American citizens:

American embassy use a program called STEP for US citizen registration abroad.

Register here: https://step.state.gov/

Info:

The Smart Traveler Enrollment Program (STEP) is a free service to allow U.S. citizens and nationals traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate.

- Receive important information from the Embassy about safety conditions in your destination country, helping you make informed decisions about your travel plans.
- Help the U.S. Embassy contact you in an emergency, whether natural disaster, civil unrest, or family emergency.
- Help family and friends get in touch with you in an emergency.

Us Embassy Ireland twitter https://twitter.com/USAmbIreland Facebook: https://www.facebook.com/usembassydublin/

Canadian citizens:

Registration of Canadians abroad https://travel.gc.ca/travelling/registration
You can also register in person.
Canada in Ireland twitter https://twitter.com/Canadalrlande

Canadian social media resource

http://international.gc.ca/gac-amc/contact-contactez/social-media_medias-sociaux.aspx?lang=eng#buzzfeed

Useful:

Office of emergency planning twitter: https://twitter.com/@emergencyle

Good retweets from eg dublin fire brigade, traffic, weather, coast guard etc.