EMERGENCY PREPAREDNESS

Know what you and your family should do in an environmental emergency.

Recognize the most likely hazards in your area.

Santé publique
Public Health
Vitalité

EMERGENCY SITUATION

MAKE AN EMERGENCY PLAN.

The emergency plan prepares you to know **what to do, where to go** and **who to contact** so that you can react calmly and safely.

Non-urgent situations

Tele-Care 811:
For non-urgent health advice

211 :
For information on community and social services (food assistance, housing, etc.)

511 :
For information on road conditions

1-800-565-1633 :
For environmental emergencies

Prepare an emergency kit.

You should always have an emergency kit to sustain you for at least 72 hours:

PRECAUTIONS

Make sure you know where the fire extinguishers are and how they work.

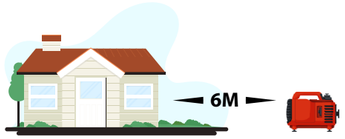
Know how to turn off water, electricity and natural gas.

Always keep your car's fuel level or battery charge at least half full.

Make sure you have working smoke detectors at all times.

Carbon monoxide (CO) poisoning

- If you have a garage attached to your home, a wood-burning stove, a propane heating system or propane appliances, install a carbon monoxide detector.



- Keep generators outside your home away from the house.

INFANT FEEDING

Breastfeeding is the safest and most suitable way to feed your baby, even in an emergency.

Continuing to breastfeed your baby frequently is important to maintain your milk supply. Don't hesitate to contact your Public Health Office or call 811.

If your baby is receiving formula, be sure to use safe products, such as ready-to-feed formulas, and check expiration dates.

Watch for symptoms of carbon monoxide poisoning:

headache, dizziness, difficulty breathing, unexplained weakness or fatigue, nausea, vomiting, confusion, chest pain.

References :

New Brunswick Emergency Measures Organization - GNB.ca

Get prepared – Canada.ca

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