

Preparing for Emergencies - Are You Ready?

Household Emergency Plan



Families and households can better cope with emergencies by preparing in advance and working together as a team. This leaflet covers three basic steps to being prepared for emergencies:

- **Have a Plan**
- **Have a Grab Bag**
- **Stay Informed**

For more information about Emergency Planning in Cumbria visit:
www.cumbria.gov.uk/emergencyplanning

For information about Emergency Planning in your community visit
ACT's website: www.cumbriaaction.org.uk



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Have a Plan

Make a plan with all members of your household (back page) & review annually.

Getting prepared - Checklist

- Find out what local risks may affect you (e.g. flooding). Register for alerts and fit protective measures, if available.
- Know where and how to safely turn off utilities:
 - Electricity
 - Water
 - Gas
- Ensure you have valid building and contents insurance.
- Fit smoke and carbon monoxide detectors, and test regularly.
- Prepare escape routes from your house and teach all householders.
- Microchip your pet(s) and consider their needs in an emergency.
- Ask Parish / Town Council if your community has an emergency plan.

Have an Emergency Grab Bag

Know where your 'grab bag' essentials are to save time in an emergency.

Grab Bag - Checklist

- Wind up / battery radio, with spare batteries
- Torch with spare batteries, candles and matches
- First aid kit and manual
- Medication, repeat prescriptions, tissues, toiletries, sanitary supplies
- Food & equipment for those with special requirements e.g. babies, pets
- Spare warm clothing, sleeping bags or blankets, books and games
- Your mobile phone, spare battery and charger
- Extra car and house keys
- Cash, credit cards, key cards
- Copies of important documents - birth certificates, passports, licences, insurance policies (store originals in a fire and waterproof container).

Stay Informed

In major emergency situations it may be necessary to issue warnings and advice to the public. These would normally be broadcast via local radio or TV channels. You can also sign up in advance to receive relevant information.

- Tune into local radio or TV
- Check relevant social media accounts (see below)
- Register with your utility companies if you may require extra assistance. NB: Each maintains its own Priority Services Register.

Sign up for:

- Cumbria Community Messaging: www.cumbriacommunitymessaging.co.uk
- Flood Warnings: flood-warning-information.service.gov.uk

Complete the table below with your important contacts:

Important Contacts List

Contact	Phone	Web / Twitter	
Environment Agency / Floodline	0345 988 1188	(see flood warnings above) @EnvAgencyNW	
Electricity North West (power cut)	0800 195 4141	enwl.co.uk	@ElectricityNW
National Grid (gas/carbon monoxide)	0800 111 999	nationalgrid.com	@nationalgriduk
United Utilities (sewerage flooding)	0345 672 3723	unitedutilities.com	@unitedutilities
Highways (drain / road flooding)	0300 303 2992	cumbria.gov.uk/highways	@CumbriaHighways
District Council:			
Police (non-emergency)	101	cumbria.police.uk	@Cumbriapolice
Doctor:			
Dentist:			
Vet:			
Out of town contact:			
Insurance Company:			
Policy Nos.	Buildings:	Contents:	Car:
Local Radio Frequency	BBC Radio Cumbria 95 - 105 FM		

Responding to an incident

- Ensure you are not in danger. If people are injured or there is a threat to life, dial 999 and follow instructions.
- Generally if the danger is outside (if it is safe to do so):
 - Go in** a safe building
 - Stay in** until you are advised to do otherwise
 - Tune in** to local radio / TV for more information
- If the danger is inside:
 - Get out, stay out** and **call emergency services**

Contact all householders:

Name:	Mobile Number:

If we cannot contact each other we will leave a message with:

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Meeting Point: If we cannot get home we can meet / stay at:

Near home:
Further away:

If required and safe to do so:

- Turn off utilities (Electricity, Water, Gas)
- Install protection measures e.g. flood doors
- If evacuating, collect grab bag kept here:
- Check on family and / or neighbours who may need assistance

If you need assistance: Who can you call for help?

Name:	Mobile Number: