

Who to Call For Help

ALL EMERGENCIES

DIAL 9-1-1

Non-Emergency Annapolis Royal
Police 1-902-532-2427

Non-Emergency Bridgetown
RCMP Detachment 1-902-665-4481

Non-Emergency Middleton
RCMP Detachment 1-902-825-2000

Nova Scotia Power Outage 1-877-428-6004

Poison Control 1-800-764-7669

Mental Health Crisis Line 1-888-429-8167

Nova Scotia Department of
Natural Resources Emergency
Wildfire / Forest Fires / Wildlife 1-800-565-2224

Environmental Emergencies
(Such as oil spills and gas leaks) 1-800-565-1633

Annapolis County Public Works
After Hours Emergency 1-844-944-4074

Town of Annapolis Royal Public
Works After Hours Emergency 1-902-526-2429

Town of Middleton Public Works
After Hours Emergency 1-902-825-4449

Nova Scotia Public Works
After Hours Emergency 1-800-424-5620

Nova Scotia Environmental Health 1-877-936-8476

Bell Aliant Outage 1-800-663-2600

Eastlink Outage 1-888-345-1111

Community Social Services 211

Provincial Roads Information 511

Non Urgent Health Information and Advice 811

Suicide Crisis Helpline 988

My Information

Local Fire Department: _____

Local Fire Department Phone: _____

Pharmacy Name: _____

Pharmacy Phone Number: _____

Stay Informed

It is important to stay informed about what might happen and know what type of emergencies are likely to affect the region as well as what is happening. Go to www.annapolisremo.ca to learn more about disasters.

Sign up for Alertable Emergency Notifications for timely, local, and important information during a disaster by visiting www.annapolisremo.ca or using the QR code below.



Follow us on Facebook and Twitter

To 'like' us on Facebook, just log into your Facebook account and search for "Annapolis REMO" or go to www.facebook.com/AnnapolisREMO

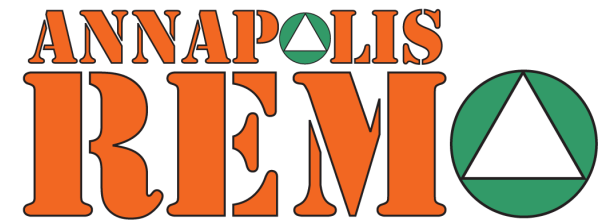
Follow us on X (formerly Twitter) at [@Annapolis_REMO](https://twitter.com/Annapolis_REMO)

Visit our pages often to find out the latest information on upcoming events, meetings, activities, and weather alerts.



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DISASTER PREPAREDNESS CHECKLIST



**Emergency Preparedness
starts with you.**



Basic Emergency Preparedness Checklist

Emergency Preparedness Kits should be built with your family's needs and preferences in mind. They should be designed to sustain your family for at least 72 hours with no power, electricity, or heat. Emergency Kits should be checked every six months and replenished as needed.

- ☐ **Water** – two litres of water per person or pet per day
- ☐ **Food** – that will not spoil, such as canned food; energy bars and dried foods that your family will eat
- ☐ **Manual can opener**
- ☐ **Wind-up or battery-powered flashlight and radio** with extra batteries (if applicable)
- ☐ **First Aid Kit** (consider taking a CPR/First Aid course)
- ☐ **Extra keys** (for your car and house)
- ☐ **Cash and change** with mixed denominations
- ☐ **Important family documents** such as identification, insurance, and bank records
- ☐ **Emergency Plan** include a copy in your kit
- ☐ **Candles and matches or lighter**
- ☐ **Change of clothing and footwear** for each household member

- ☐ **Toiletries and personal hygiene items**
- ☐ **Hand sanitizer, toilet paper and garbage bags**
- ☐ **Mobile phone charger and battery bank**
- ☐ **Utensils, plates and cups**
- ☐ **Unscented bleach** (for cleaning and water purification)
- ☐ **Basic tools** (hammer, pliers, wrench, screwdrivers, work gloves, pocketknife)
- ☐ **Whistle** (to attract attention)
- ☐ **Duct tape**

Additional Considerations

- ☐ **Pet Emergency Kit** (see our *Disaster Preparedness for Pets* brochure for more information)
- ☐ **Infant formula, baby food and supplies**
- ☐ **Activities for children, like books, puzzles or toys**
- ☐ **Prescription medications, medical equipment**

Your Emergency Car Kit

- ☐ **Food** – that will not spoil, such as energy bars
- ☐ **Water** – In plastic bottles so they will not break if frozen
- ☐ **Blanket**
- ☐ **Extra clothing** and shoes
- ☐ **First Aid Kit** – with seatbelt cutter
- ☐ **Small shovel, scraper and snowbrush**
- ☐ **Candle** in a deep can and matches
- ☐ **Wind-up flashlight**
- ☐ **Whistle** – in case you need to attract attention
- ☐ **Roadmaps**
- ☐ **A copy of your emergency plan and personal documents**
- ☐ **Jumper cables**
- ☐ **Fire extinguisher**
- ☐ **Warning light or road flares**
- ☐ **Tow rope**
- ☐ **Antifreeze/windshield washer fluid**
- ☐ **Sand, salt or cat litter** (non-clumping)

Emergency Go-Bag

You Emergency Preparedness Kit at home will help sustain you and your family for up to 72 hours or more, but what if you have to quickly evacuate your house? (Perhaps in under 5 minutes)

Each member of your family should have an Emergency Go-Bag prepared:

- ☐ **Food & Water**
- ☐ **Medications**
- ☐ **Radio**
- ☐ **Flashlight & Batteries**
- ☐ **Seasonal Clothes**
- ☐ **Pet Supplies**
- ☐ **Phone & Charger**
- ☐ **Whistle**
- ☐ **Duct Tape**
- ☐ **First Aid Kit**
- ☐ **Cash**
- ☐ **Copies of Important Documents** (such as)
 - ☐ Identification
 - ☐ Insurance
 - ☐ Home Inventory

In Case Of Emergency Information

Name: _____

Date of Birth: _____

Phone Number: _____

Address _____

Primary Contact Name: _____

Phone Number: _____

Relationship: _____

Secondary Contact Name: _____

Phone Number: _____

Relationship: _____

Allergies: _____

Medical Conditions: _____

Primary Care Physician Name: _____

Phone Number: _____

MSI Health Card #: _____

Health Insurance Company: _____

Group Number: _____

Policy Number: _____

Drug Name and Dose: _____

Drug Name and Dose: _____

Drug Name and Dose: _____

***Make a copy for each person in your family.**