

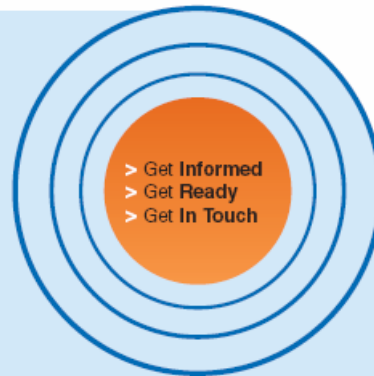
# Head

## WHAT IS AN EMERGENCY?

This leaflet shows how you can make some simple preparations to help yourself in the event of an emergency. **The Bedfordshire and Luton Local Resilience Forum** is a body made up from local authorities, emergency services, utilities and volunteers who would come together in the event of that emergency to tackle the danger and return things to normal as soon as possible.

## WHAT CAN YOU DO TO PREPARE?

Some of the things you can do to prepare - such as making an **emergency supply kit** and developing a family emergency plan - are the same for both a natural or man-made emergency. However, there are important differences between potential emergencies that will affect the actions you take. Learn about the different potential hazards in your area, what plans there are by BLLRF to tackle them and how you should be prepared.



## 1 Before the emergency

- > **Learn** how and when to turn off the gas, electric and water supply to your property, and teach your family how to do it
- > Keep the **necessary tools** nearby
- > If you turn off the gas it **must be** turned on again by a professional.

## 2 Get an emergency kit ready

Water, non-perishable food, battery powered radio, torch and spare batteries for both, first aid kit, prescription medicines, a whistle to signal for help, dust masks, wet wipes, bin bags, tools to turn off utilities, tin opener. If you may have to leave home, **think about** including a change of warm clothes, a blanket or sleeping bag each, paper plates and cups, disposable utensils, cash and change, family documents, matches in a waterproof container and personal hygiene items. If you have children or pets, **remember** to cater for their food, drink, bedding and toys.

## 3 GO IN, Stay in, Tune in

If an emergency happens, if you are not involved in the incident but are close by, **go inside** a safe building, **stay inside** and **tune in** to local radio or TV for information.

- > Bring family and pets inside
- > Lock the doors, close the windows, air vents and fire dampers
- > Turn off fans, air conditioning and forced air heating systems
- > Go into the room with the fewest windows and take your emergency supply kit with you
- > Keep the radio, TV or internet on and check the news often.

FILL IN THIS FORM – MAKE SURE **EVERYONE** IN THE HOUSEHOLD HAS ONE

### Useful numbers:

|                           |              |
|---------------------------|--------------|
| Emergency services        | 999          |
| NHS direct                | 0845 4647    |
| Anti terrorism hotline    | 0800 789 321 |
| Local police station      | _____        |
| Doctor                    | _____        |
| Work                      | _____        |
| School                    | _____        |
| Vet                       | _____        |
| Radio station frequencies | _____        |

**Plan** places where your family will meet, within and outside the immediate neighbourhood. **Think about** how you will get there – if you have a car, always have enough fuel to get away quickly and what route you might take if your regular one was blocked. If you don't have a car – how will you get to your meeting point? When you leave, take your **emergency box** with you, unless you think it has been contaminated, and lock the door behind you. **Take your pets**, but understand that only assistance dogs for disabled people may be permitted in public shelters. How will you care for your pets in an emergency?

It may be easier to make a long distance call than a local one so an out of town contact might be in a better position to communicate with separated family members. **Make sure** everyone has coins or a card to use in a phone box to call the nominated contact. You may have trouble getting through as lines may be down but be patient. Try sending a text message from a mobile instead.

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## Don't forget to...

If you care for children, or an elderly or disabled adult, make sure schools or daycare providers have an **emergency response plan**. Ask how they will communicate with families during a crisis and if they have supplies to "stay put" during an emergency, or where they plan to go if they must get away.

## Pets...

**Need an emergency kit too** – food and treats, water in plastic bottles, medication, leashes and harnesses, current photos in case they get lost, the name of your vet, and an identification tag and collar.

**Get a family emergency plan and an evacuation plan.**

## FAMILY EVACUATION PLAN

Meet at:

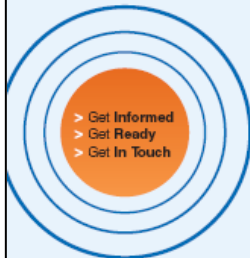
Or:

Emergency out of town contact:



> Get Informed  
> Get Ready  
> Get In Touch

WHAT TO DO IN AN EMERGENCY



## Neighbourhoods and flats

**A community working together during an emergency makes sense.**

Talk to your neighbours about how you can work together during an emergency – **find out** if anyone has specialised equipment like a generator, or expertise like medical training that could help in an emergency. **Decide** who will check on elderly or disabled neighbours and make back up plans for children in case you can't get home in an emergency.

[www.blrf.org.uk](http://www.blrf.org.uk)

This information can be provided in an alternative format or language on request **01582 546071**

যদি অনুরোধ করেন তাহলে অন্য কোনও আকারে বা ভাষায় এই তথ্য আপনি পেতে পারেন।

你可以要求以另一種格式或語言提供這些訊息。

ਇਹ ਜਾਣਕਾਰੀ ਬੇਲੜੀ ਭੀੜੇ ਜਾਂ 'ਤੇ ਕਿਸੇ ਵੀ ਹੋਰ ਸਹੂਲਤ ਨਾਂ ਬੋਲੀ ਵਿਚ ਮਿਲ ਸਕਦੀ ਹੈ।

یہ معلومات آپ کے درخواست کرنے پر مہتمل انکارکن یا زبان میں مہیا کی جاسکتی ہیں۔

Questa informazione puo' essere fornita su richiesta in un altro formato o un'altra lingua telefonando al numero

Informację tą można uzyskać również w innym formacie lub innym języku dzwoniąc pod numer

**01582 546071** (Bengali)

**01582 546071** (Chinese)

**01582 546071** (Punjabi)

**01582 546071** (Urdu)

**01582 546071** (Italian)

**01582 546071** (Polish)



> Get Informed  
> Get Ready  
> Get In Touch

WHAT TO DO IN AN EMERGENCY

## FURTHER INFORMATION

[www.blrf.org.uk](http://www.blrf.org.uk)  
[www.pfe.gov.uk](http://www.pfe.gov.uk)

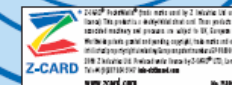
If you know or care for a vulnerable person who may need assistance in the event of an emergency, contact us via the [www.blrf.org.uk](http://www.blrf.org.uk).

Own or manage a business of any size?

How will it continue in the event of an emergency?

For **free advice** or a leaflet contact the forum [administrator@blrf.org.uk](mailto:administrator@blrf.org.uk)

> Get Informed  
> Get Ready  
> Get In Touch



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