

Staying Safe During Power Outages

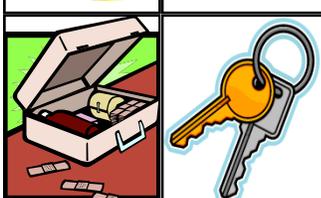
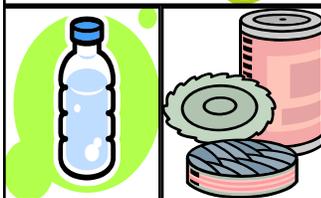


During a storm or emergency, power may be out for an extended period of time, and access to clean water may be suspended. The following tips will help reduce the likelihood of poisoning and help to keep family members safe during this stressful time.

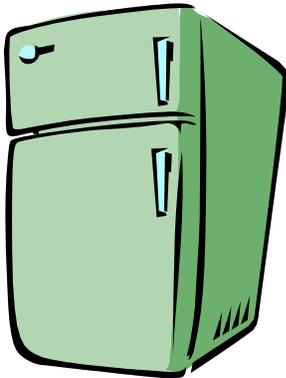


Prepare a Kit:

- Your emergency kit should be easy to carry, in a duffel bag or a suitcase with wheels
- The kit should contain enough supplies for the family to be self-sufficient for up to 72 hours
- Nova Scotia's Emergency Management Office recommends:
 - 2L water per person, per day
 - Food that won't spoil (canned/dried food or energy bars)
 - Manual can opener
 - Wind-up or battery powered radio (and extra batteries)
 - Wind-up or battery powered flashlight (and extra batteries)
 - Cash (small bills) and change (for pay phones)
 - First Aid Kit
 - Extra keys for house and car
 - Emergency plan and contact information
 - Medications, important documents, infant formula, pet food, special items for family members with disabilities or special needs, or any other items necessary to personalize your kit



If you suspect a poisoning has occurred, contact the Poison Centre immediately by dialing 1-800-565-8161
In case of emergency, dial 911



Generators and Carbon Monoxide:

- Never use a generator inside a house, basement, crawl space, or garage, even with ventilation
- Always use generators outdoors, away from windows, doors, and vents
- When used in an enclosed space, high levels of carbon monoxide can build up within minutes.
- Carbon monoxide can stick around for hours, even after the generator is shut off
- Carbon monoxide is very dangerous because it is odorless and tasteless and can kill very quickly
- If you are using a generator and feel dizzy, sick, or weak, get to fresh air **immediately**
- Install CO detectors within your home and garage

Food Safety While The Power Is Out:

- Try not to open your fridge or freezer while the power is out.
- A full freezer can keep food cold for 24 to 36 hours if it remains shut, and items in the fridge should be safe for up to 4 hours if the doors stay closed
- Once the power comes back on, throw away any food from the freezer that is above 4°C/40°F
- If a thermometer is not available, look to see if ice crystals are still present on food in the freezer
- Food from the refrigerator that has been above 4°C/40°F for longer than 2 hours should be evaluated on a case-by-case basis to determine whether it is safe to keep, but most will need to be thrown out
- Remember... When in doubt, **THROW IT OUT!**

For more emergency preparedness information, visit the Government of Canada's "Get Prepared" website at <http://www.getprepared.gc.ca>



If you have any questions, contact the Poison Centre 24 hours a day by dialing 1-800-565-8161