72 hours.

Items Citizens should include in their go-bags:

- Non-perishable and ready-to-eat food items (check expiry dates regularly)
- Drinking water
- Flashlight (battery operated)
- Batteries (check annually)
- Headlamp
- AM/FM radio
- Medications (minimum 2-week supply), including a list of prescriptions and dosages for each family member
- Seasonal clothing
- Blanket
- Cell phone charger
- Personal toiletries
- First aid kit (small)
- Pen and notepad
- Extra eyeglasses or contact lenses
- Cash (small bills)
- Emergency whistle
- Local map with meeting locations marked

CREATING AN EMERGENCY PLAN

Citizens are encouraged to create emergency plans with their households to ensure safe evacuations take place.

Before starting, you will need to think about:

- Safe exits from home and neighbourhood
- Meeting places to reunite with family or roommates
- Designated person to pick up children should you be unavailable
- Emergency contacts (close-by and out-of-town)
- Health and insurance information
- Places for your pet to stay
- Risks in your Region
- Location of your fire extinguisher, water valve, electrical panel, gas valve, and floor drain

Staying connected when flooding hits (even if you're not home)

- Establish a simple way to contact family members
- Decide in advance on a safe place to meet
- Use non-voice channels such as texting or social media to reduce network strain and free up phone lines for emergencies
- Keep phone conversations brief and limit them to important information
- Make sure your children's school has additional emergency contacts so that if you are unable to pick them up, someone else can
- Teach your children their basic contact information and who to call if they need help

Weathering the storm together at home

- Listen to the radio, watch television, or go online for information from local authorities
- Follow their instructions, as there may be advisories to turn utilities off or keep them connected
- Everyone should know where utility shut-offs are located, where fire extinguishers are kept, and how to use them
- Each family member should know where the emergency kit is kept

Getting out safely: your evacuation game plan

- Know the safe exits from your home and where the emergency kit is located
- Identify where to bring pets in an emergency
- Ensure vulnerable family members are included in the emergency plan, including any information needed by potential caregivers
- Have important documents and recent photos of family members readily available. Keep photocopies of important documents, such as wills and insurance information, in a safe and accessible location

WHEN THE POWER GOES OUT:
Flood Safety Tips

Flooding across Manitoba has resulted in various power outages. This is what you need to know before the power goes out, while it is out, and what to do once your power is back on!

Before a power outage

- If your community has been affected by flooding, monitor information being shared by your local authority
- Stay up to date on weather conditions via the news, weather forecasts, or radio
- Have an emergency go kit prepared
- Develop and practice a family emergency plan
- Make sure you know your local authority's evacuation routes and procedures
- Check with your insurance company for power outage related coverage
- Protect electrical equipment with surge protectors
- Install a carbon monoxide detector
- If considering a generator, get professional advice to ensure it is appropriately sized to support your needs

During a power outage

- Follow instructions from your local authority
- Listen to battery-powered radios for outage updates from official news sources
- Pay close attention to updates and warnings

- Be prepared to evacuate or shelter in place at any time. Have your emergency go kits or home emergency supplies on hand
- Check to see if the outage is only at your residence. If neighbours are affected, report an outage
- Minimize unnecessary travel, especially by car, due to traffic light outages and road congestion
- Turn off appliances and electronics to prevent damage from power surges when power is restored
- Keep refrigerator and freezer doors closed and use them only when needed
- Use flashlights, not candles, to reduce the risk of fire

Once the power is back on

- Check on family, friends, neighbours, and community members who may be at risk
- Avoid touching downed power lines and report them to Manitoba Hydro
- Check the exterior of your home for signs of damage or hazards
- Turn on appliances and electronics gradually to avoid damage from power surges
- Follow food safety guidelines. Throw out any refrigerated food that may have gone bad during the outage
- Replace used items in your emergency go kits and home emergency supplies
- Set annual reminders to review and update your home emergency plan and emergency kits
- If available, get vaccinated against preventable diseases to boost overall immunity

MOULD IN THE HOME

After a flood, it's important to quickly restore your home to good order to protect your health and prevent further damage. Standing water and wet materials may carry viruses, and will also allow bacteria and mould to grow which can present serious health risks.

Your house and furnishings are less likely to grow mould if they are dried within 48 hours.

Before you begin

- Your safety comes **first**. Ensure the area is safe before entering or dealing with potential mould
- Avoid electrical shock by shutting off power, wearing rubber boots when standing in water, and keeping extension cords out of the water
- If the flood contains sewage-contaminated water, contact your local public health department
- Collect and discard contaminated items in accordance with local regulations
- Exercise caution when disinfecting and avoid exposure of family members and pets
- Where possible, open windows and doors to provide fresh air

Supplies and equipment needed

- Disposable gloves, N95 mask and goggles
- Pails, mops, sponges and plastic garbage bags
- Soap and water (Bleach is not necessary to clean up mould)
- Extension cords, submersible pump, wet/dry shop vacuum, fans, and dehumidifier

While cleaning

- Remove standing water
- Remove all soaked and dirty materials, debris, and residual mud/soil
- Clean walls and furnishings with a solution of soap and water, remove remaining water with a pump or wet vacuum, and clean floors as quickly as possible

After cleaning

- Ventilate and dehumidify the space (humidity should be between 30-50%)
- If outside weather permits, open doors and windows and speed up the drying process with fans
- Vacuum dried surfaces with a high efficiency particulate air (HEPA) vacuum cleaner

Important note – Monitor for carbon monoxide poisoning

When drying out your house, make sure there is a working carbon monoxide alarm installed. Carbon monoxide can build up quickly if fuel-powered equipment is used in a poorly ventilated area. Do not use equipment designed for outdoor use indoors.

FLOOD RECOVERY

Your Home Cleanup Checklist

- ☐ Ensure you have proper personal protective equipment before cleaning including: rubber boots, disposable gloves, N95 masks, and goggles
- ☐ Remove standing water
- ☐ Remove all soaked and dirty materials, debris and residual mud/soil
- ☐ Clean walls and furnishings with a solution of soap and water
- ☐ Remove remaining water with a pump or wet vacuum
- ☐ Clean floors as quickly as possible
- ☐ Ventilate and dehumidify (30-50%) until the space is dry
- ☐ Open doors and windows (weather permitting)
- ☐ Speed up the drying process with fans (if needed)
- ☐ Vacuum dried surfaces with a high efficiency particulate air (HEPA) vacuum cleaner

If you have been affected by flooding, please contact MMF Emergency Response Services!

Website: **mmf.mb.ca/emergency-management-and-response**
Phone: **1-888-362-2012**
Email: **emergencyresponse@mmf.mb.ca**