



Are you

# Emergency Ready?

*Being prepared means you are better able to respond to an emergency*



## Stay Informed

Knowing what do to during an emergency is an important part of being prepared and may make all the difference when seconds count.

In the case of most major emergencies, the simple advice is to go inside, stay inside, and tune into local radio for official news and instructions as they become available.



Local Radio	Frequency	Website address
BBC Radio Sussex	95.0-104.8 MHz FM	<a href="http://www.bbc.co.uk/bbcsussex">www.bbc.co.uk/bbcsussex</a>
Heart FM	102.4 - 103.8 MHz FM	<a href="http://www.heart.co.uk/sussex">www.heart.co.uk/sussex</a>
More Radio	106.4 -107.88 MHz FM	<a href="http://www.moreradio.online">www.moreradio.online</a>

Other community and commercial radio stations may also broadcast local updates during an emergency.

In certain types of emergencies, you may receive an Emergency Alert directly to your mobile with information to help.

If people are injured or if someone's life may be in danger, you can play a vital role by alerting the emergency services by **calling 999**.

If it is safe to do so you can help provide comfort and support while waiting for the emergency services to arrive.











# Build a Household Emergency Kit

Creating an emergency grab bag can help locate essential items quickly in an emergency.

Think first about the basics of survival: fresh water, food, and warmth. We recommend the following items for your emergency kit:

## EMERGENCY ITEMS CHECKLIST

	BOTTLED WATER <input type="checkbox"/>		EMERGENCY CONTACTS <input type="checkbox"/>
	NON-PERISHABLE FOOD <input type="checkbox"/>		MOBILE PHONE & CHARGER <input type="checkbox"/>
	MONEY & CREDIT CARDS <input type="checkbox"/>		CLOTHING & BLANKETS <input type="checkbox"/>
	MEDICINE <input type="checkbox"/>		BATTERY OR WIND-UP TORCH <input type="checkbox"/>
	FIRST AID KIT <input type="checkbox"/>		BATTERY OR WIND-UP RADIO <input type="checkbox"/>
	TOILETRIES <input type="checkbox"/>		IDENTIFYING DOCUMENTS <input type="checkbox"/>
	CAR & HOUSE KEYS <input type="checkbox"/>		BOTTLE / TIN OPENER <input type="checkbox"/>
	SPARE BATTERIES <input type="checkbox"/>		CANDLES & MATCHES <input type="checkbox"/>
	PET FOOD <input type="checkbox"/>		CHILDREN'S TOYS & GAMES <input type="checkbox"/>

Consider signing up to your local authority or local utilities providers' vulnerable customer schemes and priority services registers (if you are eligible).

Further information about how to be prepared for an emergency can be found in the Community Risk Register for Sussex: [sussex.police.uk/srf](https://sussex.police.uk/srf)

# Make an Evacuation Plan

**In certain situations, you may be asked to leave your home by the emergency services.**

Be prepared as you may have to stay somewhere else for a while.

- Plan places where your family will meet.
- If you have a car, keep half a tank of fuel in it at all times, in case you need to evacuate **quickly**.
- If asked to leave, take your **emergency kit** unless you have reason to believe it has been contaminated.

**Complete the following information and keep in a safe place where everyone in your household can access it.**

<b>Chosen evacuation location:</b>	
<b>Emergency contact number:</b>	
<b>Insurance information:</b>	
<b>Doctor's contact information:</b>	
<b>School's contact information:</b>	

**Have you turned off:**

**Gas**

**Electric**

**Water**

If you are in a position where you can offer help in your community, start by checking on your neighbours.

## **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.



**SUSSEXRESILIENCEFORUM**

For further information about local risks and how to prepare for an emergency please contact:

**[SussexResilienceForum@sussex.police.uk](mailto:SussexResilienceForum@sussex.police.uk)**

*Sussex Resilience Forum, Sussex Police Shared Headquarters, Church Lane, Malling, Lewes, BN7 2DZ*

Visit the SRF webpage at: **[sussex.police.uk/srf](https://sussex.police.uk/srf)**