

Emergency Preparedness can you last 72 hours?

"Emergency preparedness begins at home. When individuals and families are prepared, there's less chance that they will need scarce community resources when an emergency occurs".

The unknown can be frightening. Natural disasters such as weather related incidents take away our independence and interrupt our daily routines. Artificial or other incidents like hazardous material incidents and forest fires are also emergencies that we can prepare ourselves for. We can never out think, or out run a storm, however, we can prepare ourselves so that our families and friends stay safe during Natural or Artificial Disasters.

There are two main items that will help you and your family prepare for the unexpected. The first is a home and car emergency kit. These are very important because all emergency service providers recommend that your family should be able to look after yourselves for a 72 hour period without much outside help.

Emergency kit contents:

- At least two liters of drinking water per day per adult. This would not include pets or farm animals. Do you have a way to get water during a power outage?
- Blankets, foot wear, sleeping bags and extra clothes ready at hand and able to take with you in a moment's notice when you have to leave your home, (for each individual)
- Battery operated or crank radio and extra batteries.
- Spare batteries for flashlights and children's toys.
- Flashlights (avoid candles).
- Non-perishable food (i.e. canned goods, crackers, granola bars, peanut butter).
- Adequate supply of medication.
- First-aid kit.
- Pet food.

- A land line telephone. Don't rely on cordless phones, cellular phones, or internet phone service.
- Personal hygiene items (tooth paste, soap, toilet paper, etc.)
- Extra vehicle keys, house keys and some cash.
- Back pack or duffle bag in case you have to evacuate.
- A portable cooking appliance (i.e. barbeque, camping stove).

Car emergency kit contents:

- A small snow shovel
- Ice scraper and brush
- Traction sand or salt
- First aid kit
- Flashlight
- Fire extinguisher
- Maps of the area in which you are traveling and not familiar with
- Emergency food pack (chocolate bars, energy bars, granola bars, nuts, etc.)
- Paper towels
- Extra clothing or footwear and a survival blanket
- Tow rope
- Methyl hydrate for defrosting windshields, locks or fuel line deicing
- Matches and a survival candle in a deep metal can.

The second item is an emergency plan.

An emergency plan is a written and practiced plan that you and your family make together. An emergency plan states where your family will meet if you have an emergency in your home. Also, the emergency plan will explain, if you are forced out of home or not allowed to go home, where you and your family will meet, such as a family or friend's home outside the area at risk. This plan will also list names and phone numbers of family and friends where you would go if you cannot go home. Ensure your family knows where the home emergency kit is located.

For information on emergency preparedness, please contact Emergency Measures Nova Scotia (EMO), 1-866-424-5620 or Heather MacKenzie-Carey, 543-8650, or Andrew Wentzell, 541 -1 342 or awentzell@modl.ca