

Vulnerable people

Certain groups of people may be particularly vulnerable in an emergency situation.

If you have health or mobility problems, for a small charge there are items that can help to keep you safer and independent at home.

These include personal alarms or light switch sensors or sensors that will notify a control centre if you were to fall.

For further information contact Derbyshire County Council's Adult Care team or visit www.derbyshire.gov.uk/helptoliveathome

Certain groups of people are eligible for extra care from water, gas and electricity suppliers in the event of disruption.

Many people qualify for this help including people who have sight or hearing difficulties, older people, those with disabilities, nursing mothers and many others.

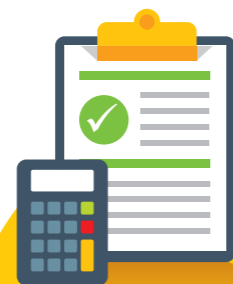
You'll need to register with energy or water suppliers as a vulnerable customer in order to get this additional support.

Insurance

One of the best ways to be prepared for unexpected situations is to make sure that you have good, up-to-date insurance for things such as your home and contents, or vehicles. If you are a tenant, check that your landlord has Landlord Insurance.

It's useful to make sure you know where copies of all your relevant insurance documents are and check the small print to ensure things like flooding and fire are covered.

If you need to make an insurance claim you might need to provide evidence so take photos of valuable items and keep receipts for any large purchases.



Emergency kit checklist

It's useful to make a list of essential items that you can grab quickly in an emergency or keep them stored somewhere in an easy-to-carry bag.

Below are examples of things you might want to include.

- A list of useful phone numbers, for example for your doctor and close relatives
- House and car keys
- Toiletries and regular medication
- A first aid kit
- Mobile phone and charger
- Cash and credit cards
- Appropriate spare clothes and blankets
- Boiled water, ready to eat food and a bottle/tin opener, in case you have to remain in your home for several days.
- A torch and radio (either battery powered or wind-up in case of loss of electricity)
- Supplies of food and drink that do not require electricity or heat to prepare (e.g. bottled water, tinned food etc.)
- A notebook and pen or pencil
- Any special items for babies, children or pets



It may be useful to sit down with your family and write a short household emergency plan.

You can find a downloadable version at www.derbyshireprepared.org.uk/advice_for_you that gives you some ideas of what to include.



Derbyshire Prepared

What you can do to be better prepared for any emergency.

Emergency situations can happen at any time. While they are rare, it can be useful to plan in advance what you might do, things you might need and important numbers to know.

We've put together some advice on how you can help to prepare yourself, your home and your family for possible emergencies.

Some of the advice is general, while other sections refer to specific situations where you might need to do certain things to stay safe.



Flooding

In Derbyshire the two main causes of flooding include river and surface water flooding.

You can check if your home is at risk from flooding by visiting [flood-warning-information.service.gov.uk/long-term-flood-risk](https://www.flood-warning-information.service.gov.uk/long-term-flood-risk)

If you are close to a main river and flood warnings are available to you, sign up to Floodline Warnings Direct www.gov.uk/sign-up-for-flood-warnings

Prepare a personal flood plan which details important information about your utilities, useful contact details and checklists or reminders about what you should do. www.gov.uk/government/publications/personal-flood-plan

The environment agency website also has advice on how to best prepare your home in a flood at www.gov.uk/prepare-for-flooding

Prepare a flood kit in case you experience serious flooding of your home.

For further advice visit Derbyshire Prepared at www.derbyshireprepared.org.uk



Severe Weather



Extremes of weather can come in various forms from severe prolonged freezing, heavy snow, heatwaves or gales and storms.

In the event of prolonged freezing and heavy snow:

- Listen to the weather forecasts and take notice of any warnings
- Plan any journey or activity with the weather in mind
- If you need to travel make sure you have appropriate clothing, water or hot drinks and emergency equipment and supplies
- Avoid taking pets
- Check road gritting routes during winter weather
- Check on any vulnerable neighbours or relatives
- Contact your school or check on their website if closure or alternative arrangements are made
- Check your employers business continuity arrangements
- Consider joining or setting up a snow warden scheme in your area.

You can also find more tips and advice at Derbyshire County Council www.derbyshire.gov.uk/staywarminwinter

Heatwaves and hot weather

During periods of extreme heat there may be impacts on key public services such as increased demand on the NHS, travel disruption and possible droughts.

During long periods of hot weather there is an increased risk of heat related illness for children, those with underlying conditions or disabilities and older people.

Below are some tips to help you stay safe during hot weather:

- Where possible stay out of the heat and keep out of the sun between 11am and 3pm
- If you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf
- Avoid extreme physical exertion and wear light, loose fitting cotton clothing
- Cool yourself down, have plenty of cold drinks, avoid excess alcohol, caffeine and hot drinks.
- Keep your home cool – keep windows that are exposed to the sun closed during the day and open at night, close curtains, move into a cooler room where possible and consider using electric fans.
- Keep an eye on isolated, elderly, ill or children and make sure they are able to keep cool. Be alert and call a doctor or social services if someone is unwell or needs help.

Fire safety

The most important thing you can do for the safety of your family in a fire is to make sure you have a properly fitted and working smoke alarm and remember to test it regularly.

Develop an escape route, with alternatives, for your home and practice it with your family.

Also ensure that everyone in the house knows where window and door keys are kept.

Never leave candles or open flames burning unattended and it is a good idea to develop a routine check for fire hazards before going to bed at night.

