



## Guidance and Practical Advice

### Major emergencies and you - How to prepare and what to expect

The chances of you being caught up in a major emergency or disaster are low. Nevertheless, they happen and this leaflet shows you how you can be better prepared to protect yourself and others.

The States of Jersey is working hard to make sure that Jersey is as prepared as it can be in the event of an emergency, and it is important that you are ready too. By being informed and prepared, you can significantly reduce the risk to life and property. The aim is to save life, contain the hazard, protect the public and return to normality as soon as possible, and that task is made much easier if the public also know what to do in an emergency.

This information will tell you how you can help yourself and your family in the case of an emergency. A lot of this information is based on common sense, and has saved lives in the past.

### What to do, and when

Being prepared for a major emergency also means that you can deal more effectively with minor ones. In most situations you will either need to seek immediate shelter from the threat or hazard or to move right away from it, so it makes sense to have a plan for both.

Useful steps you can take beforehand include:

Making a list of important contacts, such as family, friends and neighbours, your children's school, you're GP, veterinary surgery, gas, water, electricity supplier, and your insurers. Carry this in your wallet or handbag and keep copies handy at home, at work or in the car.

- Consider support for vulnerable relatives, neighbours and friends.
- Arrange for a friend or relative out of your area to be the family contact point in case your family becomes separated during an emergency.
- Make up an emergency pack for home; work and the car (see details below).
- Know how to turn off your gas, electricity and water supplies.
- Know how to tune into your local radio station for public safety information.
- Check that your insurance cover is up to date.
- If in a flood risk area, keep a stock of empty sandbags and sand.

## At Home

Prepare an Emergency Pack grab bag containing:

- A battery-powered or wind up radio (with local radio frequencies marked)
- Torch and spare batteries
- First aid kit
- A copy of your contact list
- A supply of food and water – enough for 4 to 7 days

**Make an evacuation checklist of items to pack quickly if you are suddenly advised to leave your home. This list might include:**

- Your emergency pack (Described above)
- Warm clothing
- Personal items e.g. glasses
- Baby food and nappies
- Wallet, purse and bank cards
- Mobile phone and charger
- Pet carrier, collar and lead, food and water (Take your pets with you if possible, as the emergency could be prolonged)

## In the Car

This may vary according to the time of year, but keep these items in the car as a basic emergency kit:

- Bottled water
- First aid kit
- Torch & batteries
- Cigar plug lead for mobile phone
- Sweets, long life snacks
- Blanket, warm tracksuit and woolly hat
- Waterproof coat
- Wellington boots
- Spare socks (can also be used as gloves)

## At Work

Know the emergency procedures for your workplace thoroughly.

In some situations, you might have to remain at your workplace for safety. Your building may have good facilities but, even so, it could pay to think about what you would need if you had to stay overnight!

## EMERGENCY ACTION CHECKLIST

Type of Emergency	Beforehand	During and after
Severe gales and storms	<ul style="list-style-type: none"> <li>• Secure outdoor items</li> <li>• Bring pets indoors</li> <li>• Close doors and windows</li> <li>• Draw curtains in case of flying glass</li> <li>• Check on vulnerable neighbours</li> <li>• Monitor TV and radio weather warnings (but unplug external TV aerials during thunderstorms)</li> </ul>	<ul style="list-style-type: none"> <li>• Stay indoors until storm passes</li> <li>• Check for damage, make safe if possible</li> <li>• Beware of fallen cables, weakened trees, loose masonry etc.</li> </ul>
Flooding & Exceptional high tides. e.g. a 'Flood warning' or 'Severe flood warning' is issued	<ul style="list-style-type: none"> <li>• Move possessions to a higher level</li> <li>• Protect doorways and air vents with sandbags or floorboards</li> <li>• Monitor TV reports, and Environment Agency Flood lines or websites</li> </ul>	<ul style="list-style-type: none"> <li>• If your home is flooded turn off gas, electricity and water supplies</li> <li>• Move upstairs if possible</li> <li>• If trapped in deep flooding stay by a window and call for help</li> <li>• When water recedes DON'T switch gas etc back on until systems have been inspected</li> <li>• DO throw away food that has been in contact with water.</li> </ul>
Chemical, Biological or Radiological incident	<ul style="list-style-type: none"> <li>• Go indoors and stay there</li> <li>• Bring pets inside</li> <li>• Close outside doors, windows and air vents</li> <li>• Turn off air conditioning, ventilation and hot air heating systems</li> <li>• Cover all unsealed fresh food</li> <li>• Listen to your local radio station and act upon the advice given</li> </ul>	<ul style="list-style-type: none"> <li>• DON'T go outside until told it is safe to do so</li> <li>• DON'T try to collect children from school unless instructed to – they will be looked after</li> <li>• DON'T use rainwater, or eat locally grown fruit and vegetables until told they are safe</li> </ul>

For urgent assistance Police, Fire, Ambulance or the Coastguard

**Always dial 999**

**In the event of fire, Get Out and Stay Out**

**Otherwise Go In – Stay In and Tune In**