

Do you know what to do in an emergency?

EVERYONE knows that calling 999 will connect you with the emergency services, but what else can you do when an incident means that you must remain in your home?



How to prepare for an emergency...

- Keep a list of useful numbers such as your GP and local hospital.
- Keep a stock of essential items such as a battery-powered radio, torch, first aid kit, canned food and bottled water.
- Make sure you and your family know where all these items are kept.

A NEW credit-card sized information card has been produced to remind you about important details, that may help you during such events.

On the card you can find telephone contact numbers for NHS direct and the Environment Agency floodline, along with useful websites and the various frequencies for BBC Radio Lancashire.

It is small enough to fit into a wallet or purse, or even to leave next to the telephone.

The card has been produced by the Lancashire Resilience Forum, which includes representatives from local government, the emergency services, health bodies and other key local organisations.

Andy Cooke, Assistant Chief Constable and Chair of the forum, said: "Sometimes it can take a major incident for people to start thinking about preparing for an emergency. It's important to have a few basic items in your house such as a torch and a first aid kit.

"This card provides some hints and tips, along with useful telephone numbers that you might need. It's a simple and effective way to remember important details that could make a difference to your family's safety."

Copies of the card will be available from September in venues such as pharmacies, district council buildings, police stations, fire stations and county council buildings, such as libraries.

For more information, visit the Lancashire Resilience Forum website at www.lancsresilience.org.uk

Dialling 999 for the Lancashire Fire and Rescue Service

WITH 1,300 firefighters, 60 fire engines and 39 fire stations in Lancashire, help is always at hand in an emergency.

But when a major incident is underway - such as extensive flooding or a major fire - even those resources can be at full stretch.

Don't hesitate to dial 999 to contact the fire service but please be sure that it is a "life or death" situation to save life or prevent serious property damage before dialling.

All fires justify a 999 response, because even a small fire can develop into a major blaze if left to burn.

Flooding could require a 999 call, but only if someone's trapped because of flooding, or floodwater is approaching electrical installations.

High winds can topple chimneys and tear off loose roof tiles. These situations might need firefighters to make things safe and prevent masonry falling down.

Taking care on darker nights

CRIME in Lancashire has fallen over the past few years, but longer winter nights can make some people worry more about crime and personal safety.

Lancashire Constabulary has put together the following safety tips as the nights start drawing in:

Looking after your home

Alarms

Fit visible burglar alarms and good outside lighting to put burglars off. Test it frequently to make sure it works.

Locks

Lock all doors and windows, even if you are at home. When you go out, always lock the door and close the windows - even if you are just going out for a short time. Fit dead locks to the doors and don't leave the keys where they can be seen. Remember to lock the side gate and shed.

Lights

Remember to draw the curtains when you go out at night and leave a light on.

Install security lights to illuminate the front porch and/or the garden.

Also bear in mind

- Mark important and expensive items with your postcode and house number using special security markers. Keep a record of the make, model and serial numbers of all electrical equipment.
- Keep shrubs, hedges and large plants cut back. They can provide a screen for thieves to work behind.
- Keep your boundary fences, walls and gates in good repair as they provide a barrier to would-be thieves.
- Buy home insurance. It's cheaper than paying out to replace any stolen possessions.



Flood risk

FLOODING can pose a serious hazard to lives and property. By taking simple precautions you can minimise the damage caused by flooding.

The Environment Agency can tell you if your home or business is at risk of flooding from rivers or the sea; simply call the Floodline on 0845 988 1188 or log on to www.environment-agency.gov.uk/flood

If you are at risk the Environment Agency's Floodline can give you advice on what to do before, during and after a flood.

The Environment Agency also offers direct flood warnings to homes and business at high risk. To find out if you are eligible for this service, call the Floodline on 0845 988 1188.

www.lancsresilience.org.uk



Staying safe, staying healthy

DURING emergencies and incidents which lead to you remaining in your home, it is useful to keep a first aid kit and include non-prescription medicines such as paracetamol.

This is useful for dealing with minor illnesses, such as a cold, headache etc. Always remember to follow the official advice and directions when taking medicine.

If forced to remain at home, due to circumstance, you won't be able to simply head out to the shops.

Influenza's influences

Would you know what to do if a flu pandemic struck?

An influenza pandemic would involve a new version of the flu virus, which could spread relatively quickly and lead to more severe symptoms than normal.

The health service and other public organisations are prepared for this

eventuality, but a flu pandemic would affect how certain services can be delivered.

If a flu-pandemic developed, you are asked to follow official advice issued through the media. In the event of pandemic, the advice would be to stay at home if you have flu. Don't try to be a hero by going into work as you could spread it further.

Flu pandemics do not happen very frequently. There were only three in the last century, but it is important to know what to do if one should happen.

There is also a national stock of medication that may help to reduce the spread of the virus and possibly shorten the duration of the illness.

In preparation for a pandemic it is a good idea to identify a "flu friend" who may be able to collect your medication if you are ill and carry out other small tasks.

For help in an emergency...

Dial **999** for Police, Fire and Ambulance

For advice...

→ Call NHS Direct for health advice
0845 4647 or visit www.nhsdirect.nhs.uk

→ Call the Environment Agency's Floodline on
0845 988 1188 for flood advice or visit
www.environment-agency.gov.uk/flood

