

## In an Emergency

In emergency situations, you can cope best by preparing in advance and working with families, friends and neighbours.

You can:

- Make sure you can have access to some essential emergency supplies.
- Make sure that you carry 'In Case of Emergency' information.
- Produce your own simple emergency plans e.g., a family meeting point if separated.
- Include special friends and your family contacts.

More detailed advice is available at [www.birminghamprepared.gov.uk](http://www.birminghamprepared.gov.uk). A 'Preparing for Emergencies in Birmingham' guide is also available from libraries, leisure centres and neighbourhood offices.

## General Safety Measures

- Keep emergency telephone numbers by your telephone handset and in this wallet.
- Teach your children how and when to call the emergency services (999).
- Make sure that each member of the family knows how to turn off the services: water, electricity, gas at the mains.
- Check that your insurance cover is adequate for your family, home and any contents. Keep brief details of your insurance companies, their telephone and your policy numbers with your contact list.
- Remind your family how to use any fire extinguishers that you may have.
- Install smoke detectors at suitable locations throughout your home, especially near bedrooms.
- Ensure you have a complete First Aid Kit. If possible, undertake a first aid course.
- Undertake a home risk assessment including garages and sheds. Ensure the removal of potential hazards e.g., faulty electrical equipment, gas cylinders.
- Identify any safe areas in your home that could be used for shelter during emergencies. These can vary depending upon the dangers faced e.g., upper levels in the event of flooding.

## General Safety Measures continued

- Identify together with the rest of your family, the best and safest escape routes from your home. Always remember to keep routes clear of obstructions or other potential hazards.
- Conduct regular maintenance of your family vehicles and household, which may become dangerous if not maintained eg. gas fires, sheds etc.
- Draw up a list of the skills your family, neighbours and friends possess that could help in an emergency e.g., first aid.
- Identify someone who would care for your pets if they could not stay with you. Keep their details on the contact list.

## ICE - IN CASE OF EMERGENCY

Eight out of ten people aren't carrying information that would help if they were involved in an accident.

Storing next-of-kin details in your mobile phone, or carrying it in your wallet or purse, will help the emergency services if you are unable to tell them who to contact.

ICE stands for 'In Case of Emergency': it's what the emergency services will look for if you are involved in an accident.

If you use your mobile phone book to store the name and number of someone who should be contacted if you have an emergency, simply add the letters ICE in front of the person's name. Make sure the person whose name and number you are giving has agreed to be your 'ICE partner'. You should also make sure your ICE partner has a list of people to contact on your behalf.

Remember, whether or not you have a mobile phone, you are advised to keep this information in your ICE wallet.

**Remember –  
keep all information up to date!**

## Coping with an emergency

In most cases, but not all, you will be advised to go inside a safe building, and follow the advice shown below.



### GO IN

- Wait inside until the all clear is announced or you are given other advice.
- Do not use your phone; keep lines free for emergency use only.



### STAY IN

- Close and stay away from windows and doors.
- Stay calm and wait for further advice.
- Children attending school will be cared for on site.



### TUNE IN

- Listen to local media for further information/instructions.
- If advised to evacuate, follow the route as instructed, as certain paths/roads may be blocked or dangerous.

Listen out for helpline phone numbers and write them down. Updates in the event of an emergency will be published on the Incident Bulletin Board on the website, [www.birminghamprepared.gov.uk](http://www.birminghamprepared.gov.uk)

A Birmingham City Council emergency information line will also be activated in the event of an emergency.

This advice line will provide access to information for communities affected by an emergency.

## Local radio stations:

BBC Radio WM	95.6 FM
BBC Asian Network	1458 and 828 AM
BRMB	96.4 FM
Heart FM	100.7 FM
Smooth	105.7 FM
Galaxy	102.2 FM
Radio XL	1296 AM

Useful information can often be found on news media websites eg. [www.bbc.co.uk](http://www.bbc.co.uk)

## It is recommended that you:

- Remain calm and controlled.
- Keep your family together when possible.
- Focus on what practical tasks you and your family can do.
- Take turns in listening to/watching media.

## In your home:

You should keep sufficient supplies to meet your household needs for at least three days. These should include:

- Torch & spare batteries
- Blankets/Sleeping bag
- Camping stove
- Bottled water
- Candles/hurricane lamp
- Long-life food
- Personal medication
- First Aid Kit
- Battery powered radio & spare batteries
- Tin opener
- Matches

## In your car:

It is a good idea to keep an emergency supply kit in your car in case you face an emergency (such as severe weather) or have a breakdown.

### All year round

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

### Additional items for winter months:

- Blankets and warm clothing
- Waterproof coat & hat
- Wellington/waterproof boots
- Spare thick socks
- Shovel
- Gloves

## If you have to evacuate your home

Preferably you should have a bag already packed with the following items, or at least have a bag at home ready to pack with the following items:

- Any medication that may be required
- Glasses or contact lenses
- 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, the elderly and disabled
- Torch, very small radio, mobile phone and batteries for them
- Supply of appropriate food, drinks and tin openers etc
- This ICE wallet
- First Aid Kit

## Ensure the following before leaving

- You have supplies of any essential medication with you.
- Utilities, such as water, gas, electricity have been turned off
- Secure your premises and property and tell neighbours your contact details.
- Suitable arrangements have been made for pets.

For urgent assistance (Police, Fire, Ambulance) always dial 999.