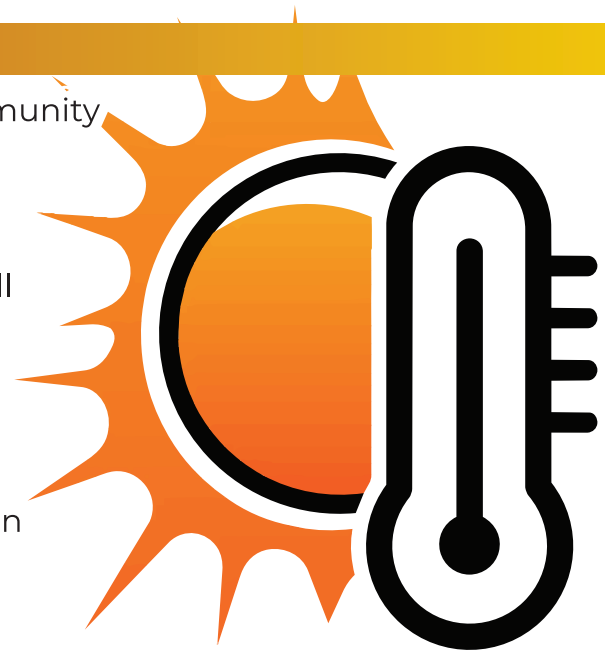


BE PREPARED FOR AN EXTREME HEAT EVENT

 **A HEAT WAVE IS USUALLY DEFINED AS A PERIOD OF 3 OR MORE CONSECUTIVE DAYS OF TEMPERATURES OF 32° C / 90° F OR HIGHER**

■ PREPARE FOR AN EXTREME HEAT EVENT

- Find the coolest place in your home or a place in your community where you can cool off.
- Check the weather and watch for heat alerts.
- Be aware of the risk of heat related illness for yourself and all persons in your household; children, seniors and pets, and anyone with additional health needs; health conditions and medications can make you more susceptible to heat.
- Have at least 72 hours worth of drinking water; 4L per person per day and make plenty of ice.
- Have fans to move cool air around.
- Check in with family, friends and neighbours on a regular basis, in person, by phone or virtually.



COLOUR-CODED WEATHER ALERTS ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

Yellow Hazardous weather may cause damage, disruption, or health impacts. Impacts are moderate, localized and/or short-term. Yellow alerts are the most common.



Orange Severe weather is likely to cause significant damage, disruption, or health impacts. Impacts are major, widespread and/or may last a few days. Orange alerts are uncommon.



Red Very dangerous and possibly life-threatening weather will cause extreme damage and disruption. Impacts are extensive, widespread, and prolonged. Red alerts are rare.



72 HOURS: ARE YOU PREPARED?

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

■ IMPORTANT NUMBERS:

Power outage **1-877-428-6004**

Drinking water safety **1-877-936-8476** · Food safety **1-877-252-3663**

811 Health Information - Call this number for health advice and peace of mind.

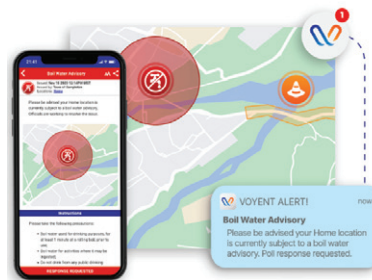
211 Program and Services Information - Call this number for information on non-profit, community and government programs and services, including information about being ready for an emergency. Visit ns.211.ca for a complete list of services.

911 Emergencies - Call this number for immediate help to protect your personal safety or property.

■ BE IN THE KNOW - ALERT SYSTEMS:



Emergency alerts, advisories and notifications specific to MODG residents.



Download the mobile app:



Register online and choose to receive alerts via email, text and/or voice to landline:

<https://voyent-alert.com/knowledge-base/registration-end-users/>



Nova Scotia Emergency Alert (NS Alert) is the Government of Nova Scotia's emergency public alerting system that sends critical information during events (like floods, hurricanes, wildfires and public safety risks). It also sends community notices (like water advisories and major road closures). With NS Alert, you know you'll have the up-to-date information you need during an emergency.



Advisory Alerts

For important updates, disruptions, or potential hazards.

Prepare and stay aware: no immediate action needed.



Critical Alerts

For life-threatening hazards or public safety risks.
Act immediately.

For more information:



UNDERSTANDING AND ADAPTING TO DROUGHT



- Drought is expected to become more frequent and severe in parts of Canada.
- Drought is a shortage of water over an extended period of time.
- Drought can be short or span years.
- Dry conditions often lead to brush fires or wildfires.
- Drought monitoring is updated monthly at the link below:

<https://agriculture.canada.ca/en/agricultural-production/weather/canadian-drought-monitor>

- Before engaging in any activity that includes any type of open flame always consult the Nova Scotia burn restrictions map, updated daily at 2pm: <https://novascotia.ca/burnsafe>



WATER CONSERVATION DURING DROUGHT AND EVERYDAY

IF IT'S YELLOW LET IT MELLOW

Depending on the efficiency of your toilet, each flush uses between 6 to 26 litres of water

DAILY NEEDS

Turn off tap when not in use.
Turn off tap when brushing teeth, shaving, washing. Wash only full loads of laundry and dishes.

LIMIT ACTIVITIES

Watering lawns.
Washing vehicles.
Filling pools.

SHORTEN SHOWERS

Cut back on the frequency and length of showers.

HEAT EXHAUSTION



What are the
SIGNS AND SYMPTOMS
of heat illness?

Skin rash



Muscle cramps



Dizziness or fainting



Nausea or vomiting



Heavy sweating



Headache



Rapid breathing and heartbeat



Extreme thirst



Dark urine and decreased urination

If you experience any of these symptoms during extreme heat, immediately **move to a cool place** and **drink water**.

0.1 metre
(0.3 feet)

HEAT STROKE

High body temperature



Confusion and lack of coordination



Dizziness/
Fainting



No sweating,
but very hot,
red skin

Heat stroke is a medical emergency! **Call 911 or your local emergency number immediately.** While waiting for help—cool the person right away by:

- moving them to a cool place, if you can;
- applying cold water to large areas of the skin; and
- fanning the person as much as possible.

