

What is a Comfort Centre

After the storm has passed, Comfort Centres may open to support local residents. These centers provide a place to get warm, re-charge devices, check on each other and share information. Resources available vary with the community and resident needs. Centers are operated by the community for the community. The opening of comfort (warming) centres will be broadcast through your local media sources so it's important to be able to stay in touch.

Information Sources:

- www.getprepared.com
- EMO NS: www.novascotia.ca/dms/emo
- Red Cross: www.redcross.ca
- Environment Canada: www.weather.gc.ca
- Food Safety: www.gov.ns.ca/agri/foodsafety
- Police/Fire/EHS: 911
- Non-emergency health advice: 811
- Non-emergency support advice: 211
- NS Power Outage: 1-877-428-6004, map: www.outagemap.nspower.ca
- Provincial Road Concerns: 1-888-432-3233

<u>Supplies for 72 Hours:</u>	<u>Have in house</u>	<u>Need</u>
Food (for 3-4 days)	_____	_____
Drinking water (4l/person/day)	_____	_____
Water (cooking)	_____	_____
Fuel (heating)	_____	_____
Fuel (vehicle, plow, snow Blower, boat)	_____	_____
Information sources (radio, TV, computers, smart phones)	_____	_____
Non-portable phone	_____	_____
Cell phones (home and car Charges)	_____	_____
Batteries	_____	_____
Flashlights	_____	_____
Toiletries	_____	_____
Medications & devices	_____	_____
Entertainment (books, movies, Games)	_____	_____
Work supplies	_____	_____
Cash	_____	_____
Disposable cups, plates, Utensils	_____	_____
Cleaning supplies (soap, liquid Detergent, wet wipes, garbage Bags)	_____	_____
Pet Supplies	_____	_____



Regional Emergency Management Organization

72 HOUR EMERGENCY PREPAREDNESS

Yarmouth Regional Emergency

Management Organization

Preparing for an Emergency

Every emergency is unique. Since we can't anticipate the exact nature of the emergency, we need to consider a range of potential scenarios and preparations.

Although Yarmouth REMO makes ongoing efforts to prepare for an emergency, residents may 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
- Plans for special needs
- Protect your property and
- Educate yourself about REMO's plans for an emergency and how you can help prepare yourself.

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

The Risk

Most events in Yarmouth County are caused by weather. Heavy rainfall and hurricanes happen summer or fall. Blizzards, ice-storms and snow/rain events happen in winter and spring. High winds, flooding, storm surges and icy conditions can make driving dangerous and cause power outages for 3 or more days. Climate changes are likely to create stronger storms and more often.

What does Shelter in Place mean?

Shelter-in-Place means you are ready and comfortable to stay in your home for 3 to 4 days without needing to go out for supplies even if the power is off. 911 lines stay open, but help may take longer to get to you during storm conditions. Your Shelter-in-Place plan needs to be specific to your family's needs and resources. What would your family need to thrive for 3 to 4 days if businesses were closed, roads impassable and power was out? Complete the Household Needs List on the back of this brochure. Check the things you should have before the storm hits.

What Should I do?

In storm watch and warning phase:

- Stock household needs list
- Make child and pet care arrangements
- Reschedule travel plans
- Make work from home plans
- Test back-ups, flashlights, generators
- Charge battery operated devices
- Talk about your plan to family and friends
- Check on your neighbour

During and immediately after the storm:

- Monitor radio and local media
- Keep devices charged and ready
- Stay off the roads
- Use household needs list
- Keep pets safe
- Use alternative heat and cooking sources safely

Emergency Kit: First aid supplies (don't forget prescriptions), flashlights (extra batteries), battery powered AM/FM Radio, extra set of car and house keys, a blanket and rain gear, special items (baby formula, etc), copies of important documents, cash, fuel (if time permits) 3-day supply of food, can opener, bottle water (4 litres/person/day), personal hygiene items.