

# Safety Tips

## Preparing an Emergency Kit



When there's an emergency like a bad winter storm, a hurricane, or a fire it's important to be prepared. You need to be able to look after yourself and your family for the first 72 hours. Having an emergency kit prepared will help get you through the situation.

### Things to remember when preparing an emergency kit:

- the kit should be easy to carry
- everyone in the household should know where it is
- check your kit twice a year and replace anything that is out of date
- replace the food and water once a year

### Things to include:

- your emergency plan
- at least 6 litres of water per person (2 litres per day)
- food that won't spoil and that you can eat without cooking, like canned and dry foods
- manual can opener
- first-aid supplies
- at least a 3-day supply of your prescription medicines
- wind-up or battery-powered flashlight
- wind-up or battery-powered radio
- batteries for your flashlight and radio
- money in small bills
- copies of important papers like your driver's license, birth certificate, and insurance papers

It is also important to always keep your car's gas tank as full as possible and your cell phone fully charged.



# Safety Tips

## Preparing for a Power Outage



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### Be Prepared:

- Have enough water, food, medications, pet supplies to last at least 72-hours
- Charge cell phones and other devices. Consider purchasing a power bank to charge devices
- Have a battery-powered or wind-up radio
- Check the supplies in your emergency kit including batteries, glow sticks and flashlights
- Consider adding an alternative heat source

### During Power Outage:

- Turn off appliances and leave one light on
- Use battery-powered lights or glow sticks and avoid candles
- Never use BBQs, generators or camp stoves indoors
- Avoid opening your fridge or freezer unless its necessary
- Monitor local media for updates

### After a Power Outage:

- Wait 10-15 minutes before turning on tools and appliances
- Disconnect power before entering a flooded basement
- Throw out unsafe food
- Reset clocks, timers and alarms
- Restock your emergency kit



# Safety Tips Flooding



## Plan Ahead:

- Know the risks in your community - what areas are prone to flooding?
- Make a plan - consider the resources you have available and what additional assistance your household may need (mobility, transportation, etc.)
- Have “go bags” ready with supplies for everyone in your household, including medications, pet supplies, and USB or paper copies of important documents
- If you live in a home with a basement - seal windows and doors, install a sump pump if you can, and move important items to a higher level
- Check for any leaks during rainy weather and fix them or inform your landlord
- Document or take photos of your property and belongings for insurance purposes
- Check your insurance coverage before a storm, so you know what is covered and who you need to contact
- Clear rain gutters, downspouts, and storm drains
- If there is a drain near your property, make sure it is free of any debris

## During A Flood:

- Monitor weather and news reports or consider downloading a weather app such as WeatherCan.
- Be prepared if you must evacuate - have your go bag or emergency kit ready to take with you
- Do not attempt to shut off electricity if water is present
- Avoid rivers/streams, the water level may have risen and banks may be unstable.
- DO NOT cross flood waters, including driving through flooded streets
- Follow any instructions or evacuation orders from authorities

# Safety Tips Flooding



## After A Flood:

- Do not return home until authorities tell you it's safe to do so
- Have a qualified electrician check power
- Avoid contact with flood waters, which may be contaminated
- Water may not be safe to drink, cook or clean with after a flood – well water should be tested before use
- Be careful of mould and contamination during the cleanup

# Safety Tips Hurricanes



## Be Prepared:

- Secure your home or find a safe place to wait out the storm
- Monitor local weather reports
- Have enough water, food, medications, pet supplies to last 72-hours
- Trim and remove damaged trees and limbs
- Clear and secure rain gutters and downspouts
- Ensure sump pumps are working
- Fill your car's gas tank. If you don't own a car connect with friends or family if you need a drive.
- Secure all loose outdoor objects like garbage cans, BBQs, furniture
- Write down emergency numbers and program into your cell phone
- Charge cell phones and other devices

## During A Hurricane:

- Stay inside or seek secure shelter
- Do not go to the coastline or leave your community to watch the storm
- Stay away from windows and doors
- If you lose power, turn off appliances and leave one light on
- Use battery-powered lights, glow sticks and avoid candles
- Monitor television, radio, and social media for updates

## After A Hurricane:

- Stay inside. Listen to local officials for updates and instructions
- Watch out for debris and downed power lines
- Avoid flood waters, which may be contaminated
- Throw out food that may be spoiled due to a power outage
- If your home floods, shut off electricity, be careful of mold and contamination during the cleanup
- Check on friends, neighbours and vulnerable people

# Safety Tips Freezing Rain & Ice



## Be Prepared:

- Prepare your home or find a safe place to wait out the storm
- Monitor local weather reports
- Prepare for power loss
- Ensure your home emergency kit is stocked with lots of water, food, medication and pet supplies to last several days
- Charge cell phones and other devices
- Purchase and charge a power bank for your devices
- If possible, ensure fuel tanks are filled

## During And After:

- Stay home or seek shelter indoors
- Bring pets inside and ensure livestock have shelter, drinking water
- Avoid driving
- Take care walking and around icy branches or wires
- Watch for downed branches or debris in the roads and on sidewalks
- If you lose power, turn off appliances and leave one light on
- Use battery-powered lights, glow sticks and avoid candles
- Never touch power lines
- Monitor television, radio, and social media for updates
- Check on friends, neighbours and vulnerable people
- Do not use BBQs, camping stoves, or fuel-powered heaters indoors

# Safety Tips Blizzards & Winter Storms



## Be Prepared:

- Prepare your home or find a safe place to wait out the storm
- Monitor local weather reports
- Get heating equipment and chimneys cleaned and inspected once a year
- Caulk or weatherstrip doors and windows
- Clear rain gutters and downspouts
- Prepare for power loss
- Have enough water, food, medications, pet supplies to last several days
- Add extra blankets to your emergency kit
- Write down emergency numbers and program into your cell phone
- Charge cell phones, power banks and other devices
- If possible, ensure fuel tanks are filled

## During A Blizzard or Winter Storm:

- Stay inside or seek shelter
- Get out of the wind to avoid wind chill
- Bring pets inside and ensure livestock have shelter, drinking water
- Avoid unnecessary travel
- Wear several warm layers
- If you lose power, turn off appliances and leave one light on
- Use battery-powered lights, glow sticks and avoid candles
- Do not use BBQs, camping stoves, or fuel-powered heaters indoors
- Monitor television, radio, and social media for updates

## After A Blizzard or Winter Storm:

- Shovel safely and take breaks to avoid overexertion
- Watch for signs of frostbite – numbness or white areas on your face and body (such as nose, fingers and toes)
- Check on friends, neighbours and vulnerable people

# Safety Tips

## Extreme Heat

### Event



### Be Prepared:

- Find your home's coolest room or find a local spot where you can cool off
- Be aware – check the weather, watch for heat alerts
- Know the signs of heat exhaustion and heat stroke
- Have fans to move cool air around • Make ice and have jugs of water on hand

### During A Heat Event:

- Drink plenty of water
- Wear loose fitting clothing and a hat, apply sunscreen (at least SPF 30)
- Stay inside or seek out cool, shady areas
- If possible, go someplace to cool off (tree-shaded area, swimming, air-conditioned places like a grocery store, library or shopping mall)
- Avoid strenuous outdoor activities
- Close curtains during the day, use fans at night
- Take cool showers, baths or apply wet cloths
- Check on vulnerable people (infants, seniors, neighbours)
- Watch for signs of heat stroke and if you are experiencing a medical emergency seek medical help or call 911.

# Creating an Emergency Plan



When there's an emergency like a bad winter storm, a hurricane, or a fire it's important to be prepared. Being organized and having a plan in place can help you get through the emergency.

## Create a personal support network of friends or family who are willing to help you in an emergency:

- A personal support network should consist of at least 3 people you trust
- Tell them where you keep your emergency kit
- Give someone you trust a key to your home
- Include someone who lives outside your area that likely wouldn't be affected by the same emergency

## Things to include in your plan:

- Where to find your fire extinguisher, water valve, electrical box, gas shut-off and floor drain
- Contact information for friends and family
- Plans for looking after your pets
- Information about your special health needs
- Contact information and instructions for your personal support network
- Keep a copy of your plan in your emergency kit, at home, in your car, and at work.