

What will you do if it happens to you?



Emergency planning advice for you and those you care for



PREPARING FOR EMERGENCIES
WHAT YOU NEED TO KNOW

Please read and keep this information where you can find it

If the unexpected happens

You will manage better if you are prepared and have a **CLEAR** plan.

Events that could happen:

- **Weather related**
(flooding, storms, heavy snow, heatwave)
- **Public safety**
(fire, unexploded bomb, terrorism, explosion, chemical or nuclear leak)
- **Disease**
(pandemic flu or animal disease)
- **Major transport incident**
(road, rail, air, sea)
- **Loss of essential services**
(electric, gas or water)

It does not require any special knowledge, only a few minutes of your time.

Talk to the people you live with about what you will do. You could write a home emergency plan. Make this plan CLEAR. Let's take a closer look at this...



Household emergency plan templates are often available on your council or local resilience forum website. They can be used alongside the steps in this guide to help you prepare your CLEAR plan.

There may also be community emergency plans already prepared in your area. Contact your local town or parish council to find out whether there is one for your area and how it could help you.



Always **C**heck the radio, television, social media or internet for weather warnings and news.

Local radio and television

Local radio and television news are usually reliable sources of information. Find out which radio stations are the most relevant and reliable for your area and set them as presets.

BBC Radio Devon	94.8	95.7	95.8	96	103.4	104.3
BBC Radio Cornwall	95.2	96	103.9			
Heart Cornwall	105.1	107				
Heart Devon	96.4	96.6	97	103		
Pirate	102.2	102.8				
Radio Scilly	107.9					

Internet

Reliable information is available online. Make these sources your internet favourites.




www.metoffice.gov.uk



www.gov.uk/flood

Social media



Look for Twitter accounts providing information in your area which have been verified by Twitter . The information on these is more likely to be reliable as it comes from an official source. Good examples are the emergency services, your local council, the Met Office and the Environment Agency.



Look for facebook groups in your area. There may also be information here when the emergency is over and you are beginning to recover.



Make a **List of any medication you take, important phone numbers and insurance policy numbers, and carry this at all times.**

Keep important documents like birth certificates and passports above flood levels in a fire proof box. Keep computer information on an external storage device. You might also want to take all this with you, so keep them in one place or in an emergency bag.

Save useful numbers in your mobile phone and keep on a list in your wallet or purse.

For the emergency services dial
Non-emergency Police enquiries
NHS Direct (medical advice)
Environment Agency Floodline

Gas Leaks
Power Cuts
Water Leaks

Coastguard Infoline

Highways England Information Line

999 (SMS Text 999)
101 (SMS Text 67101)
111
0345 988 1188
(Typetalk 0845 602 6340)
0800 111 999
105
0800 230 0561
infoline@mcga.gov.uk
0300 123 5000

Have you put ICE contacts in your mobile phone?

The emergency services are trained to check for the ICE number.

Standing for 'In Case of Emergency', ICE allows the emergency services to contact someone if you are unable to do so. Think carefully about who you choose as an ICE contact because that person may need to give consent for medical treatment.

If you don't carry a mobile phone or you keep it locked you can keep the same information on a card in a wallet or purse.



Emergency Bag

An **E**mergency Bag can be useful especially if you have to leave your home quickly or stay indoors without power for few days. It is easy to prepare one in advance.

The bag should be small enough to carry. You should check the bag regularly to make sure it has everything you need and that items like torches have batteries that work.

Your bag could contain:

- Copy of your household emergency plan if you have one
- National Health Service numbers (ask your doctor's surgery)
- Toiletries
- First Aid Kit
- Antibacterial hand gel
- Wind up radio
- Wind up torch
- Spare batteries
- Notebook and pen

Don't forget to take:

- Medication
- Important documents
- Essential keys
- Items such as glasses for children and other people you care for
- Mobile phone and charger
- Items for pets
- Cash/debit/credit cards

Also, think about what you will need if you have to stay indoors for a few days. Consider putting the following items in a separate box:

- Enough tinned or dried food and bottles of water to last three days
- Candles and matches
- Camping stove (only use indoors in an emergency. Place on a stable surface and use in a well ventilated area with a carbon monoxide detector)
- Remember to check dates and regularly replace water.

Remember: if there is fire or another immediate danger in the house don't stop to grab anything. **Just get out.**



Should an emergency happen, **Act** when you need to.

In an emergency dial 999. Do not put yourself or others at risk. Follow the advice of the emergency services.

If the **danger is outside** – **STAY IN:** **Go In, Stay In, Tune In**

- Stay there until you are told that the emergency is over or you are advised to leave.
- Listen to local radio or TV news for updates.

If the **danger is inside** (or you are told to evacuate) – **STAY OUT:** **Go Out, Stay Out**

If it is safe and you have time

- Take the items you need (including your emergency bag).
- Switch off power and lock doors and windows.
- Go to a safe place.

Safe places

Know the quickest and safest routes out of your house and have a safe place to meet if you get separated.

Safe places may be provided by the emergency services. If you make your own arrangements, such as staying with friends, please tell somebody where you are.

In the event of a flood

Move valuable items to safety. If your house has property protection measures (such as flood gates or air brick covers) make sure you know how they work.

Move pets to a safe place with plenty of food and water.

Stay safe when travelling

In the case of severe weather listen to the advice of the emergency services and only travel if you need to.

Stay out of flood water

whether in the car or on foot, you don't know what's beneath the surface.

Check if other people may need your help; information may not reach some as quickly.



Taking the **CLEAR** steps in this guide will help you **R**ecover and get back to normal much quicker.

After major incidents like flooding, there may also be recovery surgeries and drop ins which will provide you with further advice. Look out for information in the local media and from your council.

Space for making your own notes:

**BISHOPSTEIGNTON EMERGENCY RESILIENCE TEAM:
07708 512906**

**BISHOPSTEIGNTON CARE WATCH:
07874 749705**

**BISHOPSTEIGNTON PARISH COUNCIL:
07483 149812**

If you found this leaflet useful, tell others and help them to make a **CLEAR** plan.



Check information sources for weather warnings and news.

Make a **L**ist of important numbers and medication and carry this at all times.

Have an **E**mergency Bag ready.

Act when you need to.

Recover.

Your Local Resilience Forum (LRF)

This leaflet has been produced by the Devon, Cornwall and Isles of Scilly Local Resilience Forum (LRF). The Emergency Services, Local Government, Health Services and many other organisations work together to form the LRF. The LRF has plans in place to respond to major emergencies, to save lives, contain danger, protect the public and to minimise the effects so we can all return to normality as soon as possible.

Everyone has a role to play in preparing for emergency situations. The LRF has produced this plan to help you develop a CLEAR plan of what you would do in an emergency. You can find more information on the website at www.dcisprepared.org.uk.



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