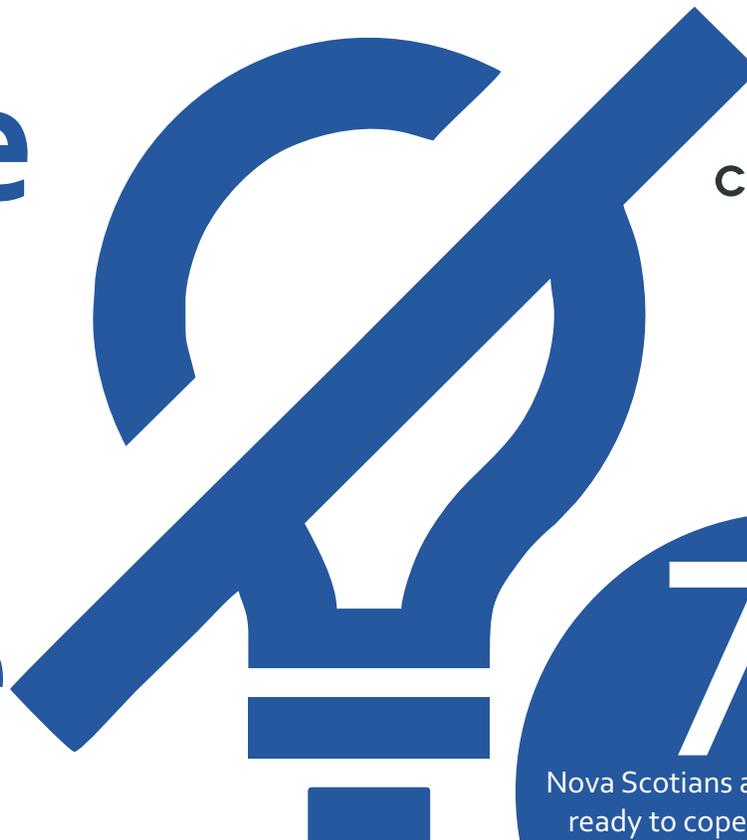


Prepare for a Power Outage



COLCHESTER
REGIONAL
EMO



72 Hours

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

April 2021

Causes: Strong winds, ice storms, blizzards, hurricanes

Prepare

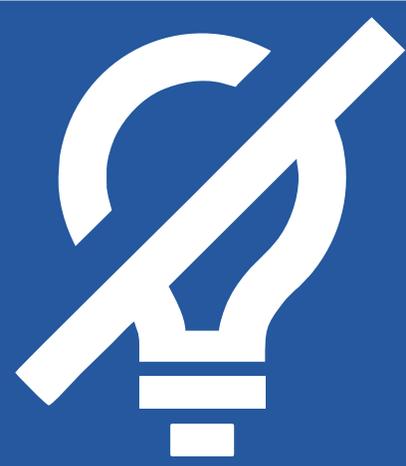
- Check your 72 hour safety kit to make sure nothing is missing or expired.
- Take an inventory of all of the items in your home that rely on electricity.
- Check the Nova Scotia Power Outage map to see if others in your area are also without power. If you appear to be the only one, report your outage to Nova Scotia Power at 1-877-428-6004.
- Keep a supply of batteries and flashlights.
- Make sure your smoke and carbon monoxide alarms have battery backup.
- Keep mobile phones charged or have power charging banks ready to go.
- If you are on a well, fill your tub with water so you are able to flush your toilet during a power outage.

During

- Keep freezers and refrigerators closed and open them as seldom as possible.
- Consume food supplies that do not require refrigeration.
- Avoid carbon monoxide poisoning by not using fuel burning appliances like generators, camp stoves and charcoal and propane BBQs inside.
- Disconnect your electronics. When the power comes back on, avoid potential surges that may damage your electronics.
- Continue monitoring the Nova Scotia Power outage map online. Power outages are busy times and it can be difficult to reach the Nova Scotia Power on the phone during this time for an update.
- Set an alarm on your phone so you can still make it to work the next day on time.
- Monitor Alert TC for updates on available comfort centres.

After

- If you have been without power for more than 48 throw away any food that you are unsure if it has been spoiled or not.
- Consult with your Pharmacist about any medications that should be discarded following an extended power outage.
- Plug back in all of your electronics and recharge your batter banks.
- Reset all clocks, automatic timers and alarms.
- Restock your emergency kit if you needed any of the items so you are prepared if another outage occurs.



Power Outage Checklist

Precautions for your home

Power Outage Tips

- Ensure that your home has a working carbon monoxide detector. If it is hard wired to the electrical supply in your home, make sure it has a battery powered backup.
- Protect sensitive electrical appliances such as televisions, DVD players, computers, with surge protecting power bars.
- Install a land line and have a corded telephone in your home. Most cordless telephones will not work during a power outage.
- Consider speaking to a certified Electrician about the possibility of installing a generator to avoid prolonged power outages. **Note:** it is important never to install a generator yourself, or by someone who is not certified. When not done correctly, a generator can feed power from the house, endangering anyone who may be working on the lines.

During a Power Outage

- Do not assume someone else has reported the power outage. Check Nova Scotia Power's outage map online or call their reporting line at 902-877-428-6004.
- If you notice down or damaged power lines, stay back at least 10 m and call 911 and Nova Scotia Power to report the hazard.
- Turn off all tools, appliances and electronic equipment, and turn down all thermostats for the homes heating system to minimize to prevent damage from a power surge when power is restored.
- Turn off all lights, except one inside and one outside, so that both you know when power has been restored.
- Don't open your freezer or fridge unless it is absolutely necessary. A full freezer will keep food frozen for 24 to 36 hours - if the door remains closed.
- Never use charcoal or propane barbecues, camping heating equipment, or home generators indoors as they give off carbon monoxide.
REMEMBER: because you can't smell or see it, carbon monoxide is life-threatening and can cause health problems.
- Use proper candle holders and never leave lit candles unattended. Keep candles out of the reach of children. Always extinguish candles before going to bed.
REMEMBER: Place candle holders on non combustible materials and away from curtains or any other combustible materials.