

PREPAREDNESS EDUCATION WORKSHOPS

SATURDAY, September 26th, 1:00-4:30 pm (doors open 12:30)

Monterey Recreation Centre, Garry Oak Rm, 1442 Monterey, Oak Bay

Free! All Welcome!

If you are ill with symptoms of an influenza-like-illness, stay at home and do not attend this event. If you have an underlying illness that puts you at risk for severe illness or complications from the pandemic (H1N1) 2009 influenza virus you may wish to consider not attending this event because of your own personal risk. *Send a friend instead!* (Public Health Agency of Canada)



KEYNOTE SPEAKER

Dr. Richard Stanwick

Chief Medical Health Officer, VIHA

1 pm - 1:45 pm

Pandemic Preparedness

What you need to know to protect and prepare yourself and your family.
Presentation and Q & A to follow.



BLOCK WATCH

Be a Flu Buddy!

2:00 - 3:00 pm

Community-Based Organizations Working Together!

Building a Disaster Resilient Community!

- ❖ Coping with H1N1-related stress. What can you expect - what can you do?
- ❖ What services does **Oak Bay Volunteer Services** offer to our community? How can you help?
- ❖ **Block Watch** - Neighbours helping neighbours- building a stronger, safer community!



3:15 - 3:45 pm

Non-structural Mitigation for Earthquakes

10 Easy Steps to keep you SAFER!

Learn how to secure bookcases and other items in your home to protect yourself and your escape route in the event of an earthquake. What steps can you take to keep you safer at night! Handouts and display samples will be available. Q & A

Oak Bay Fire Department

Oak Bay Emergency Preparedness Outreach Team



3:45 - 4:30 pm

Grab & Go Bag; Evacuation Plan; Shelter-in-Place Supplies for earthquakes, pandemics and other hazards

Volunteers from the Emergency Preparedness Outreach Team will answer your questions on what should be part of your kits; how to develop your Evacuation Plan; check out various kits on display. Supported by Columbia Fire & Safety.

Oak Bay Emergency Preparedness Outreach Team

The **Oak Bay Emergency Preparedness Outreach Team** invites you to a series of interactive, hands-on preparedness education workshops. Workshops will offer opportunities for you to ask questions as well as order Grab & Go Bags and other supplies from Columbia Fire & Safety.

REFRESHMENTS & SNACKS PROVIDED!

Event supported by a Seniors Housing & Support Initiative Grant

For more info, contact Sonja, Community Emergency Preparedness Coordinator at sruthe@oakbayemergency.com or 250-514-5249 or Dave Cogle, Deputy Emergency Coordinator at coordinator@oakbayemergency.com or 250-592-9121 (Fire Hall)