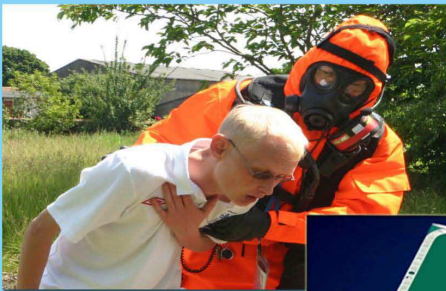


Family Emergency Plan

Emergencies can affect the County with little or no notice. Being prepared can help reduce the effects on your family's lives, reduce the need for support from others and enable you to support the vulnerable in your community.

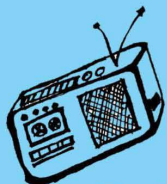
Disruption to essential services such as water and electricity, to regional and national travel and telecommunications are all ways an emergency can affect our everyday lives.



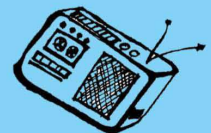
Crises



No Warning



A crisis happens when we least expect it!



GO IN, STAY IN, TUNE IN...

www.sussexemergency.info

If you are not involved in an emergency but are close by or believe you may be in danger, in most cases the advice is:

GO IN, STAY IN, TUNE IN

Station	Frequency	Website
BBC Sussex	104.8 & 95.3 FM	http://www.bbc.co.uk/news/england/sussex/
Heart	97.5 & 96.7 FM	www.heart.co.uk/sussex/

CREATING AN EMERGENCY BOX

Be prepared. Creating an emergency grab bag will help locate essential equipment quickly in an emergency. For ideas on what to include in your grab bag see the film on the West Sussex County Council [website](#) entitled "Packing an emergency bag"

Some suggested items are:

Torch and spare batteries	First Aid kit
Battery powered radio and spare batteries	Toiletries
Candles / Matches	List of useful contact numbers
	Copy of this plan

In case you are unable to leave the house it is suggested you should have:

Bottled Water
Ready to eat food (tinned)
Bottle/Tin opener

In case you are stuck in your car it is suggested you should have

Bottled Water
Blankets
Torch and Spare Batteries

Once completed it would be advised to laminate and then store in a safe place, e.g. upstairs (if available) and provide a copy to family or friends.

Complete the following sections and keep it in a safe place where all in your household can easily access it

Household Contact Details		If you are evacuated is there somewhere we can go? Friends or Family?
Name		
Mobile		
Work		

Name		If you can't contact each other, where should you meet / or who should you leave a message with?
Mobile		
Work		

Name		Who will be responsible for picking up the children from school? (If applicable.)
Mobile		
Work		

Emergency Telephone Numbers			
Emergency Services	999	Local Authority	
NHS Direct	0845 4647	Doctor	
Local Police Station		School	
Other			

Important Documentation & Information	
Insurance Company Name	
Insurance Tel. No.	
Home Insurance Policy number	
Other (Please List)	

How do you turn off the following? Who is responsible?		
Utility	Responsible Person	Detail
Gas		
Electricity		
Water		

If you are in a position where you are able to offer help to your community start by checking that your neighbours are alright

Name	Address	Telephone	Mobile

Useful Websites	
West Sussex County Council	www.westsussex.gov.uk
East Sussex County Council	www.eastsussex.gov.uk
Environment Agency	www.environment-agency.gov.uk/
BBC Sussex	www.bbc.co.uk
National Flood Forum	www.floodforum.org.uk
Sussex Resilience Forum	www.sussexemergency.info