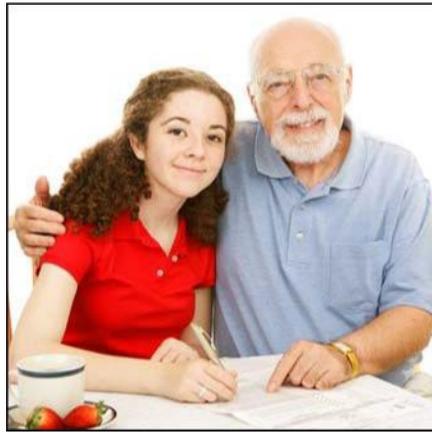
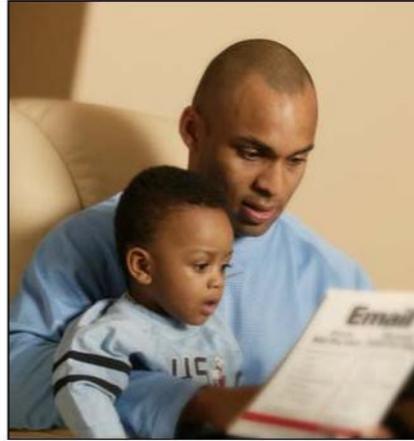


# Emergency Information Handbook



## Yarmouth Joint

## Emergency Management Office

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# BEFORE AN EMERGENCY HAPPENS



An emergency — be it a natural disaster such as a flood or winter storm, a power outage or a terrorist act — can occur quickly and without warning. Although we cannot prevent emergencies, there are some simple things that we can do now as individuals, families and organizations to be better prepared.

Two actions that you can take to become better prepared to protect yourself and your family are to **develop an emergency plan** and **prepare a portable cache of emergency supplies** that can be used at home or at work.

Learn about the types of emergencies or hazards that may affect your community and about community emergency plans that are in place and how you will be notified of an event. Emergencies may strike when you and your family members are away from home, so learn about plans at your work, school or anywhere else you and your family spends time.



Remember the special needs of family members. Infants, the elderly, and persons with disabilities need the same planning as everyone else, and sometimes a little more, to be prepared for an emergency.



Keep an eye on your neighbors and be prepared to lend a helping hand. If someone you know is elderly or dependent on life—sustaining or health—related equipment such as a ventilator, respirator or oxygen concentrator, you should make plans now to ensure their needs are met during severe winter weather, possible power outages or other emergencies. Check on them, if possible, during and after the emergency. Notify others who could provide help such as neighbors, relatives, nearby friends and local emergency responders such as the fire department.

Make plans now on what to do with your pet in the event you have to leave your home. Public health regulations do not allow pets in public shelters, nor do most hotels/motels allow them.

Pay attention to the news. Know your local radio and television stations that can provide you with up—to—date information during an emergency.

Get Weather Radio to monitor severe weather. Be aware that severe weather warnings are issued on a county basis.

In these uncertain times, be aware of your surroundings with regard to terrorism. If you see something unusual or suspicious, please contact local law enforcement.



# DEVELOPING AN EMERGENCY PLAN

Meet with your family members and discuss the dangers of possible emergency events including fire, severe weather, hazardous spills, and terrorism. Discuss how you and your family will respond to each possible emergency, including evacuation.



- Know how to contact all family members at all times.
- Discuss what to do in case of power outages or personal injuries.



- Draw a floor plan of your home. If possible, mark two escape routes from each room.
- Select two (2) places to meet: a spot outside your home for an emergency such as fire, and a place away from your neighborhood in case you cannot return home (a real possibility during the day when most adults are at work and children are at school).
- Identify an out of town friend or relative as your "emergency family check in contact" for everyone to call if the family is separated. Make sure all family members have that number.
- It is often easier to call out of town during an emergency than within the affected area.
- Post emergency contact numbers near all telephones.
- Include local police, fire and health departments, poison control, your children's schools, doctors, child/senior care providers and insurance agents.
- Make sure everyone knows how and when to call **9--1--1** or your local emergency medical services phone number.
- Install safety features in your home such as smoke detectors, fire extinguishers, and carbon monoxide detectors.
- Inspect your home for potential safety hazards — and correct them.
- Have your family learn basic safety and first aid measures.
- Keep all family records in a waterproof and fireproof safe.
- Have emergency supplies on hand.
- Teach adults how to turn off the Utilities
- If for any reason you do turn off Utilities, call your utility provider to restore service. DO NOT attempt to restore utility service yourself.
- PRACTICE the Plan!

**Use the Family Disaster Work Plan (pages 25—29)  
to document your family's emergency plan.**





## **EMERGENCY FIRST AID KIT**

- First aid manual
- Sterile adhesive bandages and gauze pads
- Over—the—counter drugs (aspirin, antidiarrheal medications, activated charcoal, and syrup of ipecac)
- Antiseptic ointment
- Latex gloves
- Thermometer
- Tweezers
- Needles
- Tongue depressors

## **OTHER ITEMS**

- Soap
- Screwdrivers
- Cutters and scissors
- Duct tape
- Waterproof matches
- Flares
- Plastic storage containers
- Needle and thread
- Pen and paper
- Garbage bags
- Regular household bleach (for disinfecting)

# DURING AND AFTER AN EMERGENCY



## DURING AN EMERGENCY



- Remain calm, but take immediate action.
- Follow emergency orders issued by authorities.
- Check on family and neighbors, especially infants, the elderly, and those with disabilities.

## AFTER AN EMERGENCY

- Advise interested parties that you are safe.
- Obey all curfews and emergency orders that are issued. **DO NOT** enter evacuated areas until local officials have issued an “All Clear.” Stay away from disaster areas. Do not sightsee!
- If driving, use caution. Be aware of road and bridge washouts, as well as storm debris on roadways.
- Avoid all downed power lines. Assume all have live electricity.
- Look for and report broken utility lines and damaged roadways and railways to appropriate authorities.
- When helping injured or trapped persons, do not try to move the seriously injured unless they are in immediate danger of further injury.

## FOOD AND WATER SAFETY

- Check for spoilage before using food from refrigerator or ice chest.
- *“When in doubt, throw it out!”*
- Throw out medicine or food that has had contact with floodwaters.
- Test drinking water for potability. Wells should be pumped out and water tested for drinking.
- Use your emergency supply or boil water before using until there is official word that the water is safe. If the public water system is declared unsafe by health officials, water for drinking and cooking should be boiled vigorously for 10 minutes.



## RETURNING HOME AFTER A MAJOR DISASTER

- Stay out of damaged buildings and return home only when authorities say it is safe.

- Beware of structural damage. Roofs and floors may be weakened and need repair.
- When entering a fire—damaged building, look for signs of heat or smoke.
- Turn off any outside gas lines at tank. Let the building air out to remove foul odors or escaping gas.
- Upon entering the building, use a battery—powered flashlight. Do not use an open flame as a source of light—some gas may still be trapped inside the building.
- When inspecting the building, wear heavy—soled rubber boots and gloves. Watch for electrical shorts and live wires before making certain the main power switch is off.
- Check the building foundation, chimney, and surrounding land for damage.
- Have electric, gas, and water connections checked before turning them back on.
- Clean up spilled medicines, bleaches, or gasoline or other flammable liquids immediately.
- Leave area immediately if you smell gas or chemical fumes.
- Take extra precautions to prevent fire. Lowered pressure in water mains and availability of static water sources may make firefighting extremely difficult.
- Contact your local disaster relief service, such as the Canadian Red Cross or Salvation Army, if you need housing, food, or personal items that were destroyed.
- Take pictures of damages, keep records of all clean up and repair costs, and report to your insurance company.
- Do not throw away any damaged goods until an official inventory has been taken.



# TIPS FOR THOSE WITH SPECIAL NEEDS

Individuals who have special needs often require more detailed planning before a disaster or emergency strikes. Consider taking the following actions now:



- Learn what to do in case of a power outage. Know how to connect and start a back—up power supply for essential medical equipment.
- Consider purchasing a medical alert system that will allow you to call for help if you are immobilized in an emergency. Because most alert systems require a phone line, consider owning a cell phone or pager, in case regular landlines are disrupted.
- If you use an electric wheelchair or scooter, keep a manual wheelchair for backup.
- Teach those who may need to assist you how to operate necessary equipment.
- Label and attach laminated instructions to your equipment.
- Store back—up equipment such as mobility, medical, etc., at a neighbor’s home, school or your workplace.
- If you are vision impaired, deaf, or hard of hearing, and if you are unable to use the TV or radio, plan for someone to convey emergency information to you.
- If you use a personal care worker, check to see if the employing agency has special provisions for emergency, such as providing services at another location if an evacuation is ordered.
- If you live in an apartment, ask management to identify and mark accessible exits and areas designated for emergency shelter or safe rooms. Ask about plans for alerting and evacuating those with sensory disabilities.
- Have a cell phone with an extra battery. Keep numbers you may need to call nearby if the 9—1—1 emergency number is overloaded.
- Learn about devices and other technology such as PDAs, and pagers to assist you in receiving emergency instructions and warning from local officials.

## CREATE A PERSONAL SUPPORT NETWORK

A personal support network can help you prepare for an emergency or disaster by helping you identify the resources you need and get them quickly. Network members can also assist you after a disaster happens.

Organize a network that includes your home, school, workplace, volunteer site, and any other places where you spend a lot of time. Members of your network can be roommates, relatives, neighbors, friends, and co—workers — they should be people who you trust and who can check to see if you need assistance. Network members should know your capabilities and needs, and they should be able to provide help within minutes.

You should include a minimum of three people in your network for each location where you spend a lot time, because people work different shifts, take vacations, and may not always be available.

## COMPLETE A PERSONAL ASSESSMENT

Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. This will be based on your environment after the disaster, your capabilities and your limitations. Make a list of your current capabilities and limitations.

Consider the following in your assessment:

- Personal care (bathing, dressing, grooming) and personal care equipment (shower chair, tub—transfer bench)
- Water service
- Adaptive feeding devices (special utensils)
- Electricity—dependent equipment (dialysis, electrical lifts)
- Disaster debris
- Transportation
- Building evacuation / building exits
- Mobility aids / ramp access
- Service animals/pets supplies & licenses

**To help you complete your personal assessment, fill out the Special Needs Emergency Information forms (pages 31—35).**



# KEEPING YOUR PETS SAFE

Should a disaster occur or appear imminent, and if emergency officials recommend that you stay in your home, it is crucial that you keep your pets with you. Always bring them inside at the first sign of danger. Your pets may become stressed during their in-house confinement, so consider crating them for safety, comfort, and to make evacuation easier.

Identification such as collars, tags, microchips and tattoos will increase the chances of your pet's safe return home should they become separated from you.

On the carrier and harness, write your pet's name, your name and contact information with a permanent marker. Include a picture of your pet. Keep an extra harness for safety, and a crate, cage or carrier for each pet.

Keep a copy of your pet's medical records, feeding and medication requirements, and a recent photo of your family with your pet in a zip-lock bag.

Do not evacuate and leave your pets behind in a crate, because they will be rendered helpless unless you return or until someone else reaches them. Post stickers on your front and back doors that say "PETS INSIDE." Write number of and types of pets in your home on each sticker. Should you evacuate with your pets, if time allows, write, "EVACUATED" across the stickers.

Talk to neighbors, friends and relatives about designating someone to care for pets when emergencies occur. Ensure that whoever cares for your pets knows your evacuation plan and has an extra set of keys. If you have multiple pets, consider making arrangements with several friends and build an emergency contact list.

Call or visit pet-friendly hotels, veterinary hospitals, boarding kennels and animal shelters outside your area.

Know the phone numbers of your local animal control agency, humane society, local Society for the Prevention of Cruelty to Animals (ASPCA) and local emergency veterinary hospital.



## EMERGENCY SUPPLIES FOR PETS

Emergency supplies for pets should be kept easily accessible, clearly labeled, easy to carry, and water---resistant. Family and friends should know where they are kept. Items to consider:

- Extra harness; crate, cage or carrier for each pet — post your pet’s behavioral or medical issues on the carrier and harness.
- Seven (7) days worth of pet food in a plastic, airtight container — rotate food every two months.
- Seven (7) days worth of drinking water for each pet (specific amount based on individual pets’ needs) in a cool, dark place and replace every two months.
- Roll of paper towels, liquid dish soap, hand sanitizer, household bleach, a week’s worth of litter, cage liner and/or bedding for your pet.
- Garbage bags (for clean up).

Ask your veterinarian for recommendations about what to include in your pet’s first aid kit.

## ADDITIONAL SUPPLIES

- Dogs: long leash, blanket, yard stake, toys, chew toys, newspaper
- Cats: pillowcase or “EvackSack,” harness, leash, blanket, toys, small litter pans
- Birds: Catch net, heavy towel, cuttlebone, blanket or sheet to cover cage, newspaper
- Small animals: salt lick, water bottle, small hide---box or cardboard tube (for cage)
- Reptiles: pillowcase or “EvackSack,” warming device (hot water bottle, heating pad), soaking dish



# **MULTI---HAZARD SAFETY TIPS**

# Fire



## TERMS TO KNOW

**Burning Ban:** A declared ban on open air burning within a specified area, usually due to sustained high fire danger.

## WILDFIRE TERMS

**Crawling Fire:** Fire that spreads via low level vegetation, e.g. bushes.

**Crown Fire:** Fire that "crowns" (spreads to the top branches of trees) can spread at an incredible pace through the top of a forest.

**Jumping Fire:** Burning branches and leaves carried by wind sometimes start distant fires; the fire can "jump" over a road, river, or even a firebreak.

## BE PREPARED!

- Buy and carefully maintain a quality smoke detector.
- Learn what causes fire and inspect your home to eliminate or control fire hazards.
- Install at least 5 pound ABC type fire extinguishers in the home and teach family members how to use them.
- Establish a well planned escape route with your family. Hold practice fire drills until family members are thoroughly familiar with plan.
- If you have an older home, have the wiring checked by a qualified electrician to make sure it meets current building codes.
- Have your chimney and fireplace cleaned and inspected yearly for creosote build up, cracks, crumbling bricks or mortar and any obstructions.
- Keep storage areas clean and tidy.
- Keep curtains, towels, and potholders away from hot surfaces.
- Store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house.
- Inspect extension cords for frayed or exposed wires or loose plugs.
- Keep an eye on your cooking and stay in the kitchen.
- Wear short or close fitting sleeves when cooking.

## **DURING A FIRE**

If you smell smoke or the smoke detector goes off, call 911 at once.

### **Home or High—Rise Fire**

- Before you open the door, feel the door by using the back of your hand. If the door is hot or warm, do not open the door. If the door is cool, open it just a little to check the hallway. If you see smoke, do not leave. If there is no smoke in the hallway, leave and close the door. Go directly to the stairs to leave.
- If you cannot escape, use wet towels or tape to seal the door and any room supply vent.
- If you have a balcony and there is no fire below it, go out. If there is fire below, go to the window. Do not open the window, but stay near the window. If there is no fire below, go to the window and open it. Stay near the open window.
- Hang a blanket or a towel out of the window to let people know that you are there and need help. Be calm and wait for someone to rescue you.
- NEVER use the elevator.

### **Cooking Fire**

- Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.
- Extinguish other food fires with baking soda. Never use water or flour on cooking fires.
- Keep the oven door shut and turn off the heat to smother an oven or broiler fire.

# Flood

## TERMS TO KNOW

**Flood or Flash Flood Watch:** Indicates that flooding or flash flooding will occur within a few hours of heavy rainfall, a dam or levee failure, or water is being released from an ice jam.

**Flood or Flash Flood Warning:** Inundation of a normally dry area near a stream or other watercourse, or unusually severe ponding of water has been reported or is imminent.



## BE PREPARED!

- Learn the safest route from your home or business to high, safe ground should you have to leave in a hurry.
- Find out how many feet your property is above and below possible flood levels. When predicted flood levels are broadcast, you can determine if you may be flooded.
- Have emergency waterproofing supplies on hand, including sandbags, plywood, plastic sheeting, and lumber.
- Move essential items and furniture to the upper floors of the house. Disconnect electrical appliances that cannot be moved. Do not touch them if you are wet or standing in water.
- If you are told to shut off all utilities before leaving your home, do so.
- Secure your home: lock all doors and windows.
- Leave early to avoid being marooned on flooded roads. Follow recommended routes. Do not sightsee. As you travel, monitor local radio broadcasts for the latest information.
- Watch for washed—out roads, broken water or sewer mains, loose or downed electrical wires, and falling or fallen objects.
- Watch for areas where rivers or streams may suddenly rise and flood, such as highway dips, bridges, and low areas.
- Do not attempt to drive over a flooded road. Turn around and go another way. Water moving at two miles per hour can sweep cars off a road or bridge.
- If you are in your car and water begins to rise rapidly around you, abandon the vehicle immediately.

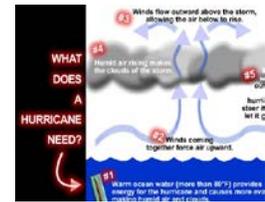
# Hurricane

## TERMS TO KNOW

**Hurricane Watch:** Hurricane conditions MAY threaten an area within 48 hours. When a Hurricane Watch is issued, listen for further advisories and be prepared to act promptly.

**Hurricane Warning:** Hurricane conditions are expected in a specified area in 36 hours or less. Hurricane conditions include winds of or exceeding 120 kilometers an hour (64 knots) and/or dangerously high tides and waves. When a Hurricane Warning is issued, actions for protection of life and property should begin immediately.

**Flash Flood Watches and Warnings:** Flash Flood Watch means a flash flood is possible in the area; stay alert. Flash Flood Warning means a flash flood is imminent; take immediate action.



## BE PREPARED!

- Know the hurricane risks in your area. Learn the storm surge history and elevation of your area.
- Listen for weather updates and stay informed.
- Learn safe routes inland and official shelter locations. Plan a flood—free evacuation route and know where to go.
- Obtain and store materials, such as plywood, necessary to secure your home properly.
- Clear loose and clogged rain gutters and downspouts.
- Keep trees and shrubbery trimmed of dead wood.
- Clear your yard of all loose objects.
- Review your insurance policy.
- Moor your boat securely and determine where to move your boat in an emergency.
- If a hurricane is forecast to impact your area, shutter, board, or tape all windows.
- If ordered to evacuate, comply immediately!

# Lightning

Lightning is the result of the building and discharge of electrical energy. The air in a lightning strike is heated to 27,700 degrees Celsius – this rapid heating of the air produces the shock wave that results in thunder.

Severe thunderstorms are those storms with winds in excess of 95 Kilometers or Hail larger than 2 centimeters in diameter.



If severe thunderstorms and lightning are forecast, plan an alternate activity or know where you can take cover quickly.

## SEEK SAFE SHELTER

A house or other substantial building offers the best protection from lightning. For a shelter to provide protection, it must contain a mechanism for conducting electrical current from point of contact to the ground. On the outside, lightning can travel along the outer shell of the building or follow metal gutters and downspouts to the ground. Inside, lightning can follow conductors such as electrical wiring, plumbing, and telephone lines to the ground.

## AVOID UNSAFE SHELTERS

Unless specifically designed to be lightning safe, small structures do little, if anything, to protect occupants from lightning. Many small open shelters on athletic fields, golf courses, parks, picnic areas, schoolyards and elsewhere are designed to protect people from rain and sun, but not lightning.

## IF YOU ARE OUTDOORS

- Look for darkening skies, flashes of lightning, or increasing wind, which may be signs of an approaching thunderstorm.
- When lightning is seen or thunder is heard, or when dark clouds are observed, postpone activities promptly. Do not wait for rain. Lightning often strikes as far as 15 kilometers away from any rainfall. Go quickly inside a completely enclosed building. If no enclosed building is convenient, get inside a hard—topped all—metal vehicle.
- The principle lightning safety guide is the 30---30 rule. The first 30 represents 30 seconds. If the time between when you see the flash and hear the thunder is 30 seconds or less, the lightning is close enough to hit you. If you haven't already, seek shelter immediately. The second 30 stands for 30 minutes. After the last flash of lightning, wait 30 minutes before leaving your shelter.
- Be the lowest point. Lightning hits the tallest object. In the mountains, if you are above the tree line, quickly get below the tree line and get into a grove of small trees. Crouch down if you are in an exposed area.
- If you can't get to a shelter, stay away from trees. If there is no shelter, crouch in the open, keeping twice as far away from a tree as it is tall.
- Avoid leaning against vehicles. Get off bicycles and motorcycles.

Get out of the water, off the beach and out of small boats or canoes. If caught in a boat, crouch down in the center of the boat away from metal hardware. Avoid standing in puddles of water, even if wearing rubber boots.

- Avoid metal! Drop metal backpacks and stay away from clotheslines, fences, and exposed sheds. Do not hold on to metal items such as golf clubs, fishing rods, tennis rackets or tools.

## **IF YOU ARE INDOORS**

- Avoid contact with corded phones. Lightning can travel long distances in both phone and electrical wires, particularly in rural areas.
- Stay away from windows and doors and stay off porches as these can provide the path for a direct strike to enter a home.
- Avoid contact with electrical equipment or cords. If you plan to unplug any electronic equipment, do so well before the storm arrives.
- Avoid contact with plumbing. Do not wash your hands, do not take a shower, do not wash dishes, and do not do laundry.
- Avoid contact with concrete walls, which may contain metal reinforcing bars.
- Bring your pets indoors before the storm.

## **IF SOMEONE IS STRUCK BY LIGHTNING**

Call for help. Call 911. Get medical attention as quickly as possible. Give first aid. If the victim has stopped breathing, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR. If the person has a pulse and is breathing, address any other injuries, i.e., burns.

# Power Outage

## TERMS TO KNOW



**Blackout:** Equipment failure which occurs when the supply of power is cut, either by excessive demand on the power grid, lightning storms, ice on power lines, equipment failure or any accident which brings down a power line.

**Rolling Blackout:** Occurs when electrical power is turned off to selected areas to save power. Blackouts usually occur during peak energy usage times, between 4:00 p.m. and 7:00 p.m., but they can happen any time. Blackouts may affect the same area more than once a day and they may exceed an hour's duration.

## BE PREPARED!

- If you use medication that requires refrigeration, most can be kept in a closed refrigerator for several hours without a problem --- check with your physician or pharmacist.
- If you have space in your refrigerator or freezer, consider filling plastic containers with water, leaving a two and half centimeter of space inside each one – this will help keep food cold if the power goes out.
- Plan to have an alternative cooking source, such as a camp stove or outdoor grill. Follow appropriate safety rules for its use outside the residence.
- Consider buying a generator and follow the rules for using it outside the residence. Before installing a generator, be sure to properly disconnect from your utility electrical service. Have your generator installed by a qualified electrician.
- Have extra blankets, coats, hats, and gloves on hand to keep warm.
- If you have a computer, back up files and operating systems regularly. Turn off all computers, monitors, and other devices when they are not being used.
- If you have an electric garage door opener, locate the manual release level and learn how to operate.
- If you have a telephone instrument or system that requires electricity to work, plan for alternate communication such as a standard telephone handset, cellular telephone, or radio.
- Have a standby generator or an alternative source of power available.

## **DURING THE OUTAGE**

- Turn off major appliances to prevent damage from a possible surge when the power comes back on. Keep one light turned on so you know when power returns.
- Call Nova Scotia Power to notify them of the outage.
- Check to see if your neighbors have power.
- Use only flashlights for emergency lighting. Candles pose the risk of fire.
- Keep your refrigerator and freezer doors shut to keep food from spoiling. When in doubt, throw it out!
- Do not use a charcoal grill indoors and do not use a gas stove for heat. They could give off harmful levels of carbon monoxide.
- In cold weather, stay warm by dressing in layers and minimizing time spent outdoors. Be aware of cold stress symptoms (i.e., hypothermia) and seek proper medical attention if symptoms appear.
- In hot weather, take steps to remain cool. Move to the lowest level of the house. Wear lightweight, light-colored clothing. Drink plenty of water.
- If you are in a tall building, take the stairs and move to the lowest level of the building.
- If trapped in an elevator, wait for assistance. Do not attempt to force the doors open. Remain patient. There is plenty of air and the interior of the elevator is designed for passenger safety.
- Remember to provide fresh, cool water for your pets.
- Eliminate unnecessary travel, especially by car. Traffic signals will stop working during an outage, creating traffic congestion and dangerous driving conditions. If you must drive during a blackout, remember to obey the 4-way stop rule at intersections with non-functioning traffic signals.
- Remember that equipment such as automated teller machines (ATMs) and elevators may not be working.

# Thunderstorm

## TERMS TO KNOW

**Severe Thunderstorm Watch:** Issued when severe thunderstorms are possible in and close to the watch area. The Watch is issued to alert you to the possibility that storms with damaging winds, lightning, and large hail may develop.

**Severe Thunderstorm Warning:** Issued when a severe thunderstorm has been spotted and will move through your area soon. Postpone outdoor activities if storms are imminent.



## DURING THE THUNDERSTORM

- If you can hear thunder, you are close enough to the storm to be struck by lightning. Go to safe shelter immediately.
- Move to a sturdy building. Do not take shelter in small sheds, under isolated trees, or in convertible automobiles.
- If lightning occurs and sturdy shelter is not available, get inside a hard top automobile and keep windows up.
- Get out of boats and away from water.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances not necessary for obtaining weather information. Avoid using the telephone or any electrical appliances. Use phones only in an emergency.
- Do not take a bath or shower.
- Turn off air conditioners — power surges from lightning can overload compressors.
- Get to higher ground if flash flooding or flooding is possible.
- Do not attempt to drive to safety — most flash flooding deaths occur in automobiles.
- If outdoors, find a low spot away from trees, fences, and poles
- If you are in the woods, take shelter under short trees.
- If you feel your skin tingle or your hair stands on end, squat low to the ground on the balls of your feet; place your hands on your knees with your head between them; make yourself the smallest target possible; and minimize your contact with the ground.

# Winter Weather

## TERMS TO KNOW

**Winter Storm Watch:** Indicates severe winter weather may affect your area.

**Winter Storm Warning:** Severe winter weather conditions will affect your area.

**Blizzard Warning:** Large amount of falling snow or blowing snow with winds of at least 55 kph expected to last for several hours.

**Wind Chill:** The effect of wind in combination with the actual temperature, which increases the rate of heat loss to the human body.

## WINTER HEALTH HAZARDS

**Frostbite:** Severe reaction to cold exposure that can permanently damage its victims. Symptoms include a loss of feeling and a white or pale appearance in fingers, toes, ears and nose.

**Hypothermia:** Occurs when the body's core temperature drops below normal. Symptoms include uncontrollable shivering, slow speech, memory lapses, frequent stumbling, and drowsiness. If frostbite or hypothermia is suspected, slowly warm the victim and seek immediate medical assistance.

**Overexertion:** Cold weather puts an added strain on the heart. Shoveling snow or pushing a car may cause a heart attack. Stay warm, dress warm, and slow down when working outdoors.

## BE PREPARED!

- Service snow removal equipment. Use rock salt to melt ice on walkways, and sand to generate traction.
- Winterize your home and have heating sources inspected annually.
- If you use heating oil, maintain an adequate supply.
- Have safe, emergency heating equipment available and use according to manufacturer's instructions.
- Install and check smoke detectors.
- Protect water pipes from freezing.
- Have adequate winter supplies on hand.



## **WINTER CAR SUPPLIES**

- Several blankets and sleeping bags
- Matches and candles
- Flashlight and extra batteries
- Extra set of mittens, socks and wool caps
- First Aid kit with pocketknife
- Small sack of sand to generate traction
- Small shovel, pliers, wrench and screwdriver
- Windshield scraper and a small broom
- Booster cables and distress flares
- Set of tire chains or snow tires
- Brightly colored cloth
- **IF STRANDED IN A VEHICLE**
- Stay in the vehicle. Do not leave the vehicle to search for assistance unless assistance is visible within 30 meters.
- Display a trouble sign. Hang a brightly colored cloth on the radio antenna, raise the hood, and turn on hazard lights. At night, use the dome light.
- Occasionally run the engine to keep warm. Run the heater sparingly. Beware of carbon monoxide poisoning. Keep the exhaust pipe clear and open the downwind windows.
- Do minor exercises to keep up circulation. Clap hands and move arms and legs. Try not to stay in one position for too long.
- If there is more than one person in the car, take turns sleeping. Huddle together for warmth.

# **FAMILY EMERGENCY WORK PLAN**

# Household Members

Name	Relationship	Birth date

## Pets

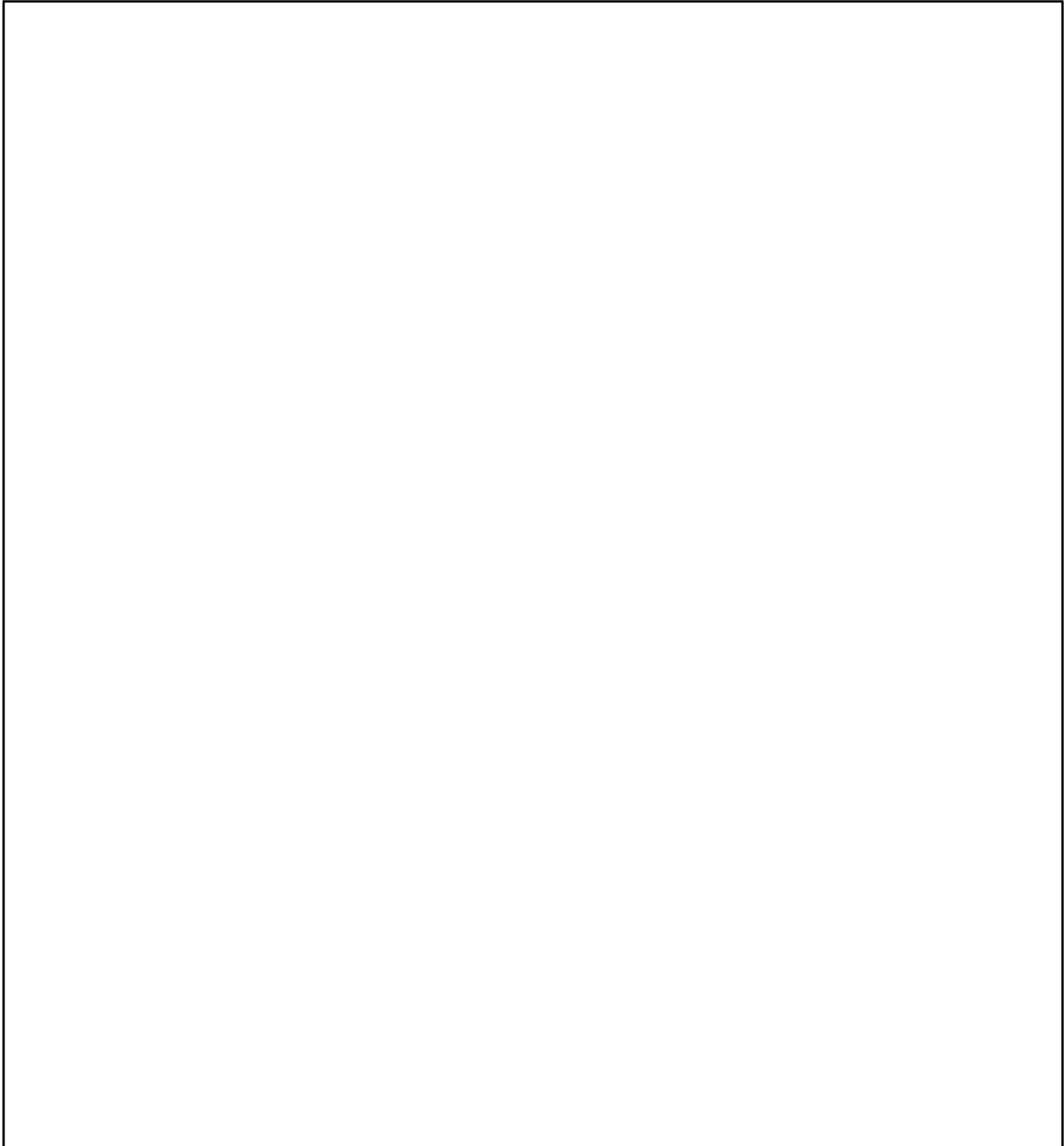
Name	Type/Breed	Rabies Vaccination #	Veterinarian Name & Number

# Floor Plan

Use the space provided below to draw a simple floor plan with two (2) escape exits in case of emergency. Write down two (2) places where your family will meet in an emergency:

Location (near home): \_\_\_\_\_

Location (away from home): \_\_\_\_\_

A large, empty rectangular box with a thin black border, intended for drawing a floor plan. The box is oriented vertically and occupies most of the lower half of the page.

# Key Contact Information

## Emergency: 911

### OUT OF AREA CONTACT

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Phone# (day) \_\_\_\_\_  
Phone# (night) \_\_\_\_\_  
Cell # \_\_\_\_\_

### LOCAL CONTACT

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Phone# (day) \_\_\_\_\_  
Phone# (night) \_\_\_\_\_  
Cell # \_\_\_\_\_

### NEAREST RELATIVE

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_ # \_\_\_\_\_ (day) \_\_\_\_\_  
\_\_\_\_\_ Phone \_\_\_\_\_ # \_\_\_\_\_  
(night) \_\_\_\_\_  
Cell # \_\_\_\_\_

### FAMILY WORK N#MBERS

Father \_\_\_\_\_  
Mother \_\_\_\_\_  
Other \_\_\_\_\_  
\_\_\_\_\_

**Schools**

Address

Phone#

**UTILITIES**

Electric

Gas

Oil

Water

Telephone

Cable TV

Internet Provider

**OTHER INFORMATION**

Town

RCMP

Rural RCMP

Fire

Doctor

Pharmacist

Veterinarian

Medical Insurance

Home Insurance

Auto Insurance

# **SPECIAL NEEDS EMERGENCY INFORMATION**

## Medical Information

Primary Physician \_\_\_\_\_

Telephone Number \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Hospital \_\_\_\_\_

Address \_\_\_\_\_

Type of Health Insurance \_\_\_\_\_

Policy Number \_\_\_\_\_

Blood Type \_\_\_\_\_

Allergies and Sensitivities

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Specific Medical Conditions

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Physical Conditions

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Adaptive Equipment and Vendors' Phones

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Communication / Cognitive Difficulties

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Other

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## Location of Supplies and Medical Equipment

Use this list to help emergency responders determine the types of supplies and special equipment that you use, and where to find them quickly in an emergency.

### *Location*

Glasses	_____	
Eating utensils	_____	
Grooming utensils	_____	
Dressing Devices	_____	
Writing Devices	_____	
Hearing Devices	_____	
Suction Equipment	_____	
Dialysis Equipment	_____	
Sanitary Supplies	_____	
Urinary Supplies	_____	
Ostomy Supplies	_____	
Oxygen	_____	
Flow		Rate
_____	Wheelchair	-
_____	Wheelchair Repair Kit	_____
Motorized / Manual	_____	
Walker	_____	
Crutches	_____	
Cane(s)	_____	
Dentures	_____	
Monitors	_____	
Other	_____	
	_____	
	_____	

**Service Animal & Pet Supplies**

**Food** \_\_\_\_\_

Extra Water \_\_\_\_\_

Leash / \_\_\_\_\_ Harness

\_\_\_\_\_ C o \_\_\_\_\_ I \_\_\_\_\_ I \_\_\_\_\_ a

r \_\_\_\_\_ ID Tags \_\_\_\_\_

\_\_\_\_\_ Medications \_\_\_\_\_

Vaccinations and Medical Records

\_\_\_\_\_

\_\_\_\_\_

Other \_\_\_\_\_

\_\_\_\_\_

# 10 STEPS TO SAFETY

1. Identify and discuss potential emergencies with our family.
2. Develop an emergency plan.
3. Identify two places where you and your family will meet in an emergency.
4. Practice your plan.
5. Review and revise your plan as needed.
6. Prepare emergency supplies.
7. Gather and safeguard important documents.
8. Be aware of your surroundings.
9. Know where and how to get information during an emergency.
10. Work with your neighbors, especially those with special needs.

## WEBSITES

Visit these websites for more information:

Nova Scotia Emergency Management Office

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

Nova Scotia Department of Health

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

Environment Canada

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

Canadian Red Cross

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