

# INFORMATION GUIDE

## REMO

### Regional Emergency Management Organization Pictou County

Residents of Pictou County:

It has been many months since the first case of COVID-19 was diagnosed in Nova Scotia. The recent spike in cases this fall has proven how quickly it can spread when we are not cautious. Scientists said from the beginning of this pandemic that we would see a second wave of this virus in late 2020 and now we are seeing those predictions come true.

Vaccines are officially here in Nova Scotia. There are limited numbers of the vaccine, but more are on the way. It will take time for everyone to have the opportunity to receive one, but this is a promising start.

We know you are tired. We know that you want to see family and friends who have been unable to visit because of travel restrictions. We know your mental health is being put to the test as you wonder how much longer we will need to live this way, but we need you to continue to hold the line.



Please follow physical distancing guidelines and mask requirements this winter. Wash your hands regularly, shop locally when you need to, and limit the number of people in your social bubble so your contact with others is low.

Your municipal units have been working together as part of REMO from the beginning of this pandemic. They have been making sure you are aware of the latest provincial and municipal updates involving COVID-19. We are not slowing down now.

Watch our Facebook and Twitter pages as well as our website at [www.remopictoucounty.ca](http://www.remopictoucounty.ca) for up-to-date information. We will continue to work together to ensure you are provided with essential services, as well as offering support to local businesses and community groups that play an important role in keeping us healthy both physically and mentally.

On behalf of REMO Pictou County, we would like to extend sincere thanks and appreciation to all the front-line workers, businesses, and residents who have been following the NS Department of Health guidelines in an effort to keep us safe. We are all in this together!

Take Care,  
John Davison,

Coordinator of Pictou County Regional Emergency Management Organization

 @REMO—Regional Emergency Management  
Organization Pictou County

 @REMOPictouCo

 [remopictoucounty.ca](http://remopictoucounty.ca)

 Public Information Officer | Community Liaison  
[paige.clarke@stellaron.ca](mailto:paige.clarke@stellaron.ca) | 902-921-1515



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## 72 HOUR PREPAREDNESS

When an emergency happens, you will need to have some things ready to use at a moment's notice. You can prepare an emergency kit at any time, so you are more prepared when the worst happens—and so you don't forget something important in the rush of the moment! It is recommended that you be prepared for at least 72 hours.

During the winter months, your emergency kit should be equipped with essential items to keep you warm in the event you're without heat. Additional sweaters, blankets, warm socks, hats, and mittens, would all be beneficial in your kit.



If you have small children and/or pets, consider including extra formula or food, hygiene products, and toys or other entertainment items.



Other items you should consider for your Emergency Kit include: extra change of clothes for each household member; hygiene products and toiletries; sleeping bags or blankets; basic tools (utility knife, hammer, screwdriver, etc.); candles or kerosene lanterns; camp stove; hand sanitizer and face masks; garbage bags.

Here are some basic things to include in your kit:

	<b>2L of water per person</b> (in small bottles for portability)
	<b>Food</b> (canned goods, energy bars, dried foods, etc.)
	<b>Manual can and bottle openers</b>
	<b>Hand crank, battery, or solar powered LED flashlight</b> (with extra batteries)
	<b>Hand crank, battery, or solar powered radio</b> (with extra batteries)
	<b>First Aid Kit</b>
	<b>Prescription medications</b>
	<b>Copies of important family documents</b> (insurance, contacts, etc.)
	<b>Cash</b> (including smaller bills)
	<b>Spare Keys</b> (house, car, etc.)
	<b>Fire Extinguisher</b>

(Some information from Public Safety Canada)

### 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

911 is only for  
emergency or  
life-threatening  
situations



[novascotia.ca/coronavirus](https://novascotia.ca/coronavirus)

NOVA SCOTIA

# BEING ACTIVE & STAYING SAFE



Getting out to be physically active and enjoying nature can be extremely beneficial for your physical and mental health. During these challenging times, it's important to ensure that you're taking steps to care for your mental health while still remaining safe from COVID-19.

There are many activities that you and your family can take part in over the winter. Here are a few recommendations to stay safe this season:

## Considerations:

- Is the event outside?
- Will it be easy to physically distance?
- Will the facility allow for gathering limits to be followed?
- Is equipment required? Is it provided? How will it be shared and sanitized?

## Tips & Recommendations:

- Local trails can easily allow for physical distancing guidelines.
- Wear a mask for indoor activities.
- Virtual and outdoor opportunities can be found here: <https://bit.ly/3oaRUEe>

## For local recreation info, contact your Municipality's recreation service:

County of Pictou | 902-485-2247  
clare.steele@munpict.ca

Pictou | 902-485-4372  
info@townofpictou.ca

Trenton | 902-752-1019  
craig.murray@trenton.ca

New Glasgow | 902-755-8363  
recreation@newglasgow.ca

Stellarton | 902-752-2114  
town.office@stellarton.ca

Westville | 902-396-1059  
michael.thompson@westville.ca

Pictou Landing First Nation | 902-616-2071

*\*Equipment loan programs are available in some Municipal units and through your local libraries!*

## 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:

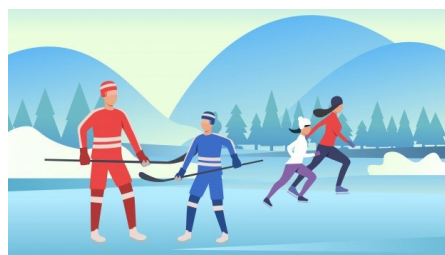
- Water depth & size of body of water.
- Currents, tides, & other moving water.
- Chemicals, including salt.
- Fluctuations in water levels.
- Logs, rocks, and docks absorbing heat from the sun.
- Changing air temperature.
- Shock waves from vehicles travelling on the ice.

### 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.*



**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](http://www.ns.211.ca). You can also email [help@ns.211](mailto: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](http://www.munpict.ca)

Facebook: Municipality of Pictou County

Twitter: Municipality of Pictou County

Inquiries: [carolyn.macintosh@munpict.ca](mailto:carolyn.macintosh@munpict.ca)

#### *Town of Stellarton*

Phone Number: 902-752-2114

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

Website: <https://stellarton.ca>

Facebook: @TownOfStellarton

Twitter: @StellartonTown

Instagram: @TownOfStellarton

#### *Town of New Glasgow*

Phone Number: 902-755-7788

After Hours: Public Works - 902-755-4208

Website: [www.newglasgow.ca](http://www.newglasgow.ca)

Facebook: @NewGlasgowNovaScotia

Twitter: @NewGlasgowNS

Instagram: @TownofNewGlasgow

Inquiries: [inquiries@newglasgow.ca](mailto:inquiries@newglasgow.ca)

#### *Town of Pictou*

Phone Number: 902-485-4372

After Hours: 902-485-4372

Website: [www.townofpictou.ca](http://www.townofpictou.ca)

Facebook: @TownofPictou

#### *Town of Westville*

Phone Number: 902-396-1500

After Hours: 902-752-6160

Website: [www.westville.ca](http://www.westville.ca)

Facebook: Town of Westville

#### *Town of Trenton*

Phone Number: 902-752-5311

After Hours: 902-752-1941

Website: [www.town.trenton.ns.ca](http://www.town.trenton.ns.ca)

Facebook: Town of Trenton

### ***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

NS Road Conditions 511

United Way Pictou County 902-755-1754

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

### ***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](http://www.ementalhealth.ca)

TIR Nova Scotia Road Conditions: [511.novascotia.ca/en/index.html](http://511.novascotia.ca/en/index.html)

Pictou County Regional Enterprise Network: [www.pictoucounty.com](http://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>