



Preparing for an emergency



Be Ready, Stay Safe, Act Now

This guide walks you through simple, practical steps to ensure you're ready to face emergencies with confidence and resilience.

Please store this document somewhere safe.

If you would like this document in another format or language, please contact:

Sussex Resilience Forum

Sussex Police Shared Headquarters, Church Lane,
Malling, Lewes, BN7 2DZ

SussexResilienceForum@sussex.police.uk

Or visit

www.sussexpolice.uk/SRF

Cold weather

While many people enjoy the winter, during periods of cold weather some people are at higher risk of illness or can seriously hurt themselves if they slip and fall.

In winter, low temperatures, freezing conditions, high winds, sleet, and heavy snow can cause disruption on our roads and transport networks.

Who is most at risk?

Cold weather can affect anyone but some people may face a higher risk of being impacted by cold.

Those most at risk during the winter include older adults, people with long-term health conditions, pregnant people, babies and young children.



Remember

Have your heating and cooking appliances checked by a Gas Safe registered engineer to help protect you from exposure to high levels of carbon monoxide.



What can you do before, during and after?

Before

- ✓ Check you have enough emergency supplies of food and medication.
- ✓ Get your home weather prepared. Make sure you have enough insulation around your water tank(s), loft and any external water pipes. Check you have de-icer, salt/grit, and the necessary tools to keep your home safe and clear of snow and ice.
- ✓ Contact your water and power suppliers to see if you're eligible to be put on the Priority Service Registers (see page 9).

During

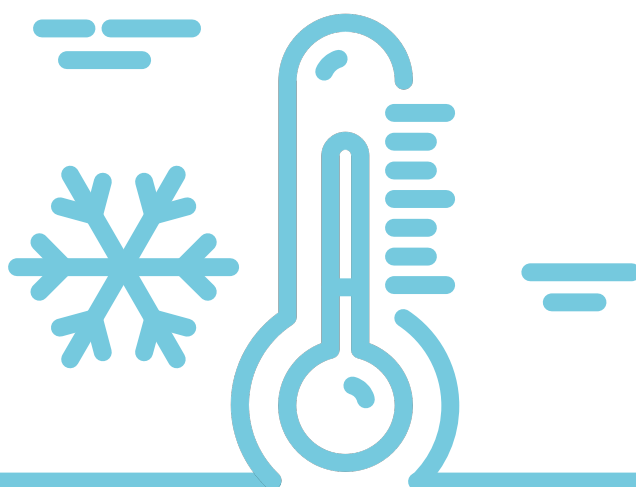
- ✓ Keep up to date with the latest weather forecast by watching or listening to the news.
- ✓ Keep your home warm - heat rooms you spend the most time in such as your bedroom and living room to at least 18 °C (65°F).
- ✓ Check on others that may be more vulnerable, such as elderly relatives and neighbours.
- ✓ Do what you can to stay active and warm indoors.

During continued

- ✓ If you need to travel - check your route before you leave and make sure your vehicle is prepared for the weather conditions including making sure your tyres have adequate tread and air pressure and that you have a blanket, food and drink in case you break down.
- ✓ Make sure your phone is charged, and you have a blanket, food and drink in case you break down.
- ✓ If you are worried about your own or someone else's health, contact your local pharmacist, GP, or NHS 111.

After

- ✓ Make sure vulnerable neighbours or relatives are safe and well – provide them with any help they may need.
- ✓ Report any damage or problems to your landlord or your utility providers and have qualified professionals handle any repairs or inspections if needed.
- ✓ Restock your emergency supplies.



Contact information

Non-emergency numbers:

Police: 101

NHS: 111

Power cuts: 105

Gas Emergency: 0800 111 999

Floodline: 0345 988 1188

Environment Agency incident hotline: 0800 80 70 60

If someone's life is in danger - **call 999**



Use this space to write down some useful contact details for emergencies including the name and number of your GP, an emergency contact like your partner or friend and the details of your water, gas, and electricity providers.

Emergency contact	Phone number
Electricity company	
Gas company	
GP	
Home insurance	
Water company	

Useful online links

If you would like more information relating to any of the risks in this booklet you can access this by visiting the below websites.

Flooding

Get flood warnings

www.gov.uk/get-flood-warnings

Check your flood risk

www.gov.uk/check-long-term-flood-risk

Make a flood plan for your home, business or community

www.gov.uk/government/publications/personal-flood-plan

Storms and Gales

Check the weather forecast for your area

www.metoffice.gov.uk

National Highways has information on travelling in snow and ice, strong winds, fog, rain, and extreme heat
www.nationalhighways.co.uk/road-safety/travelling-in-severe-weather

Hot Weather

Information about Heat-Health Alerts

www.gov.uk/guidance/weather-health-alerting-system

Fire

Complete an online Home Fire Safety Check

<https://nfcc.org.uk/our-services/prevention/online-home-fire-safety-check/>

Infectious Disease

Check advice related to your infection

www.nhs.uk/conditions

Pollution

Check before swimming, even in bathing waters, using the UK Gov 'Swimfo' website

www.gov.uk/government/news/swimfo-helps-people-choose-where-and-when-to-swim

Cold Weather

Information about Cold-Health Alerts

[www.metoffice.gov.uk/
weather/warnings-and-
advice/seasonal-advice/
cold-weather-alerts#?
tab=coldWeatherAlert](http://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/cold-weather-alerts#?tab=coldWeatherAlert)

Find your local warm space

[www.warmwelcome.
uk/#map](http://www.warmwelcome.uk/#map)

Information about Cold-Health Alerts

[www.gov.uk/guidance/
weather-health-alerting-
system](http://www.gov.uk/guidance/weather-health-alerting-system)

Space Weather

Learn more about space weather

[www.metoffice.gov.uk/
weather/specialist-
forecasts/space-weather](http://www.metoffice.gov.uk/weather/specialist-forecasts/space-weather)
and sign up for specialist
space weather account

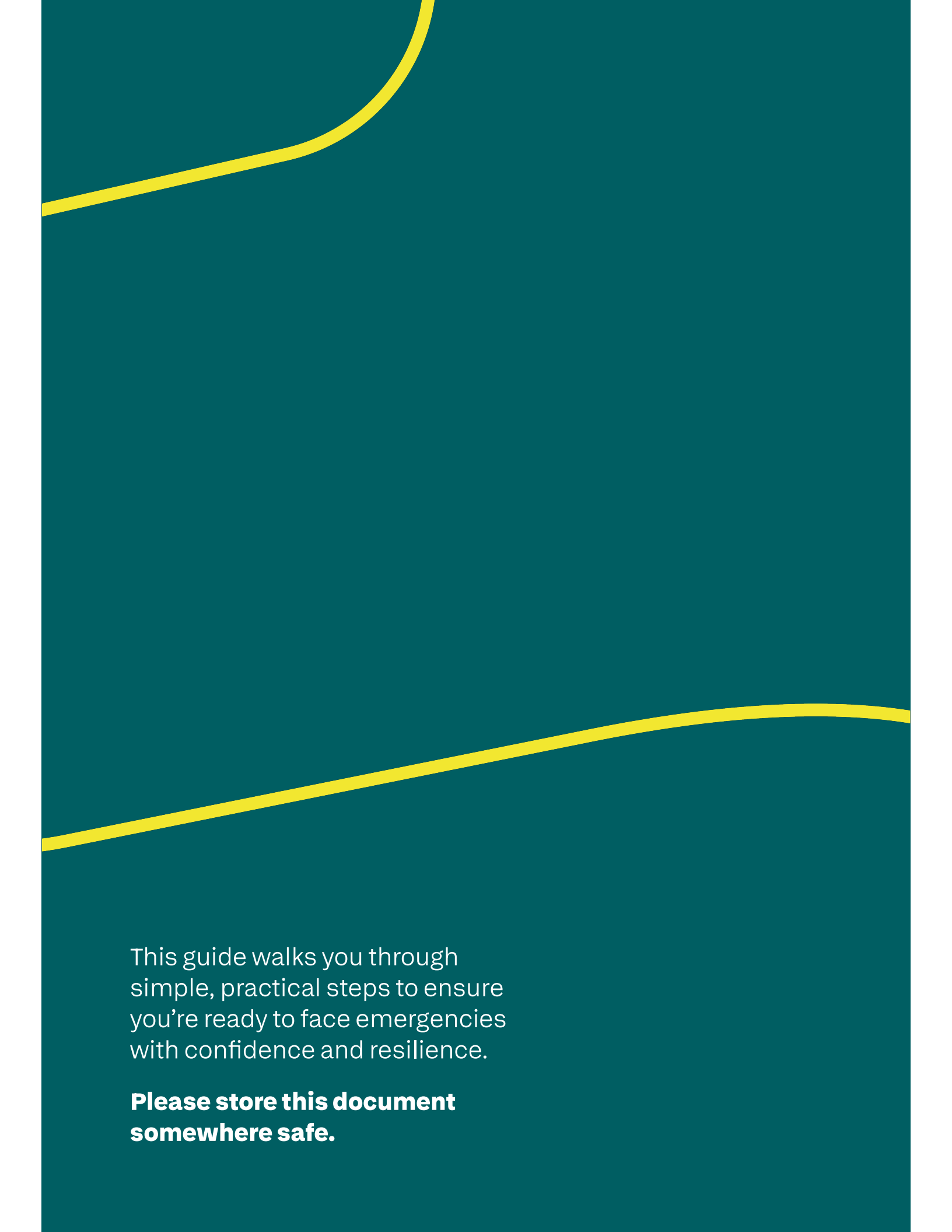
Be prepared checklist

Further advice on how to make a grab bag

[https://prepare.campaign.
gov.uk/get-prepared-for-
emergencies/](https://prepare.campaign.gov.uk/get-prepared-for-emergencies/)

Need help getting online?

If you have difficulty accessing technology, speak to friends and family or visit your local library and ask for help.

The background is a solid teal color. There are two thick, wavy yellow lines. One line starts at the top left, curves upwards and to the right, and then curves downwards. The other line starts at the bottom left, curves upwards and to the right, and then curves downwards.

This guide walks you through
simple, practical steps to ensure
you're ready to face emergencies
with confidence and resilience.

**Please store this document
somewhere safe.**