

# Emergency Preparedness

## in 3 Steps



### KNOW THE RISK

Across Canada, we face a number of natural hazards, which can vary from region to region. Knowing what to do is an important part of being prepared.

In Nova Scotia, severe and unpredictable weather such as flooding, blizzards and hurricanes can occur. Canadians should also be aware that other hazards can trigger emergencies that may affect them. These emergencies could be bomb threats, chemical spills or infectious disease outbreaks.

The following list contains natural risks and hazards that could happen in **Nova Scotia**:

◆ Floods



◆ Chemical release



◆ Hurricanes



◆ Pandemic Influenza



◆ Landslides



◆ Power Outages



◆ Severe Storms



◆ Tsunamis



◆ Wildfires



Visit the Internal Services intranet for more information on the Health, Safety and Environment program:

Nova Scotia OHS Act

HSE Policy

HSE Manual

Joint Occupational Health Safety and Environment Committees

[isd.iweb.gov.ns.ca/HSEP](http://isd.iweb.gov.ns.ca/HSEP)  
Intranet address

**1-800-952-2687**  
24/7 line for  
OHS-LAE concerns

[HSE-isd@novascotia.ca](mailto:HSE-isd@novascotia.ca)  
Contact us for help or more information.

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### Resources

- ⇒ Nova Scotia Emergency Management Office  
<http://novascotia.ca/dma/emo/>
- ⇒ Make a Family Emergency Plan Online!  
<http://www.getprepared.gc.ca/cn/plns/mk-pln-en.aspx>
- ⇒ Emergency Kit Checklist from Saint Johns Ambulance  
<http://www.sja.ca->



### HAVE A PLAN

By definition, emergencies happen when we don't expect them, and often when families are not together. Suddenly, you need to think about your kids at school or elderly parents across town. If phones don't work, or neighborhoods aren't accessible, what will you do?

- List of contact numbers
- Emergency exit plan
- Copies of important documents
- Designated meeting place for household members
- Emergency supply kit



### GET A KIT

Make sure your kit is together in one or multiple bags that can be easily carried if need be.

Basic Kit should include:

- Water (2 liters per person per day)
- Food that wont spoil
- Manual can opener
- Flashlight (wind up or battery)
- Radio (wind up or battery)
- First aid kit
- Cash, change, travelers cheques
- Important family documents ( Identification, Insurance, Bank Records)
- Copy of your emergency Plan
- Copy of emergency contact list

CANADIANS THAT RESIDE IN A HOUSEHOLD WITH THE FOLLOWING WORKING DEVICES

**98%**  
smoke detector

**60%**  
carbon monoxide  
detector

**66%**  
fire extinguisher

About **42%** of Canadians live in a home with **ALL THREE** of these devices.

StatsCan 2015