

## How you can be more prepared for some of life's emergencies:

- Fit smoke and carbon monoxide detectors in your home and test them regularly. More vulnerable residents can also request a Safe and Well visit from Surrey Fire and Rescue Service. Search *'Fire Safety at Home'* on <a href="https://www.surreycc.gov.uk">www.surreycc.gov.uk</a>.
- Learn basic first aid. Download one of the many first aid apps available such as the British Red Cross or St John Ambulance apps.
- If you are elderly, disabled, vulnerable or have small children sign up to your priority registers from your gas, electricity and water suppliers.
- Know where and how to safely turn off your utilities like gas, electricity and water.
- Sign up to weather warnings on the Met Office website: https://www.metoffice.gov.uk/public/weather/warnings
- Check if you are in a flood risk area by visiting <a href="https://www.gov.uk/check-flood-risk">https://www.gov.uk/check-flood-risk</a>. If you are at risk, sign up to receive flood alerts by phone, email or text messages so you can get prepared. You can sign up with the Environment Agency here <a href="https://www.gov.uk/sign-up-for-flood-warnings">https://www.gov.uk/sign-up-for-flood-warnings</a>.
- If you experience a power cut call 105. Keep a couple of torches (and spare batteries) at home.
- Get to know your neighbour. In the event of an emergency would they need any help?
   Would you need help from a neighbour?
- Keep a record on your mobile device and at home of any regular medication you require.
- If you are asked to leave your home take with you any medication you require, mobile
  phone and charger, key documents like ID and cash or your debit/credit card.
  Remember to tell family, friends and carers where you are going. If you are currently
  receiving visits from NHS or Social Care providers let them know where you have gone
  too.
- Keep a copy of your key emergency contacts on your mobile device and at home, including the contact number for your buildings and content insurance and policy number(s). The Surrey Prepared ICE Template makes this easy.

For further information visit <a href="www.surreycc.gov.uk/surreyprepared">www.surreycc.gov.uk/surreyprepared</a> or follow us <a href="www.surreycc.gov.uk/surreyprepared">@SurreyPrepared</a>