



Wednesday July 3, 2019

**COMMUNITY SAFETY ISSUE UPDATE FROM THE SIX NATIONS EMERGENCY CONTROL GROUP**

Following the media release that was distributed yesterday evening, please accept this message as an update from the Six Nations Emergency Control Group. Due to the recent and frequent residential fires within the Six Nations community, the Six Nations Fire and Emergency Services are left extremely exhausted but are still responding to emergency incidents. As a result of this shortage of Firefighters, the Six Nations Emergency Control Group would like to take this time to stress to the community the importance of public safety. This includes, but is not limited to:

1. Checking-in with family members and friends, including your Elders, and when needed referring your loved ones to the various crisis hotlines within the community,
2. Educating yourself, family and friends on fire safety knowledge, including following the appropriate standards and procedures when using cooking appliances, both indoor and outdoor electrical units, barbeque units, fireworks, air conditioning units, committing to regular washer and dryer maintenance such as removing lint after each dryer use, etc.,
3. Ensuring smoke and carbon monoxide detectors are installed properly and are fully functional,
4. Ensuring emergency escape equipment such as rope ladders are stored in well-known and accessible areas, and regularly practicing family fire escape plans,
5. Staying hydrated with plenty of water during these dry and hot weather temperatures, as well as being aware of the various cooling facilities located within the community.



## 1. Crisis Hotlines:

A traumatic event/critical incident is any event that causes unusually strong emotional reactions that may interfere with the ability to function normally. It is very common and normal to experience stress reactions. These reactions can appear immediately, weeks or months later depending on the severity of the event. Understanding and providing support of the individual impacted usual will cause the stress reaction to pass more quickly. Occasionally, individuals may need professional, traditional or spiritual supports when they are unable to manage by themselves. This does not imply mental stability or weakness. It simply indicates that the event may have been too difficult for one to manage by themselves. Below is a table of the various Crisis Hotlines that are providing within the community:

<b>Six Nations Mental Health &amp; Addictions</b>	Monday to Friday – 8:30a.m. to 4:30p.m. Walk-in Crisis Services Available 1769 Chiefswood Road, Ohsweken ONT. N0A1M0 <b>519-445-2143</b>
<b>Six Nations Social Services</b>	Monday to Friday – 8:30a.m. to 4:30p.m. Walk-in Crisis Services Available 15 Sunrise Court, Ohsweken ONT. N0A1M0 <b>519-445-2071</b>
<b>Six Nations Mobile Crisis Line</b>	24/7 Hours a week <b>519-445-2204 or 1-866-445-2204</b>
<b>Ganohkwasra Family Assault Support</b>	24/7 Hour Support Line <b>519-445-4324</b>
<b>Kids Help Line</b>	<b>Call: 1-800-668-6868</b> Text: CONNECT to 686868 Website: <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a> (online chat available)
<b>First Nations &amp; Inuit Hope for Wellness Help Line</b>	24/7 Hour Support Line <b>Toll Free: 1-855-242-3310</b> Website: <a href="http://www.hopeforwellness.ca">www.hopeforwellness.ca</a> (online chat available)



## **2. Fire Safety Knowledge:**

1. Install the right number of smoke alarms on every level of your home including, inside bedrooms and outside sleeping areas,
2. Test them once a month and replace the batteries at least once a year,
3. Teach children what smoke alarms sound like and what to do when they hear one,
4. Talk with family members about fire escape plan and practice this plan at least twice a year,
5. If a fire occurs in your home, GET OUT, STAY OUT and CALL FOR HELP.

Keep your family safe from accidents with these fire safety tips for kids:

1. Don't play with matches or lighters,
2. Run extinguished matches under water before discarding,
3. Never leave candles or incense burning,
4. Don't over-plug into electrical outlets,
5. Don't play near fireplaces or stoves,
6. Keep flammable objects away from the stove.

## **3. Smoke and Carbon Monoxide Detectors:**

The Six Nations Fire and Emergency Services is dedicated to installing smoke and carbon monoxide detectors into community member homes. Please contact the Six Nations Fire and Emergency Services to schedule an appointment at 519-445-4054. Otherwise ensure your smoke and carbon monoxide detectors are installed and working properly, "one working smoke detector is equivalent to 10 Firefighters", said by Six Nations Fire Chief Matt Miller.

## **4. Emergency Escape Planning:**

1. Ensure that all household members know two ways to escape from every room of your home and know the family meeting spot outside of your home,
2. Establish a family emergency communications plan and ensure that all household members know who to contact if they cannot find one another,
3. Practice escaping from your home at least twice a year. Press the smoke alarm test button or yell "fire" to alert everyone that they must get out,
4. Make sure everyone knows how to call 9-1-1



**5. Hydration:**

Summer 2019 is here and we are experiencing heat warnings in the community and surrounding areas. Stay cool and safe in the heat with these tips:

<b>Avoid the sun</b>
<b>Drink lots of cool liquids, especially water before you feel thirsty. Thirst is not a reliable measure of dehydration</b>
<b>Reschedule or plan outdoor activities during cooler parts of the day</b>
<b>Wear loose-fitting, light-coloured clothing made of breathable fabric</b>
<b>Never leave people or pets in your care inside a parked vehicle or in direct sunlight</b>
<b>Take a break from the heat in cool places, including a tree-shaded area, swimming facility or an air-conditioned building such as a community centre, shopping mall, grocery store, place of worship or public library</b>
<b>Take cool showers or baths</b>
<b>Prepare meals that don't need to be cooked in an oven</b>
<b>Block sun out by closing curtains or blinds during the day</b>
<b>Shade yourself by wearing a wide-brimmed, breathable hat or using an umbrella</b>

The following are various free cooling locations within the Six Nations community for community members to utilize during these dry-hot temperatures:

<b>Six Nations Parks &amp; Recreation Dajoh &amp; Community Hall:</b>	<b>Six Nations Social Services Gym:</b>
Address: 1738 4 <sup>th</sup> Line, Ohsweken, ONT. N0A1M0 Hours of Operation: 6a.m. – 12p.m. Contact Info: 519-445-4311	Address: 15 Sunrise Court, Ohsweken, ONT. N0A1M0 Hours of Operation: 8:30a.m. - 4p.m. Contact Info: 519-445-0230

The safety of the Six Nations community is paramount and the Emergency Control Group urges all community members to ensure you are proactive about your personal community safety, as well as the safety of other community members. Although the Six Nations Fire and Emergency Services are exhausted, they are still responding to incident calls. Let's each as a community member take it upon ourselves to do our part in ensuring community safety, especially while we let the much needed Six Nations Fire and Emergency Services rest and recuperate. If you are experiencing an emergency please continue to call 911.

Six Nations Emergency Control Group