



# Safety Tips: Hurricanes

## Be prepared

- Make sure you have things you will need:
  - food and bottled water for each person for 3 days
  - prescription medication for a week
  - soap, hand sanitizer, sanitary products and other hygiene items.
- Have a grab-and-go bag ready in case an evacuation is ordered.
- Check local weather reports.
- Trim and remove damaged trees and limbs if you can do it safely.
- Clear rain gutters and downspouts to prevent flooding.
- Make sure your sump pump works.
- Put away garbage cans, BBQs, or furniture or make sure they can't blow around.
- Fill your car's gas tank.
- List people who you can help, or who can help you.
- Write down emergency numbers or put them into your cell phone.
- Charge cell phones and other devices. Think about buying a power bank.

## During a hurricane

- Stay inside. Stay away from windows and doors.
- Find a secure shelter if you must leave home or don't have good shelter.
- Stay away from the coastline. Don't go out to watch the storm.

- If you lose power, turn off appliances and leave 1 light on. Keep refrigerator and freezer doors closed as much as possible.
- Use battery-powered lights (flashlights, lanterns, flameless candles) or glow sticks. Don't use candles.
- Check the weather.
- Do not walk, swim, or drive through floodwater.

## **After a hurricane**

- Listen to local officials for updates and instructions. Stay inside.
- If you were evacuated, wait for officials to say when it is safe to return to your home.
- Avoid fallen branches and power lines and broken power poles.
- Do not walk, swim, or drive through floodwater. It may be contaminated.
- Throw out food that may be spoiled due to a power outage. Learn more at <https://novascotia.ca/nse/food-protection/docs/factsheet-poweroff.pdf>
- If your home floods, shut off electricity. Be careful of mould and contamination during the cleanup. Wear proper clothes and boots to protect yourself.
- Check on friends and neighbours.
- Throw out food that is wet or warm. It may be spoiled. Learn more: [factsheet-poweroff.pdf \(novascotia.ca\)](https://novascotia.ca/nse/food-protection/docs/factsheet-poweroff.pdf)
- Try to get enough sleep to help manage stress.
- Get help and help others if you can.
- Take breaks from cleaning up to stay safe and well.
- Watch for stress in friends and families. Learn more about mental health support at <https://novascotia.ca/mental-health-and-wellbeing/>