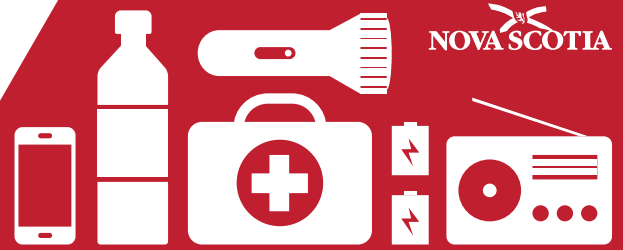


Safety Tips

Preparing an Emergency Kit



NOVA SCOTIA

When there's an emergency like a bad winter storm, a hurricane, or a fire it's important to be prepared. You need to be able to look after yourself and your family for the first 72 hours. Having an emergency kit prepared will help get you through the situation.

Things to remember when preparing an emergency kit:

- the kit should be easy to carry
- everyone in the household should know where it is
- check your kit twice a year and replace anything that is out of date
- replace the food and water once a year

Things to include:

- your emergency plan
- at least 6 litres of water per person (2 litres per day)
- food that won't spoil and that you can eat without cooking, like canned and dry foods
- manual can opener
- first-aid supplies
- at least a 3-day supply of your prescription medicines
- wind-up or battery-powered flashlight
- wind-up or battery-powered radio
- batteries for your flashlight and radio
- money in small bills
- copies of important papers like your driver's license, birth certificate, and insurance papers

It is also important to always keep your car's gas tank as full as possible and your cell phone fully charged.