The Municipalities of Shelburne and Barrington

Residents Information Package

On behalf of the Municipalities of Barrington and Shelburne, we look forward to welcoming you back to your community.

THE MUNICIPALITY OF BARRINGTON | An ocean of opportunity

Municipality of Shelburne

To the residents and community members of the Municipalities of Barrington and Shelburne:

June 8, 2023

On behalf of the Municipalities of Barrington and Shelburne, we look forward to welcoming you back to your community. We acknowledge it has been a challenging and stressful time for residents and community members. Your patience and resilience have not gone unnoticed.

It is with great relief and gratitude that we announce the successful containment of the wildfires across Southwest Nova Scotia, including the devastating Barrington Lake wildfire, which was the largest wildfire in Nova Scotian history. The work of the firefighters and first responders was tireless and successful. We are so grateful to them for protecting our communities during this disaster. While the wildfires in our community and surrounding areas are now contained, some structures and infrastructure were significantly damaged and destroyed.

We have been working with government partners at all levels and industry partners to restore essential services and bring safety back to your community. Safety and the community's best interest will be prioritized throughout this process.

We recognize that there is still much work to do on this long recovery journey ahead, and we thank you for your patience. We must continue to show the strength in unity that we displayed while the fires were burning and evacuations were ordered.

Your community, your council, and our partners are behind you during this journey.

Again, we thank you for your resilience.

Sincerely,

Warden Penny Smith, Municipality of Shelburne

Warden Eddie Nickerson, Municipality of Barrington

The resources below are intended to support you and your loved ones as you safely re-enter your home. We understand it has been a difficult time for residents and community members. Please reference the information below to ensure a safe return. Some of this information has been gathered from or adapted from other government departments or support organizations.

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Water Safety

Well Water Safety

After a wildfire, your well water may be contaminated with bacteria and chemicals that can make you sick.

Contamination can come from the fire itself, from products used to fight the fire, and from chemicals that seep into the water supply if items, such as oil tanks, are damaged. If the fire reached your property, the well itself may be damaged.

First steps after a wildfire

Do not use your well water for drinking, cooking, and washing yourself, until your well has been tested and approved for use.

Remember: drinking water includes water used for drinking, making formula, juice, and ice cubes; washing fruit and vegetables; and brushing your teeth.

Hire a certified well contractor to check your well and make repairs, if needed.
You can find a list of well drillers and diggers and a list of pump installers at
https://novascotia.ca/nse/water/wellcontractors.asp

To prepare your well for testing, follow these steps:

1. Flush the well. Run a tap until the water runs clear.

2. Disinfect the well. Find instructions at:
   https://novascotia.ca/nse/water/docs/DisinfectWaterWell.pdf

3. Flush the well again. Make sure that you run the tap long enough to flush all the disinfectant from the well.

4. Test the water for bacteria before you use it for anything other than household cleaning.
   a. Free water testing kits are available for pick-up and drop-off at:
      i. Barrington Municipal Office, starting June 12, 2023
      ii. Shelburne Municipal Office, 414 Woodlawn Dr, starting June 12, 2023

5. Testing fees will be covered by the Province of Nova Scotia for all residents affected by evacuation orders.

6. Test the water for chemicals if:
   a. a spill occurred near your well, such as from a damaged oil tank
   b. firefighting occurred near your well, such as water bombing

c. the water is cloudy or has an unusual smell
d. It is recommended that all property owners test after two years have passed since the last chemical test

After the test results If the water does not run clear or the test shows bacteria or chemicals in your well, contact Nova Scotia Environment for advice.

Visit **https://novascotia.ca/well-water-testing** for information on how to make sure your well water is safe and how to read the results of a water test or call your local environment office at 1-877-9ENVIRO (1-877-936-8476).

NOVA SCOTIA
Environment and Labour

Disinfection of Water Wells by Chlorination

Disinfection of Water Wells by Chlorination

Chlorination, or "shock chlorination", is the process of flushing your well and water system with a chlorine solution to kill bacteria and other microorganisms. Disinfection by chlorination is usually recommended if a water sample from the well has tested positive for bacteria. It is an effective method to eliminate a "one-time" case of bacterial contamination; however, if there is an on-going problem related to faulty well construction or contaminated groundwater, disinfection is only a temporary fix and the problem should be investigated and corrected at the source.

How do I disinfect my well?

It may take up to 24 hours to complete the disinfection process. Before you begin, make sure you store enough water to meet your household needs during this period. If you have a water softener or other treatment units, check with your treatment dealer whether disinfection could adversely affect the unit or not.

Step 1. Mix the amount of liquid bleach shown in Table 1-1 for your well in 10 to 20 litres (2 to 5 gallons) of water. Use common, unscented household bleach that does not contain detergent or other additives such as fabric-guard. Chlorine can be dangerous if not used properly. Always follow the directions on the label for safe storage, handling and use.

Step 2. Remove the well cap and pour the mixed chlorine solution into the well. If the well is buried with the old type of well seal top, either expose the top of the well, remove the well seal and pour the solution directly into the well, or pour the solution through a clean funnel into the air vent or siphon through the vent (flush the air line with clean water after chlorination).

Step 3. Open one faucet in the system and let the water run until the chlorine odour is detected. Turn this faucet off. Repeat at each faucet in the system in turn, one at a time, until all faucets have been completed (include inside and outside faucets, cold and hot water, dishwashers, toilets, baths, showers, sinks, etc.).

Step 4. If possible, connect a garden hose to a nearby tap and place the other end in the well. Turn on the tap and allow the water to circulate for about one hour to ensure that the chlorine is thoroughly mixed in the well. During this process, add additional chlorine solution if the chlorine odour is not strong. Note that although recirculation is desirable if possible, it may not be appropriate in wells with screens, gravel packs, heavy iron buildup, soft or caving zones, and other less common conditions. If you have any concerns, contact your local Department of Environment and Labour Office or a certified contractor for information.

Step 5. Seal the top of the well and let the system sit idle for about 12 hours, preferably overnight. Do not leave chlorine for more than 24 hours as it may affect some pump parts.

Step 6. After this time, flush the system by discharging the chlorinated water through an outside tap until the chlorine odour has completely disappeared. Pump at a low rate, in the order of 10 litres per minute (2 gallons per minute) or less. This procedure may take several hours, or longer. IF you have a low yield well, you may have to allow the well to recover between pumping periods. During the flushing process, do not discharge the chlorinated water to a natural water body (such as streams or lakes, etc.) or to areas where it can harm desired vegetation (e.g., vegetable gardens, landscaped areas, etc.). Do not discharge this water into the on-site sewage disposal system.

Sampling after Disinfection

After disinfection, sample the water for total coliform and E. coli bacteria to confirm that the water is safe to drink. Wait about 5 days after disinfection before sampling. While waiting for the results, any water for human consumption should be boiled (rolling boil) for at least 1 minute, or use an alternative source.

IF the sample result indicates that both coliform bacteria and E. coli are absent, confirm that disinfection has been effective by 2 additional samples, one in the next 2 to 4 weeks, another after 3 to 4 months. To check the safety of your water over the long term, continue to monitor bacterial quality at least twice a year, or more often if you suspect any changes in your water quality.

IF the sample result indicates either coliform bacteria and/or E. coli present, it is recommended that the well owner seek advice from the Department of Environment and Labour or a certified professional. In the meantime, continue to use boiled water or an alternative source for human consumption activities.

Final Notes

You may experience some temporary inconveniences as a result of the disinfection process such as dirty or discoloured water, staining, or sedimentation problems. However, the water should clear with time. In some cases, a few days may be necessary. Do not use the water for aquariums or pets during this time. Check with your physician about other uses of the water, such as bathing, if you have allergies or other medical concerns.

Please note that under some conditions, such as biofilm buildup in a well, more than one disinfection may be required.

If you have any questions about disinfecting your well, or wish to have a certified person do the work for you, please contact your local Department of the Environment and Labour Office for information, or check the certified contractor list at: www.gov.ns.ca/nse/water

TABLE 1-1

Depth of water in well		Amount of unscented household bleach[1]	
		Drilled Well	Dug Well
metres	feet	Casing Diameter 15 cm (6 inches)[2]	Casing Diameter 92 cm (36 inches)[2]
1	3	40 mL	1.5 L
3	10	120 mL	4.5 L
5	15	200 mL	7.5 L
10	30	400 mL	15.0 L
30	100	1.2 L	
50	150	2.0 L	
100	300	4.0 L	

Notes:

1 Assumes liquid bleach with approximately 5.2% hypochlorite. This will produce about 100 mg/L of chlorine solution when mixed with the water in the well.

2 For wells with other casing diameters, contact your local Department of Environment and Labour Office

Example Calculation for a Drilled Well:

Measurements:

- Well diameter = 150 mm (6 in)
- Well depth = 60 m (200 ft)
- Depth to water from surface = 10 m (30 ft)

Calculations:

- Depth of water in well = 60 - 10 = 50 m or depth of water in well = 200 - 30 = 170 ft
- From Table 1-1, required volume of bleach to get 100 mg/L solution is about 2 litres

Making sure you have Safe Water in an Emergency

You may not be able to use your water in an emergency.

A hurricane, flood, or other disaster can contaminate water with bacteria, chemicals, or other things that can make you sick.

To be prepared, set aside enough water to last for 3 days.

How much water do I need for 3 days?

For drinking

Have at least 2 litres for each person for each day for drinking; making formula, juice, or ice cubes; washing fruit or vegetables; and brushing your teeth.

Drinking water required:

2 litres x # people x 3 days = # litres of drinking water

For cooking, washing yourself, and cleaning:

Have at least 2 more litres for each person for each day.

Total water required:

4 litres x # people x 3 days = # litres of water required

Store some of this water in small bottles to carry with you if you need to evacuate your home. You may need additional water if you have pets.

What if my tap water is not safe to use?

If your tap water is not safe to use, you will need to boil the water or use bottled water for drinking; making formula, juice or ice cubes; washing fruit or vegetables; brushing your teeth; or cooking with it.

If you do not have access to boiled or bottled water, you can disinfect small amounts of water by following the instructions on the back of this brochure.

For more information on what to do during a boil water advisory, check these webpages:

For households: https://novascotia.ca/nse/water/docs/Boilwater-Factsheet.pdf

For places that need to take special care with their water, such as restaurants, hotels, hospitals, nursing homes, food production facilities, and convenience stores: https://novascotia.ca/nse/water/docs/FactSheet-BoilAdvisoryPrecautions.pdf

How do I know when my water is safe if it comes from a municipal water supply?

Listen to local radio and TV stations. Your municipality will announce

- when the water is safe for drinking
- if you need to boil the water to make it safe for drinking and how long to boil it
- if you can use the water for washing and cleaning but not drinking
- if you need to use bottled water

How do I know when my water is safe if it comes from a private well?

After any disaster, you will need to have your water tested before you use it for drinking; making formula, juice or ice cubes; washing fruit or vegetables; brushing your teeth; or cooking with it.

If the water test shows that you need to disinfect your water, follow the process referred to at https://novascotia.ca/nse/water/privatewells.asp

For more information on private wells, including

- how to make sure your well water is safe
- how to disinfect your well
- how to construct a safe well
- how to read the results of a water test
- a list of labs where you can get your water tested

https://novascotia.ca/well-water-testing/ or call your local Environment and Climate Change office at **1-877-9ENVIRO (1-877-936-8476)**

Surface water is not for drinking

Surface water includes water from lakes, streams, rivers, ponds, and springs. Do NOT drink this water unless it has been properly filtered and disinfected. The only way to be sure it is safe is to test it.

For more information, check this webpage https://novascotia.ca/nse/surface.water/docs/SurfaceWaterQA.pdf

How to disinfect a small amount of water

During a boil water advisory, you can

- boil the water
- use bottled water
- disinfect water using chlorine bleach
- disinfect water using tablets

Disinfect using chlorine bleach

- Use bleach that is unscented.
- Make sure that it is 4% to 6% chlorine.
- Add drops of bleach to litres or gallons of water in quantities as shown in table below.

Quantity	No. of Drops	Teaspoons
1 litre	2	
2 litres	4	
3 litres	6	
4 litres	8	1/8 teaspoon
1 gallon	8	1/8 teaspoon
2 gallons	16	1/4 teaspoon
3 gallons	24	3/4 teaspoon
4 gallons	32	1/2 teaspoon
5 gallons	40	5/8 teaspoon

- Stir the mixture well.
- Cover the mixture with a paper towel or set the lid on loosely.
- Let the mixture stand in a cooler or refrigerator for about 8 hours. This gives the bleach enough time to clean the water and evaporate before you use it.

Disinfect using tablets to purify water

- Buy these tablets at a drug store or a store that sells camping equipment.
- Follow the directions on the label.

Visit our website at

https://novascotia.ca/nse/water/drinking.water.asp or call your local Environment and Climate Change office at **1-877-9ENVIRO (1-877-936-8476)**

Electrical Safety

ELECTRICAL SAFETY:

WILDFIRES RESPONSE & RE-ENTRY

We're working closely with local authorities as they respond to the wildfires in the Tantallon/Hammonds Plains and Shelburne areas of the province. As impacted Nova Scotians prepare to re-enter their homes, **there are some important electrical safety steps to follow.**

ELECTRICAL SAFETY & POWER RESTORATION CHECKLIST

1. **Turn off or unplug** any electrical appliances or equipment that was left on. This will help avoid power surges when your power is reconnected.
2. **Complete a visual inspection** of your home as well as the electrical equipment running into your home, including the meter base, meter mast and wires. If your home itself and/or electrical equipment was impacted or damaged by fire, you may need a certified electrician to make repairs before crews can restore your power. See our visual below for more information.
3. **If you see a downed wire** around or near your home, call our outage line at **1-877-428-6004** to report it.

METER MAST INFORMATION

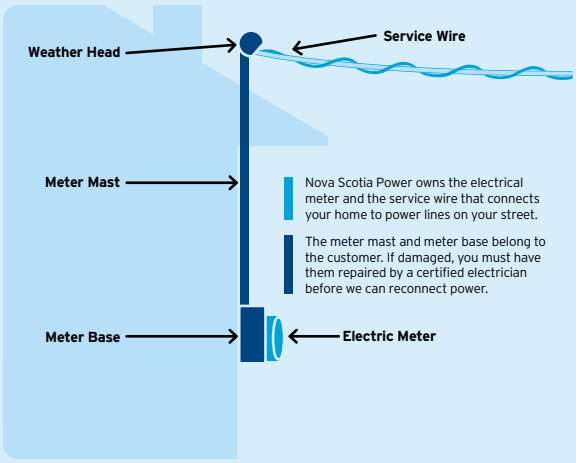
Your meter mast is the tube that connects the service line to your home. When you're inspecting your electrical equipment, look for:

- Has the meter mast pulled away from your house?
- Is it bent or broken?

If so, you'll need a certified electrician to make repairs. We're here to help get you reconnected safely and quickly.

THREE STEPS TO HAVE YOUR DAMAGE REPAIRED

1. Call Nova Scotia Power at 1-877-428-6004 to report the damage. We'll send a line crew to your home to disconnect service so an electrician can make the repair.
2. Find a certified electrician. You can find one in your area at nspower.ca/electricians.
3. Your electrician completes repairs. The electrician will call Nova Scotia Power to request an inspection and a service reconnection.*



**Please note that Nova Scotia Power, the Province of NS and local contractors are coordinating response efforts for customers to ensure a streamlined response for our customers impacted by recent wildfires in the province.*

SUPPORT & RESOURCES

Nova Scotians impacted by the fire that have been displaced and need support, can dial 2-1-1 or visit 211 Nova Scotia's website at www.ns.211.ca for information and resources.

Nova Scotia Power parent company Emera has donated $125,000 to kickstart the United Way Wildfire Recovery Appeal and in addition, will provide up to $125,000 in matching funds to double the impact of individual donations made to the appeal. The appeal will provide financial support to charitable organizations in Halifax and surrounding areas, and Shelburne, to meet the needs of those impacted by the wildfires. More information is available at unitedwayhalifax.ca.

For more information visit nspower.ca/wildfiresresponse

Nova Scotia POWER
An Emera Company

Environmental Spill

An Environmental Spill on Your Property

Homeowner/Occupant Responsibilities

Once a spill has occurred the homeowner or occupant responsibilities include, but are not limited to, the following actions:

- Contain the spill, if possible, to the best of your ability. This may include construction of a small berm, placement of absorbent material (such as cat litter) and/or contacting the fuel company to have residual fuel in the tank removed.

- For initial emergency action, the person responsible may choose to hire a contractor to contain the release.

- Contact the local municipal works department if the spill has entered a municipal sewer through a floor drain.

- Under the *Environment Act* and the Environmental Emergency Regulations, you are required to report a spill of furnace oil which is equal to or exceeds 22 imperial gallons (100 liters). Also, you are required to report spills involving less than this quantity if they may potentially cause an adverse effect.

- Contact the local office of Nova Scotia Environment when required to report a spill. If the spill has occurred between the hours of 4:30 pm and 8:30 am, on a weekend or holiday, call 1-800-565-1633. You are required to notify the department of a reportable spill as soon as you become aware of the release.

- Contact your insurance company. Where the property is insured, the insurance company may cover all or a portion of the cleanup costs. If you are a homeowner with insufficient insurance coverage and are the person responsible for the spill, you are liable for the cleanup costs.

- If you have reason to believe your property is contaminated, you should contact an environmental consulting company and ask to speak with an environmental Site Professional. This person will help you determine if the Nova Scotia Department of Environment needs to be notified of the contamination under the Contaminated Sites Regulations and what needs to be done next.

- In cases where the property is contaminated, the person responsible must hire a environmental Site Professional to assess the site and manage the cleanup.

- A site professional will help guide you through what is required under the Contaminated Sites Regulations and supporting protocols. Not all spills require a homeowner to follow the Contaminated Sites Regulations. Your site professional can advise you.

Nova Scotia Environment Responsibilities

Although, the department does not conduct the actual cleanup of the property, we are responsible to ensure the work has been performed in accordance with departmental requirements. The department has the authority to direct a person responsible, to contain or clean up the affected area to the Contaminated Sites Regulations.

If the spill is reportable and the person responsible has not acquired the services of a Site Professional, the department will require the person to do so.

Where emergency action is required, the responsible person may be ordered to complete the cleanup within a specified time frame.

Site Professional Responsibilities

Cleanup is the responsibility of the person or organization who owns the site on which the contamination is found, or who is responsible for causing the contamination.

The actual cleanup must be done by a qualified site professional (engineer or geoscientist). The Contaminated Sites Regulations specify who can carry out work as a site professional in Nova Scotia. Site professionals must be a registered engineer or geoscientist with a minimum level of experience. Section 5 of the Contaminated Sites Regulations identifies the full details for qualification as a site professional.

The new regulations do not prevent others from working in this field, but certain sections of the regulations require work be conducted by, or under the supervision of a site professional.

Waste Management

Waste Management Update

Losing a home and property to fire can be extremely traumatic, both physically and emotionally. With many things to deal with after a wildfire, the last thing many people think about is the hazardous nature of ash and fire debris on their property.

There are some simple steps you can take to protect yourself, your family and your neighbours from the hazards on your property.

Stay Safe

- **Ash and debris** from burned houses, sheds, and other structures can be hazardous, particularly when particles are inhaled. Ash and partially burned debris may contain asbestos, mercury, lead, cadmium, chromium, and a variety of other dangerous chemicals.

- **Be aware of all electrical hazards**, including those from downed power lines or other electrical sources, as well as hazards from unstable walking surfaces and sharp objects buried in the ash. Always use extreme caution when near fire debris.

- **Look for tree hazards**, this includes dead or dying trees, dead parts of live trees, or unstable live trees (due to structural defects or other factors) that are within striking distance of people or property. Hazard trees have the potential to cause property damage, personal injury, or fatality in the event of a failure.

- **Wear sturdy footwear, protective eyewear/goggles, a properly fitted N95 respirator and heavy-duty work gloves.** If possible, wear disposable coveralls and dispose of them after use. If you do not wear disposable coveralls, change into a clean set of clothes after working or rummaging in debris and ashes.

- **Children should not be involved in cleanup activities.** Do not let children near the debris or in an area where they might breathe airborne particles left from the fire.

- **If you have an insurance provider**, contact them before you begin cleanup to learn of requirements they may have or contractors they may have in place.

- **Contact your municipality** to determine other cleanup requirements for new construction permits.

Fridges and Freezers

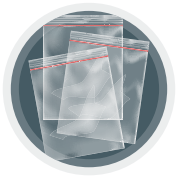
Fridges and freezers can be salvaged if adequately cleaned and disinfected. Remove spoiled food items and dispose of these based on guidance listed below. Clean and disinfect your fridge and freezer using these steps listed in the sheets within this information booklet.



If you have a recalled food item in your refrigerator, it's important to throw out the food and clean your refrigerator. Germs in the recalled food could spread to drawers or shelves in your refrigerator.

Follow these 5 steps for cleaning your refrigerator

ITEMS YOU'LL NEED



SEALED BAGS



HOT, SOAPY WATER



CLEAN TOWELS



optional

WATER + BLEACH

1

Throw out the recalled food, and any other foods stored with it or touching it.

Put it in a sealed bag in the garbage.



IF THE RECALLED FOOD WAS STORED IN A REUSABLE CONTAINER, WASH IT WITH HOT, SOAPY WATER BEFORE REUSING.

2



Empty the rest of the items in your refrigerator and put them on a counter or table while you clean.

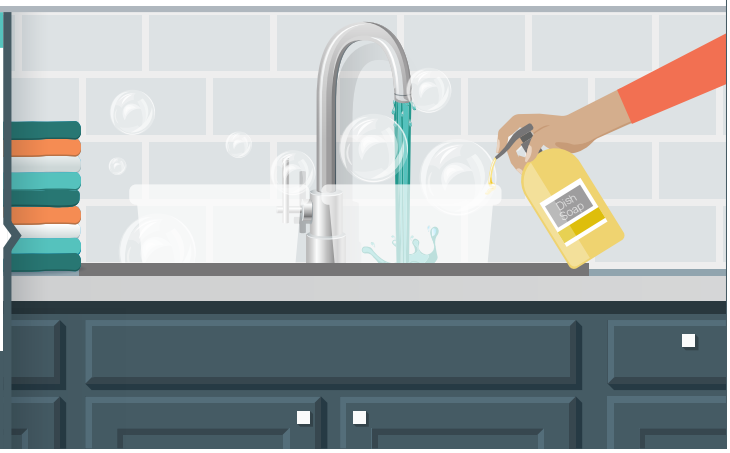
Take out shelving, drawers, and any other removable parts.

DON'T LEAVE FOODS OUT THAT NEED TO BE KEPT IN THE REFRIGERATOR FOR MORE THAN TWO HOURS.

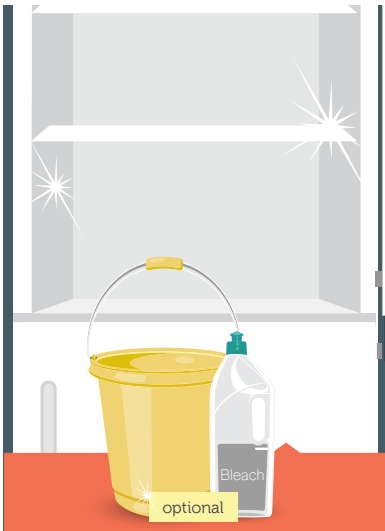
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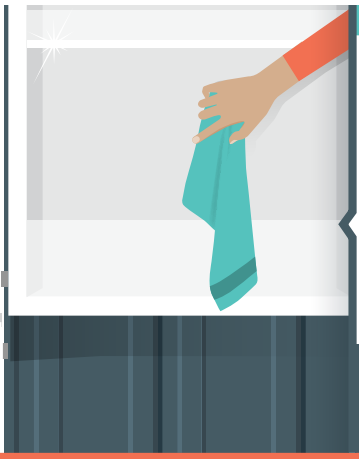
Wash shelving, drawers, and any other removable parts by hand with hot, soapy water.

Dry with a clean towel.



DON'T RUN COLD GLASS SHELVES OR DRAWERS UNDER HOT WATER — THE GLASS COULD CRACK. LET THEM COME TO ROOM TEMPERATURE FIRST.





4

Wipe the inside of the empty refrigerator with hot, soapy water, then wipe with clean water to rinse off soap.

Dry with a clean towel.

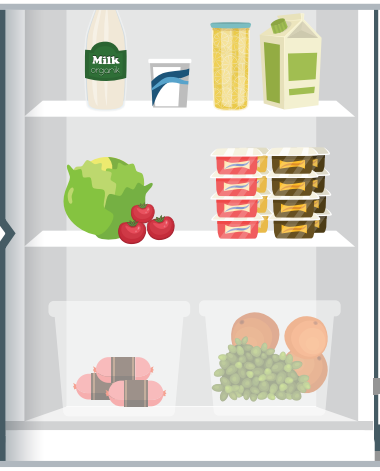
DON'T FORGET TO WIPE INSIDE THE DOORS AND ANY DRAWERS THAT CANNOT BE REMOVED.

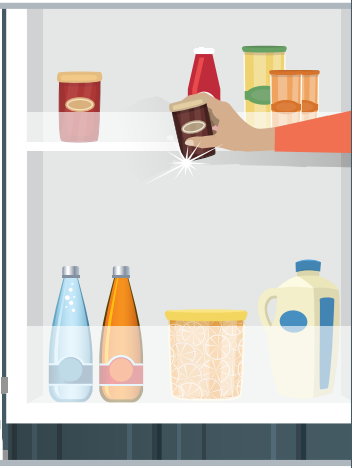
USE A SOLUTION OF 1 TABLESPOON OF LIQUID BLEACH IN 1 GALLON OF WATER TO SANITIZE YOUR REFRIGERATOR. DO THIS AFTER CLEANING IT WITH HOT, SOAPY WATER.

5

Put the shelves, drawers, and other removable parts back in the refrigerator, along with the other items you took out.

WIPE FOOD AND DRINK CONTAINERS WITH HOT, SOAPY WATER BEFORE RETURNING TO THE CLEAN REFRIGERATOR.







AND DON'T FORGET!

Wash your hands with water and soap once you've finished cleaning.

Use hot, soapy water to wipe kitchen counters that held food, drinks, refrigerator parts and any cleaning materials.

Wash any towels you used to dry the refrigerator before using them again.

Stay up-to-date on the latest food recalls.
www.foodsafety.gov

CS301741-A

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Accessible version: https://www.cdc.gov/foodsafety/communication/clean-refrigerator-steps.html

Waste Disposal Options for the Barrington Lake Fires:

Shelburne:

This package includes red garbage bags to be used for mixed waste items. These bags are to be used to dispose of food waste and other debris items that cannot be sorted. There will be pickup in your location as per our regular collection schedule on Monday, June 12, 2023.

*Please note regular waste collection will resume as normal once evacuation orders are lifted. If you have specific waste collection or separation questions please contact, Ryan Jamison, Waste Diversion Officer, 902-875-7026.

Barrington:

Garbage collection in the recently evacuated area is scheduled for Friday, June 9, 2023 as per their regular schedule. Collection will include regular waste and bulky items. All other collections will continue as normally scheduled.

Dumpsters

Red bags with burned household items, ash, electronics, electrical wiring and conduit, smoke damaged material including vinyl siding, roofing shingles, etc can also be dropped off to dumpsters. Garbage bins are available at 1623 Shore Road Gunning Cove (Interpretive Site) to aid with site cleanup efforts over the next week. Barrington locations will be communicated at a later date.

Green Bins

In the Municipality of Shelburne, the following items can be composted in green bins or brought to the Waste Transfer Station for composting:

- Deceased Animals
- Spoiled food items (out of packaging)
- Burned vegetation

Green bins in the Municipality of Barrington will continue to be picked up as per the regular schedule.

Salvage Yards/Damaged vehicles

The following salvage yards can be contacted regarding burned cars and other equipment/machinery.

- Parts & Pieces Salvage, 7945 Hwy 103, Birchtown (902 875 3299) (Available post-wildfire)

  Carmen Christie's Garage Ltd Junkyard, 113 Villagedale Rd, Barrington (902 637 2411)

Household Hazardous Waste Sites

- 243 Sandy Point Road
  - » Household dangerous goods (solvents, paints, chemicals, cleaners)
  - » Please drop off during business hours, which are on the first and third Monday each month between 9 AM – 1 PM and 2 PM – 4 PM. Additional hours will be announced on Facebook and radio.
  - » GFL (782-640-0797) provides additional hazardous waste pickups

Regular Household Waste

- Shelburne Transfer Station, 4571 Highway 3, West Green Harbour
  - » Unburnt materials, NO RESIDENTIAL WASTE
  - » Vinyl/plastic building materials, carpeting, built up roofing, ceiling tiles, vinyl and linoleum flooring, wiring, lighting fixtures, fiberglass, and Styrofoam insulation
  - » Wood, shingles, drywall, plaster, heavy plastics, rope, brush, leaf, yard waste, metal appliances, scrap metal
  - » Damaged propane tanks, fluorescent lights
  - » Damaged empty oil tanks

» Sorted unburnt construction materials

» Lobster traps

*Municipality of Barrington residents can bring their household hazardous waste to the Yarmouth County Solid Waste Park, located at 1932 Hardscratch Road and open 8 a.m. - 4 p.m. Monday-Friday; Saturday 9 a.m. - 3 p.m.

Emergency Funding and Insurance

Emergency Funding and Insurance

Emergency Funding

Nova Scotians who have been severely impacted by recent wildfires will receive financial support from the Province.

Premier Tim Houston announced on Monday, May 29, 2023, that the Province will provide $500 in emergency funding to every household required to evacuate because of recent fires in Halifax Regional Municipality and Shelburne County. The funding will be administered through the Canadian Red Cross. The Red Cross is also receiving donations that are being matched by the Provincial and Federal Governments.

Residents should contact their insurance providers. All residents should track expenses, save receipts, and or document loss.

Registrations for financial assistance being distributed on behalf of the Government of Nova Scotia can be made by calling 1-800-863-6582 between the hours of 8 am - 8 pm Atlantic, 7 days a week.



Small Business Wildfire Relief Program

Small businesses impacted by the evacuation orders related to recent wildfires can now apply for support through the Small Business Wildfire Relief Program. The program will provide a one-time grant of $2,500 to small businesses located in the mandatory evacuation zones related to the recent fires in Halifax Regional Municipality and Shelburne County. Business owners with questions can email SBWRP@novascotia.ca.

Property Insurance and Other Claims

If your home, car, or business was damaged as a result of the wildfires, contact Insurance Bureau of Canada's Consumer Information Centre at 1-844-2ask-IBC (1-844-227-5422) to help you understand your insurance coverage and the various stages of the claims process.

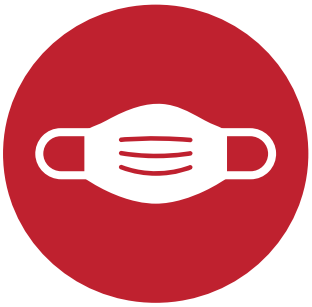




If you need help finding your assessment account number or parcel identification number (PID) for insurance claim purposes, contact Land Programs at 1-800-670-4357 or rglandtitles@novascotia.ca (they can help you free of charge).

If your job has been affected by wildfires or flooding, apply for Employment Insurance (EI) today by contacting Service Canada at 1-877-631-2657.

Your Health and Healthcare



Mask Information

Wearing respirator masks such as N95, KN95, P100, or higher is one of the ways to reduce health risks of wildfire smoke. First, you should take steps to stay away from smoke by staying indoors, preferably in buildings with clean indoor air and proper ventilation. You can keep the air inside your home or workplace clean by using air purifiers with HEPA filters, keeping windows and doors closed, and avoiding activities that introduce outdoor air.

When you can't avoid exposure to smoke, respirator masks can be used to help protect your health. They are designed to filter out fine particles present in the smoke, offering an added layer of protection for your lungs and airways. It's important to use masks correctly, with a proper fit, and replace them frequently to maintain their effectiveness. Respirator masks should not be worn while you are sleeping.

While any adult may choose to use a respirator mask, individuals with pre-existing lung or heart conditions, pregnant women, and the elderly are more likely to have health impacts from wildfire smoke and should be prioritized if necessary.

If you are unable to take steps to reduce effects from the smoke, and provided it is safe to do so, you should consider temporarily relocating to an alternate location with improved air quality.

What To Watch For:

- **Visibility and Smell:** If the air is visibly smoky, has a strong smell of smoke, or if you experience symptoms such as eye irritation, coughing, or difficulty breathing, you should consider wearing a respirator mask.
- **Personal Health Condition:** Individuals with pre-existing respiratory or cardiovascular conditions, pregnant women, children, and the elderly are often more susceptible to the health effects of wildfire smoke. They may be advised to wear masks or take additional action at lower thresholds or whenever they are exposed to smoke to protect their health.
- **Environment and Climate Change Canada advisories and special air quality statements:** These statements provide information about air quality, potential health impacts and about effective preventive measures, which may include

mask information. **Air Quality Health Index (AQHI):** Pay attention to the AQHI provided by Environment and Climate Change Canada. The AQHI measures air pollution levels and categorizes them into different levels of health concern, often ranging from good to hazardous. In some areas, a specific AQHI level may be designated as a trigger for mask usage, specifically, if a Special Air Quality Statement has been issued. Not all areas of Nova Scotia have AQHI readings.

We are here to listen and support you.

Nova Scotia Health is here to listen and support residents in this difficult time. Mental Health and Addictions has a variety of mental health and addictions programs and services available.

- People in Nova Scotia can **text HopeNS** to **393939** to subscribe for **six months of supportive text messages, free of charge**. **HopeNS** is an evidence-based tool that helps people identify and adjust the negative thoughts, feelings and behaviours stressful times might provoke. People receive a set of daily messages that offer advice and encouragement helpful in developing healthy personal coping skills and resiliency. Community members subscribe to receive ongoing supportive content. There is no cost. However, standard message rates may apply.

- Nova Scotians can continue to **self-refer to Nova Scotia Health's Mental Health and Addictions program** by calling the Intake Service (toll-free) **1-855-922-1122**, to be connected to a clinician Monday to Friday, 8:30 a.m. to 4:30 p.m., with extended hours until 8:00 p.m. on Tuesdays. The Intake Service provides triage, screening, and navigation for programs offered through Mental Health and Addictions program at Nova Scotia Health (and IWK). This line has voicemail only on evenings and weekends.

- **Access Wellness Nova Scotia** is a free single-session supportive counselling service for individuals, couples or families. Trained counsellors can help people manage stress, mild to moderate depression or anxiety, relationship issues, general mental health concerns, concerns related to alcohol and drug use, loss and more. Visit **AccessWellnessNovaScotia.ca** or call **1-833-691-2282** to make an appointment.

- The **Peer Support Telephone Service** is available to all Nova Scotians 18 and up, experiencing mild mental health and/or substance use concerns or, who are feeling isolated, alone, anxious, distressed, or need someone to talk to who will listen with empathy and without judgment. The trained Peer Supporter will provide non-urgent social and emotional support, reassurance, and encouragement to callers, as well as information regarding community services. Call toll free at **1-800-307-1686**.

  The **Provincial Mental Health and Addictions Crisis Line** is available 24/7 for anyone experiencing a mental health crisis or someone concerned about them. Call (toll-free) **1-888-429-8167**.

Healthcare options for people impacted by wildfires

Roseway Hospital and the Roseway Emergency Department are now open.

If you are having a medical emergency, go to the nearest open emergency department or call 911. Please check Nova Scotia Health's web page (www.nshealth.ca) under "Temporary Closure Information" to make sure the emergency department is open.

Nova Scotia Health continues to provide access to health services in the community for people impacted by wildfires and others, such as:

Barrington Primary Care Clinics—Barrington Community Health Centre - 3695 Highway 3
Appointments with a doctor or nurse practitioner are available most weekdays until Fri., June 16. The clinic is for non-urgent health concerns. it is not an emergency service. Lab and diagnostic imaging is not available.
Call for appointment: 902-637-1278. Appointment phone line is open weekdays at 8 a.m.

Shelburne Family Practice—Shelburne Community Health Centre, 1608 Lake Road
Same day phone or in-person primary care appointments for people from across Shelburne County and surrounding areas. Call 902-875-2321 for appointment and listen to options.

Mental Health and Addictions
Staff available to support and assist people as needed at the Comfort Centres in Barrington and Shelburne. Mental Health & Addictions Crisis Line: 1-(888)-429-8167 available 24/7.

Blood Collection
Available at Roseway Hospital. Blood collection times have been temporarily increased at the Barrington Health Centre. Collections are available at Queens General Hospital, South Shore Regional Hospital, Fishermen's Memorial Hospital and Our Health Centre, Chester. Book a blood collection appointment: https://booking.nshealth.ca or call 1-833-998-2722.

Queens Family Health—175 School St., Liverpool
Same day phone or in-person primary care appointments for people from Shelburne County and surrounding areas up until June 16. Call 902-354-3322 during daytime hours, Mon.—Fri.

Mobile Primary Care Clinics, Yarmouth—Harbour South Medical Centre, 253 Main Street
Mobile primary care clinics can be accessed by Shelburne County residents. You do not need an appointment. These are drop-in clinics being held:

Thursday, June 15 from 5 p.m. to 9 p.m.
Thursday, June 29 from 5 p.m. to 9 p.m.

Call 911 if you have a medical emergency
Call 811 for general health advice from a nurse, 24/7
Mental Health and Addictions Crisis line: 1-888-429-8167
www.nshealth.ca

Telecommunications Update

Our thoughts are with our customers affected by the wildfires in Nova Scotia. We are working closely with the province, NS Power and other partners to provide the most effective support to keep customers informed and connected.

Bell Aliant's recovery plan

- Restoration from the wildfires is our top priority. Currently, all of our cell towers are in operation and our teams are assessing damage to poles and cables and performing repairs where possible.
- We are making solid progress each day and will continue to deploy additional crews and resources as needed to get customers back up and running as quickly as possible.
- Customers can stay updated on our progress through our social media channels (Facebook and Twitter) and at bell.ca/forestfirerecovery.

What customers can expect with their Bell Aliant services

- When you return home, if your power is on but your Internet, TV or phone services are not working, please try resetting your modem and TV receiver – unplug, wait 30 seconds, plug back in and wait 5 minutes before restarting. If that does not work, please contact us.
- If you see a downed line, always assume they are live and dangerous. Stay at least 10 feet away, be aware of trees touching overhead lines, and don't attempt to handle them on your own. Call 1 888 214 7896 to report any downed lines.
- You can reach Bell Aliant 24/7 at 1 888 214 7896 or by direct message through our social media channels with any questions or concerns.

How we are supporting customers and communities impacted by wildfires

- To help support you at this time, we will apply a 50% monthly service rate credit for your Bell Aliant home services on your next bill.
- To help lessen potential data overage charges resulting from increased use during the wildfires, we are adding 50 GB of data for eligible voice and data smartphone subscribers for use during the period of May 30 to June 19. Data will be automatically added to customers' accounts – no action is required.
- To support those directly impacted by the devastating wildfires, Bell is committing $100,000 between the Canadian Red Cross Nova Scotia & Atlantic Canada Fires Appeal and the United Way Halifax Wildfire Recovery Appeal.



eastlink

How to manage your Eastlink services after a major outage event:

- Your internet, TV and phone services may have been impacted by either loss of power or damage to our fibre lines and equipment.
- If your power has returned but your Eastlink services have not, please try rebooting your equipment:
    - Unplug your modem (the power cord at the back of the modem).
    - Wait 30 seconds.
    - Plug it back in.
    - Wait 5 minutes before trying to open anything on your computer or your TV.
- If that doesn't bring your services back:
    - Please call us at **1-888-345-1111** and let our team know that you have been impacted by the wildfires.
- If you notice a downed or damaged line:
    - Please do not attempt to touch or move it.
    - Call us at **1-888-345-1111** to report it and we will send a technician to remove or repair it safely.

How we are supporting you:

- If you are an Eastlink mobile customer affected by the wildfires:
    - We are automatically removing data limits and waiving all mobile data overage charges through to the end of June.
- If you are an Eastlink internet, tv and/or phone customer returning to your home:
    - Please reach out to us at **1-888-345-1111** and our team will ensure your account is appropriately credited for loss of service.
- If you are an Eastlink internet, tv and/or phone customer unable to return to your home, please contact us at **1-888-345-1111** and we will suspend your services at no charge to you.

What we are doing:

- We continue to work closely with EMO and other partners including NS Power to prioritize access and repairs in affected areas as it becomes safe to do so.
- We have redeployed resources from other parts of the province and have fibre and other equipment, along with additional resources in the field to continue the work of assessing damage/impacts to our networks and making repairs as quickly and safely as possible.

Our thoughts are with you and we are here for you as you navigate through this difficult time.

Staying Informed

Information Centres

Information Centres: Two temporary information centres have been set up throughout Shelburne County to offer you supports and resources in a one-stop setting, including:

- Utility information
- Internet access
- Financial support
- Insurance information and representatives
- Public and mental health support
- Disaster registration services

Temporary information centres are located:

- 136 Hammond Street, Shelburne
- 27 Park Lane, Sherose Island, Barrington

Where can I find more information?

- Shelburne County East Emergency Management Facebook page: www.facebook.com/shelburneemo/

- Barrington and Town of Clark's Harbour Emergency Management Organization Facebook page: www.facebook.com/BarringtonEMO

- Nova Scotia emergency alerts webpage: www.novascotia.ca/alerts

Please refer to the addended guides and checklists for safely returning home after a wildfire, filing insurance claims for lost or damaged items, and hiring a contractor for substantial repairs and reconstruction.

Additional resources as following pages.

Additional Resources

Returning home after wildfire evacuation

This information is a collection of health and safety items to think about as you return to your home and property **that has not been directly impacted by fire damage**.

After a wildfire near your home, your home and/or property may be affected by smoke, soot, and ash.

Do not go back into any areas that were heavily damaged or destroyed by wildfire until the local authorities allow you to return. Once you can enter areas safely, take basic precautions and be aware of hazards to your health and safety.

When and what type of breathing protection should I use when entering these areas?

When you return to your home after a wildfire, the air quality may still be impacted by soot, ash, etc. It is important to take steps to protect your lungs and airways. This includes limiting the time you spend in areas with poor air quality. Make sure to assess your need for any personal protective equipment (PPE) including masks to aid in your protection. Individuals with asthma or a lung condition need to take extra precaution.

To protect your breathing, respirator style masks such as N95, KN95, P100 or higher-rated masks, can be used as additional protection from breathing in ash and soot. They are designed to filter out fine particles, offering an added layer of protection for your lungs and airways. For masks to work, it's important that they are used correctly, fit snugly, and are replaced frequently. Do not rely on "dust" masks for protection. Paper "comfort" or "dust" masks commonly found at hardware stores only trap larger particles, such as sawdust.

What other type of personal protective equipment (PPE) might I need in cleaning up my home and property when I return after the wildfire?

Depending on the area and the type of work you are doing, you may need to use protective clothing. It is important for you to assess this need. Personal protective clothing can include things such as gloves, boots, eye protection, head protection, and hearing protection.

- Choose strong clothes and footwear that protects you from "head-to- toe" from cuts, scrapes, punctures, and slips. Wear long sleeve shirts, long pants or coveralls, leather gloves, and boots with thick soles to stop punctures from sharp objects. Steel-toed boots are recommended. Make sure that the clothes and footwear you choose are right for the type of work you'll be doing and where you'll be.

- Safety glasses or goggles should have wrap-around protection.
- Protective hard-hats can be used to clean-up areas where there's a chance that debris could fall.

How can I re-enter my yard safely?

Return to your property only once your local authorities have said it's safe to do so. You may not have water, natural gas, or electricity services when you return.

When entering your yard:

There may be soot, ash, and other fire debris around your home and yard. Wet down any fire debris you see. This can lower the risk of breathing in soot and ash particles, which can cause health problems for you and your family.

- If you or anyone in your family has breathing problems or asthma, take steps to protect yourself. Smoke and fire ash that stays around your home and yard can make your breathing issues worse.
- If you decide to clean your yard and surrounding areas yourself, wear the appropriate PPE including masks, gloves, and boots. For children's play areas and equipment, clear away any debris and remove puddles and standing water.
- If there are signs of damage to play equipment, block access to the area until the equipment is repaired or replaced.
- If there are signs of damage to your on-site sewage disposal system. You should contact a qualified person to assess your system. You can find qualified persons at this website: https://novascotia.ca/nse/cms/search.asp.
- Sand, gravel, or other loose materials placed under playground equipment should be removed and replaced, especially if you can see ash, soot, and small debris.

How can I re-enter my home safely?

Return to your property only once your local authorities have said it's safe to do so.

- Do not enter your home if you notice or suspect any source of heat or smoke. Call 911.
- Return to your property only during daylight hours if possible.

What if I have a home heating oil tank?

- Homeowners are encouraged to have a licensed burner technician check your tank, lines and appliances to look for any visible damage (like dents, swelling, discoloration, peeling paint). Tanks should also be checked to see if they are still well supported on non-combustible footings. More information on fuel safety can be found on Labour, Skills and Immigration website Fuel Safety | novascotia.ca
- If fuel is visible on the ground, contain the spill, by constructing a small berm or placing absorbent material like cat litter on the area. If safe, scoop any absorbed material into a metal container to prevent it from entering the environment. Keep any spilled or absorbed material in a well-ventilated area.
    - Contact your insurance company.
    - You may require the services of specialised contractors or environmental consultants.
    - More information for homeowners with fuel spills is available on the Environment and Climate Change website at Domestic Oil Spills | Contaminated Sites (novascotia.ca).

What items will I need to throw out when I return home?

Food, medicines, cleaning products, cosmetics, and other personal care products can be damaged by heat, smoke, ash, and water used to fight the fire. You will need to inspect and may need to properly dispose of these items after your return home.

How do I handle food that was in my home during the wildfire?

Throw away perishable food stored in your refrigerator, cooler, or freezer if the temperature inside the appliance went above 4C (40F) for longer than two hours. If you do not know how long your home was without power, you should dispose of all perishable food in those appliances. If your appliance lost power, the temperature may have gone above 4C (40F) when the power was off and then returned to temperature when the power came back on.

There are foods you may store in your fridge and freezer that are safe to consume if the temperature was above 4C (40F). Please refer to the detailed list of frozen and refrigerated foods that you do not have to discard if power was off, at factsheet-poweroff.pdf (novascotia.ca)

Dispose of raw vegetables or fruits that have ash or soot residue.

Check the rest of the food in your home, including canned goods and dry goods like flour, sugar, and spices, and throw it out if it:

- has spoiled, even if your fridge stayed at 4C (40F) at all times
- was open
- got damaged by fire or smoke, even if the package isn't open
- was stored in containers with tiny holes (porous) like cardboard or foam containers
- is in can that is bulging, rusted, or dented

Clean and disinfect all canned foods before opening them to make sure you don't contaminate the food.

Don't eat fruits and vegetables that were growing in your garden during the fire. If you are in doubt, throw it out.

Air circulation in the home

Get the air moving inside your house by using a fan and opening your windows. Only do this if there's no smoke or air quality advisory for your area. Learn more about smoke and air quality advisories.

To help with clean air circulation in your home, you can also:

- Replace your furnace filter. You may need to do this more often than usual due to construction and cleaning activities in your home or neighbourhood. Check your filter often.
- Upgrade furnace filters to the highest efficiency your ventilation system can handle. They may help lower the levels of particles in the air in your home.
- Have your ducts and air conditioning system cleaned by a professional.
- Use a portable air cleaner, if you have one, with a high-efficiency particulate air (HEPA) filter to remove small particles. For air cleaners, follow all the manufacturer's instructions for changing the filter, where to place the device, and the size of room it's meant to be used in.

Demolition activities are more likely to produce airborne ash. When these activities are happening:

- Stay indoors.
- Close all outer doors and windows.
- Turn off the ventilation for air conditioners and furnaces as much as possible. The use of heat pumps is ok as they do not bring outside air to the indoor space.

Safety in cleaning up smoke damage, ash, and soot

It is recommended to contract a professional qualified in disaster clean up. If you will be doing the cleaning, wear the appropriate personal protective equipment (PPE) including masks, gloves, and boots.

- **Follow your local guidelines to find out how to dispose of household hazardous and special waste**. These items could include cleaners, pesticides and herbicides, solvents and thinners, aerosol cans containing hazardous substances. These materials should be kept in their original container or a container that is compatible and delivered to a household special waste depot.
- Wash all surfaces inside your home with mild detergent or an appropriate cleaning solution and rinse thoroughly. Clean any place where there's ash, dust, or the smell of fire. Wash the inside of closets, cupboards, and drawers.
- Use wet wiping or mopping. This is safer and better than dry or dust mopping, which can move ash and debris around your house.
- Only vacuum with a unit that has a HEPA filter that can catch ash particles. Using unfiltered vacuums will just move the ash around your house. Change your HEPA filter often.
- Wash and clean all ash-contaminated household items with mild detergent. Change the water often.
- If smoke odours persist, contact a professional cleaning company.
- Wash or dry clean all your clothing and household linens that have been affected by the fire. You may have to run many rinse cycles to get out all the ash, soot, and smoke.

Deceased Pets/Animals

In the very unfortunate circumstance where a family pet or animals (wildlife/domestic farm, etc.) have been lost, the risk to humans from contact with animal remains is low if proper precautions are taken.

- Practice proper hand washing and utilize personal protective equipment such as latex gloves when handling the remains.
- Secure and remove the remains to avoid attracting other animals or pests.
- Contact your veterinarian or municipality for proper handling of the remains.

Well Water Safety

If you are returning home to an area evacuated because of the wildfires and there was no fire damage or fire fighting near you:

- Drink water from an alternate safe source (bottled water) until you have confirmed your water is safe. You can use water for flushing toilets and cleaning.
- Flush your well following the steps in the link. It is recommended that you test for bacteria and chemistry. https://novascotia.ca/alerts/docs/using-well-water-after-wildfire.pdf

If the water has unusual smells or colours after you have flushed and disinfected your well, or if test shows bacteria or chemicals in your well, continue to drink bottled water and contact your local Environment and Climate Change Office for advice.

For additional information on well safety after a wildfire, please see the Nova Scotia link below on using well water after a wildfire.

Mental Health

Fires can lead to significant emotional and physical distress, even after safety is reached. Individuals and families may go through several stages of emotions with the daily life disruptions. For assistance and information with respect to mental health please see the resource links below.

Resources:

Nova Scotia Health Authority – Mental Health Services:

https://www.nshealth.ca/news/nova-scotia-health-mental-health-and-addictions-supports-residents

Nova Scotia Wildfires – How to talk to children and youth:

https://www.iwk.nshealth.ca/wildfires

Air Quality Health Index and Advisories:

Nova Scotia - Air Quality Health Index (AQHI) - Environment Canada (weather.gc.ca)Air Quality Alerts - Environment Canada

NS Smoke and Air Quality:

wildfires-air-quality-en.pdf (novascotia.ca)

NS Saving foods when the power is off:

factsheet-poweroff.pdf (novascotia.ca)

factsheet-poweroff-FR.pdf (novascotia.ca)

NS Using well water after a wildfire:

https://novascotia.ca/alerts/docs/using-well-water-after-wildfire.pdf

Well water safety after a wildfire:

https://www.healthlinkbc.ca/healthlinkbc-files/wildfire-its-effects-drinking-water-quality

Alberta wildfire resources:

https://www.albertahealthservices.ca/news/Page14070.aspx

Canadian Red Cross Guide to Wildfire Recovery

Guide to

WILDFIRE RECOVERY

Quick Checklist

- [ ] Do not enter your home until fire officials say it is safe.
- [ ] Use caution when entering burned areas as hazards may still exist, including hot spots, which can flare up without warning.
- [ ] Avoid damaged or fallen power lines, poles and downed wires.
- [ ] Watch for ash pits and mark them for safety—warn family and neighbours to keep clear of the pits also.
- [ ] Watch animals closely and keep them under your direct control. Hidden embers and hot spots could burn your pets' paws or hooves.
- [ ] Follow public health guidance on safe cleanup of fire ash and safe use of face masks.
- [ ] Wet debris down to minimize breathing dust particles.
- [ ] Wear leather gloves and heavy soled shoes to protect hands and feet.
- [ ] Cleaning products, paint, batteries and damaged fuel containers need to be disposed of properly to avoid risk.

Ensure your food and water are safe.

- [ ] Discard any food that has been exposed to heat, smoke or soot.
- [ ] Do NOT ever use water that you think may be contaminated to wash dishes, brush teeth, prepare food, wash hands, make ice or make baby formula.

Introduction

Following an evacuation, there are a number of practical and emotional things you can consider when you're ready or allowed to return home.

This guide provides information on what to do after you have been evacuated from your community following a wildfire. It provides tips and suggestions for the next steps in your return journey home.

The government will provide information on when your community will be considered safe. Please do not return to your communities until your local authorities, band leadership or Chief and council have given permission to do so.

1

BEFORE YOU START

Anticipate what it will be like

The physical environment:
It helps to think ahead about what the environment will look, feel, and smell like when you return. There may be delays in returning home due to the area being unsafe, and your community may have dramatically changed, including:

- Blackened lifeless landscapes
- Burnt out buildings and vehicles
- Smell of smoke, burnt trees, homes, vehicles
- Areas covered in ash
- Road signs, and familiar landmarks missing
- Spoiled food in fridges and freezers
- Signs painted on remaining houses

Preparing to return to your home and community:
When it is safe to return, think about:

- Are the roads open and safe? Do you know what route to use to get to your home?
- Do you have fuel, food, and water? There may be limited amounts available to you in your community
- Are your cell phones charged? There may be interruptions or lack of electricity in your community
- Who will you inform that you're returning home?
- Do you have a radio, a flashlight and an emergency preparedness kit?
- Do you have appropriate clothing, boots with heavy soles, thick rubber gloves, hat, long pants and long-sleeved shirt?
- If you anticipate clean-up do you have personal protective equipment, including masks? Do you know where to get these items?
- Do you and your returning family members have your tetanus booster and other vaccinations up to date?
- Do you have all medications that you will need?
- Will you take your children and pets on the first visit?

2

PREPARING TO RETURN HOME

We know that your home is not just a house and it holds memories and aspirations for the future. Acknowledging your loss and taking time to grieve is an important step.

If you cannot live in your home:

- Do not enter the area where your home is located unless officials say it is safe to do so.
- Use caution if entering the burned area as hazards may still exist.
- Recognize that there may be many tasks associated with relocating and resettling your family. Take small steps.
- Get your family settled – if your home is unlivable, you will need to arrange temporary housing. The government may have this set up. Try to keep the family together.
- Take care of your pets – if possible, take your pets with you and ensure they have plenty of food and water. Ask your vet or SPCA for some options to board your animals, if you cannot take the pets with you.
- Notify people of your temporary address – give your new address to your employer, family/friends, post office, bank, school, credit cards, utility companies, insurance companies, and if applicable, update your information with the Red Cross.

If there is no apparent damage to your home:

- Do not enter your home until officials say it's safe to do so.
- If you are unsure if it is safe, ASK! Reach out to your local authorities as they are there to help you.
- Use caution when entering burned areas as hazards may still exist, including hot spots.
- Work out what you need to do FIRST. Take small steps at a time: check the status of your power, water, gas, phone, and sewer. You may need to call utility services for assistance.
- Once you are feeling settled, reach out to your neighbours. It is important to re-establish relationships and be a helping hand to one another.

Important documents to recover

Be careful: If your documents are located in a safe, do not attempt to open it until the outside is cool to the touch.

ITEM DESTROYED OR MISSING
Animal registration papers
Bank books
Birth certificates – Marriage certificates – Death certificates - Status cards
Bonds (completely destroyed)
Bonds (partially destroyed)
Children's Services and Social Assistance identification cards, medical assistance or social assistance cheques
Immigration documents
Credit cards
Divorce papers
Driver's licences and vehicle registration title cards
Income tax records
Insurance policies
Land titles
Medical records
Military discharge papers
Money (partially or completely destroyed)
Passports
Provincial/Territorial health insurance card
Social Insurance Number (SIN) cards – Canada Pension Plan documents – Employment Insurance documents
Stocks
Titles to deeds
Wills

WHO TO CONTACT FOR REPLACEMENT

Municipal office
Bank branch
Provincial/Territorial Registrar General or Ministry of Vital Statistics
Write to: Canada Savings Bonds P.O. Box 2770, Station D Ottawa, ON K1P 1J7 Include names and addresses that appeared on bonds, approximate date when purchased, and denominations. Gather all pieces and ashes and keep them for further reference.
Gather up remaining pieces and ashes, put them in a package and write a letter explaining what happened. Send to Canada Savings Bond address (above).
Your case worker
Immigration, Refugee and Citizenship Canada
Issuing credit card company
Supreme Court where decree was filed or divorce lawyer
Provincial/Territorial transportation ministry
Revenue Canada
Insurance agent
Local provincial/territorial land title office
Family doctor or specialist
Veterans Affairs Canada
Nearest Bank of Canada branch
Your Consulate General
Provincial/Territorial health ministry
Service Canada
Issuing company or lawyer
City hall or local municipal office
Family lawyer or estate lawyer

Before moving back into your home ensure that the water supply has been inspected and officially declared safe for use, that every room that was affected by the fire has been cleaned, disinfected and dried, that all affected dishes, utensils and glasses have been thoroughly washed and disinfected and that adequate toilet facilitiesare available.

Ensure your home is secured against further damage. Check for damaged trees or external buildings that may have become unstable. If you rent, the landlord or property manager should do this. If you own the home, you should board up broken windows and smashed doors, and cover holes in walls and in the roof. You can also call a contractor to do this. See the Yellow Pages under "Contractors – General" or "Fire & Water Damage Restoration."

Here is a list of recommended items that will help you in the recovery process:

Camera or video camera

Notebook and pen to record damage

Buckets, mops and sponges

All-purpose cleaner or unscented detergent

Large containers for soaking bedding and clothing, and lines to hang them to dry

Flashlight

First aid kit

Tools such as hammer, pliers, screwdrier

Trash bags

Protective equipment: a two-strap dust particulate mask with nose clip (N-95), coveralls, leather and rubber gloves and sturdy boots

Drinking Water
Do NOT consume food left in the house or drink water from the tap until you know it is safe. Bring 4 litres of water per day per person - and food that does not require cooking. Appliances may be unsafe to use.

3

INSPECTING YOUR HOME & STARTING TO CLEAN UP

If you are insured, contact your insurance company. Your policy may cover house cleaning by a restoration specialist. As you go through your possessions, keep ruined furniture, appliances, books, etc. for insurance purposes. You can put them outside or in a shed temporarily.

Household items often take several cleanings to rid them of smoke odours, soot and stains. In some cases, they will never come clean or lose their smell. If you can, consult a restoration specialist to help you determine what is worth saving and what isn't.

Hazardous materials

Contact your municipality or provincial ministry to find out how to dispose of hazardous materials such as solvents, garden chemicals and home cleaning products that have been soaked or that show signs of water damage.

Perishable foods, foods packaged in cardboard or plastic, or any foods or medicines directly exposed to heat, smoke, fumes or water should be discarded. Discard all food in glass jars, as there is a high chance that the seal was broken by exposure to heat. Similarly with food in metal cans, the integrity of the can may have been affected by exposure to heat.

Smoke, odours & soot

Try placing small saucers of vinegar or vanilla around the house to absorb odours.

Heating, appliances and utilities

(Please check the Yellow Pages or phonebook to find the professionals listed below.)

Do not use appliances, electrical outlets, switch boxes or fuse-breaker panels until they have been checked by a qualified electrician.

Have your central heating system checked by a qualified technician before use. Replace any parts that have been damaged or affected by smoke.

You may need to consider replacing all your appliances depending on severity of damage. Take direction from the government authorities.

Consult with a professional electrician or with the manufacturer.

Contact the appropriate utility or service company to have your service restored (i.e. electricity, gas, cable, phone, etc.) when you are ready to return home.

Floors and walls

Vacuum all surfaces with vacuums, including carpets and rugs.

Seal off the room you are working in with plastic sheeting to keep soot from travelling throughout the home.

Consult a professional painter for advice on how to clean your walls. You may need to re-paint with a specially formulated paint.

Furniture

Remove residual mud and soil from furniture and dry it off.

If you suspect any mould on any furniture that has been wet, contact a professional for advice. Check the Yellow Pages or phonebook for listings.

Consult a furniture restoration professional to see if any upholstered furniture can be salvaged. Check the Yellow Pages or phonebook for listings.

You may need to replace furniture entirely if it has been severely damaged by fire.

Scrub wooden surfaces (furniture, kitchen cabinets, railings, etc.) with a stiff brush and a cleaning solution such as Murphy's Oil Soap.

Get professional advice for cleaning antiques and fine reproductions.

You will need to provide a list of lost or damaged items as part of your insurance claim. Review your insurance policy so you understand what items to list. If you had a household inventory before the fire, retrieve it for the insurance adjuster. If you didn't, or if it was destroyed, ask your insurance agent for a blank inventory form; it will jog your memory. Record serial numbers of appliances and household equipment, if possible. Note the approximate cost or value of each item. If possible, take close-up photos or video footage of damaged rooms, furnishings and property.

Once the inventory is complete, contact your insurance company for details on how to submit it to them. Keep all receipts related to living expenses and repairs, permits, inspection forms and any other papers in one place. Your insurance company may request them.

4

TAKE AN INVENTORY

Notify your bank or mortgage company

You should notify your mortgage company about the fire and to keep them informed about what is being done to restore the property. They may have forms for you to fill out, and they may want to inspect the property.

For more information on cleaning up after a fire, please refer to the Canada Mortgage and Housing Corporation's website.

Have your roof inspected.

Take photographs of damage, both of the building and its contents for insurance purposes

Books, photographs and papers

Most photographs can be air-dried, face up. If they were frozen, thaw and then air-dry photos.

To salvage important documents, put them in the freezer immediately. Later, allow them to thaw and lift off each page as it thaws. Consult your lawyer to determine if the actual documents are important to save, or just the information on the documents.

For advice on salvaging books, photographs or paintings damaged by fire, contact the Canadian Conservation Institute toll free at 1-866-998-3721.

Mattresses and pillows

Mattresses and pillows are usually not worth saving. If you must use a mattress temporarily, let it dry in the sun and then cover it with plastic sheeting.

5

Water

If affected by the fire, use your washer and dryer only once they have been checked by a qualified electrician.

Scrape all heavy dirt from clothes, rinse and wash several times with detergent and dry immediately to prevent mould from forming.

Never use water you think may be contaminated to wash dishes, brush teeth, prepare food, wash hands, make ice, or prepare baby formula.

Medications

Dispose of all medicines, cosmetics and toiletries that have been exposed to smoke or extreme heat. Medications that are required to be refrigerated should be safely disposed off and replaced to ensure they are still effective. Ensure you have enough medication (prescription and over the counter) to sustain for a two week period.

Dispose of the following items if they have been exposed to smoke, soot or heat from the fire.

Contents of the freezer or fridge including all meat and produce (fresh or frozen)

All boxed foods

All bottled drinks and products in jars (the seal may have been damaged by extreme heat)

Cans with large dents or with any external damage

BASIC NEEDS

FOOD, WATER AND MEDICINE

You've been through a lot. Don't expect to just take it in stride.

It is normal to experience conflicting emotions as a result of returning home. Allowing yourself to admit your feelings, such as helplessness, confusion, anger and worry, and expressing them to someone you trust will help you to cope. Try to anticipate what conditions you may be confronted with and how you may react. Thinking through this will help you feel more in control of the situation and less distressed.

- Relief returning home – being able to start to get your home, community, and life back in order
- Uncertainty about what it may be like in the coming days, weeks and months
- Distress about the losses you have experienced – your home, personal/ceremonial possessions, garden, maybe even pets; your community
- Relief at what did survive and remain after the fire
- Upset about the changes you have to deal with
- Enthusiasm and motivation to begin to rebuild
- Overwhelmed and worried about how you're going to get through it all – the hard work ahead, and the disruption to your daily life and the impacts on the surrounding community
- Replaying of the frightening moments of the approaching disaster before you left, or the process of evacuating
- Hope for the future

TAKING CARE OF YOURSELF AND OTHERS

What you can do:

Identify the feelings and thoughts. Notice them, and label them. Are you feeling anxious feeling of anger or sadness?

Some individuals notice feelings of worry or distress and may experience having a tight chest, gritted teeth, tense jaw, butterflies in their stomach, heart palpitations, sweaty palms, or shortness of breath.

Recognise what these feelings and sensations are by putting them into words and speaking to someone you trust.

The next step is to find ways of managing your feelings. These are some useful techniques that you may find helpful.

If you are feeling anxious or upset, try to:

1. Slow down your breathing.
2. Challenge the negative thoughts and replace them with helpful ones.
3. Only do what you can and take small steps.
4. Try not to take anger out on others.
5. Be patient with yourself and those close to you– it takes time to manage feelings. You and those around you are taking this journey together.

There are practical things that also will help you to manage:

1. Avoid isolation. Individuals who seek out support, involve themselves in their community, and use the services available recover faster and better.
2. Get enough rest. Sleep as much as your body needs for a few days.
3. Stay hydrated, eat nutritiously and regularly.
4. Whenever possible, take time away to do something that you find enjoyable.
5. Get as much realistic physical activity as possible.
6. Accept help from others.
7. Find a support network.
8. Keep a record of your thoughts and feelings.
9. Give someone a hug. Physical touch is important to feel connected.
10. Make plans for the future.



Words of Encouragement...

No one knows your children as well as you do.

Family is the most important support network for children.

Getting help early can be a good idea.

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TAKING CARE OF YOUR CHILDREN

Children have many different types of reactions to disaster and evacuation. They may be coping well. They may become clingy or fearful, have aches and pains, have nightmares, or revert to thumb-sucking and bed-wetting. They may fight more with their siblings. They may try to act brave when they really need reassurance. All these responses are expected.

Here are some things that may be helpful as you help your children to cope:

- Encourage your children to express their feelings, fears, and experiences. This could include conversations, drawing, play or songs.
- Continue to love and support your child/children encourage them to talk about their feelings, fears, and experiences. Listen to them. Admit that you also feel sad, afraid, worried, but that you will be there and will work it out together.
- Provide your children age-appropriate but factual information about what happened. When the time is right, discuss fire prevention with them, including what they can do to keep the family safe.
- Provide reassurance to your children that the family is safe. Repeat this as often as possible!
- Keep close to them, and hold them. Touch provides extra reassurance that someone is there for them. Spend extra time with them at bedtime.
- Be tolerant of regressive behaviour. It is usually temporary.
- Allow your children to help by giving them jobs to do, even if it slows you down or even if you will have to do the job over again later. Praise them for what they accomplished
- Return to a normal schedule, but relax rules for a while.
- Work with family, teachers, childcare providers, babysitters, and others who will need to understand how the fire and evacuation have affected your children.

Special considerations for caregivers:

For people who depend on caregivers, there may be debris on the streets that could prevent caregivers from being able to reach you. This could leave you isolated.

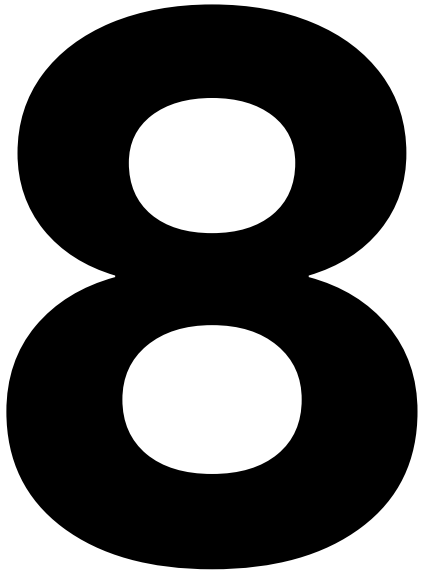
If you have a service animal, the animal also needs time and care to recover. They may be hurt or too frightened to work after a disaster.

You usual access to health services, such as your family doctor, physiotherapist, home care, and other health supports may be limited.

If you have a condition that requires a reliable electrical supply i.e. home dialysis, home oxygen, CPAP or other assistive devices such as an electric bed or lift, or motorized wheelchair that requires please check to ensure that your devices can operate consistently.

Noisy surroundings, like a shelter, may interfere with how well your hearing aid functions. Also, the vibratory cues you are used to may be disturbed. A noisy environment can be very disorienting for people with visual impairments, as well.

Familiar landmarks you use to help guide you may move or be destroyed, both indoors and out.



SPECIAL CONSIDERATIONS

- Your usual ways of getting groceries, medications, and medical supplies may be disrupted. It may take several days before stores reopen, so you may not be able to readily replace even basic items related to your health, including possible disabilities, like hearing aid batteries and prescription medications.
- You may not be able to carry out your daily activities as you did before the disaster.
- You may have a hard time reaching or getting help from police and fire departments, ambulance services, doctors, hospitals, pharmacies, veterinarians, markets, personal assistants, and other home health providers.
- Ensure you have an adequate supply (minimum of two weeks) of any other health supplies you may need, i.e. incontinence products, wound care supplies, barrier creams etc. Access to these products may be limited or certain products not available.
- Public transportation may not be working. Routes and schedules may be changed. Public and private wheelchair transport services or paratransits may not be operating.
- Roads may be damaged or blocked. Road signs may be down. Traffic lights and walking signals used to cross the street may not be working properly, or at all. This can disrupt cues used to cross the street. Travel time may be longer because of detours and added traffic.
- For many people with Alzheimer's or other dementias changes in routine can be extremely upsetting resulting in new or increased challenging behaviors, angry outbursts, increase in wandering frequency, disruption in sleeping, eating and toileting patterns may also occur.
- When you return home it is important to remember that for the person with Alzheimer's and/ or other dementias there may be lingering effects.
- Landmarks may be changed or gone entirely, home may look, feel and smell different. Routines may be new or old routines renewed, both resulting in the potential to disorient. Re-establish a routine as soon as possible, reassurance and distraction when agitated will help to make the person feel safe and comforted.
- Caregivers while feeling relieved to a return home and a return to normal will likely still face some challenging behaviors as they provide care in the "new normal".
- Organizations like the Alzheimer's Society have excellent resources to help and may have support groups in your area to help you in the transition.

9

MOVING BEYOND

The period after a disaster can often feel overwhelming, lonely and difficult. Some people find it helpful to:

1. Get back into a routine. It will probably look different from the one you had pre-disaster, but familiar patterns of mealtimes (with familiar food), school or work, and bedtimes are important for adults as well as children.
2. Break tasks into small steps that are manageable and can be accomplished. Work through them one at a time.
3. Think about what you have achieved at the end of each day.

Individuals often find themselves reliving their experience of the disaster and evacuation, thinking about it, trying to put some sense of order into the events, and answering the question of "why?"

It's natural to try to understand what has happened, but it's important to also recognise that many things that occurred were outside of your control.

If you continue to feel overwhelmed, can't shake the feelings of despair or have any of the following signs, seek help through your family doctor, clergy or a community organization. Asking for help is a sign of strength.

- Frequent arguments or short temper
- Increased consumption of alcohol or drugs
- Difficulty sleeping, bad dreams
- Depression
- Panic attacks or general anxiety
- Feelings of intense sadness and hopelessness

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NOTES AND IMPORTANT INFORMATION

THE CANADIAN RED CROSS SOCIETY

Western Canada
100, 1305-11th Avenue SW
Calgary, AB T3C 3P6
(403) 541-6100

Ontario
5700 Cancross Court
Mississauga, Ontario L5R 3E9
(905) 890-1000

Quebec
6, Place du Commerce
Verdun, Quebec H3E 1P4
(514) 362-2930

Atlantic Canada
133 Troop Avenue
Dartmouth, NS B3B 2A7
(902) 423-3680

National Office
170 Metcalfe Street, Suite 300
Ottawa, Ontario K2P 2P2
(613) 740-1900

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Substantial Repair and Reconstruction Contract Checklist

You have multiple quotes, are comfortable with the cost estimate(s), done your review of the potential contractor(s) and now have a contractor in mind.

Don't have a contractor in mind? Check out our Quick Reference Guide on Selecting a Contractor.

This level of detail may not be applicable to smaller scale repairs or set jobs on separate contracts (such as siding or roofing). However, the principles of setting out who, what, when, and how much apply to all repairs and you can use this checklist as a guide.

ADDITIONAL SUPPORTS: Disasters and emergencies can cause significant disruption and add stress to your life. If you experience stress reactions that make it impossible to function normally over a long period of time, seek help. One option is to contact your local health facility, or a local crisis support line. For immediate support anywhere in Canada, please call Crisis Services Canada at 1-833-456-4566.

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Who the Deal is With

- [ ] Contractor's name, address and contact information. ☞ *The name of the lead contractor can be different than the company signing the contract.*
- [ ] Contractor's business name, address and registration number.
- [ ] Work plan approved by insurer on: _____

Description and Quality of the Work to Be Done

- [ ] Clear description of the work including itemized products, quantity, services and type and quality of materials as well the corresponding prices. ☞ *Ensure sufficient detail, everything you are expecting should be listed.*
    - [ ] Separate any work that is different from your original home condition due to such things like meeting current building code requirements or other improvements.
    - [ ] Include blueprints and building permits if appropriate.
    - [ ] Attach your original estimate to the contract. ☞ *The estimate you obtained should include a clear and thorough description of the work to be done and materials to be used (including the quality).*
    - [ ] A statement that all work will be done according to local applicable building codes.

Timelines

- [ ] Clear work schedule and target performance dates i.e. completion of foundation, framing etc.
- [ ] Specify start and completion dates. ☞ *How will you deal with contractor-caused material delays? owner-caused material delays? How will the cost implications be dealt with?*

My Notes

Start Date:

Completion Date:

In working with beneficiaries following several large scale catastrophic events our experience is that - if the deal sounds too good to be true – it likely is.

Handshake & Cash Deals —A written contract that confirms cost, time and expectations is a strong way to protect yourself. Cash deals can be appealing, but if anything goes wrong you will not be able to provide proof of payment or what was agreed without a contract and/or a receipt.

Cost & Payment Terms

- [ ] Total cost (with clear budget) + applicable taxes. ☞ *Reputable companies should meet their legal obligations and charge taxes.*
- [ ] Clear outline of what costs are included and what is an additional cost (and how additional costs are approved – see Change Orders and Disputes). ☞ *If there is an additional charge for winter building or deployment costs make sure this is specified.*
- [ ] Keep down payments to a minimum (industry standard is no more than 10% upfront).
  ☞ *Consider payment against completion against pre-set targets rather than by time (i.e. monthly).*
- [ ] Keep a holdback, and do not pay the full amount of the contract before the work is done and inspected by the relevant building inspector.
  - [ ] Holdback amounts can vary by province, usually 10% . Holdbacks are released 45 days from substantial completion. Substantial completion generally means **sufficiently complete in accordance with the contract so the owner can occupy or utilize space for its intended use.**
  ☞ *This ensures the work is fully completed and cleaned up, and protects you if the contractor goes out of business or relocates.*
- [ ] Depending on which contractor is rebuilding your house, you may be responsible for obtaining insurance on the structure as it is being rebuilt. In that case, you must maintain coverage for the anticipated **full value** of your rebuilt home. The cost of purchasing this coverage is typically included in the replacement cost of your home.
  - [ ] This means if your home once completed will be valued at $400k, the insurance coverage purchased must be for this value and not the value of the incomplete state. Check with your homebuilder, and ask your insurance representative about what coverage you require and the options available to you.
  - [ ] Alternatively, you can ask the builder to insure the project under a '"builders risk" policy and include that in the cost of the work.
  ☞ *Construction contracts rarely complete on schedule or on budget. Ensure that you have sufficient resources to adapt if/when the project is delayed or runs over cost. Consider factoring in a 25% buffer in your budget.*
- [ ] Payment terms and schedule, including deposit and holdback amounts.

My Notes

Many insurers guarantee the quality of work done by their preferred contractors. If you are using your insurer's contractor, and speaking to the contractor didn't rectify the problem, your next step is to speak to the adjuster assigned by your insurer to outline your concerns. Each insurer has an internal escalation process to address these types of issues.

Change Orders & Disputes

- [ ] Specify how disputes and problems will be resolved.
- [ ] Set out how changes to the work are to be approved and agreed. ☞ *Suggest this is confirmed in writing.*
- [ ] Set out how additional costs are to be agreed. ☞ *Owner to approve all additional costs before they are incurred?*
- [ ] Many insurers guarantee the quality of work done by their preferred contractors. If you are using your insurer's contractor, and speaking to the contractor didn't rectify the problem, your next step is to speak to the adjuster assigned by your insurer to outline your concerns. Each insurer has an internal escalation process to address these types of issues.

Calculator

Total Cost ($):	0.00	Holdback ($):	0.00	**Holdback %** (of Total Cost):	0.00%
Exclusions or Additional:			Deposit:		

My Notes

This tip sheet is provided for information purposes only. The Red Cross recommends all beneficiaries review their policies and contracts in detail and speak directly with their insurance provider, mortgage lender and other stakeholders as each policy, term sheet and loan may differ. It is also recommended to seek independent, expert advice when possible.

Permits, Inspections & Approvals

- [ ] A statement that identifies who is responsible (you or the Contractor) for getting all necessary drawings or blueprints, permits, inspections and approvals by local authorities at the proper times.

Warranties

- [ ] A statement of all warranties identifying what is covered, for how long and what will be done if there are problems.

Contractor Insurance

- [ ] The name of the contractor's insurer and policy number and where applicable, a Certificate of Insurance showing the contractor's liability and property damage insurance.
- [ ] If you are insuring the project speak to your insurance representative before agreeing to add the contractor to your policy. It may be preferable to have the contractor insure the project and add the owner as an additional insured to the contractors “builders risk” policy.
- [ ] The contractor's Workers' Compensation Board number.

Subcontractors

- [ ] A statement of any work that is to subcontracted (i.e., plumbing and wiring).
- [ ] Listing of all sub-trades that will be contracted out and who is responsible to pay for those sub-trades.
- [ ] When obtaining quotes from contractors, consider negotiating clauses which will form part of the contract that could assist in protecting you in the event that a lien is registered on your property by a sub-contractor. For example, a clause identifying that the Contractor will be liable for any costs associated with discharging liens caused by the Contractor’s failure to pay the sub-contractor.

Cleanup

- [ ] Make sure there is a statement in your agreement/contract that the contractor is responsible for removing all debris as soon as construction is completed.

Cancellation and Termination

- [ ] A statement outlining any walk away, termination or cancellation rights.

My Notes