

Blackstone Lake Emergencies

Your medical kit at the cottage.

There are general items to keep at the cottage and other items specific to your health status. These are my recommendations for a basic medical kit.

1. BANDAIDS and GAUZE for wrapping larger cuts or abrasions.
2. TENSOR and an ICE PACK to help control swelling after a sprain or hard knock.
3. ANTIHISTAMINES like benadryl (diphenhydramine) to control allergic symptoms
4. CALAMINE LOTION to ease the itch from insect bites. Your physician can also prescribe a steroid cream for this purpose.
5. Analgesics like ACETAMINOPHEN or IBUPROFEN are good to have on hand but check with your physician if there are any contraindications to their usage.
6. For those who are on medications (eg puffers for asthma or epi-pens) make sure you have a supply at the cottage and inform guests that they need to remember to bring their medications when they visit.
7. MASKS and HAND SANITIZER

In the event of an adult having severe chest pain or pressure that may or may not radiate to the jaw or down the arm you must call 911 and chew an ASPIRIN 325 MG. The dispatcher will keep you on the line until the EMT attendants arrive. If there is another phone free call any of the individuals who have volunteered to be available for emergencies only. However these individuals may or may not be at the lake. There is an AED at Sylvia's and one on the south side of the lake at the Kupka cottage.

There are demonstrations of CPR and first aid measures on the website at <http://www.blackstonelakeassn.ca/index.php/who-we-are/emergency-response> .

We hope to organize education sessions either dockside or on zoom where we can review some of the principles. Check our next newsletter for more information.

2022

Blackstone Lake Health and Safety Volunteer Responders

Thank you to all our volunteers for serving in this important way and sharing resources for our community.

Contact	Contact Phone	Lake Address/Proximity	AED	Comments
Chris Morwald	705-346-0214 705-346-4659	Angler's Inn	AED	The AED kit and backboard are stored inside the door closest to the lake at Sylvia's house.
Drs. David Rosen & June Kingston	647-824-8834 905-301-1789	99 Blackstone Lake water (mid-eastern side of lake)		
Dr. Marianna Kappala	416-274-3274	northeast end of lake		
Dr. Gary May	416-271-8904	northeast end of lake		
Matt Hackett (EMT)	647-993-2420	Lawson's Bay #110 south end of lake	AED	
David & Susan Kupka	416-524-1674 416-524-1636	Lawson's Bay #158	AED	AED, fire pump and backboard on dock.
Rob Moos	705-930-5751	McRoberts Bay		
Rob & Christine Tekker	416-414-0368 647-980-0368	Southwest - Crane River #248		
Greg McCamus	416-616-9057	Northeast end - #77	AED	In shed behind boathouse.
Brad McCamus		Northeast end - #74		
Kai Deutch	905-717-8999	Southwest - Crane River #222		
Dana Deutch *	905-751-5138			
Aaron Rosen	416-951-0835	mid-eastern side of lake #99		
Colin McFadyen	416-303-3450	Tolpts Bay #101		
Peter Helsdon	416-669-5799	Southwest end #250		
Kathy Watts	519-763-7476	Lawon's Bay #115		
Andy Metelka *	226-203-0905	McRoberts Bay		
Cheryl Ward *	705-773-8077	Southwest, Crane River #224		
Jean Pierre Cayer		186 Blackstone Lake Water	AED	Equipment available. Fire pump at dock's edge, AED in red box at front of cottage. Backboard too

*Andy Metelka, Cheryl Ward and Dana Deutch also serve as contacts for Parry Sound EMTS dispatch.

There are American responders as well but not shown as we monitor post covid availability.

The AEDs must be taken indoors when the weather gets cold.