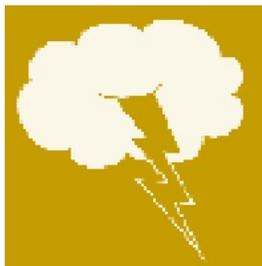


**AN EMERGENCY PREPAREDNESS  
&  
EVACUATION GUIDE  
FOR  
TOWN OF LUNENBURG RESIDENTS**



**STORM/FLOODING**



**FIRE**



**POWER OUTAGE**

## **PREPARING FOR AN EMERGENCY**

Every emergency is unique. Since we can't anticipate the exact nature of an emergency, we need to consider a range of potential scenarios and preparations. Only some of the suggestions in this Guide may need to be taken to prepare for a potential emergency depending on each 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;
- protect your property; 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.
- Turn your fridge and freezer to its coldest settings before a possible power outage. (Remember to reset to your standard settings when power is restored).

## **SECURE YOUR PROPERTY:**

In the event of potential hazardous weather conditions, you can help prevent property damage by taking the following action in advance:

- Secure all gates, door and windows
- Move lawn furniture, tents, trash cans, hanging plants or anything that can be picked up by wind
- Trim dead or diseased branches from trees to make them more wind resistant or remove dead trees entirely
- Park your vehicles in a garage or away from trees
- Take your boat out of the water and up to high ground
- Move campers and trailers to a garage or storage facility, away from trees or to high ground and secure
- Keep pets indoors
- Keep a shovel inside your doorway should you need to clear your way out after a heavy snow fall
- Make prior arrangements to be shovelled and/or plowed out should a snowfall be too heavy for you to safely move
- Check that your property insurance is up to date and covers you for weather related loss, e.g., flood, wind, etc.

**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



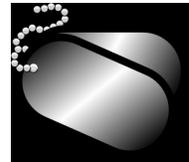
A pet carrier or cage and leash or harness



Any necessary pet medications



Pet Identification





## Thunderstorms and Lightning

All thunder and lightning storms are dangerous. Every thunderstorm produces lightning. People struck by lightning can suffer fatal or severe injuries with a variety of long-term, debilitating symptoms. Other associated dangers include tornados, strong winds, hail, and flash flooding.

“Dry thunderstorms” do not produce rain that reaches the ground because falling raindrops evaporate, but lightning can still strike causing fires and other damage.

### Facts About Thunderstorms

- They may occur singly, in clusters, or in lines.
- Some of the most severe occur when a single thunderstorm affects one location for an extended time.
- Thunderstorms typically produce heavy rain for a brief period.
- Warm, humid conditions are highly favourable for thunderstorm development.

### Facts About Lightning

- Lightning’s unpredictability increases the risk to individuals and property.
- Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall.
- “Heat lightning” is actually lightning from a thunderstorm too far away for thunder to be heard, but the storm may be moving in your direction.
- Most lightning deaths and injuries occur when people are caught outdoors in the summer months.

### Be Prepared for Thunderstorms and Lightning

- Check for weather bulletins on [www.http://www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)
- Remove dead or rotting trees and branches that could fall and cause injury or damage.
- **“If thunder roars, go indoors”!** No place outside is safe when lightning is in the area. Stay indoors until at least 30 minutes have passed after hearing the last clap of thunder and weather bulletins say it is safe.
- Avoid contact with electrical equipment and cords. Unplug electronic equipment well before the storm to avoid damaging power surges.
- Avoid contact with plumbing. Plumbing and bathroom fixtures can conduct electricity. Do **not**: wash your hands; take a shower; wash dishes; or do laundry.
- Do not lie on concrete floors or lean against concrete walls.

- Stay inside your home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside. The steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Remember, rubber-soled shoes and rubber tires do not provide protection from lightning.
- Secure outdoor objects that could blow away or cause damage.
- Close windows, blinds and curtains and secure outside doors. Until the storm has cleared stay away from windows and doors and off porches.
- Corded telephone are not safe and should only be used for emergency calls. Cordless and cellular telephones though are safe to use.
- Use your battery-operated radio for weather updates.

| If you are:  | Then:   |
|--|---|
| In a forest  | Seek shelter in a low area under a thick growth of small trees.   |
| In an open area  | Go to a low place such as a ravine or valley. Be alert for flash floods.  |
| On open water  | Get to land and find shelter immediately.   |
| Anywhere you feel your hair stand on end (which indicates that lightning is about to strike) | Squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees. Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground. |

## AVOID:

- Natural lightning rods such as tall, isolated trees in an open area.
- Hilltops, open fields, beaches, or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal - tractors, farm equipment, motorcycles, golf clubs, bicycles, etc.



## **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.
- Consider what and who you might need to help if your home or area is damaged and you are without basic services for a period of time. For example:
  - ◆ Are emergency numbers such as 911 prominently displayed in your home and do all family members know how to use them appropriately?
  - ◆ Do you have an out of the area family contact number established and are all family members aware who they should call if you get separated?
  - ◆ Are there work numbers you should have at hand?
  - ◆ Do you have contacts to help with pets?
  - ◆ Do you know what your insurance policy covers? Do you have phone and policy numbers handy?
  - ◆ Do you have phone numbers for people you might need to check on such as elderly family members and neighbours?
  - ◆ Do you have charged cell phones and phones that don't require electricity to function?



**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)

