Borth Community Council

PREPARING FOR AN EMERGENCY - RESIDENTS

FLOODING, FIRE, STORMS, SNOW, PANDEMIC

Always look out for neighbours, if you haven't seen them for a while, check they are okay

For Coronavirus (COVID-19)

- Follow NHS and Government guidance

Be prepared

- Sign up to receive free flood warnings, phone **Floodline** on 0345 988 1188 or register at https://naturalresources.wales/flooding/sign-up-to-receive-flood-warnings/?lang=en

- You can sign up for more than one location. This could be:
    - Your home address.
    - A business.
    - Other property you own.
    - Other location of interest (for example a relative's house).

- Floodline sends you a warning when flooding is expected from the river and/or the sea. You can receive warnings by telephone, mobile, text or email.

Flood Alert	Flood Warning	Severe Flood Warning
 **FLOOD ALERT** **Flooding is possible. Be prepared.**	 **FLOOD WARNING** **Flooding is expected. Immediate action required.**	 **SEVERE FLOOD WARNING** **Severe flooding. Danger to life.**

For all emergencies

- Find out who your Community Wardens are, they may provide local updates and information.
- Are you correctly covered by buildings and contents insurance?
- Do you know where and how to turn off gas, electricity and water?
- Don't make unnecessary journeys, use public transport where you can, take warm clothing.
- Keep torches and batteries handy in case of a power cut. Plug in telephones may still work.
- Keep mobile phones fully charged in case phone lines go down.
- Have an emergency kit ready. It might include medication, passports, certificates, bank account details, phone chargers, insurance documents, cash, torch and batteries, baby food/nappies, bottled water, warm clothes, blanket/pillow.

Plus for flooding

- Move treasured/important items upstairs or to higher shelves. Back up the computer.
- Think about where water could enter? Doors, windows, air bricks, downstairs toilet?
- Put any property protection you have in place such as flood gates, airbrick covers, toilet seat seals, gel sacks and sand bags.

Keep informed and in contact

- Remain vigilant and keep up to date.
- Listen to weather forecasts, local news and radio (Radio Ceredigion on 96.6, 97.4 and 103.3 FM)
- Take heed of any warnings and closures e.g. schools.
- Contact your Community Wardens for updates and if you need basic help.
- Check on neighbours. Are they less mobile, have children, are elderly, a disability or ill and may need help or information?
- Are holiday makers in properties near you at risk?
- At a time of tension and distress be sensitive to others and minimise conflicts.

In an emergency

- Call 999 if anyone is trapped or in danger, wait for instructions from the emergency services

If you receive a… Flood Warning	…Severe Flood Warning
Flooding is expected. Immediate action is required. • Move family, pets and valuables to a safe place. • Turn off gas, electricity and water supplies if it is safe to do so. • Put flood protection equipment in place.	**Severe flooding. Danger to life.** • Stay in a safe place with a means of escape. • Be ready should you need to evacuate. • Co-operate with emergency services. • Call 999 if you are in immediate danger.

- Phone Floodline for updates 0345 988 1188 or Type talk 0345 602 6340
- Be aware of escape routes.
- Do not put yourself or others in danger.
- Assess the situation and the safety risks, do not enter flood water or fire.
- Be aware of flying or falling debris from properties and trees.
- Don’t walk or drive through flooded roads, you could be stranded if your engine cuts out.

Your evacuation

- Listen to the Emergency Services.
- If you are told to evacuate, listen to where you are directed to.
- There are several places a rest centre may be set up depending upon the type of emergency. It may be the Family Centre, Memorial Hall or the school. It may be away from the village.
- Ask for advice on the safest road or route to take.
- When you can, let family or friends know where you are.
- Most evacuation/rest centres will let you bring your pets with you.
- Wear high visibility clothing if you can.

Your pets

- Plan for your pet(s) so you and first responders are not put in danger.
- Make sure your pet(s) wear collars and tags with contact information. Microchip your pet(s).
- Keep a lead and/or pet carrier handy. Take their pet food, any medication and supplies needed.
- Make an arrangement with a trusted neighbour who could help if you are not at home.
- Know where your pet(s) might hide if they are scared.

You and your home – become more resilient

Property owners are responsible for protecting property from flooding

- **Sand bags** are one of the least expensive methods of flood protection. Hessian or polypropylene sandbags cost approximately £6-10 for 10 empty bags, filled sand bags can also be bought.
- You can use them inside the home and outside, use them to divert water away and lay them in water already present. Only fill sandbags to ½ to 2/3rds full so it can mould to other sandbags. Lay sand bags so that the joints between the bags are staggered, stamp down to fill any gaps.
- A **flood board** could be cut from 12mm marine plywood to fit your doorways, add a PVC sheet and stack sand bags in front.
- Cover **airbricks** with a piece of plastic sheet fixed with sealant, cover with a couple of sandbags to prevent the plastic coming away.
- Apply sealant inside the toilet and press a plastic bag onto it, add a filled sandbag to hold it in place to stop flood water rising up in downstairs toilets
- Put **plugs** in sinks and baths and weigh them down to stop rising water.
- Use rolled up towels to reduce water seepage

Sand bags may be delivered in an emergency, their distribution will be prioritised to protect life, the vulnerable, the elderly or infirm. Sand bags MAY be delivered to occupied properties at imminent risk. This may not always be possible due to demand and/or weather conditions.

More information

Natural Resources Wales has information on flood risk and what to do during a flood
https://naturalresources.wales/flooding/?lang=en

British Red Cross has advice on how to prepare for emergencies
http://www.redcross.org.uk/What-we-do/Preparing-for-disasters/How-to-prepare-for-emergencies

National Flood Forum has information and help for people at risk of flooding, also about insurance
https://nationalfloodforum.org.uk/ 01299 403055

PREPARING FOR AN EMERGENCY - COMMUNITY WARDENS

Volunteer Community Wardens provide a vital link between the public and authorities involved in emergency incidents. The role of a Community Warden is to help improve knowledge and community resilience before and during an emergency.

You can do this by

- Following the advice in the PREPARING FOR AN EMERGENCY – RESIDENTS leaflet
- Being prepared. Ensure you are registered with Floodline and help make others aware of the free flood warnings service, encourage them to register via 0345 988 1188 or https://naturalresources.wales/flooding/sign-up-to-receive-flood-warnings/?lang=en

- Understanding what the alerts and warnings mean and what actions may be required.

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Source	Target Area Name	Level of warning
Tidal	Lleyn Peninsula & Cardigan Bay coastline	Flood Alert
Tidal	Borth	Flood Warning / Severe Flood Warning
Fluvial	Leri catchment	Flood Alert
Fluvial	River Leri at Borth	Flood Warning / Severe Flood Warning

- Advising impacted residents in an emergency, encouraging them to prepare.
- Helping to monitor a situation, for example unusual water levels or danger points.
- Reporting updates to the Emergency Plan Coordinator if the Emergency Plan has been activated.
- Always assessing the risk and not placing yourself or others in danger.
- Always following the advice of the Emergency Services.

Know your local area

- Let the households in your area know who their local Community Wardens are.
- Invite others to become a Community Warden to strengthen the information network.
- Identify any key skills and equipment the community may have that may be useful.
- Identify who may need help in an emergency, such as
  - Installing flood protection in advance.
  - Anyone living alone and may not hear about any warnings, or are less mobile.
  - Those at particular risk during an extended power cut. For example users of medical equipment such as a ventilator, dialysis machine, or those who are at risk of getting very cold.
  - Being on the Priority Services Register (PSR), a free service provided by suppliers (electricity/gas) and network operators to customers in need and priority support in an emergency (e.g. heating and cooking facilities). https://www.ofgem.gov.uk/consumers/household-gas-and-electricity-guide/extra-help-energy-services/priority-services-register-people-need
  - Checking to ensure they can keep warm and have enough supplies.
  - Helping them to the rest centre if able and safe to do so.
- Remind people not to use a generator indoors as exhaust fumes can kill
- Do not share information about individuals or households with anyone other than the Emergency Services or the Emergency Plan Coordinators.

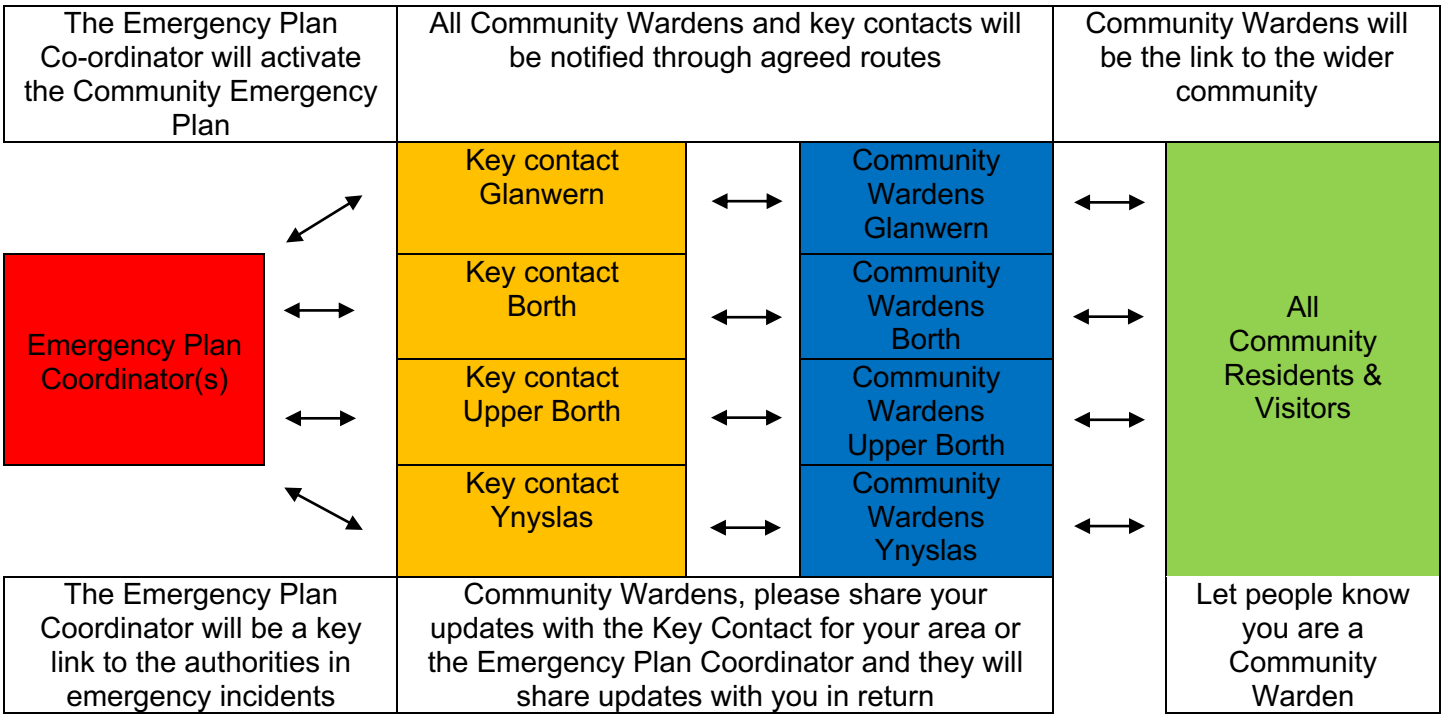
Look after yourself

If you are out and about before or during an emergency

- Assess the situation and the safety risks, think before you act/
- Work in pairs or small groups, keep each other in sight/
- Tell someone where you are going and what you are doing/
- Wear high visibility clothing if you can, take a torch/
- Be careful of flying debris or falling roof tiles in strong winds/
- Don't be cut off, walk or drive through, flood water or fire/
- Be aware there may be live electricity in flooded properties/
- Be careful of exposure to contaminated water including on your hands and around cuts/
- Do not unblock drains or remove covers/
- If conditions become a threat to your safety, do no more and get to a safe place.
- Call 999 if anyone is trapped or in danger and wait for instructions from the Emergency Services.

Staying in touch

- By using a network of communication, we can be more effective.
- By keeping each other updated we can be more adaptable and resilient.



- The Coastguard, Police and Lifeboat all have VHF radio if there is no telephone line
- Remain vigilant and keep up to date. Be sensitive to others and minimise conflicts

Frequently asked questions (FAQs)

How will Community Wardens be contacted?

- The Emergency Plan Coordinator will contact you to inform that community actions will now begin
- Information and instructions will be distributed via a group email, WhatsApp and/or verbally

What if I'm a Community Warden and I am away at work or on holiday in an emergency?
Emergency responses and services would proceed as normal. Community Wardens are an information link, the more Community Wardens we have the more we can cover these eventualities. You might like to tell another Warden in your area if you area away for a while, this is optional.

Where can I find out more about becoming a Community Warden?
Please contact the Emergency Plan Coordinators. We would be delighted if you can help in any way.