

# Regional Emergency Management Organization

## **REMO**

### **ANNAPOLIS**

DISASTER - how can it strike *you*?



Hurricanes



Snowstorms



Flooding



Power Outages

## Are *you* prepared for the first 72 hours?

### Some useful tips to help when disaster strikes...

#### *Home Emergency Kit:*

- Water, at least 2 litres per person per day. Small bottles are easier to manage.
- Food that won't spoil - canned goods, energy bars, dried foods (replace the food and water on a yearly basis)
- Manual can opener
- Flashlight and batteries
- Candles and matches or lighter (remember to place candles in sturdy containers and extinguish them before going to sleep)
- Battery powered or wind-up radio (and extra batteries)
- First aid kit
- Special medications, infant formula, aids for people with disabilities
- Extra keys for your house and car
- Some cash in smaller bills and change for payphones
- List of emergency contacts and your emergency plan (see other side)

#### *Other Recommended Items:*

- Change of clothing for each family member- include footwear
- Sleeping bag or warm blanket for each family member
- A whistle
- Basic tools
- Garbage bags for personal sanitation
- Toilet paper and other personal care supplies
- Safety gloves
- Small fuel-driven stove and fuel (follow manufacturer's instructions and store properly)

For updates during an emergency **LISTEN TO:**

AVR (97.7 FM / 94.9 FM) *or* – K-ROCK (89.3 FM)

CKBW (94.5 FM / 98.1 FM) *or* CBC (Halifax 106.5 FM / Saint John 91.3 FM)

To order a copy of Your Emergency Preparedness Guide

CALL: 1-800-622-6232 or visit [www.epweek.ca](http://www.epweek.ca)

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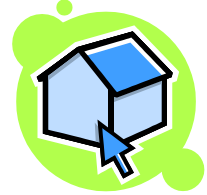
## REMO

### ANNAPOLIS

# Personal Emergency Plan

*Your personal emergency plan should include the following:*

- \*Emergency exits from each room in your home
- \*Emergency exits from your home
- \*Escape route from neighbourhood
- \*Safe meeting place near your home
- \*Emergency contacts with day care and schools and who can safely be designated to pick up your children
- \*People with special needs should have others who are familiar with those needs



### *Safe home instructions:*

- ⇒ Where is the water shut off?
- ⇒ Where is the electrical shut off?
  - ⇒ Utility contact numbers?
- ⇒ Where is the emergency kit?
- ⇒ Does everyone know how to reach the emergency contact?

### *These items should be in a 'GRAB AND GO' BAG:*

- Written information is vital:
  - medical conditions
  - prescriptions
  - medical history
  - insurance
  - allergies
  - surgeries



- A two-week supply of medications and supplies on hand in case pharmacies are closed for some time

**Know the Risks, Make a Plan, Get a Kit...**

**Practice and prepare now...**

**Update your plan yearly...**

**Check on your neighbours...**

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