**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**

<table>
<thead>
<tr>
<th>SUPPLIES</th>
<th>HAVE IN HOUSE</th>
<th>GET WHEN STORM PREDICTED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Food</strong></td>
<td>(3-4 day meals based on utility outages; storage &amp; cooking impacts)</td>
<td></td>
</tr>
<tr>
<td><strong>Water - drinking</strong></td>
<td>(4L per person/day)</td>
<td></td>
</tr>
<tr>
<td><strong>Water - sanitation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Water - cooking</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fuel - Heating</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fuel - Vehicle, plow, snow blower, boat</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fuel - cooking</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Information Sources</strong></td>
<td>(radio, T.V., computers, smart phone)</td>
<td></td>
</tr>
<tr>
<td><strong>Non-portable phone</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Cell phones</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Batteries/charging devices</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Flashlights</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Toiletries</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Medications &amp; devices</strong></td>
<td>(prescriptions, OTC, syringes, oxygen)</td>
<td></td>
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<tr>
<td><strong>Entertainment</strong></td>
<td>(books, movies, games)</td>
<td></td>
</tr>
<tr>
<td><strong>Work Supplies</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cash</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Disposable cups, plates, utensils</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cleaning supplies</strong></td>
<td>(soap, liquid detergent, wet wipes, garbage bags)</td>
<td></td>
</tr>
<tr>
<td><strong>Pet Supplies</strong></td>
<td>(food, water, waste removal)</td>
<td></td>
</tr>
</tbody>
</table>
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.

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.

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.

“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)

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