

**LUNENBURG READY!**

**AN EMERGENCY PREPAREDNESS  
&  
EVACUATION GUIDE  
FOR  
TOWN RESIDENTS**



**STORM/FLOODING**



**FIRE**



**POWER OUTAGE**

## **PREPARING FOR AN EMERGENCY**

Every emergency is different. Since we can't anticipate the exact nature of an emergency, we need a range of preparations. Only some of which will be needed depending on the situation.

While the Town makes ongoing efforts to prepare for an emergency, residents must also make their own preparations. The first step is to think about the needs of your household or family. This guide will help you:

- assemble an emergency supply kit;
- plan for special needs; and
- educate yourself about the Town's plans for an emergency and how you can help by preparing yourself.

Remember to remain calm if an emergency is declared by the Town. Sometimes staying at home, even if the power goes out, is the safest and best strategy in an emergency, particularly if it is of short duration. Stay informed by watching the TV, listening to the radio and following any instructions from local emergency workers, e.g., RCMP, Fire, EMO Lunenburg.

## **MAKE AN EMERGENCY SUPPLY KIT:**

(Store in an easy to carry, waterproof container)

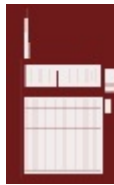
First aid supplies (including prescriptions)



Flashlights and extra batteries



Battery powered AM/FM radio



Extra set of car and house keys



A blanket and rain gear



Special items, as required, e.g., formula for babies, prescriptions, etc.



Copies of important family documents  
(birth certificates, passports, etc.)  
and emergency telephone numbers



Cash - keep some cash on hand in the event  
of a power outage if banks and ATM's are unavailable



Fuel - if time permits, ensure your vehicle and  
furnace oil are topped up before  
an extreme weather incident



## **KEEP A THREE DAY SUPPLY OF THE FOLLOWING AT YOUR HOME:**

**Canned or packaged food** that doesn't need to be cooked, e.g., canned soup, beans, chili, fruit juices, fish and meats, peanut butter, crackers, UHT milk, etc.



**Manual can opener**



**Bottled water** (estimate 4 litres./per person/per day)

**Personal hygiene items**, e.g., soap, shampoo, deodorant toilet paper, etc.



### **Note:**

Periodically check all supplies to ensure they are not past their best before date.  
Replace items as required.

It may also be helpful to:

- Fill your bathtub with water
- During a power outage cover your fridge and freezer with blankets, quilts, etc. to keep food cold longer.

**IF YOU HAVE PETS**  
**HAVE THE FOLLOWING ADDITIONAL**  
**ITEMS AVAILABLE IN YOUR HOME:**

At least three days worth of pet food and water



Vaccination/health records, license numbers  
and microchip numbers



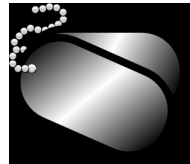
A pet carrier or cage and leash or harness



Any necessary pet medications



Pet Identification



## **STAY IN TOUCH, BE INFORMED:**

### **Create a communication plan:**

Know ahead of time how you to reach your family, friends and/or neighbours. Keep their phone numbers and E-mail addresses with you for quick reference.



Learn about the emergency plans at schools, nursing homes and any other facilities used by your family and loved ones. Know ahead of time what these locations will do in an emergency if you need to contact them.



**For additional information about preparing an emergency kit, additional supplies or a communication plan, contact EMO Nova Scotia at:**

**EMO NOVA SCOTIA:** Website: [www.emo.gov.ns.ca](http://www.emo.gov.ns.ca)/E-Mail [emo@gov.ns.ca](mailto:emo@gov.ns.ca)

Telephone (902) 424-5620/Fax (902) 424-5376

Toll-free (within North America) 1-866-424-5620

Mailing Address: Emergency Management Office  
PO Box 2581  
Halifax, Nova Scotia B3J 3N5

Street Address: 21 Mount Hope Avenue  
Suite 100  
Dartmouth, Nova Scotia

## **EVACUATION INFORMATION**

In rare instances, you may be required by the Town's emergency response officials to evacuate your home or office because of a dangerous situation such as a flood, fire, etc. Outlined below is information about possible small or large scale evacuation scenarios and how you can best respond.

### **WHERE WILL RESIDENTS GO?**

Residents may need to be temporarily relocated to a designated relief centre. Town emergency officials will advise you of this.

### **HOW WILL I KNOW WHAT TO DO?**

Have a battery powered radio at all time. If an emergency is declared, information will be made available on CKBW Radio 98.1 and other local radio and/or TV stations.

Contact the Town's 24-hour emergency dispatch service at 527-0150 to report any concerns.

If necessary, the Town of Lunenburg will use outreach workers to disseminate emergency services information in effected neighbourhoods.

### **WHAT ARE THE EVACUATION ROUTES?**

If it is necessary to evacuate all or part of the Town, emergency officials will determine what evacuation routes are best under the circumstances and direct traffic away from any threats to safe alternate locations.

Travel during an evacuation could make for a long, slow trip. Please, be patient and exercise caution.

### **WHAT IF I DON'T HAVE A CAR?**

Transportation may have to be arranged for residents without cars required to evacuate because of an emergency.

### **PLEASE REMEMBER:**

- Follow instructions from local emergency officials. You may be required to register with them before leaving so contact can be made with you as necessary.
- Bring your emergency supply kit.
- Bring at least one change of clothing per person as well as sleeping bags or blankets.
- Bring enough non-perishable food and water to last at least 3 days.

- If taking a cell phone or laptop computer, bring your power cords and chargers if power is available.
- Check on any friends, family members or neighbors who may need special assistance leaving their home.
- If driving, make sure you have enough fuel in your tank before leaving.
- Lock your home before you leave.
- Have a plan to stay with out-of-town family or friends if possible.
- Pets may not be allowed in emergency shelters where people are directed to. The Town will try to co-ordinate pet shelters. Please ensure you have sufficient supplies for both you and your pet if you are evacuated.

## **HOW YOU CAN FURTHER PREPARE:**

- Develop an emergency preparedness plan for yourself and your family.
- Get involved with groups that provide emergency preparedness and personal safety training, including:

### **EMO NOVA SCOTIA:**

Website: [emo.gov.ns.ca](http://emo.gov.ns.ca)  
E-Mail [emo@gov.ns.ca](mailto:emo@gov.ns.ca)  
Telephone (902) 424-5620  
Toll-free (within North America) 1-866-424-5620  
Fax (902) 424-5376  
Emergency Management Office

Mailing Address:

PO Box 2581  
Halifax, Nova Scotia B3J 3N5

Street Address::

21 Mount Hope Avenue  
Suite 100  
Dartmouth, Nova Scotia

### **FIRST AID AND CPR COURSES:**

#### **CANADIAN RED CROSS**

Website: [www.redcross.ca](http://www.redcross.ca)  
Tel: (902) 543-8565  
Fax: (902) 543-7047

Mailing Address: 42 Glen Alan Dr., Suite 102  
Bridgewater, NS B4N 3N2

#### **HEART AND STROKE FOUNDATION OF NOVA SCOTIA**

Website: [heartandstroke.com](http://heartandstroke.com)  
Telephone (902) 423-7530  
Toll free 1-800-423-4432  
Fax (902) 492-1464

Mailing Address: 5161 George St. 7th Floor  
Halifax, Nova Scotia B3J 1M7

**“VIAL OF LIFE” PROGRAM** (prescription medication storage/identification at home):

Vials and forms are available by contacting the NS Seniors' Secretariat at 1-800-670-0065.

## **NOTE OTHER IMPORTANT PHONE NUMBERS AND WEBSITES:**

### **POLICE, FIRE, EMS EMERGENCIES "911"**

"811" (health information)

Website: [www/nshealthlink811.ca](http://www/nshealthlink811.ca)  
(902) 424-5818  
Toll Free: 1-800-387-6665  
TTY/TTD: 1-800-670-8888

Mailing Address: Healthlink 811  
PO Box 38203  
Dartmouth, NS  
B3B 1X2

### **Public Health Commission**

Website: [www.gov.ns.ca/hpp/resources/renewal.asp](http://www.gov.ns.ca/hpp/resources/renewal.asp)  
Phone: 1-902-424-5818  
1-800-387-6665 (toll-free in Nova Scotia)  
Fax: 1-902-424-0730  
TTY/TDD: 1-800-670-8888  
Email: [DoHweb@gov.ns.ca](mailto:DoHweb@gov.ns.ca)

Mailing Address: Department of Health  
PO Box 488  
Halifax, NS B3J 2R8

### **Environment Canada**

Website: [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)  
Fax: 506-451-6010  
TTY: 819-994-0736

Mailing Address: National Inquiry Response Team  
77 Westmorland Street  
Suite 260  
Fredericton, New Brunswick E3B 6Z3

### **Nova Scotia Agriculture Food Safety** (frozen and refrigerated food safety information)

Website: [www.gov.ns.ca/agri/foodsafety](http://www.gov.ns.ca/agri/foodsafety)  
Phone: (902) 424-4560  
Fax: (902) 424-4671  
Email: Nova Scotia Department of Agriculture

Mailing Address: Nova Scotia Department of Agriculture  
PO Box 2223  
Halifax, Nova Scotia B3J 3C4

(Reference Sources: EMO NS and City of Boston websites)