



**NBEMO**  
New Brunswick  
Emergency Measures  
Organization

New  Nouveau  
**Brunswick**

# Are you ready?



You should be prepared to take care of yourself  
and your family for a minimum of 72 hours.



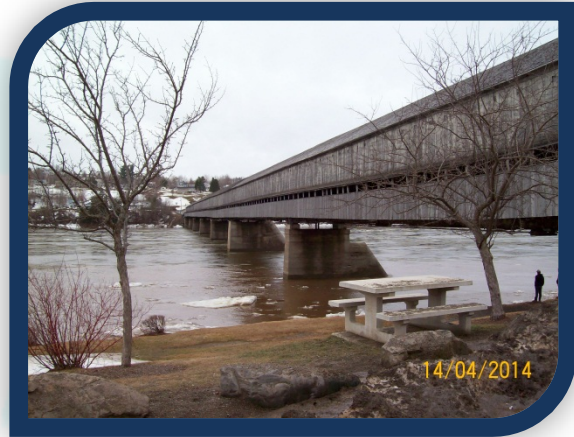
*Emergency situations can happen  
in your community!*

1-800-561-4034 | [www.gnb.ca/emo](http://www.gnb.ca/emo) |   @NBEMO\_OMUNB

# THIS IS YOUR GUIDE TO EMERGENCY PREPAREDNESS – Are you prepared?

If an emergency happens in your community, it may take emergency workers some time to reach you. You need to be prepared to take care of yourself and your family for a minimum of 72 hours.

This publication can show you how quick and easy it is to become better prepared to face a range of emergencies. Use this guide to create your own emergency plan. The checklists herein will help you to build a 72-hour emergency kit. These basic steps will help you to take care of yourself and your loved ones during an emergency.




## WHO WE ARE

New Brunswick Emergency Measures Organization (NB EMO) is a branch within the Government of New Brunswick's Department of Public Safety, Public Security and Emergency Services division. NB EMO co-ordinates preparedness, response and recovery operations during emergencies and administers disaster financial assistance programs. The Provincial Emergency Operation Centre (PEOC) is located in Fredericton NB. From this facility, the "whole of government" response to an emergency is coordinated.

For more information on NB EMO:

 [www.gnb.ca/emo-omu](http://www.gnb.ca/emo-omu)

 1-800-561-4034

 [https://twitter.com/NBEMO\\_OMUNB](https://twitter.com/NBEMO_OMUNB)

 <https://www.facebook.com/NBEMO.OMUNB>

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## KNOW THE RISKS

Although the consequences of various disasters can be similar, knowing risks for any event will help you better prepare. Risks vary by region but can affect the province as a whole. Natural disasters, such as flooding, hurricanes, Nor'easters, or sudden events, such as train derailments and power outages, can happen at any time. Knowing the risks can help you better prepare for these disasters.

## MAKE A PLAN

Every household needs an emergency plan. It will help you and your family know what to do in case of an emergency. It will take you about 20 minutes to make your plan.

Your family may not be together when an emergency occurs. Plan how to meet or how to contact one another, and discuss what you would do in different situations.

Use the following pages to create your plan. Most of this information can be filled out on your own. You may need to get some information from your municipality and the province about their emergency plans. A list of municipal emergency management agencies is available at the end of this guide.

Keep this booklet in an easy-to-access place and use it as a handy, informative guide if you should need it.



## HOUSEHOLD PLAN

### Emergency Exits

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Draw up a floor plan of your home that shows all possible exits from each room. Plan a main exit route and an alternate exit route from each room. If you live in an apartment, plan to use the stairs instead of elevators. If you are unable to use the stairs, notify emergency personnel ahead of time. Also, identify an evacuation route from your neighbourhood in case you need to leave in a hurry (and think of more than one option).

### Meeting Places

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Identify safe places where everyone should meet if you cannot go home or you need to evacuate.

Safe meeting place near home: .....

.....

Safe meeting place outside immediate neighbourhood:.....

.....

Evacuation routes from neighbourhood:.....

.....

### Workplace

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Learn about the emergency evacuation plans in place and what you will need to do. You may want to have some basic supplies at work, such as water and food that won't spoil, in case you need to stay put for a while. Check with your employer about workplace emergency plans such as emergency exits, fire alarms, meeting spots, and designated safety personnel or floor wardens.

## Children

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Ask your children’s school or daycare about their emergency policies. Find out how they will contact families during an emergency.

Find out what type of authorization the school or daycare requires to release your children to a designated person if you cannot pick them up.

Make sure the school or daycare has updated contact information for parents, caregivers and designated persons.

Designated person 1: .....

.....

Designated person 2: .....

.....

School contact information: .....

.....

## Pets

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In case of an evacuation, remember that pets are not always allowed in some public shelters or hotels. In case of an evacuation, prepare to take your pets with you to the home of a relative or friend who can care for them, or take steps to identify pet-friendly hotels or pet boarding facilities in your area and further away from home.

Location and contact information: .....

.....



## Special health needs

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Establish a personal support network of friends, relatives, health-care providers, co-workers and neighbours who understand your special needs.

Write down details about:

- *Accommodation needs*
- *Allergies*
- *Medical conditions*
- *Medications*
- *Family medical history*
- *Insurance information*
- *Recent vaccinations*
- *Surgeries*
- *Health screenings*
- *Emergency Contacts*

Keep a copy of this information in your emergency kit, and give a copy to your personal support network.

Talk to your doctor about preparing a grab-and-go bag, if possible, with a two week supply of medication and medical supplies. Include prescriptions and medical documents. Remember that pharmacies may be closed for some time, even after an emergency is over.

Health information: .....

.....

Medication and medical equipment:.....

.....

Grab-and-go bag location:

.....

.....

## PLAN FOR SPECIFIC RISKS

Public Safety Canada offers brochures on specific risks, such as earthquakes, power outages, floods, and severe storms. Download your free copies at [www.GetPrepared.ca](http://www.GetPrepared.ca).

## NEIGHBOURHOOD SAFETY PLAN

Work with your neighbours to identify people who may need extra help during an emergency to help ensure everyone is taken care of. During an emergency, vulnerable people may be frightened and need extra assistance. Do the neighbourly thing and check in on them in their time of need.





# EMERGENCY CONTACT INFORMATION

Photocopy your emergency contact information (next page) and put a copy close to your telephone. If possible, you may want to program the numbers into your phone.

## Emergency numbers:

Fire, police, ambulance: call 9-1-1

## Non-Emergency numbers:

Police: .....

Fire: .....

Health clinic: .....

Poison control: .....

Tele-care NB: .....

Other contact numbers:.....

## Out-of-town contact:

Name: .....

Home phone: ..... Alternate phone(s): .....

Home address: .....

Email: .....

## Family:

Name: .....

Home phone: ..... Alternate phone(s): .....

Home address: .....

Email: .....

## Friend/Neighbour:

Name: .....

Home phone: ..... Alternate phone(s): .....

Home address: .....

Email: .....

**Family Doctors:**

Name: .....  
Patient: .....  
Phone number: .....  
Clinic address: .....

**Pet care:**

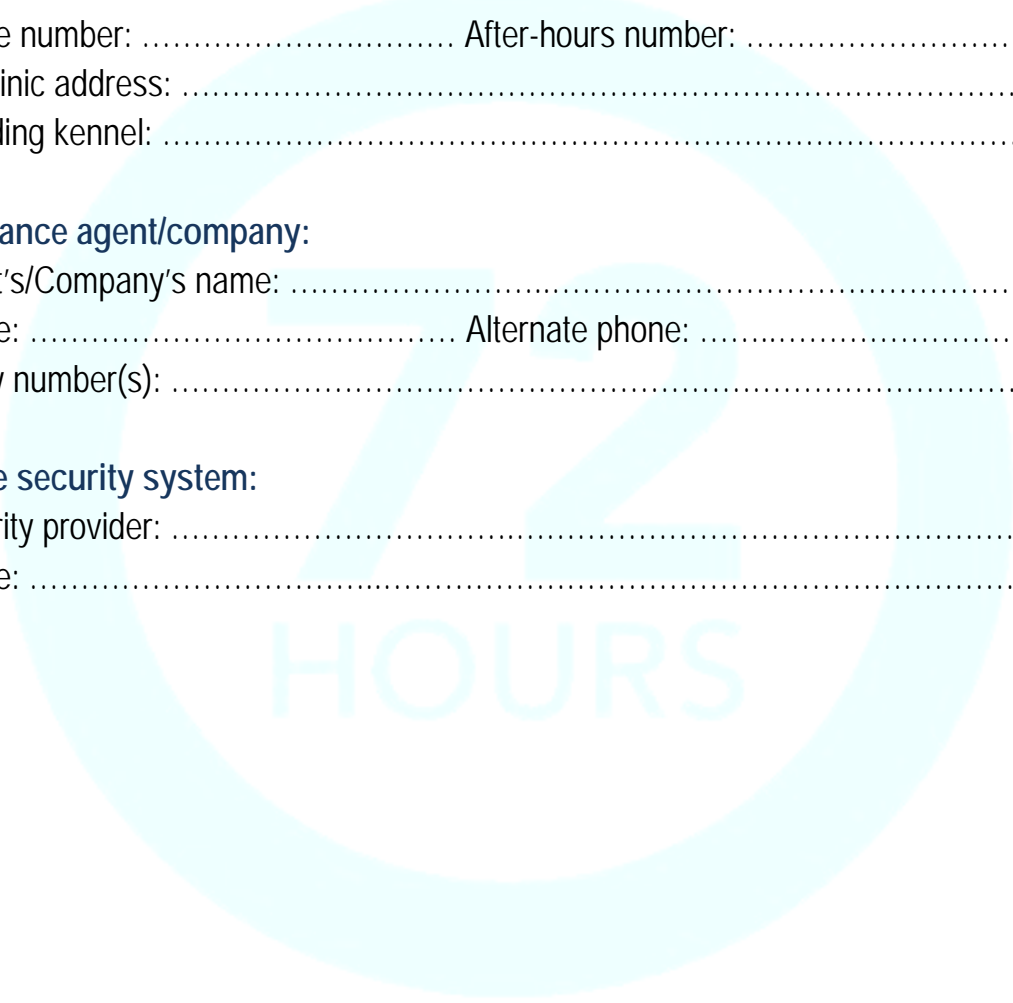
Veterinarian: .....  
Phone number: ..... After-hours number: .....  
Vet clinic address: .....  
Boarding kennel: .....

**Insurance agent/company:**

Agent's/Company's name: .....  
Phone: ..... Alternate phone: .....  
Policy number(s): .....

**Home security system:**

Security provider: .....  
Phone: .....



## SAFE HOME INSTRUCTIONS

Make sure you have a working carbon monoxide detector, smoke detector/alarm, fire extinguisher and well-stocked first-aid kit. If you live in an apartment or are staying in a hotel, know where the fire alarms and emergency exits are located.

Make sure you have a fire extinguisher on every level of your home, including one in your kitchen. Everyone in your home should know where to find the fire extinguishers. All capable adults and older children should know how to use it. See instructions regarding the lifetime of your fire extinguisher and check with your local fire department for more information.

Older children and adults should know how to turn off your home’s water, electricity and gas. Make large, easy-to-see signs for water and gas shut-offs as well as for the electrical panel.

Teach children how and when to dial 9-1-1 as well as how to call the designated out-of-town contact.

**Locations of fire extinguishers:** .....

**Water valve location:** .....

Utility company number: .....

**Electrical panel location:** .....

Utility company number: .....

**\*Gas valve location:** .....

Utility company number: .....

*\*(only shut off gas when the authorities tell you to do so.)*

Always make sure the drain area is clear of boxes, furniture, etc., in case of flooding.

## EMERGENCY INSTRUCTIONS

Call 9-1-1 to report a fire, a crime or to save a life only.

For non-emergency calls, use the ten-digit numbers listed in your local phone book or this emergency plan for police, fire and other health services.

When notifying emergency services of your location, provide the municipality, exact street or civic address, and nearest intersection.

### In an emergency

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- Follow your emergency plan.
- Get your emergency kit.
- Make sure you are safe prior to assisting others.
- Listen to the media for information from authorities. Local officials may advise you to stay where you are. Follow their instructions.
- Stay put until all is safe or until you are ordered to evacuate.

### Evacuation orders

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Authorities will not ask you to leave your home unless they have reason to believe that you may be in danger.

If you are ordered to evacuate, take your emergency kit, your wallet, personal ID for each family member and copies of essential family documents with you. Bring a cellular phone and spare battery or charger with you, if you have one. Use travel routes specified by local authorities.

If you have time, call or email your out-of-town contact. Tell them where you are going and when you expect to arrive. Once you are safe, let them know. Tell them if any family members have become separated.

If possible, leave a note telling others when you left and where you are. Shut off water and electricity if officials tell you to do so. Leave natural gas service on unless officials tell you to turn it off. If you turn off the gas, the gas company has to reconnect it. In a major emergency, it could take weeks for a professional to respond.

Take pets with you. Lock your home. Follow instructions from authorities.

If you go to an evacuation centre, register your personal information at the registration desk. Do not return home until authorities advise that it is safe to do so.



## GET AN EMERGENCY KIT

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.

You may have some of these items already, such as food, water and a battery-operated or crank flashlight. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

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 your front hall closet. If you have many people in your household, your emergency kit could get heavy. It's a good idea to separate some of these supplies in backpacks. That way, your kit will be more portable and each person can personalize his/her own grab-and-go emergency kit.

### What do you put in your emergency kit?

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A basic emergency kit should contain the following:

- ◆ Water – at least two litres of water per person per day for a minimum of 72 hours; include small bottles that can be carried easily in case of an evacuation order.
- ◆ Food – that won't spoil, such as canned food, energy bars and dried food (replace food and water once a year and be mindful of expiry dates).
- ◆ Manual can opener
- ◆ Crank, solar or battery-powered flashlights and radio. Check and replace batteries once a year.
- ◆ First aid kit.
- ◆ Extra keys to your vehicle(s) and home.
- ◆ A copy of your emergency plan and contact information.
- ◆ If applicable, other items such as prescription medications, infant formula, pet food, and equipment for people with special needs (personalize accordingly).

## Recommended additional items

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- ◆ Two additional litres of water per person per day for cooking and cleaning.
- ◆ Candles and matches or lighter (keep candles in deep, sturdy containers and do not burn unattended).
- ◆ Change of clothing and footwear for each household member.
- ◆ Sleeping bags/warm blankets for each household member.
- ◆ Toiletries.
- ◆ Hand sanitizer.
- ◆ Utensils.
- ◆ Garbage bags.
- ◆ Household chlorine bleach or water purifying tablets (to make water potable).
- ◆ Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife).
- ◆ A whistle (in case you need to attract attention).
- ◆ Duct tape (to tape up windows, doors, air vents, etc.).

## Pre-packaged kits

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Various kits and supplies are available for sale from commercial entities.

## Emergency vehicle kit

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Prepare a small kit and keep it in your vehicle(s).

Your basic kit should include:

- ◆ Blanket
- ◆ Candle in a deep, sturdy container and matches/lighter
- ◆ Extra clothing and shoes
- ◆ First aid kit with seatbelt cutter
- ◆ Flashlight and small portable radio (crank or battery-powered) with extra batteries; replace batteries once a year
- ◆ Food that won't spoil (such as energy bars)
- ◆ List of contact numbers
- ◆ Small shovel, scraper and snow brush
- ◆ Warning light or road flares
- ◆ Water
- ◆ Whistle

## Recommended additional items to keep in your vehicle

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- ◆ Antifreeze, windshield washer fluid
- ◆ Fire extinguisher
- ◆ Road maps
- ◆ Sand, salt or cat litter (non-clumping)
- ◆ Tow rope and jumper cables





## ALERT READY

### If an alert is broadcast, it's time to act

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Alert Ready is designed to deliver critical and potentially life-saving alerts to Canadians through television and radio. The Alert Ready system is developed in partnership with federal, provincial and territorial Emergency Management Officials, Environment Canada, and the broadcast industry to ensure you receive alerts immediately and know when to take action to keep yourself and your family safe.

### Alert Ready testing

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Periodically, we will issue a test of the Alert Ready emergency alert system to be broadcast to New Brunswickers via radio and television, or on their mobile device(s) if a person has signed up to receive Public Safety Alerts. To ensure readiness, it is important to test these systems periodically. These tests are necessary as they raise awareness of what Alert Ready is and provide important information in the event of an actual emergency.

### What types of alerts are broadcast?

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Government officials have developed a specific list of the types of alerts that are considered a threat to life and should be "broadcast immediately". Alerts may be broadcast for a number of reasons such as severe life-threatening weather and other situations where we would need to alert the public and provide emergency public information in the event of an emergency, natural disaster, or if an evacuation must occur.

## Alerts on The Weather Network

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As part of its regulatory commitments, The Weather Network provides government-issued weather warnings and public safety on its television service as well as all of its other products and services. The Weather Network keeps you aware of weather and safety concerns so that you can take the appropriate precautions or protect yourself, your family and your property.

To see current weather alerts in your region please visit:

[The Weather Network Alerts](#)

You can sign up to receive Public Safety Alerts directly to your mobile device(s) by subscribing to The Weather Network here:

[The Weather Network Text Messaging](#)

For more information, FAQ's, please check out Alert Ready website at:

<http://www.theweathernetwork.com/public-alerts/>




## RESOURCES

### New Brunswick Emergency Measures Organization (NB EMO)

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 [www.gnb.ca/emo-omu](http://www.gnb.ca/emo-omu)

 1-800-561-4034

 [https://twitter.com/NBEMO\\_OMUNB](https://twitter.com/NBEMO_OMUNB)

 <https://www.facebook.com/NBEMO.OMUNB>

### River Watch

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 [http://www2.gnb.ca/content/gnb/en/news/public\\_alerts/river\\_watch.html](http://www2.gnb.ca/content/gnb/en/news/public_alerts/river_watch.html)

 1-888-561-4048 (River Watch recorded messages)

### Environment Canada Weather Office

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 [www.weatheroffice.gc.ca](http://www.weatheroffice.gc.ca)


 1-900-565-4455; a \$2.99 per minute charge applies

Check the blue pages in your local phonebook under Weather for weather reports and forecasting available by phone.

### Canadian Red Cross

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 <http://www.redcross.ca/where-we-work/in-canada/new-brunswick>

 1-800-222-9597

### Salvation Army

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 [www.salvationarmy.ca](http://www.salvationarmy.ca)

 1-800-SAL-ARMY

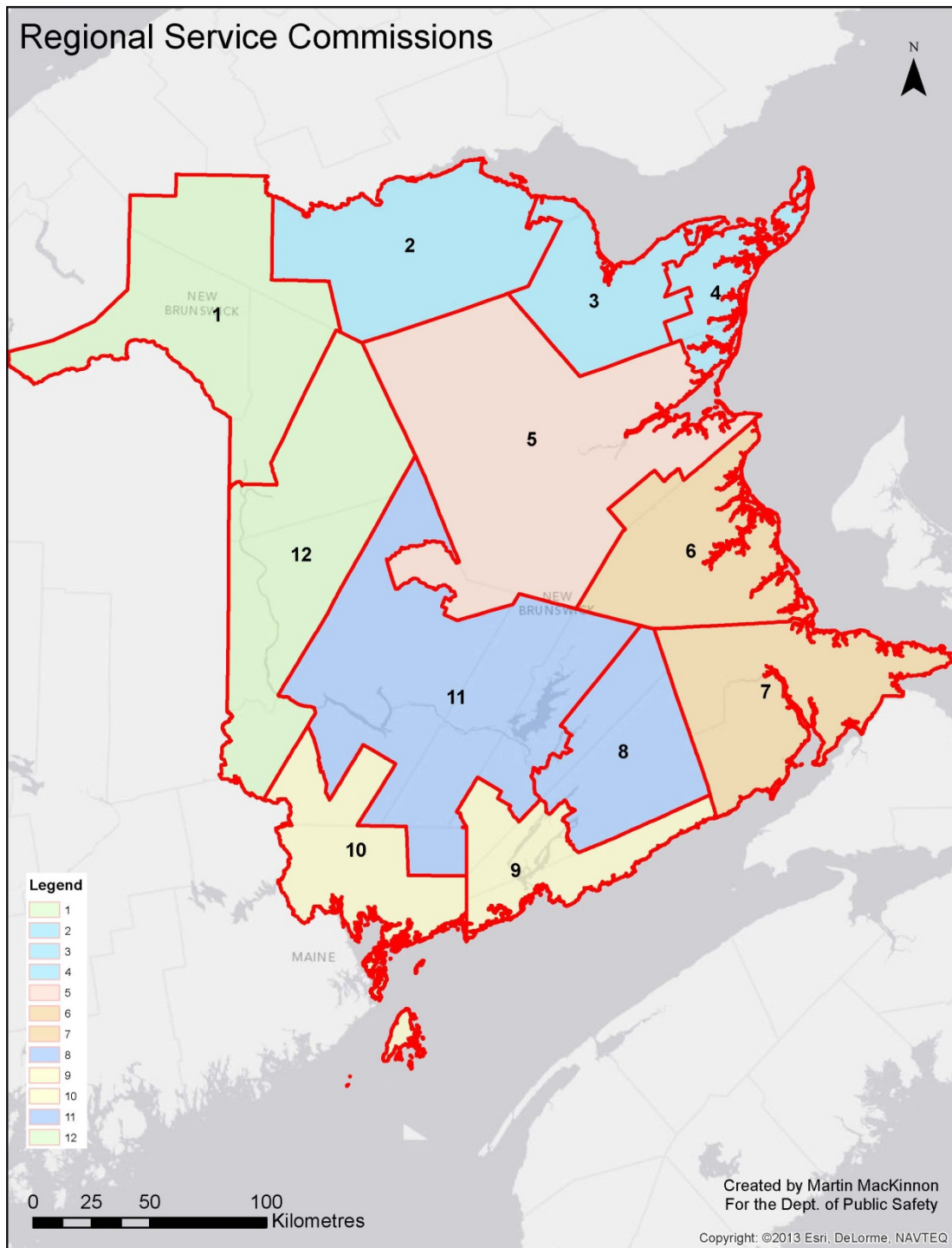
## REGIONAL EMERGENCY MANAGEMENT COORDINATORS

Regional Emergency Management Coordinators (REMC) by NB Regional Service Commissions (RSCs) in the Province.

The REMC's and their regional divisions are as follows:

Region	Main Centre	Name	Contact Info
1, 12	Edmundston	Katie Elisio	506-735-2030 1-800-561-4034 <a href="mailto:Katie.Elisio@gnb.ca">Katie.Elisio@gnb.ca</a>
2, 3, 4	Bathurst	Kenneth McGee	506-453-2133 1-800-561-4034 <a href="mailto:Kenneth.McGee@gnb.ca">Kenneth.McGee@gnb.ca</a>
5	Miramichi	Duane Augustine	506-453-2133 1-800-561-4034 <a href="mailto:Duane.Augustine@gnb.ca">Duane.Augustine@gnb.ca</a>
6, 7	Moncton	Mike LeBlanc	506-453-2133 1-800-561-4034 <a href="mailto:Mike.LeBlanc2@gnb.ca">Mike.LeBlanc2@gnb.ca</a>
8, 11	Fredericton	Jason Cooling	506-453-2133 1-800-561-4034 <a href="mailto:Jason.Cooling@gnb.ca">Jason.Cooling@gnb.ca</a>
9, 10	Saint John	Brent Whelan	506-453-2133 1-800-561-4034 <a href="mailto:Brent.Whelan@gnb.ca">Brent.Whelan@gnb.ca</a>

# MAP OF REGIONS



## NB MUNICIPALITIES

NB Municipalities and Rural Communities: Contacts

[http://www2.gnb.ca/content/gnb/en/departments/elg/local\\_government/content/community\\_profiles/list.html](http://www2.gnb.ca/content/gnb/en/departments/elg/local_government/content/community_profiles/list.html)





## BASIC EMERGENCY KIT CHECKLIST

Snip and keep this handy list to help you build your basic emergency kit.

- ◆ Water – at least two litres of water per person per day for 72 hours minimum; include small bottles that can be carried easily in case of an evacuation order.
- ◆ Food – that won't spoil, such as canned food, energy bars and dried food (replace food and water once a year and be mindful of expiry dates).
- ◆ Manual can opener
- ◆ Crank, solar or battery-powered flashlights and radio. Check and replace batteries once a year.
- ◆ First aid kit
- ◆ Extra keys to your vehicle(s) and home.
- ◆ A copy of your emergency plan and contact information.
- ◆ If applicable, other items such as prescription medications, infant formula, pet food, and equipment for people with special needs (personalize accordingly).
- ◆ Other .....
- .....







IF OWNER NEEDS  
TO BE REACHED,  
PLEASE CALL:



(Snip and place in window in case of an evacuation)

