

# Pictou County SEASONAL READINESS GUIDE

Your guide to the seasons in Pictou County

Prepared by Healthy Pictou County to support our incoming providers and their families to prepare for our seasonal changes

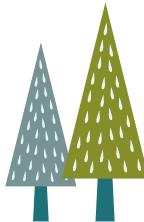


[healthypictoucounty.ca](http://healthypictoucounty.ca)

# TIPS FOR WINTER IN PC

Nova Scotians should prepare for winter driving conditions by equipping their vehicles with:

- ❖ Winter tires for better traction
- ❖ Cold temperature antifreeze to prevent freezing
- ❖ An ice scraper for clear visibility
- ❖ An emergency kit in case of unexpected situations



Buckle up! Seatbelts are required by law year-round. Slow down and leave extra space between vehicles, as icy roads make braking harder. Stay back from snowplows to give operators room to work. Keep your gas tank at least half full to prevent fuel line freeze-ups, and plan ahead to allow extra time for delays.

In Nova Scotia, the Department of Public Works maintains provincial roads, highways and bridges, operating over 400 snowplows and removal vehicles. Crews work 24/7 to keep our roads clear.

Road condition updates are available via:

- ❖ Calling 511 for highway conditions or 1-888-432-3233 for local
- ❖ Following 511 on X (formerly Twitter): [twitter.com/511ns](https://twitter.com/511ns)
- ❖ Visiting the 511 website: [511.novascotia.ca](https://511.novascotia.ca)

For school cancellations, visit the Chignecto Central Regional Centre for Education website at [ccrce.ca](http://ccrce.ca) or check [ns.211.ca](http://ns.211.ca) for province-wide updates.



Ensure your home is well-insulated to keep the warmth in and cold out. Check for drafts around windows and doors, using a draught excluder if needed. Have your heating system inspected before winter to ensure efficiency, and if you have a fireplace, furnace, or wood stove, stock up on firewood.

Invest in a sturdy snow shovel or a snow blower for clearing driveways and sidewalks. Keep ice melt or traction sand on hand to prevent slips and falls.



Winter in Nova Scotia means cold temperatures, snowfall, and damp conditions. To stay warm, invest in a quality insulated coat that's windproof and waterproof. Layer up with thermal underwear, sweaters, and fleece-lined clothing, and always wear gloves, a hat, and a scarf. Stay dry and change wet clothes quickly to avoid heat loss.

For footwear, choose waterproof, insulated boots to handle changing conditions like snow, rain and ice. Ice cleats or traction aids can provide extra stability on icy days. Proper winter gear makes all the difference, keeping you comfortable and protected.

Winter in Nova Scotia brings snow, chilly temperatures and new experiences, but with the right preparation, you can enjoy the season safely and comfortably. Dress warm, drive safe, winter-proof your home, and stay stocked up on essentials. A little planning goes a long way in making winter not just manageable, but enjoyable. Stay ready, stay safe, and make the most of this beautiful season!



# TIPS FOR SUMMER IN PC

Summer in Pictou County is filled with sunshine, beautiful beaches and outdoor adventures. Whether you are exploring the coastline, hiking scenic trails, or enjoying a local festival, being prepared will help you enjoy the season to its fullest.

Taking care of your skin in the sun is super important. Wearing sunscreen, a wide-brimmed hat, and sunglasses can help keep you safe from sunburn. Plus, light and breathable clothing will help you stay cool and comfy. And don't forget, summer evenings can get breezy, so it's always a smart idea to bring along a light sweater just in case!

With so many beautiful beaches nearby, it's always a good idea to stay prepared for summer adventures. Pack these essentials to make the most of your time outdoors:

A bathing suit for spontaneous trips to the beach and swimming spots

Bug spray to keep mosquitoes and other insects away

A poncho or umbrella for unexpected summer showers

An umbrella for extra shade on hot, sunny days



Summer is a wonderful time for road trips and outdoor adventures, but staying safe on the road is just as important as reaching your destination. Always wear your seatbelt and adhere to speed limits to ensure a smooth and secure journey.

Before heading out, check for road construction or detours by visiting Highway Construction Projects at [novascotia.ca](http://novascotia.ca). Planning ahead can help you avoid unexpected delays and make your trip more enjoyable.

If you encounter construction zones, be sure to reduce your speed, leave extra space between vehicles, and follow posted signs. Watch for flaggers directing traffic and stay alert for sudden changes in road conditions.

Driving with kids? Keep them safe with the right car seat:

- Rear-facing: under 1 year and under 22 lbs
- Forward-facing: over 1 year and at least 22 lbs, until they reach 40 lbs
- Booster seat: from 40 lbs until they fit a seatbelt properly

In Nova Scotia, kids need a booster until they're 4'9" or 9 years old.

If you're heading out for a hike, a bike ride, or just to enjoy nature, it's a great idea to wear light-coloured clothing. It helps keep you cool and avoid attracting bugs. And no matter where you're headed, don't forget to bring along a reusable water bottle. Staying hydrated is important, no matter where your adventures take you, so you can enjoy your time outdoors!

During tick season in Nova Scotia, it's also important to watch out for ticks. They can spread Lyme disease. Stay on clear paths, use bug spray, and check yourself for ticks after being outside, especially around your legs, arms and hairline. Light-coloured clothes can help you spot them more easily too.

# TIPS FOR FALL & SPRING IN PC

Fall and spring weather can be unpredictable in Pictou County. One minute, it's a sunny day and the next, the power's out! Be ready by keeping an emergency kit stocked with flashlights, extra batteries and non-perishable snacks.

If you need updates, call 1-877-428-6004 or check the Nova Scotia Power Outage Map for real-time outage information at [outagemap.nspower.ca](http://outagemap.nspower.ca)

Pictou County REMO (Regional Emergency Management Organization) works behind the scenes to ensure local municipalities, first responders, and emergency teams are ready for whatever comes our way - like storms, flooding, wildfires and more.

Quick seasonal tips:

- Fall: Expect windy days. Secure outdoor furniture and trim weak tree branches to keep clear of power lines.
- Spring: Watch for flooding from rainy days. Keep drainage areas clear to prevent water buildup.

Wildfire season in Nova Scotia runs from March 15 - October 15, and conditions can change quickly.

- Fall: Dead leaves and dry brush can be fire hazards. Safely dispose of yard waste and follow local burning rules.
- Spring: Dry weather means a higher wildfire risk. Always check before burning anything!

No burning is allowed between 8:00 a.m. and 2:00 p.m. during wildfire season.

Fire restrictions are updated daily at 2:00 p.m. Check the NS Burning Map before lighting a fire at: [novascotia.ca/burnsafe](http://novascotia.ca/burnsafe)



Flooding can happen fast and cause serious damage to your home and property. Sewer backups, leaks, and heavy rainfalls are just a few of the culprits.

In spring, melting snow and heavy rains increase the risk, while fall storms and hurricanes can bring storm surges along the coastline. Be prepared by keeping valuables off the basement floor, checking your sump pump, and ensuring drains and gutters are clear.

Nova Scotia Environment Emergency Response: 1-800-565-1633

Local Environment Office:  
902 396-4194

Explore the community in  
our 360° virtual Pictou  
County Hub!

