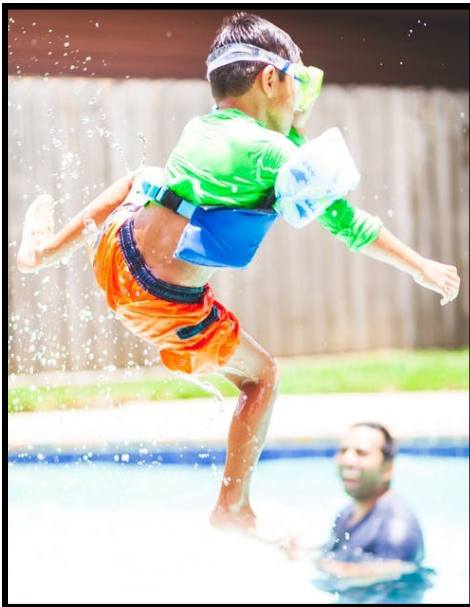


INFORMATION GUIDE

REMO

Regional Emergency Management Organization Pictou County



It has been over a year since a state of emergency was declared in Nova Scotia. We have been through a lot and we had to adapt to a new normal. It is evident that by following all the protocols and guidelines such as washing our hands, wearing masks and social distancing, we can make a difference. The vaccination program is progressing well and the government looks like it is on track to have all Nova Scotians choosing to be vaccinated with a first dose by mid-summer. Thank you to frontline workers, businesses, and the public, for continuing to follow the protocols. It is because of your compliance to the protocols our number of cases have been low in Pictou County, but we must stay vigilant.

On another note, spring is a good time to make sure your civic numbers are in good condition. If they need to be replaced there are local businesses that can make the signs. Some local fire departments may also have information available as to where you can purchase one. These signs play an essential role in helping emergency response teams find you quickly.

As we approach the summer months, please keep yourself cool and well-hydrated on warm days and if you are cooling off in your pool or at local beaches, please be safe. It only takes a few seconds for a tragedy to happen in water. Never swim alone and if you are at the beach, always be aware of riptides and how to safely swim out of them.

Summer is also a good time for people to do work around their properties and many residents like to burn tree and leaf debris. You can do this safely by checking the Nova Scotia Burn Restrictions guide at www.novascotia.ca/burnsafe or by calling 1-855-564-2876. Updates are made by 2pm daily.

Finally, May 2nd-8th is Emergency Preparedness Week and we encourage everyone to take time to look around your home and business to make sure you are prepared for an emergency. Do you have plan to exit your area safely? Do you have supplies on hand if you have an emergency? Being prepared goes a long way to being safe. If you're not sure where to start, check out our tips on the next page!

 @Regional Emergency Management
Organization Pictou County

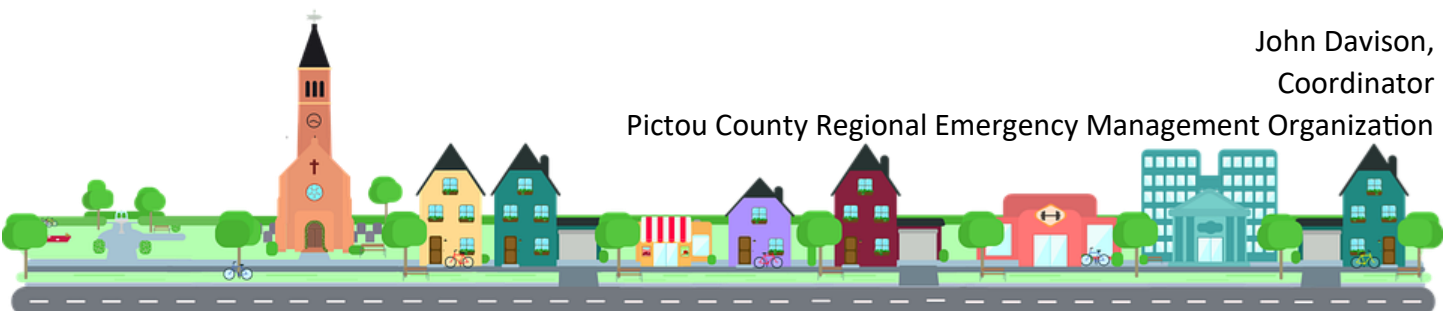
 @REMOPictouCo

 remopictoucounty.ca

 Public Information Officer
paige.clarke@stellarton.ca
902-755-2511

John Davison,
Coordinator

Pictou County Regional Emergency Management Organization



INFORMATION GUIDE

EMERGENCY PREPAREDNESS

Emergency Preparedness Week takes place May 2-8, 2021. This week is an opportunity to encourage Canadians to take actions to be better prepared to protect themselves and their families during emergencies.

In the case of an emergency, you should be prepared for 72 hours. There may be certain situations where you are not able to, or it is not safe to evacuate your home, like a power outage, severe hurricane, or flu pandemic. You should be prepared to be self-sufficient in your home for 72 hours (or seven to 10 days in a health emergency).

When making your home emergency plan, you will need to think about the following:

- Safe exits from home and neighbourhood
- Meeting places to reunite with family or roommates
- Designated person to pick up children should you be unavailable
- Contact persons close-by and out-of-town
- Special health needs
- Place for your pet to stay
- Risks in your region
- Location of your fire extinguisher, water valve, electrical box, gas valve and floor drain

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours. Make sure your kit is easy to carry, and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as a front-hall closet.

The following items should be included in a basic household emergency kit:

- Drinking water - at least two litres per person per day and one litre per pet per day
- Food that won't spoil - such as canned food, energy bars and dried foods (monitor expiry dates regularly)
- Manual can opener and bottle opener
- Wind-up or battery-powered flashlight and radio (with extra batteries)
- First aid kit
- Extra keys to your car and house
- Cash in smaller bills, such as \$10 bills
- A copy of your emergency plan and contact information
- Special items such as prescription medication, infant formula, equipment for people with disabilities or food, and medication for your pets or service animal (personalize your kit according to your needs)

Note: Due to the potential for a fire hazard, it is recommended that candles NOT be included in an emergency kit. Instead use a wind-up/battery-powered flashlight.



WATER SAFETY

Active Supervision:

- The absence of adult supervision is a factor in most child drownings.
- Whether it's a pool, the bathtub, a water park, or the beach, always watch children actively around water – even if they can swim.
- Consider requiring all non-swimmers to wear a lifejacket to keep them at the surface to assist you while supervising.

Backyard Pools:

- Backyard pools are especially dangerous for small children. Ensure adequate barriers are in place such as four-sided fencing (recommended at least 1.2m in height, with gaps no larger than 10cm), along with a self-closing, self-latching gate. Check with your local municipality for fence requirements.
- Empty portable toddler pools after each use.

Bathing Children:

- When bathing infants or toddlers, an adult should remain with the child at all times – children should never be relied upon to supervise other children in the bath.
- When a child is in the bathtub, never leave to answer the phone or for any other momentary distraction.

Diving:

- Diving head-first into water should be avoided unless the individual is properly trained and is sure that the water is deep enough.
- Avoid diving in home pools and always enter the water feet-first.

Open Water:

- Never underestimate the power of currents. Swimmers or waders can be swept away in an instant, particularly if non-swimmers or weak swimmers get caught by a current in rivers or out of their depth in abrupt drop-offs.
- Be cautious about swimming in currents and know what to do if caught in a current.

(Information from Canadian Red Cross)



HEAT ALERTS

Over the last year, Pictou County REMO has worked with the Department of Health and Wellness, Nova Scotia Health, the Emergency Management Office, and neighbouring REMOs to develop a Heat Alert Response Plan for our community. Climate studies show that Pictou County, along with much of central and northern Nova Scotia, are due to experience an increase in heat over the next several years and decades.

Part of this plan is working to educate the public on sun safety, and how to mitigate the effects that excessive heat can have on you. Drinking plenty of water, wearing proper sunscreen and clothing, avoiding direct sunlight, and avoiding exertion during peak heat hours are just some of the most basic ways you can make sure that you are staying safe this summer.

We will be rolling out more information on our Heat Alert Response Plan as it is developed and finalized. Follow our social media pages, as well as Environment Canada and other reliable weather sources, for more information on heat alerts and warnings!

VACCINE INFO

Vaccines help protect you from viruses and bacteria that cause illnesses. They also protect everyone around you. The more people in a community who are vaccinated and protected from COVID-19, the harder it is for the virus to spread. COVID-19 vaccines must be approved for use by Health Canada.

Nova Scotia continues to roll out vaccines with a phased approach. The goal is to have every Nova Scotian who wants the vaccine with their first dose by the end of June 2021.

For the latest info on vaccines or to book an appointment:

<https://novascotia.ca/coronavirus/book-your-vaccination-appointment/>

OR by calling 1-833-797-7772

(Available 7am-10pm, 7 days a week)





**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: Municipality of Pictou County

Inquiries: carolyn.macintosh@munpict.ca

Town of Pictou

Phone Number: 902-485-4372

After Hours: 902-485-4372

Website: www.townofpictou.ca

Facebook: @TownofPictou

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 Trenton

Phone Number: 902-752-5311

After Hours: 902-752-1941

Website: www.town.trenton.ns.ca

Facebook: Town of Trenton

Town of Stellarton

Phone Number: 902-752-2114

After Hours: 902-752-6160

Website: <https://stellarton.ca>

Facebook: @TownOfStellarton

Twitter: @StellartonTown

Instagram: @TownOfStellarton

Inquiries: town.office@stellarton.ca

Town of Westville

Phone Number: 902-396-1500

After Hours: 902-752-6160

Website: www.westville.ca

Facebook: Town of Westville

Important Contact Information:

Department of Environment 902-396-4194

United Way Pictou County 902-755-1754

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

Information Services NS 211

NS Road Conditions 511

Government of Canada (COVID Info) 1-833-784-4397

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

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>