



**Énergie NB Power**

**ARE YOU  
PREPARED?**

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We've all experienced power interruptions from time to time. While most power outages don't last long, every household should have an emergency plan, just in case.

This guide will show you how quick and easy it is to become better prepared to face an emergency. Learn how to create your own emergency plan, how to build a 72-hour emergency kit, and how to stay well informed during an outage. By printing this guide and keeping it handy, you are already well on your way.

**It's comforting to know your family is prepared**

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# PREPARING FOR AN OUTAGE

Plan for a power outage just as you prepare for any emergency - make sure your family knows exactly what to do.

## BE PREPARED:

- Have a copy of this guide
- Update your emergency contact numbers
- Create a 72-hour emergency kit
- Know the risks – learn about natural hazards
- Set a meeting place, in the event that you have to evacuate

## QUICK TIPS:

- 1 Keep your kit handy**  
Be sure family members know where to find it.
- 2 Keep some cash on hand**  
Credit cards and bank machines may not work during an emergency.
- 3 Check your kit twice per year**  
An easy way to remember to check your kits is to do it when you change your clocks each season. Make sure food and medication are still fresh and add new items as needed.



# FAMILY EMERGENCY QUICK REFERENCE FORM

Record the details of your family's emergency plan below. Make sure every member of your household knows where to find it.

## EMERGENCY NUMBERS:

### EMERGENCY MEETING PLACE

(Outside the home)

Location: \_\_\_\_\_

### LOCAL EMERGENCY CONTACT

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

### OUT-OF-AREA CONTACT

Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_

### FAMILY DOCTOR

Doctor's Name: \_\_\_\_\_

Doctor's Phone Number: \_\_\_\_\_

Prescriptions: \_\_\_\_\_

Allergies/Special Needs: \_\_\_\_\_

### SCHOOL(S)/ DAYCARE

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

### INSURANCE AGENCY/COMPANY

Company Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Home Policy Number: \_\_\_\_\_

Vehicle Policy Number: \_\_\_\_\_

## IS SEVERE WEATHER APPROACHING?

- 1) Turn off unnecessary electrical equipment.
- 2) Refill all prescriptions.
- 3) Secure windows and doors as well as outdoor furniture and equipment.
- 4) Fill your vehicle's gas tank, in case you need to leave quickly.
- 5) Park your vehicle in a protected area, if possible.



# YOUR EMERGENCY KIT CHECKLIST

## 72-HOUR EMERGENCY KIT CHECKLIST

In an emergency, you may need to get by without lighting, heating, hot water or even running water. Stock your kit with enough supplies to last at least three days.

### FOOD AND WATER:

- Bottled water (3 litres per person per day)
- Non-perishable, ready-to-eat foods
- Manual can opener
- Disposable plates, glasses and utensils

### FIRST-AID AND MEDICATION:

- First-aid kit with band-aids and alcohol wipes
- A one-week supply of critical medications and copies of all prescriptions
- Cooler bag and ice packs to keep all medications cold

### SANITATION SUPPLIES:

- Sturdy bucket or trash can to use as an emergency toilet
- Powdered chlorinated lime, household disinfectant, insecticide
- Household liquid bleach or water purifying tablets
- Resealable plastic bags
- Hand sanitizer

### FOR CHILDREN AND INFANTS:

- Formula and bottles
- Diapers and wipes
- Medication

### BASIC TOOLS AND SUPPLIES:

- Flashlights and fresh batteries
- A wind-up or battery-operated radio
- A corded telephone – or one that can work without power
- Matches or lighters (in a waterproof container)
- Basic tool kit: utility knife, pliers, screwdriver, duct tape, wrench
- Garbage bags, aluminum foil, paper towels
- Small shovel
- Needle and thread
- Pens and a pad of paper
- Fire extinguisher
- Road maps
- Signal flares, whistle (to attract attention, if needed)

### FOR PETS:

- Food, water and bowls
- Leash, harness and muzzle
- ID tags and licences
- Medications and vaccination records
- Local animal shelter phone numbers



# WHAT TO DO DURING AN OUTAGE

First identify whether the outage is limited to your home, or if it affects your entire neighbourhood.



**If the whole neighbourhood is without power:**  
Report the outage immediately to 1-800-663-6272

- 🔌 If you use electric heating, turn your thermostats down to avoid load issues when power is restored.
- 🔌 Don't open your fridge or freezer. Generally, food will keep for 24 to 48 hours as long as the doors stay closed. If you suspect food has spoiled, throw it out.
- 🔌 Report downed power lines immediately – and stay at least 10 meters away! Keep pets and children clear too.
- 🔌 Do not go near electrical equipment around areas of standing water, like a flooded basement.
- 🔌 Never use barbecues, propane or kerosene heaters or portable generators indoors.
- 🔌 Never leave candles unattended.
- 🔌 Don't use a gas stove as a source of heat.
- 🔌 Secure windows and doors as well as outdoor furniture and equipment.
- 🔌 Park vehicles in protected areas, if possible.



# GAMES FOR WHEN THE LIGHTS ARE OUT

## SEVEN GAMES TO PLAY IN THE DARK WITH KIDS

### Flashlight Limbo

Have two family members face each other with flashlights. Then, have the others limbo under the steady beam of light. Pack maracas and shakers in your kit and you can make your own music!

### Shadow Puppets

Find a bare wall and use your flashlight's beam to set the stage – no electricity needed! Make characters with your hands' shadows – it's silly and makes the time pass quickly.

### Flashlight Scavenger Hunt

Come up with a list of things that can be found safely in the dark – a spoon, a banana, or a stapler – then set the kids searching, flashlights in hand!

### Museum After Dark

Make one person a "museum guide" while the rest of the family strikes a pose, as if they're a piece of art. The museum guide must describe each piece of art without touching it. If the "art" laughs or moves, they become the new guide.

### The Hum Factor

Take turns humming a melody. Then have everyone try to guess the tune!

### Twenty Questions

Take turns thinking of a person, place or thing. The others can ask questions to help figure out what it is – is it small? Do we have one? Is it living? After twenty questions, everyone can guess what the answer is.

### Camping Indoors

Create a "campfire" by placing a flashlight or candle on a coffee table and building a tent out of sheets. Let the storytelling and sing-a-longs begin!



# EMERGENCY RESOURCES

**TO REPORT AN OUTAGE OR DOWNED LINE**  
**24-HOUR EMERGENCY LINE: 1-800-663-6272**

**Emergency Assistance Call: 9-1-1**

**New Brunswick Emergency Measures Organization: 1-800-561-4034**

**River Watch Recorded Message: 1-888-561-4048**

**Road Report: 1-800-561-4063**

**Environmental Emergencies: 1-800-565-1633**

