

GO IN, STAY IN, TUNE IN

HOW TO PREPARE

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



WHAT IS AN EMERGENCY?

An emergency is an event or situation which threatens serious damage to:

- human welfare (such as loss of life, injury, illness, damage to property or disruption of transport or the provision of health services)
- the environment (such as contamination of land, water or air)
- the security of the Islands (such as law and order and acts of terrorism).

The emergency services, supporting States departments, utilities and voluntary agencies are working hard to make sure that we are as prepared as we can be in the event of a major 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 objectives will be to preserve life, contain the incident and create the conditions for a return to normality as soon as possible. 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.

PRE-EMERGENCY PLANNING

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, your doctor, 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.
- Know how to turn off your gas, electricity and water supplies.
- Know how to tune into your local radio station for public safety information (See later).
- Check that your insurance cover is up to date.

At Home

Prepare an Emergency Grab Bag (for home, work and the car) 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 small supply of food and bottled water
- If you live in a coastal flood risk area, keep a stock of empty sandbags and sand.

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

- Your Emergency Grab Bag
- Warm clothing
- Essential toiletries
- Essential medication and personal items e.g. glasses
- Baby food, nappies
- Wallet, purse and bank cards
- Mobile phone and charger
- Pet carrier/collar & lead, food & water (take pets with you, 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:

All year round

- First aid kit
- Torch & batteries
- Connection leads and plug for mobile phone
- Sweets, long life snacks
- High-Visibility Waistcoat/Jacket

October to May

- A blanket, warm tracksuit, gloves and a woolly hat
- A 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!

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

999

WHAT TO DO, AND WHEN

If you are a witness, dial 999 and alert the emergency services. If you are stranded in your home, tune in to your local radio and/or television station for advice (listen out for emergency telephone numbers). Pass on any warning to neighbours, and check on the elderly and disabled, if it is safe to do so.

Please limit your telephone calls to help ensure the system does not become overloaded.

Depending on the incident, you may be asked to stay indoors and close outside doors and windows.

If you are asked to evacuate your home ensure:

- That you stay calm, lock all doors and windows
- If it is safe and time allows – close the water stop cock, switch off electrical/gas appliances at the main incoming switch/valve and remove plugs.
- You may be asked to go to an emergency rest centre. Let someone coordinating the evacuation know where you are going if you decide to stay with friends or relatives.
- Be a good neighbour and ensure the people next door to you are ok especially if they are elderly, have disabilities or have young children.

If there is an incident at your children's school and they need to evacuate, listen to local radio for announcements and information.

ISLAND RISK REGISTER

An assessment of the potential risks facing the island is a core function of the Home Department's Emergency Planning role and is regularly updated at a strategic level. The Island Risk Register informs the approach to joined up emergency planning, including preparation, validation and exercising of contingency plans.

It aids the identification of gaps in capability and informs the planning process in respect of the scale of response that may be required. Influenza type disease (pandemic) is the highest risk on the register, whilst major coastal flooding follows closely behind.

Specific advice for:

Influenza type disease –Whilst the H1N1 'swine flu' pandemic virus of 2009 was milder in its general impact than the H5N1 'bird flu' expected and planned for, the danger of another, more severe, pandemic has not gone away and complacency must be avoided. The Health and Social Services Department would lead the response to an influenza type disease, with the Director of Public Health taking a pivotal role. During the 2009 Swine Flu pandemic advice to the public was:

**“Catch it – sneeze into a tissue,
Bin it – throw the tissue into a bin,
Kill it – wash your hands with soap and water”**

For further information see:

(<http://www.gov.gg/ccm/navigation/health---social-services/public-health-and-strategy/swine-influenza-information/>)



Major coastal flooding

Before

- Keep outside drains clear to let surface water escape and if possible direct water flow away from property
- Use sandbags or rubbish bags filled with earth to protect doorways and low air vents
- If there is a risk of flooding, switch off gas and electricity supplies
- Have emergency provisions ready
- Protect food and valuables by moving them to higher levels
- Monitor radio/TV warnings and act on advice given

During/after

- If you are trapped by flooding, stay by a window and try to attract attention
- Do not switch on gas or electricity supplies until they have been inspected
- Do not use food which has been in contact with flood water
- Monitor radio/TV warnings and act on advice given

In the event of fire, GET OUT and STAY OUT.

Otherwise

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In an emergency the authorities will broadcast emergency and safety information on local radio stations, television and websites:

BBC Guernsey
FM 93.2 MHz -1116MW – www.bbc.co.uk/guernsey
Local Commercial Radio Guernsey Island FM
FM 104.7MHz - www.islandfm.com
Channel Television
www.channelonline.tv
Guernsey Press
www.thisisguernsey.com

For further information contact:

The States of Guernsey Emergency Planning Officer
Home Department
Sir Charles Frossard House, La Charroterie, St Peter Port,
Guernsey, GY1 1FH

Tel: 01481 717337 or 717000
www.gov.gg/ccm/navigation/home-department/emergency-planning/

Copies of this leaflet are available on request in Portuguese or Latvian and the information is available in the phone book. Further advice is also available from: www.informedprepared.eu

Emergency Contact Numbers

Name	Telephone
Police	725111
Fire and Rescue	724491
Ambulance and Rescue	725211
Guernsey Electricity	0800 587 0285
Guernsey Gas	749000
Guernsey Water	724552 (Out of office hours -264073)
States Works	246263 (Out of office hours -724491)
Princess Elizabeth Hospital	725241

Insert your own Emergency contact numbers ie. relatives, schools, doctor, insurance, neighbours. Don't forget to keep these numbers up to date.

Contact: Tel:
Contact: Tel:
Contact: Tel:
Contact: Tel:
Contact: Tel: