

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.
- 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 for more information
- If the danger is inside:
 Get out, stay out and **call emergency services**

Key Contacts (household and emergency):

Name:	Mobile Number:

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:

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

Name:	Mobile Number:

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.cumbriaprepared.org.uk

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



Have a Plan

Make a plan with all members of your household and review annually.

Getting prepared - Checklist

- ☐ Know where and how to safely turn off utilities:
Electricity
Water
Gas
- ☐ Set up your Grab Bag (see below)
- ☐ 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 pets and consider their needs in an emergency.
- ☐ Find out if your local community has Community Emergency Hub or a Community 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 or battery radio (with spare batteries)
- ☐ Torch with spare batteries
- ☐ Copy of key Emergency Contacts
- ☐ Copies of important documents
- ☐ Medication, repeat prescriptions, tissues, toiletries, sanitary supplies
- ☐ Mobile phone charging cable and power bank
- ☐ Spare warm clothing, sleeping bags or blankets, books and games
- ☐ Snacks and bottled water
- ☐ Small amount of cash
- ☐ Food & equipment for babies, children and pets (if applicable)

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 (BBC Radio Cumbria 95 - 105 FM)
- ☐ Check relevant media accounts (see below)
- ☐ Register with the Priority Service Register for your utilities (water, gas and electricity) if you require extra assistance in an emergency thepsr.co.uk
- ☐ **Sign up for:**
Severe Weather Warnings: metoffice.gov.uk/about-us/news-and-media/media-centre/subscribe-to-email-alerts
- ☐ Flood Warnings: flood-warning-information.service.gov.uk
- ☐ **Be ready for:**
Know when you might receive an Emergency Alerts gov.uk/alerts

Important Contacts List

Contact	Phone	Web and More Information
Flooding - Floodline	0345 988 1188	check-for-flooding.service.gov.uk
Power Outage	105	Powercut105.com
Mains Water or Mains Sewerage	0345 672 3723	unitedutilities.com/
Gas (check your area) North Cumbria: Northern Gas Network South Cumbria: Cadent Gas	0800 11999 (emergency number)	northerngasnetworks.co.uk/in-your-area/incidents/ cadentgas.com/incidents
Local Authority (check your area) Cumberland Council Westmorland and Furness Council	0300 373 3730 0300 373 3300	cumberland.gov.uk westmorlandandfurness.gov.uk
Police (in a non-emergency)	101	cumbria.police.uk
House Insurance		
Car Insurance		