

## 72 Hour Emergency Kit

During an emergency you may be without electricity or running water. You should have some basic supplies prepared so you and your family can be self-sufficient for at least 72 hours. Make sure your family's emergency kit is easy to carry. For example, keep it in a backpack, duffel bag or suitcase with wheels. Store it in an easily-accessible place and make sure that everyone knows where it is. Check your kit twice a year and replace any outdated items. Food and water should be replaced once a year.

### Items for a basic emergency kit:

- Water (at least two litres per person per day). Use small bottles that can be carried in case of an evacuation order.
- Food that won't spoil, such as canned or dried foods and energy bars.
- Manual can opener
- Wind-up or battery-powered radio (and extra batteries)
- Battery-powered flashlight (and extra batteries)
- Cash (small bills) and change (for pay phones)
- First-aid kit
- Extra keys for your car and house
- Provision for extra fuel for generators during extended outages
- Emergency plan and contact information for family members
- Medications, important documents, infant formula, pet food, special items for family members with disabilities or special needs, or any other items necessary to personalize your kit

### Evacuation "Go Kit":

In the event that you have to evacuate your home a portable emergency "go kit" is also recommended. Your kit should include:

- Copies of important documents (Insurance papers, deeds, wills)
- Seven-day supply of prescription medications
- Local map
- Extra clothing and footwear
- Cash (small bills) and change (for pay phones)
- Extra keys for your car and house
- Emergency plan and contact information
- Infant formula, pet food, special items for family members with disabilities or special needs, or any other items necessary to personalize your kit

Suggestions for additional items can be found at [novascotia.ca/EMO](http://novascotia.ca/EMO)

**BE PREPARED.**



**Nova Scotians are encouraged to be ready to cope on their own for at least the first 72 hours of an emergency.**

Being prepared means:

- knowing the risks,
- developing a plan, and
- preparing a kit.

For more information, visit [novascotia.ca/EMO](http://novascotia.ca/EMO)

## Emergency Numbers to Remember

**911** – This is for emergencies only. If someone's health, safety or property is threatened and help is needed right away, call 911.

*Emergencies include:*

- Fire
- Serious accident
- Crime in progress
- Emergency medical situation
- Poisoning

**811** • for health information and advice when you have a health concern or question

**511** • for information about provincial roads in Nova Scotia

**211** • for community and social services

## Other important numbers

Power Outage

**1-877-428-6004**

Bell Aliant Outage

**611** or **1-800-663-2600**

Eastlink Outage

**1-888-345-1111**

Drinking Water Safety

**1-877-936-8476**

Food Safety

**1-877-252-FOOD (3663)**

Environmental Emergencies (such as oil spills and gas leaks): **1-800-565-1633**

Emergency Management Office (Nova Scotia Office)

**1-866-424-5620**