



Nuclear Emergency Preparedness Guide

10 For people who live or work within
kilometres
of Nuclear Generating Stations

As someone who lives or works within 10 kilometres

of a Nuclear Generating Station, here are some helpful tips.

One of the most important things to remember is that you have time. In a nuclear emergency you have days, not minutes, to act. Remain calm and wait for further instructions from an official source.

The Region has two public alerting systems that can be used:

1. If you're close to three kilometres from a nuclear generating station, you may hear strategically-located public alerting sirens sound steadily for at least three minutes. If you're outside and hear the sirens, stop what you're doing, go inside and turn on the TV or radio, or visit official government social media channel or websites for instructions. You do not need to evacuate if you hear the sirens – wait for further instructions.
2. The second system is an automated call to landline phones, which plays a recorded message with more information.

You may also receive an alert to your cell phone from the Province of Ontario's Alert Ready Emergency Alert System.

Building and maintaining your emergency kit is one of the easiest ways to ensure you're prepared if you are asked to shelter in place, stay home for a few days, or if you need to evacuate. Gathering up supplies and important medical or personal information, then combining them into an emergency kit or Go Bag is a great activity for the whole family.

Staying in touch with friends and family is easier than ever. During an emergency, it's important that family members know where and when to meet if they're having trouble reaching each other. It's a good idea to have a family meetup plan that has both an in-town and out-of-town meeting place. A relative or friend's home are both great ideas.

Durham Region's At The Ready guide can help you plan this out. Visit: durham.ca/Prepared.

Backing up all important documents in a safe place (safety deposit box, secure cloud storage, secure memory stick, etc.) is the best way to ensure easy access during an emergency. Having access to these documents could save you a lot of time in the unlikely event that you're asked to evacuate.



It's important to follow official advice.

Here are a few things that you may be told to do in the unlikely event of a nuclear emergency.

Shelter in place

Go inside, close all your windows and doors, and turn off your heating or air conditioning. This can help stop potentially harmful particles from entering your home. This is when a fully-stocked and updated emergency kit will be useful. Stay tuned to local radio, television, and official government social media channels or websites for updated information.

Evacuate

In the unlikely event that you are told to evacuate, follow all instructions carefully. Evacuating can often mean staying with an out-of-area relative, at a friend's house, or a hotel. Evacuation centres will open for people who are told to leave their home, but don't have a planned place to go.

Take KI (Potassium Iodide) Pills


KI pills are very effective at reducing radioactive iodine entering your thyroid but need to be taken at the right time so remember to only take them when you are instructed to do by the Chief Medical Officer of Health of Ontario. KI pills are available at evacuation and reception centres. They are also pre-distributed to anyone who lives and works within 10 kilometres of a nuclear generating station and available to anyone within 50 kilometres of a nuclear generating station.


If you don't have them on hand, you can order them by visiting [PrepareToBeSafe.ca](https://www.preparetobesafe.ca)

What's important is that you prepare to follow incoming instructions from official channels and emergency personnel.




Know the zones



 Pickering Nuclear Generating Station

 Darlington Nuclear Generating Station

Zone distances from Nuclear Generating Stations

To learn more about emergency preparedness,
head over to

durham.ca/Prepared

