

Prepare Yourself

Home Emergency Plan



Bedfordshire
PREPARED

Do you know what to do in an emergency?

Unless the emergency services have told you otherwise, you should follow these guidelines:

1. If people are injured or in danger dial 999 and provide them with all the details
2. Follow the advice of the emergency services
3. If the danger is inside - GO OUT and STAY OUT
4. If the danger is outside - GO IN, TUNE IN, STAY IN
5. Stay calm and reassure others
6. Help yourself and your household first but helping neighbours who could be vulnerable is also important

Being Prepared at Home

Being prepared gives everyone the best chance in an emergency and writing a **Home Emergency Plan** is a great way to ensure this happens. Involving the whole household in writing a **Home Emergency Plan** helps them be prepared too.

What could happen?

- Fire
- Flooding
- Extreme weather
- Utilities failure
- Industrial incident or chemical spills
- Road or rail accident

Remember that these incidents are very rare, but it is still worth thinking about what the impact could be.

Questions to ask

You have thought of all the things that could happen, but what can you do to prepared yourself?

Here are some questions for you to ask to help you create your **Home Emergency Plan**:

- What would you do without power for three days?
- What would you do without water for three days?
- Do you have alternative methods to get to work?
- Do you have insurance?
- Do you know how to turn off your gas, water and electricity supplies?
- Does your whole household know how to keep in touch? Including options for no internet or WiFi signal?
- Do you have an agreed meeting point?
- Do you have an out of area friend or family member that can act as a central point of contact and pass on messages between your family?
- Do you have an alternative place to stay?
- Do you know who to listen to in an emergency?

If someone in your household has special needs and is medically reliant on utilities such as electricity and water, speak to your provider about schemes to help you should there be utility service failure.

Warning & Informing Bedfordshire

Flood Warnings – Environment Agency

Flood Warnings Direct is a free service operated by the Environment Agency which sends a direct message when coastal or river flooding is expected and could affect your property. Flood warnings can give you time to prepare for flooding which could save you time, money and heartache.

You can receive warnings by telephone, mobile, email, SMS text message or fax whichever you prefer.

Call Floodline on **0345 988 188** to register or visit the Environment Agency website www.environment-agency.gov.uk

Severe Weather Warnings – Met Office

The weather can impact on your everyday life in many ways – from what to wear to whether to travel. The Met Office provides severe weather warnings to the public and emergency responders.

For further information on Severe Weather Warnings visit the Met Office website www.metoffice.gov.uk

Local Radio Stations

In an emergency, tune in to your local radio station for information, so make sure you have details of their frequencies.

- BBC Three Counties Radio – 95.5 FM, 103.8 FM, 104.5 FM
- Heart Home Counties 103.3FM 96.6FM 96.6FM

Home Emergency Plan

Emergency Contact Numbers

Emergency Services	999 or 112
Police non-emergency	101
NHS Advice (non-emergency)	111
Flood Line	0845 988 1188
Power Cut	105
Gas Emergency Service	0800 111 999
Met Office	0870 990 0100

Other Numbers

Work:

Doctor:

School:

Emergency Friend:

Neighbour:

Council:

Grab Bag Location:

Alternative Meeting Place:

Alternative Place to Stay: