


<h1>Are You Prepared?</h1>	 <h2>Newsletter</h2>
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You may be involved in an accident or fall that makes you unconscious. So it is imperative the right people can be contacted to tell them of any incident that may have severely affected you.

ICE stands for 'In Case of Emergency' and is a way to inform the emergency services who to contact if you are involved in an accident and are unable to communicate.

To use effectively add the word ICE in front of next-of-kin or emergency names as demonstrated.



# Emergencies

## In The Car

Severe weather conditions, including gales, flood, snow, ice and heat wave, can and do happen. This can very often cause city centre roads and motorways to become grid locked and you may even find yourself isolated on an impassable minor road.



Even simple mechanical breakdowns or a road traffic accident can mean you are stationary in your vehicle for a very long time. It is important that you prepare for the unexpected. How will you do this?

## Do You Know? What Emergency Supplies To Keep In your Car?



### All year round:

- Bottled water
- Long-life snacks
- First aid kit
- Torch and batteries
- Mobile phone and cigar plug lead
- List of useful telephone numbers

### Additionally in winter months:

- Blanket/s
- Waterproof coat and warm hat
- Wellington/waterproof boots
- Spare thick socks
- Shovel/spade

Further information and advice on car related emergencies go to our website at:  
<http://www.birminghamprepared.gov.uk/advice/advice-for-communities/pets-and-emergency-planning/when-in-the-car/>

# Evacuating Your Home

Putting together a simple emergency plan can be extremely beneficial for you and your family. Simply agreeing on where to go and what to do in case of an emergency can provide peace of mind if you or those you care for are caught up in an incident.



A simple emergency plan coupled with the provision of some basic supplies in a 'grab bag' could prove vital if you are required to evacuate your home at short notice.

When making preparations it is a good idea to speak to family and friends to see if they would be willing to put you up for a few days in the event of an emergency.

Remember to make plans for your pets in the event of an evacuation. Check with friends and / or relatives living outside your immediate area to see if they are willing and able to shelter you and your animals, or just your animals, if necessary. Make a list of pet boarding shelters that might be able to look after animals in emergencies. Keep a neighbour informed with your plan for your pet in case you are not home during an evacuation.

It's best to be on the safe side and make sure that your pet has up to date identification and contact information just in case he/she is lost during the emergency.

## Do You Know?

### What Emergency Supplies To Keep In Your Grab Bag?



- Any medication that may be required
- Glasses or contact lenses
- First Aid Kit
- Essential keys including house and car
- Cash, credit and debit cards and other small valuable items which may be unsafe if left behind.
- Passport and any other important documents
- A change of clothing, footwear and sleeping attire.
- Washing shaving and sanitary supplies
- Any special items for babies, children, elderly and disabled people
- Torch, very small radio and batteries
- Mobile Phone and charger
- Supply of appropriate food drinks and can openers, etc

Further information and advice on evacuating your home can be found at our website <http://www.birminghamprepared.gov.uk/advice/advice-for-communities/pets-and-emergency-planning/>

# Emergencies

## In The Home

There may be instances when a major emergency occurs and you will be required to stay in your home for a significant amount of time. Examples of this type of major emergency include:

- Major road/rail traffic accidents involving spillage of hazardous materials
- Leakage/accident at a COMAH site (control of major accident hazards)
- Terrorist attack involving a chemical, biological, radioactive, nuclear device



**GO IN**

Go in - wait inside until all clear is sounded. Do not use your phone, keep lines free for emergency use only

**STAY IN**

Stay in - Close and stay away from windows and doors.

**TUNE IN**

Tune in - listen to local media for further information/instructions

The Go in, Stay in, Tune in, advice is recognised and used worldwide for major emergencies that require you to remain indoors.

A Birmingham City Council emergency information line will be active in the event of an emergency. This will provide information for you if you are affected by an emergency.

Updates will also be available on the Incident Bulletin Board website [www.birminghamprepared.gov.uk](http://www.birminghamprepared.gov.uk)

## Do You Know?

### What Emergency Supplies To Keep In the Home?



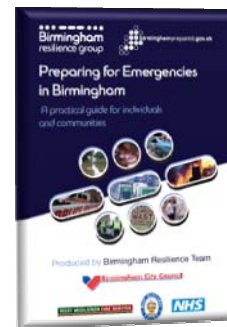
- Torch and spare batteries
- Blankets or sleeping bags
- Camping stove
- Bottled water
- Candles or hurricane lamp
- Long-life food
- Baby food and associated items
- Can opener
- Matches
- Personal Medication
- First aid kit
- Battery powered radio and spare batteries
- Fire extinguisher
- Wellingtons, rubber gloves and waterproof clothing

Further information and advice on emergencies in the home can be found at our website: <http://www.birminghamprepared.gov.uk/advice/advice-for-communities/advice-in-the-home/>

# Further Information

It is important to keep a list of useful contacts in your home and with you for quick reference in case of an emergency. The ICE wallet and 'Preparing for Emergencies in Birmingham' booklet contains advice and information to help you prepare plans. The two items have been circulated to libraries, leisure centres and neighbourhood offices. To download your copy of the 'Preparing for Emergencies in Birmingham' booklet from our website please click on the link below.

<http://www.birminghamprepared.gov.uk/resources/documents-and-publications/>



The Birmingham Resilience Team has recently launched a DVD which contains some valuable information about the risks posed in the city and the importance of emergency planning.

The film can be distributed to community groups, public agencies and you can watch it on the BRT's new website via the link below where further information can also be found on emergency preparedness. <http://www.vimeo.com/7081773>

## Emergency Contact

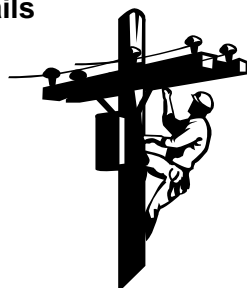
### Numbers

NHS Direct  
Birmingham City Council  
Doctor  
Dentist



## Useful Contact Details

Work  
Schools  
Gas  
Electricity  
Water  
Builder  
Plumber  
Building Insurer + Policy Number  
Contents Insurer + Policy Number  
Friends, Family and Next of Kin



NHS Direct	0845 4647
Birmingham City Council	0121 303 9944
Severn Trent Water	0800 783 4444
South Staffordshire Water	0800 24 33 52
Gas Emergency	0800 111 999
Electrical Emergency	0800 328 1111
Environment Agency Floodline	0845 988 118
Highways Agency	0870 066 0115
Emergency Services	



Birmingham Community Alert is a facility provided free of charge by the Birmingham Resilience Team and is available to all residents and businesses.

If you sign up to this service you will be provided with important information about an emergency incident that may be happening in your neighbourhood.

You will also be able to receive the latest information on how we are improving Birmingham's resilience to major emergencies and what you can do to help.

There are a number of options available when you sign up, including how you receive messages (there are a number of options including text message, e-mails, or voice messages) and what type of messages you wish to receive.

For more information about Birmingham Community Alert and to register, please visit our website at:

<http://www.birminghamprepared.gov.uk/about/birmingham-community-alert/>

**BE HEALTHY**

**BE SAFE**

**BE PREPARED**