

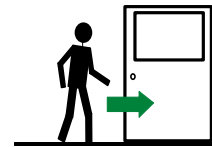
# Emergency Action Card

For use in the event of a major emergency at MOD Longtown

If you receive a warning of a major emergency or become aware of one, or if you hear the emergency siren (a continuous note) remain calm and follow this advice:

## GO IN, STAY IN, TUNE IN

**1 EVERYONE GO INDOORS**



**2 CLOSE DOORS AND WINDOWS**

Close curtains and blinds and shelter in a room on the opposite side of the building to the site



**3 LISTEN TO LOCAL RADIO**

BBC Radio Cumbria on 95.6 MHz FM 397m (756 KHz) MW, or CFM on 96.4 MHz FM

Information and advice will be broadcast by the Emergency Services

Information will also be communicated via;

Twitter: [www.twitter.com/cumbriapolice](http://www.twitter.com/cumbriapolice)

[www.twitter.com/cumbriacc](http://www.twitter.com/cumbriacc)

Facebook: [www.facebook.com/cumbriapolice](http://www.facebook.com/cumbriapolice)

[www.facebook.com/cumbriacc](http://www.facebook.com/cumbriacc)



**4 DO NOT ATTEMPT TO LEAVE THE AREA**



**5 DO NOT USE TELEPHONES**  
(unless you need urgent help)



**6 FOLLOW EMERGENCY SERVICES ADVICE**

**7 AWAIT END OF EMERGENCY**  
(Confirmation that the Emergency is over will be broadcast on local radio)



For additional information see over.....



# Additional Information

- **GO INDOORS AND STAY THERE**

In an emergency the best thing to do is to go indoors, where you will be protected. Close all doors and windows. Close curtains and blinds and shelter in a room on the opposite side of the building to the site. Keep away from windows to avoid danger from flying glass, and under no circumstances go outside where you could be in danger of being caught in an explosion.

- **DO NOT LEAVE THE AREA**

Never be tempted to leave the area unless told to do so by the Police. You will be much safer indoors.

- **SCHOOLCHILDREN**

If your children are at school during an emergency you will naturally want to collect them as soon as possible however it may not be safe to do so. They will be looked after as a priority group either at school or evacuated to a safe place where they will be looked after by school staff and those responding to the emergency. Please listen to local radio for advice and details of the arrangements that have been made.

- **DO NOT USE THE TELEPHONE (Unless you need urgent help)**

In an emergency all telephone systems may become overloaded and this may prevent emergency calls getting through. If you must make a call please use a landline phone and be brief or send a mobile text message. Please do not make mobile telephone calls.

- **FURTHER INFORMATION**

For further advice read the booklet "What to do in an Emergency at MOD Longtown". The booklet is also available online at [www.cumbria.gov.uk/emergency](http://www.cumbria.gov.uk/emergency).



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