

## EMERGENCY CONTACTS

Our Civic Address is:

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Police/Fire/EHS ..... **911**

Non-emergency health advice ..... **811**

Non-emergency support advice ..... **211**

N.S. Power Outage ..... **1-877-428-6004**

Provincial Road Concerns ..... **1-888-432-3233**

Town After-Hours Emergency (Utilities & Roads)

Bridgewater ..... **902-543-5142**

Lunenburg ..... **902-527-0150**

Mahone Bay ..... **902-543-3251**

## FAMILY CONTACT NUMBERS

Mom \_\_\_\_\_

Dad \_\_\_\_\_

School \_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Insurance Provider \_\_\_\_\_

Neighbour \_\_\_\_\_

Comfort Center Location \_\_\_\_\_

## HOUSEHOLD NEEDS LIST

SUPPLIES	HAVE IN HOUSE	GET WHEN STORM PREDICTED
<b>Food</b> (3-4 day meals based on utility outages; storage & cooking impacts)		
<b>Water - drinking</b> (4L per person/day)		
<b>Water - sanitation</b>		
<b>Water - cooking</b>		
<b>Fuel - Heating</b>		
<b>Fuel - Vehicle, plow, snow blower, boat</b>		
<b>Fuel - cooking</b>		
<b>Information Sources</b> (radio, T.V. computers, smart phone)		
<b>Non-portable phone</b>		
<b>Cell phones</b>		
<b>Batteries/charging devices</b>		
<b>Flashlights</b>		
<b>Toiletries</b>		
<b>Medications &amp; devices</b> (prescriptions, OTC, syringes, oxygen)		
<b>Entertainment</b> (books, movies, games)		
<b>Work Supplies</b>		
<b>Cash</b>		
<b>Disposable cups, plates, utensils</b>		
<b>Cleaning supplies</b> (soap, liquid detergent, wet wipes, garbage bags)		
<b>Pet Supplies</b> (food, water, waste removal)		



Regional Emergency Management Organization

**PERSONAL & FAMILY PREPAREDNESS  
"SHELTER-IN-PLACE"**





## THE RISK

Most emergency events in Lunenburg County are caused by weather. Heavy rainfall and hurricanes happen in summer and fall. Blizzards, ice-storms, and snow/rain mixes happen in winter and spring.

High winds, flooding, storm surges and icy conditions can make driving dangerous and cause power outages for 3 days or more.

Climate changes are likely to create stronger storms more often in Lunenburg County.

### What does Shelter-In-Place mean?

Shelter-In-Place means you are ready to comfortably stay in your home for 3 to 4 days without needing to go out for supplies even if the power is off.

911 lines stay open, but help may take longer to get to you during storm conditions.



*“Your family plan should help you thrive, not just survive when schools and businesses are closed, roads are blocked and the power is out.”*

~ Regional Emergency Management Association (REMO)

Your Shelter-In-Place plan needs to be specific to your family’s needs and resources.

### What would you lose in a Power Outage?

- Heat
- Running water
- Medical equipment
- Hot water
- Cooking ability
- Phone, computer(s)
- Entertainment devices
- Stored food (fridge, freezer)
- Pet/livestock necessities
- Other \_\_\_\_\_

### What would your family need to thrive for 3 to 4 days if businesses were closed, roads impassable and the power was out?

To answer this question, complete the **Household Needs List** (back page of brochure) based on power outage and road closures. Check the things you would have and the things you should get before a storm hits.

## What should I do?

### In Storm watch/warning phase

- Stock “Household Needs List” (back page)
- Make child care arrangements (ex. school closure plans)
- Make pet care arrangements
- Re-schedule travel plans
- Make “work from home” plans
- Test back-ups (flashlights, generators)
- Consider filling bathtubs/containers for water sources
- Charge battery operated devices
- Talk about your plan with family and friends
- Check on your neighbour

### During and immediately after the storm

- Monitor radio and local media
- Keep devices charged and ready
- Stay off the roads
- Use “work from home” plans
- Use “Household Needs List” (back page)
- Keep pets safe
- Use alternative heat and cooking sources safely

### What is a Comfort Center?

In Lunenburg County neighbors help neighbors. After the storm has passed Comfort Centers may open to support local residents. These centers provide a place to get warm, re-charge devices, check on each other, and share information. Resources available vary with the community and resident needs. Centers are operated by the community for the community.

[www.emergencymeasures.ca/comfortstations](http://www.emergencymeasures.ca/comfortstations)

### INFORMATION SOURCES

Municipality of Lunenburg ..... [www.modl.ca](http://www.modl.ca)

Municipality of Chester ..... [www.chester.ca](http://www.chester.ca)

Town of Bridgewater ..... [www.bridgewater.ca](http://www.bridgewater.ca)

Town of Lunenburg ..... [www.explorelunenburg.ca](http://www.explorelunenburg.ca)

Town of Mahone Bay ... [www.townofmahonebay.ca](http://www.townofmahonebay.ca)

[www.emergencymeasures.ca](http://www.emergencymeasures.ca)

[www.emo.gov.ns.ca](http://www.emo.gov.ns.ca)

[www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)

[www.GetPrepared.ca](http://www.GetPrepared.ca)

[www.redcross.ca](http://www.redcross.ca)

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