

# Safety Tips

## BLIZZARDS and WINTER STORMS

NOVA SCOTIA



### **Be prepared:**

- Prepare your home or find a safe place to wait out the storm
- Monitor local weather reports
- Get heating equipment and chimneys cleaned and inspected once a year
- Caulk or weatherstrip doors and windows
- Clear rain gutters and downspouts
- Prepare for power loss
- Have enough water, food, medications, pet supplies to last several days
- Add extra blankets to your emergency kit
- Write down emergency numbers and program into your cell phone
- Charge cell phones, power banks and other devices
- If possible, ensure fuel tanks are filled

### **During a blizzard or winter**

- Stay inside or seek shelter
- Get out of the wind to avoid wind chill
- Bring pets inside and ensure livestock have shelter, drinking water
- Avoid unnecessary travel
- Wear several warm layers
- If you lose power, turn off appliances and leave one light on
- Use battery-powered lights, glow sticks and avoid candles
- Do not use BBQs, camping stoves, or fuel-powered heaters indoors
- Monitor television, radio, and social media for updates

### **After a blizzard or winter**

- Shovel safely and take breaks to avoid overexertion
- Watch for signs of frostbite – numbness or white areas on your face and body (such as nose, fingers and toes)
- Check on friends, neighbours and vulnerable people