

Emergency and Disaster Preparedness

DIGBY AND AREA SENIORS' SAFETY PROGRAM

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Planning Ahead Will Help

An emergency can be very upsetting when we are not prepared and are suddenly in the middle of it. Taking the time to be a little more prepared for evacuation or power outages or disasters will keep you safer.

Types of Disasters:

- Hurricanes, Ice, Snow and Wind Storms, Floods, Fires
- Disease Outbreaks
- Accidents can also cause disasters

How Do I Prepare:

Plan for the needs of all family members. Seniors living alone with mobility challenges and memory and health issues will benefit from having a support team in place. It's a good idea to review the plan and keep routes clear of clutter.

An Emergency kit for evacuation can be similar to the one you prepare for power outages. Here are some examples of what you might need:

Extra items for mobility needs; chargers for battery power equipment, medications, keys, list of practitioners. Also, consider in advance, back up locations, if needed. Extra clothes for evacuation will come in handy for evacuation.

Other items for home outages would include canned food like beans, tuna and fruit. Oatmeal, soup mix, granola, dried fruit, crackers and cookies, for fun. Battery powered radio and flashlights are also important.

Get a first aid kit with bandages and medicinal supplies for headaches and stomach issues. Think about cards and games for entertainment by the flashlight.

It's not something we think about, but when we need to be prepared, we'll be happy we took the time.

Please remember to check on your senior neighbors.

When to call 911

911 is a free Service in Nova Scotia. It will bring Police, Ambulance or the Fire Department. You can call 911 if your health is threatened, your safety is compromised or property is threatened with unwanted people or damage.

It is very important to have your civic number visible by the road and light enough it can be seen at night.

POWER OUTAGES

We are expected to prepare to stay safe on your own for 72 hours.

This means all members of your home, including pets, will need enough supplies until comfort centres are open and emergency personal can get to you for assistance. For more information call the Municipal Office 902-245-4777

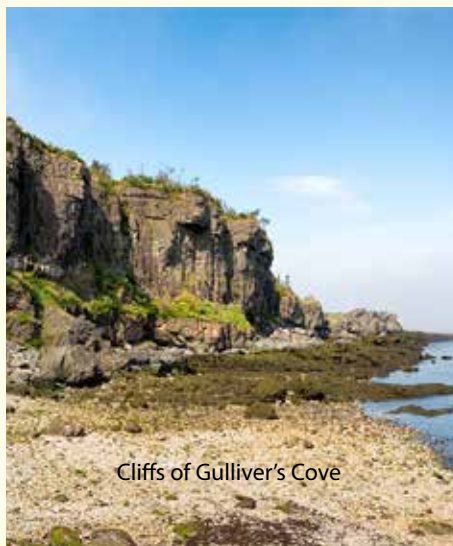
“Thriving trails and recreation activities unite our residents”



Nestled in the heart of our community, the Digby Outdoor Recreation Centre stands out as a vibrant hub for outdoor adventure and connection. It serves as a place where memories are made, friendships are formed, and connections are deepened. Whether you're gliding across the water on a paddle board or enjoying a friendly game of disc golf, this centre invites everyone to embrace the outdoors and celebrate the joy of being together. A heartfelt thank you to the staff of Digby Area Recreation for making a positive impact in our lives and for all the joy they bring to the community.



Members of the Fundy Erratics gathered for a delightful hike. Balancing Rock served as the perfect backdrop for their outing, showcasing nature's incredible artistry. We want to extend our deepest gratitude to our incredible leaders. Your passion, knowledge and commitment to guiding others on these beautiful trails make the world of difference in our hiking community.



Cliffs of Gulliver's Cove

Living in a place rich with natural beauty, we often find ourselves surrounded by stunning landscapes, vibrant ecosystems, and tranquil environments. However, what truly enhances this beauty is the active involvement of our community and the dedicated efforts of volunteers.



A dedicated group of volunteers gathered at Van Tassel Lake Trails to lay wood chips along the Cascade Trail. Together, they created a vibrant atmosphere filled with laughter and teamwork, proving that when passionate individuals come together, they can achieve remarkable things. Thank you for being an invaluable part of our community!