

INFORMATION GUIDE

REMO

Regional Emergency Management Organization Pictou County

Residents of Pictou County:

Well, we are starting off 2022 going into the third year of the COVID-19 pandemic.

Just imagine if there had been a movie produced years ago using what has happened in the world over the last two years to make the script. We may have thought: “That was one wild movie!”

The recent spike in the number of new cases has people concerned. Health care professionals are stressing the same health precautions: Wash your hands, sanitize regularly, and wear a face mask – making sure to cover your nose. The doctors and scientists have our best interest in mind and keep stressing the importance of becoming fully vaccinated against COVID-19. If you have yet to be vaccinated, please consider making an appointment for not only your protection, but for your loved ones as well.

As with previous REMO newsletters, safety is our main focus. Our winters can bring harsh weather. We have already seen a few heavy storms in our own county this year. You may also recall the news coming from the southern United States recently; they had a snowstorm that shut down major highways leaving motorists stranded for prolonged periods of time. While we hope to never find ourselves in a situation like this, it is important to be prepared in the event of an emergency. We have included a section on what to have in your car when travelling.

Do you know about your community’s winter parking by-law? Our urban municipal units enforce winter parking bans to ensure the safe cleanup of snow and ice from our streets and sidewalks. Your cooperation is essential for the safety of all residents during the winter months. You can find more information online or directly from your municipality!

With our rollercoaster winter weather, we encourage everyone to try to get out and enjoy some traditional outside activities such as snowshoeing, cross country skiing, coasting, or skating to name a few. These are great activities to get you out of the house to enjoy the exercise and fresh air. Always remember to dress for the activity and to assess the weather in your area before setting out for your adventure.

Stay safe this winter!

John Davison,

Coordinator of Pictou County Regional Emergency Management Organization

 remopictoucounty.ca

 Public Information Officer
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 @REMO—Regional Emergency Management Organization Pictou County

 @REMOPictouCo



INFORMATION GUIDE

WINTER TRAVEL SAFETY

Slippery or snow-covered roads, reduced visibility and bitter cold: these are all conditions that can make driving difficult and even dangerous during cold weather months. Winter also brings an increased risk of getting stuck in your car, so dress warmly before heading out.

Exercise extra caution when driving in these winter road conditions:

- **Blizzards:** The most dangerous of winter storms, combining falling, blowing and drifting snow, winds of at least 40 km/h, visibility less than one kilometer and temperatures below -10°C. They can last from a few hours to several days.
- **Heavy snowfall:** Refers to snowfalls of at least 10 centimeters in 12 hours, or at least 15 centimeters in 24 hours; accumulation may be lower in temperate climates.
- **Freezing rain or drizzle:** This can lead to ice storms, with ice covering roads, trees, power lines, etc.
- **Cold snap:** Refers to temperatures that fall rapidly over a very short period of time, causing very icy conditions.
- **Winds:** They create the conditions associated with blizzards, and cause blowing and drifting snow, reducing visibility and causing wind chill.
- **Black ice:** Refers to a thin layer of ice on the road that can be difficult to see or can make the road look black and shiny. The road freezes more quickly in shaded areas, on bridges and on overpasses when it is cold. These areas remain frozen long after the sun has risen.
- **Slush:** Wet snow can make for slushy roads. Heavy slush can build up in the wheel wells of your vehicle and can affect your ability to steer. Large trucks and buses can blow slush and snow onto your windshield, leading to a sudden loss of visibility.



(Safety tips from Public Safety Canada, in cooperation with Transport Canada)

If you are stuck in the snow, follow these tips:

- Try to stay calm and don't go out in the cold. Stay in your car: you will avoid getting lost and your car is a safe shelter.
- Don't tire yourself out. Shoveling in the intense cold can be deadly.
- Let in fresh air by opening a window on the side sheltered from the wind.
- Keep the engine off as much as possible. Be aware of carbon monoxide poisoning and make sure the exhaust pipe is not obstructed by snow.
- If possible, use a candle placed inside a deep can instead of the car heater to warm up.
- Turn on warning lights or set up road flares to make your car visible.
- Turn on the ceiling light; leaving your headlights or hazard lights on for too long will drain the battery.
- Move your hands, feet and arms to maintain circulation. Stay awake.
- Keep an eye out for other cars and emergency responders.
- Try to keep clothing dry since wet clothing can lead to a dangerous loss of body heat.

EMERGENCY CAR KIT

In the event of an emergency, you never want to be unprepared. You should always have an emergency car kit in your vehicle with access to winter safety and emergency equipment.

A basic car kit should include:

- Food that won't spoil, such as energy bars
- Water, stored in plastic bottles that won't break if frozen
- Blanket
- Extra warm clothing, shoes or boots
- First aid kit with seatbelt cutter
- Small shovel, scraper, and snowbrush
- Candle in a deep can and matches
- Hand-crank flashlight
- Whistle—in case you need to attract attention
- Roadmaps

Items to keep in your trunk:

- Sand, salt, or cat litter (non-clumping)
- Antifreeze and windshield washer fluid
- Tow rope
- Jumper cables
- Fire extinguisher
- Warning light or road flares



ICE SAFETY

During the winter months, many individuals take to naturally occurring ice surfaces to participate in outdoor recreational activities. While this can be a fun way to enjoy the outdoors, you should always exercise caution before hitting the ice. Ensure that you know when ice is safe to be on with these tips:

Factors affecting ice thickness:

- Water depth & size of body of water.
- Currents, tides, & other moving water.
- Chemicals, including salt.
- Fluctuations in water levels.
- Logs, rocks, and docks absorbing heat from the sun.
- Changing air temperature.
- Shock waves from vehicles travelling on the ice.

Ice colour:

- Clear blue ice is strongest.
- White opaque or snow ice is half as strong as blue ice.
- Grey ice is unsafe; this notes the presence of water.

Ice thickness:

- Ice should be 15cm thick for skating alone or walking.
- Ice should be 20cm thick for skating parties or games.
- Ice should be 25cm for snowmobiles.



**Check with local authorities before heading out & avoid going on ice at night.*

LOCAL NON-EMERGENCY CONTACTS

New Glasgow Regional Police: (902) 752-1941

Stellarton Police Department: (902) 752-6160

Westville Police Department: (902) 396-2777

Pictou County District RCMP

Stellarton Detachment: (902) 755-4141

Pictou Detachment: (902) 485-4333



**When you don't know
where to turn.™**

211 is a free, confidential information and referral service for thousands of community and social services available across the province. It is available throughout the province – 24 hours a day, 365 days a year – by dialing “2-1-1” to speak to a helpful staff member or by searching the easy-to-use online database at www.ns.211.ca. You can also email help@ns.211 and between the hours of 12 pm - 4 pm Monday to Friday, chat online or text 21167 for help finding resources.

Municipal Info

Municipality of Pictou County

Phone Number: 902-485-4311

After Hours: Public Works Only - 902-301-1825

Website: www.munpict.ca

Facebook: Municipality of Pictou County

Twitter: @PictouOf

Inquiries: carolyn.macintosh@munpict.ca

Town of Stellarton

Phone Number: 902-752-2114

After Hours: 902-752-6160 (24 hour monitoring)

Website: www.stellarton.ca

Facebook: @TownOfStellarton

Twitter: @StellartonTown

Instagram: @TownOfStellarton

Inquiries: town.office@stellarton.ca

Town of New Glasgow

Phone Number: 902-755-7788

After Hours: Public Works - 902-755-4208

Website: www.newglasgow.ca

Facebook: @NewGlasgowNovaScotia

Twitter: @NewGlasgowNS

Instagram: @TownofNewGlasgow

Inquiries: inquiries@newglasgow.ca

Town of Pictou

Phone Number: 902-485-4372

After Hours: 902-485-4372

Website: www.townofpictou.ca

Facebook: @TownofPictou

Twitter: @TownofPictou

Town of Westville

Phone Number: 902-396-1500

After Hours: 902-752-6160

Website: www.westvile.ca

Facebook: Town of Westville

Instagram: @TownOfWestville

Town of Trenton

Phone Number: 902-752-5311

After Hours: 902-752-1941

Website: www.town.trenton.ns.ca

Facebook: @TrentonNS

Instagram: @TrentonNS

Important Contact Information:

Department of Environment 902-396-4194

Government of Canada 1-833-784-4397

Health Information NS 811 OR 1-866-770-7763

Information Services NS 211

Nova Scotia Power 1-877-428-6004

NS Road Conditions 511

Pictou County Food Bank East 902-755-2906

Pictou West Food Bank 902-485-8996

Pictou County Fuel Fund 902-755-2886

Pictou County Regional Enterprise Network 902-755-2244

Pictou County Women's Resource Centre 902-755-4647

United Way Pictou County 902-755-1754

Mental Health Services

Kids Help Phone 1-800-668-6868

Mental Health & Addictions 1-855-922-1122

Mental Health Crisis Line 1-888-429-8167

Domestic Violence Help/Info 1-855-225-0220

Mental Health Info: www.ementalhealth.ca

TIR Nova Scotia Road Conditions: 511.novascotia.ca/en/index.html

Pictou County Regional Enterprise Network: www.pictoucounty.com | Facebook: @PictouCountyREN

Province of Nova Scotia: Coronavirus Information: <https://novascotia.ca/coronavirus/>

Public Health Offices: <https://www.nshealth.ca/public-health-offices>

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/canadas-response.html>