



HOW TO PREPARE

The chances of you being caught up in a major emergency or disaster are low; nevertheless they happen. This leaflet shows you how you can be better prepared to protect yourself and others.

What is a major emergency?

Essentially a major emergency is something on a scale that needs special arrangements to deal with it, such as:

- Serious transport accidents (plane, train, motorway pile-up)
- Extreme weather – storms, flooding
- Major crime/terrorism/public disorder
- Explosion/fire/industrial accident
- Toxic chemical spillage/radioactive release
- Shortages of essential supplies – water, food, power etc.
- Infectious disease outbreak

The emergency services, local authorities, health trusts, voluntary agencies and the utility companies all have co-ordinated emergency plans in place. The aim is to save life, contain the hazard, protect the public and return to normality as soon as possible, but that task is made much easier if the public also know what to do in an emergency.

Being prepared for a major emergency also means that you can deal more effectively with minor ones. In most situations you will either need to seek immediate shelter from the threat or hazard or to move right away from it, so it makes sense to have a plan to do both. Useful steps you can take beforehand include:-

- Make a **list of important contacts**, such as family, friends and neighbours, your children's school, your GP, veterinary surgery, your gas, water, electricity supplier, your insurers and so on. Carry this (wallet, handbag) and keep copies handy at home, at work or in the car.
- Arrange for a friend or relative out of your area to be the **family contact point** in case your family become separated during an emergency.
- Make up an **emergency pack** for home and the car
- Even if you normally listen to other stations know how to tune into your local radio station for public safety information in an emergency (see frequencies overleaf).
- Check that your **insurance cover** is up to date.
- If in a flood risk area keep a stock of empty **sandbags** and sand

In the car

This will vary according to the time of year, but keep these items in the car as a basic **emergency kit**:-

- | | | | |
|--|---|----------------|--------------|
| • bottled water | } | | |
| • first aid kit | } | | |
| • torch & batteries | } | All year round | |
| • cigar plug lead for mobile phone | } | | |
| • sweets, longlife snacks | } | | |
| • a blanket, warm tracksuit and woolly hat | } | | } October to |
| • a waterproof coat | } | | } May |
| • wellington boots | } | | |
| • spare socks (can also be used as gloves) | } | | |

At home

Prepare an **emergency pack** containing:-

- a battery-powered radio (with local radio frequencies marked)
- torch
- spare batteries
- first aid kit
- a copy of your contact list
- bottled water/canned drinks

Make an **evacuation checklist** of items to pack quickly if you are suddenly advised to leave your home. This list might include items you would take with you for an overnight stay and the following:-

- your emergency pack (above)
- warm clothing
- essential toiletries
- essential medication and personal items eg glasses
- baby food, nappies
- wallet, purse and bank cards
- keys
- mobile phone and charger
- pet carrier/lead etc (try to get someone to care for your pets if possible or bring their documentation so they can be cared for at a suitable boarding kennel/cattery)

If you are asked to evacuate your home ensure:

- you lock all doors and windows
- let someone coordinating the evacuation know where you are going if you decide to stay with friends or relatives

Be a good neighbour and ensure the people next door to you are ok especially if they are elderly, have disabilities or have young children

If there is an incident at your children's school and they need to evacuate, listen to local radio for announcements and information.

THIS SHOWS COVER POSITION -
PLEASE DO NOT PLACE ANY INSERT
ARTWORK HERE AS AREA WILL
BE OBSCURED BY A COVER
NB. PLEASE SET UP COVER
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CHECK AND UPDATE YOUR EMERGENCY PLANS REGULARLY!

EMERGENCY ACTION CHECKLIST

Type of Emergency	Beforehand	During/After
Severe gale/storm (forecast gusts over 70mph)	<ul style="list-style-type: none"> Secure outdoor items Bring pets indoors Close doors and windows Draw curtains in case of flying glass Check on vulnerable neighbours. Monitor TV/radio weather warnings (but unplug external TV aerial during thunderstorms!) 	<ul style="list-style-type: none"> Stay indoors until storm passes Check for damage, make safe if possible Beware fallen cables, weakened trees, loose masonry etc.
Flooding eg a "Flood Warning" or "Severe Flood Warning" is issued	<ul style="list-style-type: none"> Move possessions to a higher level Protect doorways and airvents with sandbags or floodboards Monitor TV weather reports, and the Environment Agency's Floodline 0845 988 1188 or website at www.environment-agency.gov.uk Flood warnings are also on Ceefax page 419 or Teletext page 154 	<ul style="list-style-type: none"> Move upstairs if possible If trapped in deep flooding stay by a window and call for help DO throw away food that has been in contact with flood water
Toxic chemical or radiation release	<ul style="list-style-type: none"> Go indoors and stay there Bring pets inside too Close outside doors, windows, air vents Turn off fans - hot air heating systems, ventilation, etc. Cover all unsealed fresh food Listen to your local radio station for further advice 	<ul style="list-style-type: none"> DON'T go outside until told it is safe to do so DON'T try to collect children from school unless instructed to - they will be looked after DON'T use rainwater, or eat locally grown vegetables until told they are safe

GO IN, STAY IN, TUNE IN

In an emergency the authorities will broadcast safety information on local radio.

Local stations covering Greater Manchester include:

Radio Manchester – 95.1 FM
 Key 103 Manchester – 103 FM
 Tower (Bury & Bolton) – 107.4 FM
 Revolution – 96.2 FM
 Big 1458 AM - 1458
 Century - 105 FM
 Galaxy - 102 FM
 100.4 Smooth FM - 100.4. FM
 Magic 1152 - 1152 FM
 Wish (Wigan) - 102.4 FM
 Imagine FM (South Manchester) – 104.9 FM

X FM Manchester – 97.7FM

Need more information?

Contact your Local Authority on :-

Bolton Council
01204 333333

Bury MBC
0161 253 5000

Manchester City Council
0161 234 4422

Oldham MBC
0161 911 3000

Rochdale MBC
01706 647474

Salford City Council
0161 793 3439/3425

Stockport MBC
0161 474 5599

Tameside MBC
0161 342 8355

Trafford MBC
0161 912 2020

Wigan Council
01942 827188

For website addresses log on to the Greater Manchester Resilience website at www.gmep.org.uk/ccm/navigation/greater-manchester-resilience-website/

Emergency Contact Numbers:

Name	Telephone Number
Doctor	_____
Children's School	_____
Insurers	_____
Gas	_____
Electricity	_____
Water	_____
Neighbour	_____

(Don't forget to keep these numbers up to date!)

* For urgent assistance (police, fire, ambulance) always dial 999. In the event of fire, **GET OUT and STAY OUT!**

Otherwise:

GO IN, STAY IN, TUNE IN