

# ARE YOU READY?

Wem Town and Wem Rural Parish



## Can you be contacted?

Unfortunately eight out of ten people aren't carrying information that would help if they were involved in an accident. If you are involved in an accident and are unable to talk, the emergency services will look for the word ICE on your mobile phone and contact that person. ICE stands for 'In Case of Emergency'.

Having an ICE number on your mobile phone means that those helping you will be able to contact your ICE Contact. ICE contacts display via your lock screen ie not having your touch ID or passcode will not prevent those assisting you accessing your ICE number.

You may want to list more than one emergency contact, such as:

- ICEmum
- ICEdad
- ICEhusband
- ICEwife
- ICEpartner
- ICEson
- ICEdaughter

## Advice at home

### Why would I need to stay in my home?

Some emergencies will require you to stay in your home or others might mean you need to evacuate. Some simple steps will mean you can be more prepared should an emergency occur and you are at home.

This may be because of hazardous chemicals or substances, pandemics, smoke from nearby fires or an unknown risk in your neighbourhood. You may even have to stay indoors for up to 3 days in serious, but rare, circumstances.

The general advice to 'Go in, stay in and tune in' is recognised and used worldwide for major emergencies that require you to remain indoors.

### What supplies will I need?

You should keep sufficient supplies that meet your household needs for at least 72 hours; remember to think about what you would need if your electricity, gas or water supply was cut off as a result of the incident.



A typical supplies list for sheltering in your home for 72 hours might include:

- Drinking water – at least two litres per person per day in easily carried bottles
- Water for cooking and washing – at least three litres per person per day
- Food - non-perishable eg canned food (don't forget the manual can opener!), dried foods and energy bars etc.
- Camping stove
- Torch (battery or wind-up) with spare batteries
- Camping lantern (Ideally LED)
- Medication and a first aid kit
- A copy of your household emergency plan
- Pet food/water, routine medication
- Sleeping bag or warm blanket for each family member
- Hand sanitizer
- Toiletries (including toothpaste and brush)
- Waste/rubbish sacks
- Toilet roll
- Duct tape to tape up windows, doors and vents

## Ready to evacuate

There may be times when due to an emergency you may self-evacuate, or be requested to evacuate your home eg flooding, fire or a nearby industrial accident. Having items prepared and ready to go will save you time and result in a calm evacuation for you and your family. You may have pre-planned where to go in the event of an evacuation such as to friends or family, but if not you may find yourself heading to a rest centre provided by Shropshire Council.

### A typical supplies list for evacuating from your home for 72 hours might include:

- Water for drinking and washing – five litres per person per day in easily carried bottles
- Food – non-perishable eg canned food (don't forget the manual can opener!), dried foods and energy bars etc.
- Eating utensils/dishes/mugs
- Torch (battery or wind-up) with spare batteries
- Medication and a first aid kit
- Washing, shaving and sanitary supplies
- A whistle (to attract attention)
- Mobile phone and charger
- Cash – small notes (£5 and £10) and loose change
- Credit and debit cards
- A copy of your household emergency plan
- Important documents – insurance policies; wills; birth and marriage certificates; passport; medical records; family pictures, prescriptions etc.
- Items for your pets eg for dogs, a collar and lead, routine medication, water/water bowl, food/food bowl, poo bags, pet carrier and a favourite toy
- Weather dependent – raincoat, over trousers and boots, sun cream and sunglasses
- Change of clothing for each family member
- Sleeping bag or warm blanket for each family member

## Be pet ready

Pets are an important part of family life and your emergency planning preparations should also consider their welfare.

In many instances for short term overnight evacuations it may be appropriate to leave certain pets safely indoors, but there will be instances when this is not an option. Have your pet microchipped and make sure that you keep your address and phone number up-to-date.



### If you have to remain in your home

- Make sure your pets remain indoors with you where they are safe – remember pets can be frightened as well!
- Keep a minimum of 3 days' supply of pet food and drinking water inside waterproof containers, along with other emergency supplies

### If you have to evacuate your home

- Plan ahead to ensure that your pets will have a safe place to stay
- Check with friends and/or relatives living outside your immediate area to see if they're willing and able to shelter you and your pets, or just your pets if necessary
- Make a list of pet boarding shelters that might be able to accommodate your pets in emergencies
- If you have to evacuate and intend to stay in a hotel or other lodging accommodation, take the time to check their policies on accepting pets and whether a 'no pet' policy would be waived in an emergency
- If you evacuate to a Shropshire Council rest centre, arrangements will be made to safely accommodate your pets
- Take a picture of you and your pet together - this will help you document ownership and allow others to assist you if you become separated. Add species, breed, age, sex, colour and distinguishing characteristics

### What happens if you are not home and your neighbourhood/road is told to evacuate?

- Talk to your immediate neighbour and plan for this eventuality
- Make sure your neighbour is familiar with your pet and where to locate a lead and/or carrier basket
- It's best to be on the safe side and make sure that your pet has up to date identification and contact information, just in case your pet is lost during the emergency



## What else can I do?

There are a number of steps you can take in preparation for an emergency.

### Learn first aid

Anyone can learn first aid – first aid and CPR classes are available from St John Ambulance and British Red Cross. See their websites for downloads and information on courses.

You can request a free first aid guide from the St John ambulance website.

### Review fire safety in your home

Shropshire Fire and Rescue (SFR) offer advice on fire safety in your home.

SFR offers free home safety checks to anyone living in the area who is concerned about fire safety and eager to learn how to reduce their risk.

A fire officer would visit your home and give you advice about important issues, including kitchen safety, smoking materials, electrical safety, and escape plans. You can book your Safe and Well check by contacting 01743 260200.

### Know how to shut-off utilities

Gas leaks and explosions are responsible for a significant number of fires following disasters. It is vital that all household members know how to shut off the gas supply.

Electrical sparks can ignite leaking gas. Ensure all household members know how to turn off electricity off at the main circuit breaker or fuse panel.

Water quickly becomes a precious resource following many disasters. Make sure all household members know where the main stopcock is located.

This document has been produced with help from:  
[Shropshire Council Emergency Planning Unit](#)  
[National Risk Register](#)  
[Preparing for Emergencies](#)  
[West Mercia Community Risk Register](#)

