

Some Emergencies which might affect you:



Flooding

Keep yourself aware of the weather forecast via the radio, television or internet. For up to date flooding information contact the EA floodline or their website. If you have sandbags available, block doors and low level vents.

Move valuable items upstairs. You can also evacuate and stay with family or friends. If you get into difficulty, contact the emergency services. Turn off gas and electricity until they can be inspected.

After flooding, contact insurers. Remember to keep all your receipts for works carried out. Make sure you wear rubber gloves and thoroughly clean your house with disinfectant.



Storms

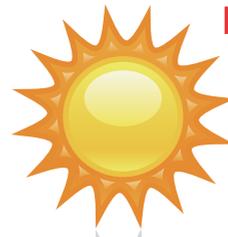
Use radio, television and internet for updates. Park vehicles away from trees and high walls, Secure outdoor items and draw your curtains to protect from flying glass. After the storm, contact landlords or insurers if your property has been damaged. Contact the relevant suppliers if

gas, electricity and water supplies are affected. If you believe your property is no longer safe, leave and inform the council.



Snow

Main roads are cleared and gritted but you should only venture out if absolutely necessary. Tell someone where you are going. If you become stuck, stay with the vehicle as long as possible - abandoned cars disrupt snow-clearing efforts. If you leave your car, inform the police on the non-emergency numbers. Keep up with travel and school information via local radio, television and the internet.



Hot weather

In a heat wave drink regularly but avoid alcohol, tea and coffee. Stay in your coolest room and close the curtains in rooms that get a lot of sun. Take cool showers or baths, and splash your face and neck several times a day with cold water. Avoid the hottest part of the day, 11am to 3pm. Avoid strenuous activity and try to stay in the shade. Wear a hat and loose fitting clothes, preferably cotton. Remember heatstroke can kill. If you suspect someone has heatstroke, call 999 immediately. If you are suffering with the heat, rest, keep cool and drink water or fruit juice. Seek medical advice if symptoms persist or get worse.



Go in, Stay in, Tune in

The GO IN, STAY IN, TUNE IN advice is recognised and used around the world. It is regarded as being the best general advice to give people caught up in most emergencies.

In a major emergency TV and Radio companies will interrupt programming to give public safety advice and information about the incident, so that when you tune in locally or nationally anywhere in the UK you'll get the advice you need.

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Unusual clouds & smoke

If you see unusual clouds of smoke or gas, go inside and shut all windows and doors. Block off obvious drafts, extinguish naked flames and turn off air conditioning. Cover food and remember to wash/peel fruit and vegetables before eating. For information tune in to local radio stations, visit the Vale of Glamorgan Council website or the news pages of BBC. Don't try and collect children, unless told to do so. Do not go out until authorities say it is okay. Once the all clear is given, empty rainwater butts and do not handle animals that have been kept outside.



Some preparations you should consider:



BE INFORMED...

Ask yourself questions such as:

- Has the area a history of flooding from watercourses?
- Am I near a large industrial site?
- In heavy snowfall could my property be cut off?
- Do I know how to turn the utilities off in the house?

Ask your neighbours about any problems in the past:

- Have the houses flooded? Not all flooding is from watercourses.
- Are there any problems with access when icy?
- Are there any businesses that could cause a problem?

Ask organisations for information:

- The Environment Agency, for example, can supply you with a flood report/history on your property.

BE PREPARED...

Make an Emergency Kit for the home and car:

- For the home:
- A radio (wind up if possible)
 - A torch
 - Spare batteries
 - A supply of bottled water (replace regularly)
 - A first aid kit
 - A list of regular medication
 - Copies of important documents

- And the car:
- Bottled water
 - A first aid kit
 - Torch
 - Spare batteries
 - Snacks/chocolate bars
 - Mobile phone and in car charger
 - Blanket
 - Waterproof/warm clothing
 - Spare fuel

Useful contacts:



- Emergency Services** 999
 - South Wales Police**
Cardiff 029 2022 2111
Bridgend 01656 655 555
 - Vale of Glamorgan Council**
Contact OneVale 01446 700 111
Web Site: www.valeofglamorgan.gov.uk
 - Environment Agency**
Floodline 0845 988 1188
Web Site: www.Environment-agency.gov.uk
 - DwrCymru/Welsh Water**
Water Supply 0800 052 0130
Sewerage Services 0800 085 3968
Web Site: www.dwrcymru.co.uk
 - National Grid**
Gas Emergencies 0800 111 999
Web Site: www.nationalgrid.com/uk
 - Travel Information**
Travel Wales 0845 602 2020
Web Site: www.traffic-wales.com
 - News**
Web Site: www.bbc.co.uk/news
 - Met Office**
Web Site: www.metoffice.gov.uk
 - HM Government**
Web Site: www.preparingforemergencies.gov.uk
 - Wales Resilience**
Web Site: www.walesresilience.gov.uk
 - Local Radio Stations**
- | | |
|-----------------|------------------------|
| Red Dragon | 97.4 & 103.2FM |
| BBC Radio Wales | 93-104 FM 657 & 882 AM |
| Radio Cymru | 92-105 FM |
| Bridge FM | 106.3 FM |
| Swansea Sound | 1170 MW |
| Real Radio | 105-106 FM |

Emergency evacuation

In extreme circumstances, you may be asked to leave your home for your own safety. A rest centre will temporarily house evacuees and transport will be provided if necessary. You may also stay with family or friends as long as you inform the police. Try to gather spare clothes, personal documents, immediate valuables and any special foods or medicines you require. Remember to turn off fires - follow instructions from the emergency services about turning off utilities. The rest centre will provide beds, refreshments and meals as appropriate.

After the emergency

Speak to your neighbours, if you weren't able to do so during the emergency. Check on any vulnerable neighbours or family members. If your property was affected by the emergency contact the relevant water, gas, electricity and telephone companies. Contact your insurance company. Take photos of any damage and keep any receipts for work carried out. Make use of the council's services and information that's available.



Go in, Stay in, Tune in



Any queries? Contact us...

Emergency Planning Unit

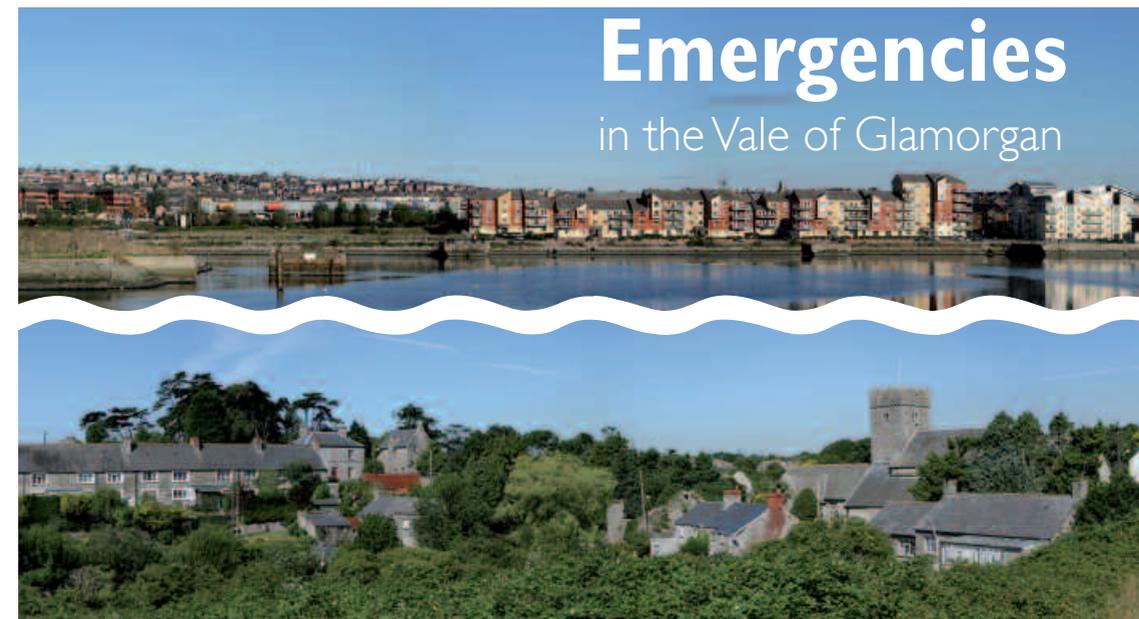
The Alps Office
Quarry Road
Wenvoe
Vale of Glamorgan
CF5 6AA

Email: emergencyplanning@valeofglamorgan.gov.uk
or call us through Contact OneVale on 01446 700111



Preparing for Emergencies

in the Vale of Glamorgan



Emergencies can happen quickly and without warning.

The Vale of Glamorgan and Emergency Services are in place to deal with the situations, but you can take actions that will help yourself.



www.valeofglamorgan.gov.uk

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