



PETS AND LIVESTOCK

In an emergency, would you know what to do to protect your pets and livestock? Leaving pets and livestock out of evacuation plans can put pets, pet owners, and first responders in danger. We treat our pets like a member of the family so be prepared – make a pet/livestock plan and prepare an emergency kit for your pets.



NEIGHBOURS HELPING NEIGHBOURS

Did you know that knowing your neighbour can support you during an emergency? You may be the closest support to your neighbour. First responders need to attend to the urgent needs so it may take them time to arrive. Connecting with your neighbours today, and working together to get prepared, will mean a better response and faster recovery.

Work with your neighbours and assign a “safety buddy” to check on you and offer extra help if needed.

IMPORTANT CONTACT NUMBERS

Emergency Numbers:

911 Emergencies only
811 Health information/advice
511 Provincial roads in Nova Scotia
211 Community and Social Services

Non-Emergency Numbers:

RCMP 1-902-426-1323
Bridgewater Police 902-543-2464
EHS – Ambulance 1-888-346-9999
FIRE Contact your local fire department

NS Power Outages 1-877-428-6004
Mahone Bay Electric 902-543-3251
Town of Lunenburg Electric 902-527-0150
Riverport Electric 902-543-2502
Bell Aliant Outage 611 or 1-800-663-2600
Eastlink Outage 1-888-345-1111
Drinking Water Safety 1-877-936-8476
Food Safety 1-877-252-FOOD (3663)



REMO EMERGENCY PREPAREDNESS INFO KIT



HOW TO PREPARE FOR AN EMERGENCY

In an emergency, you need to be ready to get by on your own, for at least 72 hours (3 days).

Here are some steps to help you prepare:



1. KNOW THE RISKS

Know the risks in your area. Being prepared allows you to know what to do when an emergency arises. To see the most common risks in Lunenburg County, visit LunenburgREMO.ca/risks.



2. MAKE A PLAN

Emergencies can happen anywhere, any time, with little time to react. Making a plan in advance will help the moment an emergency arises and can increase the ability you and your family have to respond.

Every household needs an emergency plan, and it takes just 20 minutes to create. Go to GetPrepared.ca and click 'Make a Plan'. You will be prompted for information to create your personalized plan, including:

- Where to find fire extinguishers, main water valve, electrical panel, gas shut-off, floor drain, first aid kit.
- Contact information for family, friends, and your personal supports network. Print it out in case of power loss.
- Include someone who lives outside your area that likely won't be dealing with the same emergency. Are
- Make a plan to look after your pets.
- Information about your special needs and how to prepare for them.

PREPAREDNESS IS KEY

Being prepared does not happen overnight. Use these tips to build your kit over time. By taking small steps, you and your family can be prepared without overwhelming your schedule or your budget. You may be surprised by how much you already have in your home.

CONSIDER YOUR SITUATION

Emergency requirements vary depending on your needs. Consider:

- Women who are breastfeeding or pregnant
- Infants or very small children
- Persons with mobility issues or who require additional supports
- Severe allergies
- Chronic medical conditions



CONTACT US

- www.LunenburgREMO.ca
- info@LunenburgREMO.ca
- [@LunenburgREMO](https://www.facebook.com/LunenburgREMO)
- (902) 930-1085



3. GET/BUILD A KIT

A key element in any emergency plan is having a well-prepared Emergency Kit to be self-sufficient for at least 72 hours (3 days) or more. Many of the items you may already have at home.

What would your family need to thrive for 3 days or more, if businesses were closed, roads impassable, and the power was out? Include:

- Your plan
- Water – at least 2 litres per person per day
- Food that won't spoil, canned, or dried food
- Manual can opener
- First aid supplies
- Medications for at least 3 days
- Wind-up or battery-powered flashlight
- Wind-up or battery-powered radio
- Extra batteries for flashlight and radio
- Electronic device chargers
- Extra keys to your car and house
- Cash in smaller bills (ATM or store machines may be without power)
- Important family documents (driver's licence, identification, insurance policies)
- Baby supplies (diapers and infant formula)
- Special equipment (CPAP, hearing aids, glasses, canes, oxygen, etc.)
- Pet supplies and food
- Fuel operated stove and extra fuel
- Toiletries



UPDATE YOUR KIT ANNUALLY

Check food and medications are not expired, water is fresh, clothing still fits, documents are up-to-date, and batteries are charged.

Divide items into groups and pack in Ziploc bags to help organize and protect contents.



EMERGENCY TO-GO BAG

Your emergency kit will sustain you for 3 days, but if you have to evacuate quickly, having an emergency to-go bag prepared will help.

SHELTER-IN-PLACE VS EVACUATE

Prepare for potential hazards by having a plan to deal with the anticipated impacts of an event. You may be instructed to shelter-in-place or to evacuate. Always listen to the advice of local authorities.



SHELTER-IN-PLACE

Shelter-in-place means you must remain inside your building, or "hunker down" without needing to leave for supplies for at least 72 hours (3 days), or until the threat has passed. You may be without power at times and should be prepared for this to occur.



EVACUATION

Evacuation notices are instructions for you to prepare to leave or to leave immediately. Authorities will not ask you to leave unless they have reason to believe that you are in danger.

Do not assume an evacuation will only last a few hours. Plan to evacuate with enough items to keep your family comfortable for a minimum of 72 hours. Having an emergency kit allows you to grab what you need and go.



COMFORT CENTRES

Comfort Centres are facilities used for residents who are Sheltering-In-Place during an emergency but do not have full services such as electricity, heat, and water. If it is safe to do so, a comfort centre may be a place to:

- get warm/cool
- get light refreshments
- charge electronic devices
- provide updates
- gather as a community
- use washroom facilities

Comfort Centres do not provide overnight accommodations.

REMO is not responsible for the operation of the comfort centres but shares the opening and closing times with residents.

Residents should be aware that the comfort centre closest to them may not be available as they are run by volunteers. Be prepared by knowing several comfort centres near you. To view a map of comfort centre locations near you, visit: LunenburgREMO.ca/Comfort-Centres

The national emergency alert system will be used for the most serious alerts. For information on how to receive the alerts, check your phone's compatibility, or the scheduled test dates, visit alertready.ca.



Do you have insurance coverage you need? Know your Policy.

Visit Insurance Bureau of Canada at ibc.ca.

