

EMERGENCY CONTACTS

Our Civic Address is:

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

INFORMATION SOURCES

Municipality of Lunenburg www.modl.ca
 Municipality of Chester www.chester.ca
 Town of Bridgewater www.bridgewater.ca
 Town of Lunenburg www.explorelunenburg.ca
 Town of Mahone Bay ... www.townofmahonebay.ca
www.emergencymeasures.ca
www.emo.gov.ns.ca
www.weatheroffice.gc.ca
www.GetPrepared.ca
www.redcross.ca
 Twitter = @RegionaleMO