

Are you  
ready?

Preparing for  
Emergencies in  
Cumbria



This booklet will tell you about the main risks in Cumbria, what arrangements are currently in place and how you can help yourself and your family before, during and after a major emergency.



**All Local Authorities in Cumbria are working hard to make sure that Cumbria is as prepared as it can be in the event of a major emergency and that you are ready too. By being informed and prepared, you can significantly reduce the risk to life and property.**

Emergency Services in Cumbria including Local Authorities, work together to assess risk. We then prepare both general plans as well as very specific plans to deal with all these eventualities. We also routinely train, exercise and review these plans with a view to developing safer and stronger communities throughout Cumbria.

Whilst we cannot prevent major emergencies happening, we can all plan ahead to minimise the impact.

The following website [www.cumbria.gov.uk/emergencyplanning](http://www.cumbria.gov.uk/emergencyplanning) has been designed to point you to the information that will help you and your family prepare for an emergency. It also provides links to other relevant websites.

True catastrophes are rare in the UK but in recent years within Cumbria we have experienced a number of major emergencies such as foot and mouth, floods, storms and transport accidents that have had a significant impact on our ability to go about our daily lives. Under the Civil Contingencies Act we have a duty to assess local risk and document the outcomes in our Community Risk Register, we then use this register to prioritise our planning efforts and direct our resources. You can view the register at [www.cumbria.gov.uk/emergencyplanning](http://www.cumbria.gov.uk/emergencyplanning)

## Risks in Cumbria include:

### Flooding

Many people in Cumbria are all too familiar with the effects of flooding, but there are things you can do to prepare:

- Identify if your home is at risk of flooding by calling the Environment Agency Floodline on **0345 988 1188**
- Sign up to the Flood Warning Service
- For further advice on being prepared for emergencies visit:

[www.gov.uk/flood](http://www.gov.uk/flood)

[www.nationalfloodforum.org.uk](http://www.nationalfloodforum.org.uk)

<http://www.newground.co.uk/news-events-media/knowledge-centre/tag/flooding>



### Pandemic Flu

Influenza pandemics arise as a result of a new flu virus circulating to which few people have immunity. This type of flu will spread rapidly from person to person and symptoms will be similar to seasonal flu but may be more severe. To reduce the risk of catching or spreading this virus:

- Cover your nose and mouth when coughing or sneezing and dispose of tissues carefully
- Wash your hands frequently to reduce the spread of the virus
- Should you catch it, stay at home and follow the advice of the health professionals

### Loss of Power

Cumbria is no more vulnerable than GB for total failure of the National Electricity Network. In the event of a power cut:

- Call 105 for an update
- Turn off all electrical appliances that should not be left unattended
- Leave a light on so you know when the power comes back on
- Check your neighbours are okay
- Keep warm

## What you can do

Families and households can and do cope with emergencies by preparing in advance and working together as a team. Once you know the type of emergencies that may occur in your area we would recommend that you start to prepare by putting the following arrangements in place.

### Prepare a Grab Bag

- A wind up or battery radio, with spare batteries
- A torch with spare batteries, candles and matches
- First aid kit and manual
- Medication, repeat prescriptions, tissues, toiletries and sanitary supplies
- Special food or equipment for infants, the elderly and people with disabilities
- Spare warm clothing, sleeping bags or blankets, books, playing cards or games
- Your mobile phone, spare battery and charger
- Extra car and house keys
- Copies of important family documents (Birth Certificates, passports, licences and insurance policies) - collect important documents and store them in a fire and water-proof container
- Cash, credit cards, key cards

## Go In, Stay In, Tune In

In a major emergency, if you are not involved in the incident, but are close by or believe you may be in danger, the best advice is to go inside a safe building, stay inside until you are advised to do otherwise, and tune in to local radio or TV for information.

If you find yourself in the middle of an emergency, your common sense and instincts will usually tell you what to do. However, it is important to:

- Check for injuries - remember to help yourself before attempting to help others
- Make sure 999 has been called if people are injured or if there is a threat to life
- Not put yourself or others in danger
- Follow the advice of the emergency services
- Try to remain calm and think before acting, and try to reassure others

**Go in** a safe building .....

**Stay in** until you are advised to do otherwise .....

**Tune in** to local radio or TV for more info **BBC Radio Cumbria 95-105 FM**

### Stay in touch

Agree how you and your family members will stay in touch in the event of an emergency. Remember, your family members may not be at home when the emergency happens.

### Hot Tip

Programme your mobile phones with relevant contact details (including ICE numbers-In Case of Emergency).

### Meeting point

Agree where you will meet up should you be separated from each other and unable to return home. (You may be separated from each other, for example children could be at school or parents at work).

### Pets

If you have a pet, agree who will take care of it during an emergency to ensure it is safe, fed and watered.



## HOUSEHOLD FLOOD PLAN - Be flood ready

### BE FLOOD RESILIENT

- Sign up for Environment Agency Flood Warnings.
- Keep important documents (passports, insurance documents, birth certificates, etc) upstairs or in a high place.
- Check that your home insurance includes cover for flooding.
- Put a flood kit together using our checklist.
- Keep this plan up to date.

### BE FLOOD RESISTANT

- Investigate property level protection options i.e door guards, air brick covers
- Check local authority sandbag policy

Contacts	Phone numbers	Websites and Social Media
Floodline/ Environment Agency Twitter	0345 988 1188	@EnvAgencyNW
Electricity Northwest	0800 195 4141	@electricityNW
National Grid	0845 385 1111	@nationalgriduk
United Utilities (Sewerage flooding)	0845 602 0406	@unitedutilities
My Local Authority...		
Highways (drain/road flooding)	0300 303 2992	cumbria.gov.uk
My Insurance Company...		
My Insurance Policy Number...		
Local Radio Frequency	BBC Radio Cumbria 95-105 FM	
My closest river monitoring station is:		
Twitter handle for closest river monitoring station:	@riverlevel_	

To find your closest river monitoring station visit <https://flood-warning-information.service.gov.uk/river-and-sea-levels> and enter your postcode.

Gaugemap.com frequently tweet recorded river levels from monitoring stations. Your nearest monitoring station will have an address that begins @riverlevel\_ followed by a unique number. Visit their website to subscribe to your nearest station.

## FLOOD KIT CHECKLIST

- Medication
- Torch - check batteries
- Warm and waterproof clothing
- Drinking water
- Food
- Wellington boots
- Mobile phone
- Battery operated radio
- Insurance documents
- Phone chargers
- Batteries
- Keys
- Purse/Wallet (cash and cards)

Where is / are my....?

Flood Kit .....

Electric cut off .....

Water cut off .....

Gas cut off .....

Important documents.....

For further information on being prepared for emergencies visit:

[www.gov.uk/flood](http://www.gov.uk/flood)

[www.nationalfloodforum.org.uk](http://www.nationalfloodforum.org.uk)

<http://www.newground.co.uk/news-events-media/knowledge-centre/tag/flooding>

## HOUSEHOLD FLOOD PLAN - Be flood ready

Flood Alert/ Warning issued by the Environment Agency (or weather warning issued by MET Office via internet or local weather reports)



### FLOOD ALERT

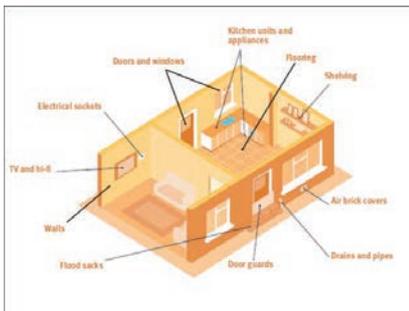
**Flooding is possible.**

Stay alert and be prepared to take action.

Monitor the situation. Check weather forecasts and river levels online.

Locate your flood kit, check that you have everything you need and it's ready to be used.

Ensure that your property level protection is in working order and ready to install.



### FLOOD WARNING

**Flooding is expected.**

Immediate action is required to protect yourself and your property.

Continue to monitor the forecast and river levels online. Listen to BBC Radio Cumbria for information and advice.

Move your valuables, electrical equipment, furniture and important documents upstairs or to a high place.

Hang curtains over rails, roll up rugs and carpets and move upstairs.

Move vehicles to high ground, out of the flood risk area.

Ensure your family and neighbours are alerted and pets are moved to safety.

Install property level protection and ensure they are kept in place.



### SEVERE FLOOD WARNING

**Severe flooding.**

Significant risk to life and property. Prepare to evacuate.

Move family and pets upstairs/ to safety and await further instruction from the emergency services.

If safe to do so, turn off your utility supplies.

Continue to monitor the situation by checking river levels online and listen to Radio Cumbria for evacuation news and updates.

Evacuation is likely. Gather any vital medication and co-operate with the emergency services.

Grab your flood kit before you leave.

Ring 999 if you are in immediate danger.

You may also want to think about how you can work together in your own community to prepare for, respond to and recover from an emergency please visit [www.cumbriaaction.org.uk](http://www.cumbriaaction.org.uk) for further information



Allerdale District Council

Tel: **0303 123 1702**



Barrow Borough Council

Tel: **01229 876300**



Carlisle City Council

Tel: **01228 81700**



Copeland Borough Council

Tel: **01946 598300**



Cumbria County Council

Tel: **01228 606060**



Eden District Council

Tel: **01768 817817**



South Lakeland District Council

Tel: **01539 733333**

## Translation Services

If you require this document in another format (e.g. CD, audio cassette, Braille or large type) or in another language, please telephone **01768 812612**.

আপনি যদি এই তথ্য আপনার নিজের ভাষায় পেতে চান তাহলে অনুগ্রহ করে **01768 812612** নম্বরে টেলিফোন করুন।

如果您希望通过母语了解此信息，  
请致电 **01768 812612**

Jeigu norétumète gauti šią informaciją savo kalba,  
skambinkite telefonu **01768 812612**

W celu uzyskania informacji w Państwa języku proszę  
zatelefonować pod numer **01768 812612**

Se quiser aceder a esta informação na sua língua,  
telefone para o **01768 812612**

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen  
**01768 812612** numaralı telefonu arayınız