

EMERGENCY CONTACT SHEET

You may find it useful to complete details and keep them somewhere safe. Why not make up an emergency box and put in there! You should be able to find these numbers in your local telephone directory.

Name	Telephone number
Emergency services	999
Borough Police stations	020 8297 1212
Lewisham Council	020 8314 6000
NHS direct	0845 4647
Floodline	0845 988 1188
Anti-terrorism	0800 789 321
Foreign and commonwealth office	0870 606 0290
Telephone provider	
Gas provider	
Electricity provider	
Water provider	
Bank/Finance	
Landlord	
House building insurance	
House content insurance	
Passport	
Driving license	
Your Doctor	
Work	
School	

REMEMBER

If you are involved in any emergency it is important to:

- ❖ Make sure 999 has been called if people are injured or if there is a threat to life
- ❖ Not put yourself or others in danger
- ❖ Follow the advice of the emergency services
- ❖ Try to remain calm, think before acting and try to reassure others
- ❖ Check for injuries – remember to attend to yourself before attempting to help others.

If you are not involved in an incident but are close by or believe you may be in danger, in most cases the advice is:

GO IN, STAY IN, TUNE IN.

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'Preparing for emergencies: What you need to know.'

For translation contact:

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EMERGENCIES

How would you cope?



HOW WOULD YOU COPE WITH...

- ❖ A chemical spill
- ❖ Environmental pollution
- ❖ An explosion
- ❖ Extreme weather
- ❖ Fire
- ❖ Flood
- ❖ Fuel shortages
- ❖ Illness
- ❖ Industrial action
- ❖ Loss of gas supply
- ❖ Power failure
- ❖ A radioactive release
- ❖ A road crash
- ❖ Structural failure
- ❖ Terrorism.

Your Family

By taking some simple steps you can reduce the impact an emergency has on your family. This does not require any specialist knowledge, just a few moments of your time.

PREPARE NOW!

Arrange where your family could meet up should you become separated by an emergency.

Complete the emergency contact sheet (see overleaf).

Prepare an emergency box containing:

- ❖ details of prescription medicines
- ❖ emergency contact sheet (see over)
- ❖ battery powered radio and torch
- ❖ notebook and pen/pencil
- ❖ toiletries
- ❖ extra set of contact lenses or glasses.

Add an ICE (In Case of Emergency) number to your mobile

If you are evacuated and it is safe to do so, turn off your electricity and water and take your emergency box with you.

Schools

If your children are at school you will naturally want to collect them as soon as possible in the event of a major emergency, but it may not be safe to do so.

All Lewisham schools are developing plans on how they will cope with local emergencies such as fire and flood. They will inform parents of their plan and who to contact in an emergency. You can help by making sure they have your most up to date contact details.

Your Community

An emergency can have a significant effect on your community. Lewisham Council, Lewisham Hospital NHS Trust, Lewisham PCT, the London Fire Brigade, the Metropolitan Police Service and the Ambulance Service are working together to make sure that we are prepared for an emergency.

The Council has an emergency planning controller on call at all times to co-ordinate the borough's response.

By being informed and prepared, you can be ready too.

Your Business

In meeting the day-to-day challenges of your business, staff may already be working to near capacity.

By developing a Business Continuity Plan you can take some simple steps that could help your organisation survive an emergency.

A plan will help you to manage your risks. It will ensure that, at all times, your organisation can continue operating to, at least, a pre-determined minimum level.

Look at our website

www.lewisham.gov.uk/BCM for more information.

GO IN, STAY IN, TUNE IN

During an emergency the public may be given advice via the radio and television. General advice is to go inside, stay inside and tune into your local radio station for information.

Of course, there will always be particular occasions when you should not go inside, for example, if there is a fire.

Our local radio stations include:

Time FM	106.8 FM
BBC London	94.9 FM
Choice FM	107.1 and 96.9 FM

or visit www.lewisham.gov.uk



Working for a safer London

Lewisham **NHS**
Primary Care Trust

The Lewisham Hospital **NHS**
NHS Trust

