

How to prepare for an emergency

How to protect

- yourself
- your family
- your pets

in an emergency





Have you got two escape routes from each room in your house?

You can prepare
- for damage to your home, temporary evacuation or isolation.

- Fire
- Flooding
- Power or water cuts
- Extreme weather
- Chemical spills
- Road or rail accidents

You or someone you know may already have experienced one of these. They can lead to injury, damage, inconvenience, cost - or worse, to you or people you know.

- Think about how you'll stay in touch with people you know if you become separated. You may not be able to rely on phones, especially mobiles. Identify two meeting places: one near home and one further away, in case you can't get home. Near home it could be a tree or lamp post. Further away it could be a school, or friend's house or a safe public building.
- Pick a friend or relative who lives out of the area, for you and yours to call to say you're OK.

Before an emergency

Think about these situations. Talk about them. Discuss and agree what you would do. It's best to write down your plan, but even having discussed it can make a huge difference to how you will cope, whether it's a minor incident, or something worse.

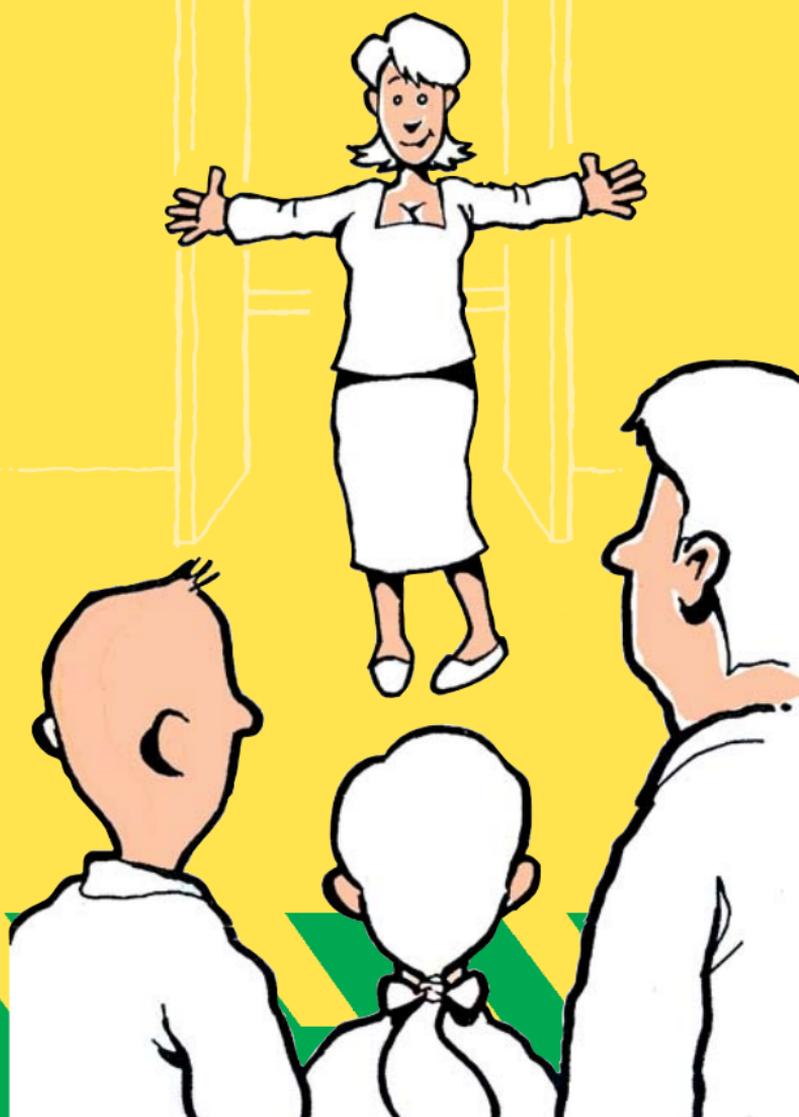
In an emergency

If there's a major incident, stay home and tune into your local radio.

BBC Essex 103.5 and 95.3 FM

Essex FM 102.6 FM (in the north and middle of Essex) and 96.3 FM (in south Essex).

Go in, Stay in, Tune in



Your emergency grab bag

Be cool - stay calm

Your emergency grab bag holds important personal information and items which may help in an emergency.

It should be small enough for anyone to carry and kept in a safe place that everyone in your household can find.





Please attach label provided to
your emergency bag



Name:

Address:

Emergency grab bag



Out of area contact

Name:

Tel:





Please attach label provided to
your emergency bag



Emergency grab bag checklist:

- Prescription medicines details
- for the family
- Toiletries
- Identity documents
- First aid kit
- Radio (battery or wind up)
- Torch (battery or wind up)
- Spare batteries
- Notebook, pen/pencil
- Spare glasses/contact lenses
- Mobile phone charger
- Contact list - including phone
numbers
- Insurance details
- Spare keys for house/car
- What else? (chocolate is
always useful)



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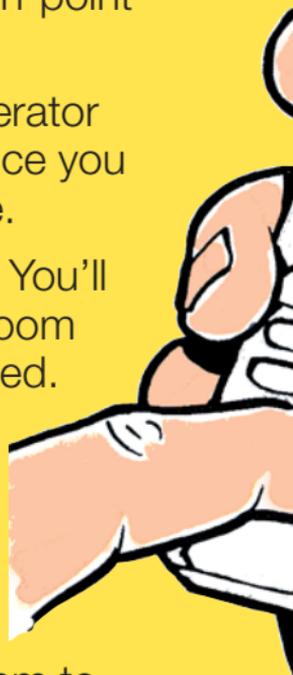


Which emergency service do you need?

999 - the right number at the right time

It's the right number in an emergency - so first ask yourself - is there a risk to life or limb?

- Before you dial 999, think about which service you need to call. Don't worry if you're not sure - the emergency operator will help you and all calls are recorded.
- Try to find out as much as you can about where the emergency is - the house number or name, the road name, the neighbourhood or town. This will help the operator to pin-point the place.
- When you get through, the operator will ask which emergency service you need: fire, police or ambulance.
- Listen carefully and be patient. You'll be put through to the control room operator for the service you need. They'll need to ask some questions, so don't put down the phone until they say.
- If you can, wait in a safe place until the emergency service arrives. Then you can show them to the incident and you'll save vital time.



There's so much more: about how to evacuate your property, what to do, who to trust - whether it's an accident, severe weather or fire: what to do about pets, wildlife and where to go afterwards, for support and help. Your health and recovery after an emergency can be just as challenging.

See www.crisissupportessex.org for information about the Crisis Support Team - Essex.

There's lots more advice and information on the web site (www.essexcc.gov.uk/microsites/essex_resilience/) or at your local library.

ICE in your phone - it's a precaution, not a problem. It means 'In Case of Emergency' - so you put a friend or family phone number into your mobile phone and call it ICE. So that if you're in a situation where you are unable to make a call, the emergency services can grab your phone and contact someone who knows you, by looking for 'ICE' in your phone.



Important information

Name

Telephone

Policy number

Doctor

Building insurance

.....

Contents insurance

.....

Car insurance

.....

Local meeting place

.....

.....

Alternative meeting place

.....

.....



Family Details

Name

NHS number _ _ _ _ _

Date of birth

Important medical information

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.....

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Name

NHS number _ _ _ _ _

Date of birth

Important medical information

.....

.....

.....

Name

NHS number _ _ _ _ _

Date of birth

Important medical information

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The information contained in this document is for guidance only and is not intended to replace detailed guidance and planning specific to you. To the extent permitted by law, The Essex Resilience Forum excludes any liability arising from the use of this guide: adapted from a document produced by Chelmsford Borough Council and Maldon District Council as part of duty under the Civil Contingencies Act 2004 and produced by Braintree District Council.



More useful contacts



www.essex-fire.gov.uk

www.essex.police.uk

www.ukresilience.info

www.nhsdirect.nhs.uk

www.rspca.org.uk

www.environment-agency.gov.uk

Flood line 0845 988 1188

Essex Police non-emergency
number 0300 333 4444

Essex local authorities.gov.uk

Basildon, Braintree, Brentwood, Castle Point, Chelmsford, Colchester, Epping Forest, Harlow, Maldon, Rochford, Southend-on-Sea, Tendring, Thurrock, Uttlesford and Essex County Council.

