



Are
you
ready
for an
emergency

?

How to prepare for an emergency

When there's an emergency, like a bad winter storm, a hurricane, or fire, you need to be ready to get by on your own for at least the first **72 hours**.

Follow these 3 steps to help you to prepare:

- 1 Know the risks**
- 2 Make a plan**
- 3 Prepare an emergency kit**

You **never** know when an emergency

Know the risks

1

You will be better prepared when an emergency happens if you know the risks. Some risks are seasonal, like winter storms, flooding, wildfires, and hurricanes. Other risks include house fires, chemical spills, or road accidents. These risks can leave you stuck at home without heat, light, running water, or a way to cook food.

Think about these things such as, how long can you get by on your own without electricity or running water? Will you need extra medicine?

Sometimes you may have to leave your home in a hurry.

- ▶ **If authorities tell you to evacuate your home** or you hear of an **evacuation order** affecting your area, it means that you must leave immediately because staying there has become dangerous.

Make a plan

2

Your plan will help you and your family deal with emergencies. A good plan tells you where to find the things you need and what to do during an emergency.

Create a personal support network

This is a group of at least 3 people you trust to help you in times of an emergency.

- Ask people if they are willing to help you in an emergency. Give them important contact numbers like your cell, home, work or school.
- Tell these people where you keep your emergency kit and give one of them a key to your home.
- Include someone who lives outside of your area as they probably won't be affected by the same emergency.

Include these things in your plan:

- where to find your fire extinguisher, main 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.

Prepare an emergency kit

3

Your emergency kit should have everything you need to keep your family healthy for at least **72 hours**. The kit should be easy to carry. Check your kit twice a year and replace anything that is out of date.

Include these things in your emergency kit:

- your plan
- at least 6 litres of water per person (2 litres per day)
- food that won't spoil, 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
- extra keys for your house and car
- money in small bills
- copies of important papers like your driver's license, birth certificate, and insurance policies

▶ **Always keep your car's gas tank as full as possible and your cell phone fully charged.** You never know when an emergency will happen.

Emergency numbers

911 emergencies

Call this number if you need help right away to protect your personal safety or property.

811 health information

Call this number for health advice and peace of mind.

511 road conditions

Call this number for information about provincial roads only.

311 Halifax information

Call this number for information about programs and services in Halifax.

211 program and services information

Call this number for information on non-profit, community and government programs and services, including information about being ready for an emergency.

Visit **ns.211.ca** for a complete list of services.

Other important numbers

Power outage

1-877-428-6004

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)

Do you have insurance coverage you need?

Prepare an inventory of your home including photos and videos of furniture and other contents in each room in case you have to make a damage claim.

For more information,
call your insurance provider or contact:

Insurance Bureau of Canada

1-844-227-5422 x 228

ibc.ca



Keep this information in your emergency kit

- a list of your personal support network including their name, relation, address, phone and cell numbers
- your family doctor's name and phone number
- a list of your prescription medicines. Include the prescription number and purpose
- name and location of your pharmacy
- special equipment you use
- allergies
- special needs
- pet care
- copies of your insurance policies including the contact name and phone number of insurance representative

For more information visit
www.novascotia.ca/emo