

**SUSSEX**  
**RESILIENCE**  
**FORUM**

**Preparing for  
Emergencies**

## Go In, Stay In, Tune In

In an emergency, authorities and emergency services may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the internet often for official news and instructions as they become available.

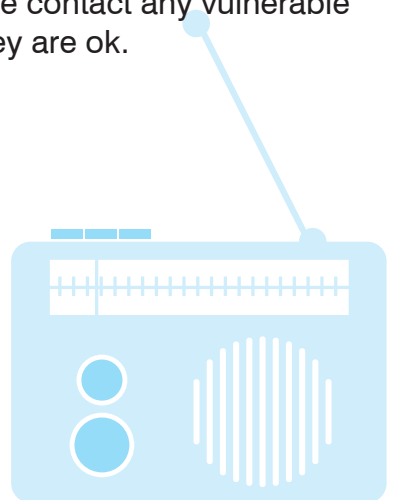
Make sure 999 has been called if people are injured or if someone's life may be in danger. Please do not take risks with your own safety.

If you are not involved in the incident, but are close by or believe you may be in danger, the best advice is to go inside a safe building and stay inside until you are advised to do otherwise.

Bring your family and pets inside, going into an interior room with few windows, if possible. Shut doors, close windows and air vents, turn off fans, air conditioning and forced air heating systems.

Learn how to turn off utilities and teach other people in your home. Find out the location of electric, gas and water shut-off valves and keep any necessary tools nearby. If you turn the gas off, a professional must turn it back on. Do not attempt to do this yourself.

If you are in a position to help others, please contact any vulnerable neighbours or family members to check they are ok.



# Home emergency kit

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth. We recommend the following items should be in your emergency kit:

- Water: 4 litres (7 pints) of water per person per day for at least three days, for drinking and sanitation
- Food: at least three days' supply of non-perishable food e.g. in tins
- Battery-powered radio and extra batteries or wind-up radio
- Torch and extra batteries (or wind up type)
- First aid kit
- Whistle to signal for help
- Wet wipes, rubbish/bin bags and plastic ties for personal hygiene
- Wrench or pliers to turn off utilities
- Tin opener

Please remember you may not be able to rely on having power supplies or signal for mobile phones.

Additional items to consider adding to an emergency kit:

- Prescription medications and glasses
- Infant formula and disposable nappies and nappy sacks
- Family documents such as copies of insurance policies, passports, National Insurance numbers, NHS numbers and bank account records in a waterproof, portable container
- Cash
- Sleeping bag or warm blanket for each person; consider additional bedding during winter
- Complete change of clothing including a long-sleeved top, trousers and sturdy shoes; consider additional clothing during winter
- Water purification tablets

- Feminine supplies and personal hygiene items
- Paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Pet owners should also consider:

- Pet food, water, beds and toys
- Pet medications and medical records in a waterproof container
- Sturdy leashes, harnesses and/or carriers so you can move your pets safely and they can't escape (remember they may be scared and may act differently from usual)
- Current photos of your pet in case they get lost
- The name and contact number of your vet

All your pets should have an identification tag and collar.



## **Create an evacuation plan**

In certain situations, you may be asked to leave your home by the emergency services. If this happens, leave as quickly and calmly as possible. It is best to be prepared as you may have to sleep somewhere else for a while.

- Plan places where your family will meet, both within and outside of your immediate neighbourhood
- If you have a car, keep a half tank of fuel in it at all times in case you need to evacuate
- Become familiar with alternative routes and other means of getting out of your area
- If you do not have a car, plan how you will leave if you have to

If asked to leave:

- Take your emergency kit unless you have reason to believe it has been contaminated
- Take your pets with you. Facilities will be available for your animals at every rest centre.
- Turn off electricity, gas and water supplies, unplug appliances and lock all doors and windows

The emergency services or authorities may want to know where you are planning to go and how you can be contacted.

## **Returning home after an emergency**

Listen to advice from emergency services or authorities about any specific actions which you must follow when it is safe to return home.

## Useful information

You can fill in details to help plan ahead.

Contact details for family members you would want to contact in an emergency

Name:

Phone:

Mobile:

Email:

Name:

Phone:

Mobile:

Email:

Name:

Phone:

Mobile:

Email:

If you are evacuated where will you go?

If you can't contact each other, where should you meet/or who should you leave a message with?

Who will be responsible for picking up the children from school? (If applicable.)

Emergency Services

Local Authority

Doctor

School

Important Documentation & Information

Insurance Company Name

Insurance Tel. No.

Home Insurance Policy number

Other (Please List)

How do you turn off the following?

Gas

Electricity

Water



**GO IN**



**STAY IN**



**TUNE IN**