

*Are you ready?*



Nova Scotia's Guide to Disaster Preparedness:  
Tips for Persons with Disabilities  
and Seniors with Special Needs

# Who Do I Call During an Emergency or Disaster?

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For immediate medical, police, or fire assistance during an emergency or disaster, call 911 (voice and TTY for Deaf or Hard of Hearing).

If you need information during a local emergency or disaster, call your Municipal Emergency Management Office:

Insert the phone number here for easy reference:

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If you are Deaf or Hard of Hearing and use a TTY to communicate, you can call the RCMP at **1-866-297-7554**. (24/7)

## **Nova Scotia Power**

Nova Scotia Power's Critical Customer Communication Program call:

**1-800-428-6230**

(provincial toll-free number) or

**428-6230** (Halifax Regional Municipality)

## **Canadian Red Cross**

For more information on personal preparedness, go to **[www.redcross.ca](http://www.redcross.ca)** or call your local Canadian Red Cross Office:

Eastern Nova Scotia  
Cape Breton **564-4114**

Central Nova Scotia  
Halifax **424-1432**

Northern Nova Scotia  
Truro **895-3894**  
Antigonish **863-8222**  
Amherst **667-8794**

Western Nova Scotia  
Kentville **678-0415**  
Yarmouth **742-2656**  
Bridgewater **543-8565**

## **Emergency Management Office (EMO) Nova Scotia**

**1-866-424-5620**

(provincial toll-free number)

**424-5620** (in HRM)

Their website is **[www.gov.ns.ca/emo](http://www.gov.ns.ca/emo)**

# Introduction

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The Persons with Disabilities Emergency Preparedness Committee was formed in 2004 after Hurricane Juan and “White Juan.” Persons with disabilities felt they needed more information to help them prepare for the different types of disasters that affect Nova Scotia.

This guide provides general emergency preparedness information along with a range of specific tips for those individuals who may be older, frail, or have a disability or mobility issues that need to be considered when preparing for an emergency or disaster. Make sure you read the tips marked with “\*” carefully.

Emergencies can happen quickly, especially when you do not expect them. What would happen if you did not have water, electricity, or any telephone service? Help may not be able to arrive right away. It is up to you to be prepared to be on your own for the first 72 hours after an emergency or disaster occurs.

Stay informed. In the event of an emergency or disaster, tune in to your local station (radio or television) for updates and instructions. Since power outages often result from emergency situations, such as storms, you should also keep a battery powered/crank radio in your home or residence.

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# What Everyone Should Know about Emergency or Disaster Readiness

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Being ready for an emergency or disaster has **4 steps**.

**Step 1 • Prevent:** Make your home safe. Make sure you have insurance coverage for all possible disaster risks in your community.

**Step 2 • Prepare:** Knowing what to do when an emergency or disaster happens will help you stay calm and recover more quickly. Create a support network. Fill a disaster kit with important items before the hurricane season and winter storms. This will help you during a disaster. Please refer to page 14 for a list of handy hints for preparation, and page 16 for a list of supplies. Make a list of important phone numbers and addresses. Keep a copy of your list next to the telephone and another copy in your wallet or purse.

**Step 3 • Respond:** Remain calm. Follow instructions from officials and emergency workers — Police, Fire, and Paramedics. Stay informed of the emergency situation by watching the television, listening to the radio, or call your local Municipal Emergency Management Office.

If you are deaf or hard of hearing and use a TTY to communicate, you can call the RCMP at **1-866-297-7554**.

**Step 4 • Recover:** Everyone reacts differently to disasters. You can expect physical and emotional reactions after the disaster. These are a normal part of the recovery process. Remember that it takes time to recover.





# Prevent

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## **Who should I inform of my specific needs before a disaster?**

Register with the **Critical Customer Communication Program of Nova Scotia Power**. If you have electric-powered medical equipment at home that is vital for your health, registering will allow you to be on the most important list for restoring power.

## **How to sign up?**

You will require a letter from your doctor or registered medical service provider describing the type of home/critical care you currently receive, that is dependent on electricity.

Mail your letter to:  
Nova Scotia Power, PO Box 910,  
Halifax, NS B3J 2W5

or fax it to 902-428-6108  
Attention: Critical Customer Communication  
Program, Customer Service Manager B15.

## **How do I find out if there is a bad storm coming to my community?**

- Look online for weather warnings at: **[www.theweathernetwork.ca](http://www.theweathernetwork.ca)** or **[www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)**
- Call the weather line of Environment Canada at **902-426-9090**.
- Call your local Municipal Emergency Management Office.
- If you are deaf or hard of hearing and use a TTY to communicate, you can call the RCMP at **1-866-297-7554**.

## **What should I do if a large hurricane is approaching?**

- Cover up windows and doors with wood. Take other steps to prevent wind from damaging your home.
- Secure outdoor furniture, garbage bins, and bicycles.

# Prepare

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**Support network:** A group of at least three people who you know and trust and who will assist you with your specific needs in the event of an emergency or disaster.

## **How do I create a support network?**

- Ask people if they are willing to help you in case of an emergency. Be sure to ask people at important locations such as home, work, or school.
- Tell these people where you keep your disaster supplies. Give one member a key to your home when you know a storm is coming.
- Include someone who lives outside of your area in your support network. Choose someone who is far enough away that they will not be affected by the same disaster.
- Work with your support network to make your plan match your needs.
- Make sure that you have a basic landline telephone that does not require electric power to work. (For example: a cordless phone or a TTY requires a power source to recharge). Remember, due to power outages, cell towers might not be available or they may be overloaded due to above normal usage.

# Prepare

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**Disaster Plan:** A set of instructions you create for yourself on how to respond to an emergency or disaster. For example, an emergency plan can include knowing different ways to get out of a building or out of your community and specific telephone numbers to call.

## **Suggestions for your emergency or disaster kit:**

- \* Plan for home, work, school, or any place you spend a lot of time. At home, have a disaster kit ready to go. Have a smaller kit at school, work and in your car.
- Know the emergency plan at places where you spend a lot of time. Review them every six months to make sure they continue to meet your needs.
- Create a communication plan to contact your support network in other ways if telephones are not working.
- Plan to stay with friends or family during an emergency or disaster. Ask if they have a wood stove or a generator in their home.
- Community shelters should be considered as an important but last resort.
- Practice your plan to ensure it works.

# Emergency or Disaster Supply Checklist

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- \_ Two litres of water (per person, per day)
- \_ Prescription medication (at least three day's supply) and if applicable medical supplies needed to administer medication (i.e. syringes, needles, glucose testing strips).
- \_ Non-perishable canned and dry foods
- \_ First-aid supplies
- \_ Lighter or waterproof matches
- \_ Flashlight
- \_ Extra batteries for all devices that need them. Pay close attention to the size and type of battery the device uses.
- \_ List of all important medical information. Including a list of medical conditions, prescription medications, instructions—dosages, allergies, doctor's name and contact information.
- \_ Portable radio
- \_ Manual can opener and plastic dinnerware (forks, knives, and spoons)
- \_ Blankets or sleeping bags
- \_ Change of clothing and shoes for you and your family

- \_ Personal hygiene items such as soap and shampoo
- \_ Money
- \_ Copies of all important papers (ex.: insurance papers, driver's license, birth certificate)
- \_ Paper and pen or pencil
- \_ House keys and car keys
- \_ Extra rolls of toilet paper
- \_ Keep car gas tank at least half full where there is potential for a disaster. Have a car disaster kit with blankets, shovel, kitty litter for traction, and a flashlight
- \_ A small item such as a book or puzzle
- \_ If you have pets, you should have a carrier or leash in case you have to leave with your pet.
- \_ If you have a child or children, you may want to bring a couple of their favourite toys.

## **Suggestions for your emergency or disaster kit:**

- \* If you have difficulty opening items, keep this in mind when preparing your disaster kit. For example, consider purchasing flip-top cans.
- \* Nova Scotians are encouraged to have enough supplies to last **72 hours/3 days** following a disaster.
  - Replace food and water once a year.
  - Check expiry dates and re-stock if necessary.
  - Make sure you have enough supplies in your disaster kit for each member of your family.
  - Your disaster supply kit should also include other items that are specific to your disability.

- Consider the **Vial of Life** program. The Vial of Life consists of a list of medications that is kept in a vial in the fridge. A Vial of Life sticker is placed on the door of the fridge and alerts emergency personnel to the vial in case of emergency. It is available free of charge to anyone who wants it. If you live in Nova Scotia and would like a Vial, contact the VON at **902-454-5755**, or check with your local VON branch to find out if they provide the service.

### **Emergency or Disaster Kit**

Pack the items in a tote bag or box, ready to use or take with you at all times, in the event that you have no power or you may need to go to a shelter.



# Prepare

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**Evacuation Plan:** A set of instructions on how to safely leave your home, workplace, public building, or community.

## **Leaving your home, residence or workplace:**

- If you live in a house, develop an evacuation plan and practice it.
- If you live in an apartment building, learn the evacuation plan.
- Ensure you are aware of evacuation procedures at your workplace.
- Learn the street names or road numbers for possible evacuation routes around your home. Officials may only give out route numbers, not give you a map.
- Do not take shortcuts because those roadways may be blocked.
- Take evacuation routes specified by officials.

# What should I do with my pet?

Pets are not allowed in shelters, but you should not leave your pet behind if at all possible. If it is not safe for you to be home, it is also not safe for your pet to be home either.

## **Here are 5 animal preparedness essentials for you to consider:**

### **1 • Identify Evacuation Locations**

Find places that can accommodate pets like pet-friendly hotels, kennels or relatives and as well, have pet carriers for your pets. Practice loading your pets in their carriers on a regular basis so that they are familiar with them.

### **2 • Microchip Your Pets**

It is the single best way to reunite lost pets and families. Have a sturdy, legible ID tag on your pet's collars as well. Include a phone number of an out-of-area relative as well, in case your phone may not be working.

### **3 • Start a Buddy System**

Exchange keys with someone you trust who can evacuate your animal if you are not home when disaster strikes and make sure your buddy is comfortable in handling your pets.

#### **4 • Take Photos of You Along With Your Pets**

Photos can prove ownership if you are separated from your pets. Keep copies in your wallet, disaster kit, or even on your mobile phone.

#### **5 • Have a Pet Disaster Kit**

Assemble a kit for each animal in your household and keep it near an exit with your personal disaster kit. Include your pets welfare in with your own as you develop your family emergency plan.

## **What should I do with my service animal?**

Service animals are permitted inside emergency shelters.

Assemble a pet disaster kit and ensure you bring it with you to the shelter

Service animals must be identified as service animals and should have ID tags with your address and phone number.

## **Suggestions for your pet/service animal disaster kit:**

Your pet disaster kit, like your personal disaster kit should be in a container that you can carry easily, like a backpack that you can put over your shoulders.

- **Food and water** - Have a one week supply, in airtight waterproof containers. Rotate your food and water every two months to prevent spoilage. If you are using canned food, have a can opener and spoon.
- **First aid medication** - Have a basic animal first aid kit and book and a one week's supply of any medication your pet is taking.
- **Identification** - Take photos of your pets and show if they have any distinguishing marks. Include a temporary, "write-on" identification tag and include your proof of vaccinations for your pets, as well as copies of any medical records.
- **Animal care supplies** - Collar and leash for each pet, crate or pet carrier, collapsible food and water bowls, blanket, toys and treats, cat litter with a litter tray.
- **Cleaning supplies** - Paper towels, Dish soap, plastic gloves, plastic bags.

# Respond

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**Emergency Shelter:** A location chosen during an emergency or disaster by emergency management officials and managed by the Red Cross. A shelter offers you safety and fulfills basic needs. (Food, bed, medical assistance, etc)

## **What should I do if I am asked to leave my home or work?**

- Leave immediately.
- Follow instructions.
- Listen to the radio or ask an emergency worker if you need further instructions.
- Take evacuation routes specified by officials.
- Do not take shortcuts because those roadways may be blocked.

## **What can I expect at an emergency shelter?**

- Trained volunteers will help you with basic needs: food (including food for special diets), clothes, and personal services.
- Tell the shelter workers about your disability and your specific needs.
- You will probably sleep on cots, gym mats, or air mattresses.
- Do not take valuables to the shelter.
- Registering at a shelter, even if you are not staying there, can help reunite people after the disaster.

# Recover

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After a disaster you may experience exhaustion, sleeplessness, anger, frustration, a sense of loss, or mood swings.

## **How will I recover after a disaster?**

- Keep normal schedules.
- Limit the time spent on watching programs or reading about the disaster.
- Eat healthy, regular meals.
- Spend time with other people.
- Talk with friends and family.
- Seek professional help, if needed, such as a counselor or doctor.
- Rest and relax more than usual.
- Get back to normal routines as soon as possible.



# Food Safety

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To learn about potential risks for poisoning call the IWK Regional Poison Centre at **470-8161** (Halifax Regional Municipality) or **1-800-565-8161** (toll-free).

## Frozen Food

- If you know that a power failure will last a long time, move your food to a friend's or family member's freezer.
- Get rid of any thawed food that has remained at room temperature for two or more hours.
- Food that still contains ice crystals or feels refrigerator cold can be re-frozen.
- Cover freezer with blankets or towels for insulation to keep food cold longer.

## Refrigerated Food

- During a power failure the refrigerator will keep food cool for 4–6 hours.
- Place securely wrapped packages of raw meat, poultry, or fish in the coldest section of your refrigerator.
- Put ice in the refrigerator to help keep it cool. When in doubt—throw it out!

## Handy Hints

- Fill your bathtub with water for pets.
- Fill empty pop bottles with drinking water.
- Move food and liquids, such as milk and unfrozen meats, to the freezer so that they will last longer.
- Keep supplies of non-perishable food, if you know there is a storm approaching. Try to store canned soup, canned beans, canned meats or fish, peanut butter, and crackers in your home.

# Tip Section

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## STOP

Although the information in the tips section of this booklet is focused on specific disabilities, the information may be useful to ANYONE whether it be in preparing themselves for disaster, or helping another individual during a disaster.

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# Tips for Persons with Mobility or Agility Disabilities

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## Prepare

- Know how much your wheelchair weighs and if it can be easily transported.
- Know different ways to leave a building. For example, have a plan for when the elevators are not working. Check with friends or family to make sure they have at least partial wheelchair accessibility at their home. This will make it easier for you to stay with them during a disaster.
- Find out if your workplace building has an area of refuge, which is a temporary shelter in an office or public building. It can be a stairwell where wheelchair users and others might stay and wait to be rescued.
- Choose clothing, linens, and blankets made of fire-resistant material in case of fire.

## Respond

- Follow instructions of emergency responders.
- Make sure your furniture is not in the way of a quick and easy exit.
- Plan and practice other ways of leaving a building if elevators are not in use.

- Make sure a copy of your evacuation plan is easily available to people in your support network.
- \* Evacuation devices can be bought to help you leave a dangerous area safely. The best are lightweight chairs to carry you downstairs.
- \* An evacuation device is not a substitute for a wheelchair. Plan how to get along if you must leave your wheelchair behind.

### **Suggestions for your emergency or disaster kit:**

- \_ Pair of heavy gloves to use while wheeling or making your way over glass and debris
- \_ Extra charger for your motorized wheelchair or scooter (Red Cross shelters have generators) or an extension cord
- \_ Patch kit to repair flat tires
- \_ Extra cane or aid if necessary
- \* If you have difficulty opening items, keep this in mind when preparing your disaster kit. For example, you may want to make sure that your can-opener is hand-held.
- \* Keep your disaster kit in a bag that can be attached to your wheelchair or walker.

# Tips for Persons who are Deaf or Hard of Hearing

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## Prepare

- Install both audible alarms and visual smoke detectors. At least one should be battery operated or attached to a personal signaling device.
- At work, fire alarms should be visual as well as auditory.
- Your support network should know if you work alone or in an office that is far from visual alerts.
- Review the evacuation procedures for your workplace.
- Have a sign ready to post on your door saying you have left your home so workers will not break in to look for you.

## Respond

- Follow the instructions of emergency responders.
- Be sure to have either a pen and paper, or your communication device on hand, so that you can communicate with emergency responders.

- The **Vial of Life** has been adapted for Deaf and Hard of Hearing individuals to include communication information for emergency workers. They are available free of charge through Deafness Advocacy Association Nova Scotia. If you would like this version of the Vial of Life, call the Deafness Advocacy Association at (902) 425-0240.

### **Suggestions for your emergency or disaster kit:**

- \_ Pad of paper with pens or pencils (wrapped in a plastic baggie) or a small erasable white board for writing notes
- \_ Blackberry, V box, or other text messenger, and power cord
- \_ Extra batteries, portable TTYs, and hearing aids
- \_ Alternate power source, such as an Eliminator, which can be plugged into a car battery to recharge TTYs and text messengers
- \_ Cleaning kits for hearing aids and cochlear implants
- \_ A sheet with the American Sign Language alphabet to help communication with rescue workers

- A communication binder with pictures or phrases to help you communicate, such as “I need a family doctor,” “Where is the bathroom?” or “Where will I sleep?” The binder might also include a family contact name/phone number.
- A list of places such as local hospitals and Red Cross Centres where there is power during emergencies to recharge TTYs and text messengers.
- Portable visual notification devices that let you know if someone is knocking at your door or calling you on the telephone



# Tips for Persons who are Blind or Visually Impaired

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## Prepare

- Practice your plan regularly so you will know what to do at home, work, or school in a disaster.
- If you have some vision, have security lights in each room to light paths of travel.

## Respond

- Noise and confusion during an emergency may drown out clues like people running. Be aware of this, and have someone you trust to help you at work or school.

## Suggestions for your emergency or disaster kit:

- \_ Extra batteries for tape recorders
- \_ Extra pair of dark glasses, if needed
- \_ Folding mobility cane
- \_ Talking or braille clock
- \_ Extra aids such as electronic travel aid, monocular, binocular or magnifier
- \* Label your disaster supplies with Braille, large print, or fluorescent tape

# Tips for Persons with Autism Spectrum Disorders (ASD)

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## Prepare

Have someone you know and trust help you to:

- Place an Autism awareness sticker in a window to alert first responders someone with ASD lives in your home or is employed at your workplace.
- Get a Vial of Life and add information about you and ASD
- Create an info sheet/card on how to interact with someone living with ASD. Keep one copy in the emergency kit and one copy in the Vial of Life
- Create an emergency plan. Make sure it contains the communication symbols which work best for you.
- Store the plan in an easy to find spot.
- Practice the plan regularly.

For more information and resources on the above, please contact Autism Nova Scotia.

## **Respond**

- Listen carefully to any instructions.
- If you do not understand, ask the person to speak slowly or have picture communication sheets available to help.
- Have a fidget toy or other self-regulating item to help you feel calm.

## **Suggestions for your emergency or disaster kit:**

- \* Communication binder with pictures or phrases
- \* Self-regulating items or activities
- \* Contact information of a support person

# Tips for Persons with Speech Disabilities

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## Prepare

- Have your disaster plan written out. Keep copies at important locations.
- Practice your plan regularly so you know what to do.
- Listen carefully to instructions.
- Try to be around people you trust during a disaster. Have a support network at different locations.

## Suggestions for your emergency or disaster kit:

- Extra batteries or power sources for communication devices
- A communication binder with pictures or phrases to help you communicate, such as “I need a family doctor,” “Where is the bathroom?” or “Where will I sleep?” The binder might also include a family contact name/phone number.

# Tips for Persons with Developmental Disabilities

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## Prepare

- Work with someone you know and trust to help you create a plan. Make your plan with pictures and words so you will be able to follow it better. For example, show the exit route from the building in pictures.
- Keep a copy of your plan in your bedroom and in your communication book.
- Practice your plan regularly so you will know what to do.

## Respond

- Listen carefully to instructions.
- If you do not understand something, look right at the rescuer and ask that he or she repeat. If the rescuer needs to know something about you, think of an easy and short way to explain your needs.

## **Suggestions for your emergency or disaster kit:**

- A disaster and evacuation plan with pictures and words to help you remember what you are supposed to do
- Extra power source or extra batteries for communication devices
- Emergency communication book with pictures of essential items such as bathroom, medical, and exit routes
- Preprinted messages to show to rescue workers. For example, “I may have difficulty understanding what you are telling me. Please speak slowly.”
- Include the name, address, and telephone number for next of kin.

# Tips for Persons with Mental Health Disabilities

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## Prepare

- \* Practice your plan regularly so you will know what to do at home, work, or school in a disaster.
- Prepare a disaster and evacuation plan.
- Practice how to communicate your needs.
- Put copies of your plan in several places so you can find it quickly and easily.
- Identify the name of a support person(s) you have a good relationship with, that you can contact right away in case of an emergency.
- If you experience psychosis, you may not believe that there is an emergency. Have the names and contact information of people you trust readily available to confirm information that you've been given.
- \* Keep the Mental Health Crisis Line handy in case you need to talk to someone. The phone number is 1-888-429-8167

## **Respond**

- \* Follow instructions exactly.
- Think about the types of reactions you may have after a disaster and plan strategies for dealing with them.

## **Suggestions for your emergency or disaster kit:**

- \_ A copy of your disaster and evacuation plan
- \_ Instructions for your care and treatment in case you are hospitalized
- \_ If you need medications, make sure you have enough to last for at least three days.



# Tips for Frail and Older Seniors

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## Prepare

- \* Plan and practice the best escape route from your home.
- \* Arrange for two people you trust to check on you in case of a disaster or an emergency. If possible provide them with a spare key to your residence. Inform them of your special needs and where your emergency supply kit is located, and instruct them on how to use any special equipment.
- \* Have a plan to signal for help if you require assistance being evacuated from your home.
- \* If you receive home health care/support services, plan ahead with your agency in the event of an emergency.
- \* Post all emergency and non-emergency contact numbers next to your phone.

## Respond

- \* Ensure that you have a plan that will allow you to clearly communicate your personal situation and individual needs to an emergency response provider.

**Suggestions for your  
emergency or disaster kit:**

See page 13 for suggested items for a disaster supply kit.

# 26 Weeks

## to Family Emergency Preparedness

Every household should be prepared for 72 hours on their own in case of an emergency. An emergency kit is an essential part of your family emergency plan. Most families will find it difficult to purchase items and conduct all the activities needed for their kit all at once. This schedule of purchases and activities spreads the expense and time needed over a 6 month period.

- **Week 1** – Complete your family emergency plan from the attached template. Arrange for an out- of-area contact person and keep a copy of this and other emergency numbers close to your telephone. Make sure family members know where to find this information.
- **Week 2** – Plan three days of meals made from non perishable foods. It is important to choose food that your family members like. Make lists of which items can be purchased at the dollar store, the bulk food store and the grocery store.

- **Week 3** – Get a sturdy hiking backpack, plastic storage bin or garbage bin with wheels. You can even use a suitcase with wheels. Choose an accessible location near an exit to store your kit. Make sure all family members know where it is and what it will be used for. Add a manual can opener to your kit.
- **Week 4** – Stock your kit with a three day supply of water.  
**2 litres per person per day  
(2 people X 2 litres per day X 3 days  
= 12 litres).**  
Add extra water for pets. You may want to take a collapsible water jug and water purification tablets.
- **Week 5** – Get a portable radio and batteries for your kit. Crank or solar powered radios are ideal.
- **Week 6** – Learn about what risks may affect your community and do a home hazard hunt to make your home safer. Add sunscreen and bug repellent to your kit.
- **Week 7** – Plan which member of your household will do a specific task in an emergency. For example, designate one person to be in charge of turning off the electricity, one to collect the kit, one to take care of pets, etc. Purchase your dollar store food list.

- **Week 8** – Identify safe places in your home and on your property that could be used as a muster point. Plan and practice evacuation drills using two different escape routes from each room.
- Add some cash to your kit, preferably change.
- **Week 9** – Stock your kit with both large and medium size plastic garbage bags. Large bags can also be used as rain ponchos, ground cover or blankets. Add cutlery and dishes to your kit – metal dishes can also serve as cooking pots.
- **Week 10** – Identify a family meeting place away from home but close to school and work. Add some toys, books and playing cards to your kit.
- **Week 11** – Add a flashlight and batteries or a crank powered flashlight, stubby candles in a can and matches or a BBQ lighter to your kit.
- **Week 12** – Purchase your bulk food list.
- **Week 13** – Check your insurance policies and make a record of your possessions. Add anti- bacterial hand wash, latex gloves and face masks to your kit.
- **Week 14** – If needed, include baby bottles, formula and diapers, etc. to your kit.

- **Week 15** – Add a change of clothing for each member of your family. Be sure to include warm clothes, heavy work gloves and sturdy shoes.
- **Week 16** – Include a light-weight frying pan or pot to your kit.
- **Week 17** – Enroll a family member in first aid training.
- **Week 18** – Add personal items like toilet paper, handi-wipes, soap, detergent, hand towels, face cloths, toothbrushes and toothpaste, comb, sanitary supplies, etc. to your kit.
- **Week 19** – Add an emergency heat kit and re-fills.
- **Week 20** – Prepare or buy a first aid kit and includes extra prescription medication, spare eye glasses and any other equipment to meet your medical needs.
- **Week 21** – Add a rope, duct tape, multi-tool and bungee cord.
- **Week 22** – Purchase grocery store food list.
- **Week 23** – Add a pocket knife, cutlery, a whistle and spare set of house and car keys to your kit.

- **Week 24** – Keep a leash or pet carrier and a three day supply of pet food near your kit.
- **Week 25** – Add sleeping bags or blankets and emergency foil blankets to your kit.
- **Week 26** – Copy important document such as your will, insurance policies, medical records, inventory of possessions, health cards, identification, and photos of each family member in a waterproof bag and add to your kit.

**Note:** Extra clothing can be purchased from a local thrift store. Supplies should be inspected every 6 months for expired food.

For further information please contact **[www.redcross.ca/ready](http://www.redcross.ca/ready)**, call **902-895-3894** or drop by the Truro Service Centre at 139 Truro Heights Road.

Adapted from:  
Emergency Management BC  
**[www.pep.bc.ca/index.html](http://www.pep.bc.ca/index.html)**

## References

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# Acknowledgements

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People First Nova Scotia

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