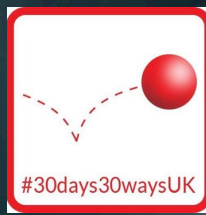


Being prepared is part of who you are
emergency preparedness is no different



SUMMARY OF 30DAYS 30WAYS

Days 30 Ways is now complete for this year. Here is an overview of the highlights from this years campaign. You can check out all the updates in full by viewing the Parish Facebook Page too.



Day 1 - No one is alone in an emergency. The emergency services will respond but they cannot reach everyone right away. There is a lot you can do to boost your personal safety and preparedness. It is easy and straight forward: plan, prepare, and practise. There are actions you can take before, during and after an event.

Myth: I don't need to worry about emergencies in Sampford Courtenay!

Truth: We can be impacted by several types of hazards or emergencies with little or no notice which can include adverse weather, fire, utilities disruption, or security incidents.

Being aware of past emergencies helps to know and [#UnderstandRisk](#) and that is key for personal and community [#preparedness](#)



Could you even start to think what it's like to be in the path of Hurricane Dorian? Day 2 we tuned into the weather. Knowing what's coming, understanding and heeding weather warnings is fundamental to personal preparedness.

The @MetOffice created this video - take a look and learn more <https://www.youtube.com/watch?v=DPup7uhfucc&feature=youtu.be>

Download the FREE Met Office Weather App - Or sign up for email weather warnings

<http://ui.isend-itineris.co.uk/track/click.aspx...>

<https://www.metoffice.gov.uk/.../guides/what-does-this-foreca...>

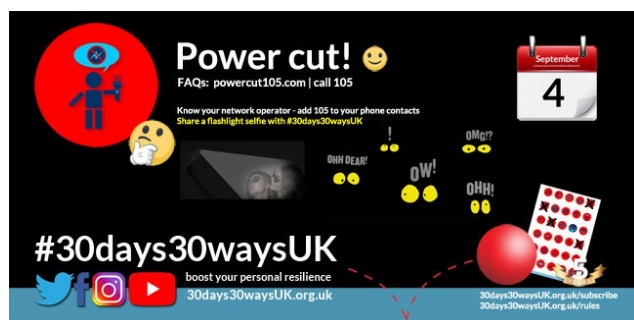


Day 3 the @EnvAgency adds their advice for better personal preparedness. Watch their video

<http://ui.isend-itineris.co.uk/track/click.aspx?r=8a6c5fbbc1&t=4788e1b004&k=bf875e6e3aa04ce3886ab>

Floods destroy property and being prepared well ahead of time is very important for personal safety

<http://ui.isend-itineris.co.uk/track/click.aspx?r=8a6c5fbbc1&t=4788e1b004&k=c4b2685abca74b998308>



Day 4 Thankfully, power cuts are usually resolved quickly but sometimes they're not. If the powercut is related to for example. severe weather or flooding, engineers may take a while to find and fix the fault. It pays to be ready and prepared.

Do you know how to report a fault? check out this advice video https://www.youtube.com/watch?v=e_lowbcQf8s Ring 105 not your provider they only sell consumer energy and are not responsible for the power lines that connect homes or business. Distribution network operators (DNOs) are responsible and when you call 105 you will be put through.

Vulnerable people, for example those relying on electric medical equipment or refrigerated medicines at home, the elderly or families with very young children, can ask to be added to a priority service register. Enquire with your provider or find out more from OFGEM. <http://ui.isend-itineris.co.uk/track/click.aspx...>

Don't be scared - Add 105 to your phone today and be better prepared



Day 5 The police and security agencies are working tirelessly to protect the public but it is also important that communities remain vigilant and aware of how to protect themselves if the need arises. The probability of being caught up in an attack is very, very small. However, it is important to know what to do should such a rare event occur.

Key video resources for #RunHideTell are:

1. Stay safe: Firearms and Weapons Attack <http://ui.isend-itineris.co.uk/track/click.aspx...>
2. Stay safe abroad: Advice to Holidaymakers <http://ui.isend-itineris.co.uk/track/click.aspx...>
3. Run Hide Tell: Advice for Young People <http://ui.isend-itineris.co.uk/track/click.aspx...>
4. Counter Terrorism Policing What you can do <http://ui.isend-itineris.co.uk/track/click.aspx...>

So what things can you do to prepare?

Familiarise yourself with two quick exit and hide place in locations you frequent. Watch the first video for a clear understanding of how to make your self safer and be prepared.



Day 6 - Many illnesses spread through contact with hands. Frequent handwashing is safe and effective and so are good hand sanitisers. Good handwashing removes dirt and neutralises pathogens and good sanitisers have the added benefit of lasting protection (up to 24h).

Understanding these benefits can help you to make a difference, help to raise awareness for hygiene, health and preparedness by sharing this and other ways already circulated to help make you and your friends more prepared. Watch this video to show the benefits

<http://ui.isend-itineris.co.uk/track/click.aspx?r=1079f1d531&t=4788e1b004&k=c55d3f8548454d4dacf2&fbclid=IwAR0HFGSoiJOB91CVb-wDkxzxKJ0RTMKsx6kfC3Bb2yBZhqIWhizmY7qDsB6w>



Day 7 - Understanding the risk that exist where you live or work can be important to being able to take precautions be prepared and able to react when an emergency happens. Take a look at how you can assess risk by watching this video <https://m.youtube.com/watch?v=PX-ELfvIbAWk>

Our local emergency services and there partners as part of the Local Resilience Forum have a prepared risk register but take a look at this fun video and then browse through Devon, Cornwall & IoS register

<http://ui.isend-itineris.co.uk/track/click.aspx...>

<https://www.dcisprepared.org.uk/.../public-facing-crr-print-l...>

The Parish has resilience plans around certain risks such as Adverse snow if you feel there are other risks that need to be incorporated in the genetic plan let us know



Day 8 - Having the right tools and some supplies goes a long way to being better prepared for an emergency. A grab bag is exactly that: you grab it in an emergency such as a sudden evacuation and it contains pre-packed items that help you cope. Since everyone has unique needs and highly personal contexts, what you put in your grab bag needs to make sense to you. So, to get started, let's take a look inside one particular kit. Click below to play the today's video.

<http://ui.isend-itineris.co.uk/track/click.aspx...>

Grab bags are one type of emergency kit. Usually, they are backpacks containing essential items covering food (sometimes food preparation including water and water purification), tools and personal protection, shelter and warmth, light and communication, first aid and hygiene. So called 72 hour grab bags have been recommended by some for a long time and cover essentials for 3 days.

In addition, there are emergency kits for your car and so called 'shelter-in-place' or disaster preparedness kits for at home.

What kits and contents you chose depends entirely on your circumstances. There are a lot of useful items that you can pick up quite cheaply and it's a lot of fun and peace of mind to assemble and customise your personal grab bag.



Day 9 - Our topic today is #GiveBlood it is a very important aspect of community resilience.

Maintaining the blood supply is crucial for the hospitals and patients who need it every day and also for preparedness in times of crisis. Having enough supplies of all blood types to treat many different conditions is key and stocks need to be replenished on an ongoing basis.

Why not register today - follow the link

<https://www.blood.co.uk/>



Day 10 - Being aware of your stress levels, knowing lots of ways to recharge and stay positive is key to staying healthy and ready for anything. So today we look at how to #StressBust because #ItsOkNotToBeOK for #MentalHealthAwareness above and beyond personal preparedness.

here are many excellent resources and services to help you #StressBust for better mental health. , e.g.

* NHS take 5 steps <http://ui.isend-itineris.co.uk/track/click.aspx...>

* access support via your local service providers and support networks

* talk to family, friends and neighbours #ItsOkToTalk



Day 11 #30days30waysUK. "When there's something weird and it don't look good, who you gonna call...?"

Make the right call! Not every emergency requires immediate 999 assistance and can be reported to 101 or online.

Take a look at the video that emergency services have created <http://ui.isend-itineris.co.uk/track/click.aspx...>

Every day, hundreds of calls are made to 999. This leads to delays which may cost lives and there are severe penalties for hoax calls.

Understand that

- ~ 999: immediate danger, threat to life, violence threatened, crime in progress, suspect nearby
- ~ 101: everything else
- ~ for rescue near the coast, beach, at sea: call 999, ask for the coast guard
- ~ for rescue near mountains, off-road: call 999, ask for the police, then ask for mountain rescue



Day 12 30Days30Ways - and as the nights start to draw in and the sunrise gets later in the morning being prepared to be seen by being bright is the theme.

Hi-viz clothing or items go a long way towards personal safety. In the context of personal preparedness this goes beyond road safety such as the long established "BeBrightBeSeen" campaign for children.

Have a watch <http://bit.ly/VideoTHINKHedgehogNight2001>

Hi-viz is equally important for cyclists, motorists in case of a break down, outdoor or sports enthusiasts etc. Fluorescent colours are not quite good enough for real #BeBrightBeSeen. Hi-viz and reflective items are cheap and save lives.

This excellent video we found on youtube explains some of the differences. Take a look <https://www.youtube.com/watch?v=3974I7U1O4I>



Just imagine it's Friday night after a long, eventful week. You've settled in for a good night and fall asleep with a smile, looking forward to the weekend. Suddenly you're roused from deep sleep... and to make sure that story has a happy ending our topic on day 13

#30days30waysUK is #SafeNight! Emergencies happen not only during the day and there is a lot you can do to assure you have a safe night every night. To discuss this in more detail today, we're joined by @NorthantsFire who have done this video to help inform us of what would help

<http://ui.isend-itineris.co.uk/track/click.aspx...>

Today shows how to hazard check your premises and what a personal fire escape plan looks like. Some of the key resources are:

video: Evacuation, how would you cope? (by @LeedsCC_Help)

video: Stop the clock: make your home safer from fire risks (by @Norfolkfire)

video: escape plans (by Cheshire Fire Department)

Just imagineDownload the template and make your personal fire safety escape plan

<http://ui.isend-itineris.co.uk/track/click.aspx...>

Don't be scared - be informed and get better prepared!



Day 14 coincided with World First Aid Day [#WFAD2019](#)

Anyone can learn first aid and putting a first aid kit together that reflects your needs and skills is cheap and fun to do. First aid skills such as learning to use a defib (now available in the parish) or knowing CPR can save lives.

Get motivated with this video by 'Save a life for Scotland' with Carol Smilie and the famous song from The Proclaimers: Gonna be 500 times <http://ui.isend-itineris.co.uk/track/click.aspx...>

The British Red Cross Volunteers and other partners shared first aid resources, including simple actions that can save lives <https://www.redcross.org.uk/first-aid>

How to access the British Red Cross First Aid App

<https://www.redcross.org.uk/first-aid/first-aid-apps>

and a short video on First Aid for Babies and Children

<https://m.youtube.com/playlist...>



Day 15 - looked ahead to preparing to be [#WinterReady](#)

Take a look at this introduction to vehicle checks and safe [#WinterDriving](#).

Start by taking a look at the video 🌨️ 🚗 👍

<https://m.youtube.com/watch?v=7RqWAUljik&feature=youtu.be>

Here's an excellent video that looks at wider aspects of #WinterReady including safe #Winter-Driving available at <https://t.co/I2yL7ycxNf?amp=1>

Check the NHS pages 'Keep warm, keep well' via bit.ly/NHS-keepWarm

Finally, it really pays to be #Weatheraware (day 2 #30days30waysUK) and heed warnings. Don't miss Met Office advice if you must

➡ travel in storms bit.ly/MetOfficeTravellnStorms

➡ travel cold weather bit.ly/MetOfficeWinterDriving

It pays to be prepared and heed warnings so always stay #WeatherAware



Also don't forget we have a Snow plan on the Sampford Courtenay website



Day 16 kicks off GasSafety week (@GasSafetyWeek) and so we'll join in. The topic, of course, is all things #GasSafety.

Take a look at the You Tube video about "What is carbon monoxide and what are the signs" <http://ui.isend-itineris.co.uk/track/click.aspx...>

A couple of very easy things you can do now to be more prepared is -

- ~ Add the national gas safety emergency number to your phone contacts 0800 111 999.
- ~ Consider to install a CO alarm.
- ~ Know the signs and symptoms of CO poisoning.
- ~ Know what to do if you suspect CO poisoning.

Stay safe and become better prepared



Day 17 the topic was an important one: #SafeEscape. Would you know what to do in an emergency? Everyone needs a fire escape not just for at work but also at home.

It only takes a few minutes to make a fire escape plan and discuss it with the family. Also, you need to practise it so that everyone knows what to do. Take a look at this video

<http://ui.isend-itineris.co.uk/track/click.aspx...>

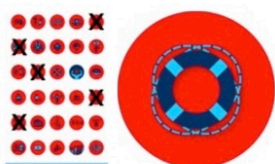
If you haven't look at making a plan after day 13 #30days30waysUK, take a look at our free #Safe Escape template.

<http://ui.isend-itineris.co.uk/track/click.aspx...>

Change it to your needs and make your own plan. Discuss it with the family. Heed the advice in the video regarding keeping escape routes clear and fitting fire alarms to each floor.

If you want to understand more Mark Quick from DSFRS at North Tawton is offering a Free Home Safety Visit and can assist just give them a call on 0800 05 02 999 to make and appointment.

#30days30waysUK



DAY 18 - Respect the Water

follow & use hashtag #30days30waysUK - comment/like/share the posts - participate in the daily tasks - download and cross off the BINGO sheet

Day 18 #30days30waysUK. "When there's something weird and it don't look good, who you gonna call...?"

Make the right call! Not every emergency requires immediate 999 assistance and can be reported to 101 or online.

Take a look at the video that emergency services have created <http://ui.isend-itineris.co.uk/track/click.aspx...>

Every day, hundreds of calls are made to 999. This leads to delays which may cost lives and there are severe penalties for hoax calls.

Understand that

~ 999: immediate danger, threat to life, violence threatened, crime in progress, suspect nearby

~ 101: everything else

~ for rescue near the coast, beach, at sea: call 999, ask for the coast guard

~ for rescue near mountains, off-road: call 999, ask for the police, then ask for mountain rescue

Day 19 looked at how to be prepared and #CyberSafe.

Unfortunately, online fraud is ubiquitous and cyber-crime can have very serious impacts. Today the National Trading Standards eCrime Team @tsecrime are sharing top tips.

Be #cybersafe. It's easy to prevent becoming a victim. Be pro-active, stay informed and keep updated. There are plenty of official resources you can trust, for example

For general advice on cyber safety take a look at - <https://bit.ly/CyberAwareUK> which includes reporting online

If you have a small business/individuals you can also get self-help via <https://bit.ly/UKAction-Fraud> also includes reporting online

For SME (small/medium enterprise) business cyber essentials can be viewed via <https://bit.ly/CyberEssentialsUK>

And of course for keeping younger people safe resources for adults with children or young people via <https://bit.ly/thinkUknow>

Give this post a like and share to someone who will benefit from the advice and help them to stay safe



The topic for Day 20 #30days30waysUK - was 'Shelter-in-Place'. This simply means that in rare circumstances the emergency services may advise you to stay indoors.

See the advice video via <http://ui.isend-itineris.co.uk/track/click.aspx...>

The advice to shelter-in-place or to evacuate will be made by the official agencies responding to the emergency and will be based on a thorough risk assessment. You will be informed of what you need to do via a range of channels that may include local radio, social media, public address systems or having someone knocking on your door. Sometimes, severe weather may mean that you are not easily able to leave your home and have to remain where you are for a few days possibly without much warning. In extreme events this may be accompanied by a loss of power or other utilities.

Most homes will have the majority of what you they need to shelter for a few days, however, it can help to check whether you have. If not, it is a good idea to gather some essential supplies for you and your family. Some things you may want to consider include:

Do you have enough food and water to last a few days?

Do you have access to emergency lighting such as a torch (with spare batteries)?

Do you have a way to contact the outside world or get news on what is happening?

Do you have a first aid kit and enough medicines you would need?

If you are evacuated, you will be more comfortable staying with friends and family. However, if this is not possible, our local council will have plans and arrangements to open up emergency evacuation centres, typically in a nearby sports hall or community centre. These will provide short-term and/or overnight emergency accommodation and support for those most in need. For the most vulnerable evacuees who may not be able to self-evacuate, transportation will be provided to the nearest centre.



Day 21 coincided with the International Day of Peace. It is really positive to celebrate the incredible power of kindness and thank the thousands of volunteers across the UK that help build community preparedness and resilience.

There are many opportunities to volunteer and contribute towards preparedness and resilience. If you would be will to help and support the Parish by being part of the Emergency Resilience Plan then get in touch with the Parish Clerk and we can include you in the Parish Resilience Plan.

Consciously do an act of kindness today, however small you will make a difference to someone. 😊 One idea to achieve this is by printing these information sheets for a neighbour who doesn't have access to a computer. Then they can be informed and prepared. The Good Neighbour Scheme is not formally co-ordinated within the Parish at present but just happens. We hope to have a support network included in the resilience plan so if you are happy to be the designated person who can support your neighbours especially in the isolated hamlets across the Parish please get in touch with the Parish Clerk. We can then add you to the contacts list within the emergency plan to let you have information to pass on to those living close by.



Day 22 - Feeding yourself and your family in an Emergency
 Could you prepare one healthy meal entirely from your food stores? How about without making use of gas or electricity? Now that's a challenge! Day 22 #30days30waysUK looks at shares tips and recipes. This version of 'Cook Off' links with an US/international campaign called Emergency Kit Cook Off also @KitCookOff (twitter and facebook).

<http://ui.isend-itineris.co.uk/track/click.aspx...>

Every household should have a minimum store of quality foods in case of an emergency. Nutritious tinned or dry foods are affordable and can be stored easily. Check expiry dates and store the amount that is right for you and your family's circumstances. Take into account the needs of everyone in your household.

Why not challenge yourself to see what meal you could make on one night this week? linked to Day 20 you may have to cope for several days if required to shelter in place so take that into account in becoming prepared and becoming more resilient incase needed.



Day 23 Household preparedness must be inclusive irrespective of age. Involving and empowering your children and young people is easy but needs to be done sensitively. You know your dependants better than anyone.

The suggestion today for #preparedKids is internationally drawn. The Preparedness ABC originates with Public Health Preparedness Florida, Bay County. Back in 2014 they've produced a brilliant illustrated booklet which you may find useful to adapt for yourself to involve the children and young people in your family about preparedness.

You can access it online via bit.ly/PreparednessABC. In addition, we have compiled a range of resources for children to explore via our website so why not take a look and explore at 30days30waysUK.org.uk/kids.

<http://ui.isend-itineris.co.uk/track/click.aspx...>

If you come up with any great ideas please share for others to see and copy Remember getting prepared to stay safe can be fun!



Day 24 highlights that not every health concern needs a trip to A&E. Know how to choose the appropriate level of care so that you and your family will get the best treatment.

It also allows busy NHS services to help the people who really need them most. Follow today's 'choose well' guidance via #30days30waysUK where partners across the UK will share resources to #prepYourHealth and to be winter ready.

Start with the (NHS) fun video on YouTube by clicking on the link. <http://ui.isend-itineris.co.uk/track/click.aspx...>

Or take a look at Devon's 'Choose well' video

Also a video about 'Cold's and Flu' <http://ui.isend-itineris.co.uk/track/click.aspx...>

and NHS web page 'Keep warm keep well' <https://www.nhs.uk/live-w.../healthy-body/keep-warm-keep-well/>



Day 25 When is the last time you checked and restocked your first aid supplies and medicines? Today we have another #PrepYourHealth theme: drugs bust! Never use out of date medication and know how to dispose of them safely and responsibly.

Last year @NHSNene did a video for us to explain. You can find watch here <http://ui.isend-it-ineris.co.uk/track/click.aspx...>

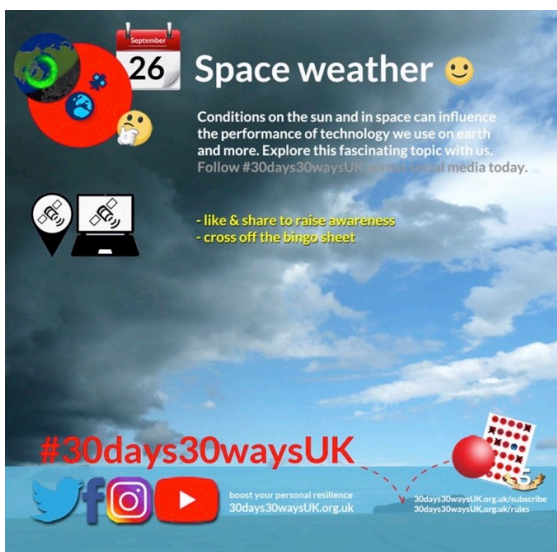
Wasted or unused medicine is a serious and growing problem that you can help tackle. It is estimated that as much as £300 million is wasted every year on unused or partially used medication which cannot be recycled or re-used. Check out the campaign 'Only order what you need' which works with the NHS and asks you to think carefully before ordering repeat prescriptions. <http://ui.isend-itineris.co.uk/track/click.aspx...>

NEVER flush medicines down the toilet or throw into the bin. ALWAYS return it to a pharmacy or chemist for safe disposal.

Once you've done your drugs bust by checking expiry dates and rotating, take a look at 'NHS advice about your medicine cabinet'.

<http://ui.isend-itineris.co.uk/track/click.aspx...>

Be better prepared for common ailments by keeping a well-stocked cabinet at home. Contents will vary according to personal needs and preferences. However, include medicines such as for pain relief, antihistamines, oral rehydration, anti-diarrhoea, indigestion, sunscreen in addition to your first aid kit. For more information, find your local pharmacy and talk to your pharmacist.



Day 26 looked at tackling a fascinating topic: #SpaceWeather and now you're probably (and rightly) wondering ... " why on earth...?" 🤔😄 space weather??

Take a look at this video from the Met Office ➡ <https://bit.ly/VIDEOSpaceWeather>

How can space be a risk and how does it impact the UK #SpaceWeather #preparedness strategy available at <https://www.gov.uk/.../pu.../space-weather-preparedness-strategy> Know your asteroids from your meteoroids, check out this animation via bit.ly/VIDEOKnowYourAsteroids



Day 27 we're taking a #Diversions, talking OFFLINE #entertainment 🧸🎲🎈
Emergencies may mean disruptions and that can lead to waiting times. Having a good range of both online and offline entertainment is important to keep up morale both individually and socially. Take a look at today's video <https://youtu.be/BdmCbePWGXo>
Not only children get bored and frustrated. Plan and prepare suitable offline entertainment and comfort items. Pick and pack some of these and add them to your #GrabBag and vehicle #EmergencyKit 🧳
Share ideas you have or even use in other situations such as on long journeys so that others can use too



Day 28 where we look at #PetPreparedness when we Plan & prepare for an emergency and #LeaveNoOneBehind 🐾🐕🐈🐹🐰🐊🐟
After human safety, the welfare of your animals should be a priority consideration. It is up to you plan ahead and #beprepared.
Start by taking a look at today's video at <https://youtu.be/0io3PJyggom>
Make sure you have a #PetPreparedness plan.
In an evacuation not all shelters may accommodate animals. Find out about local arrangements via your council's emergency planners. Consider having a pet #GrabBag with e.g. leads, food, toys, blanket, health record, copies of insurance & your pet carrier.

Key resources for #PetPreparedness are

- @RSPCA seasonal advice pages (inc. floods) via <https://www.rspca.org.uk/adviceandwelfare/seasonal> and their Pet First Aid Guide booklet (request) at <https://petguide.rspca.org.uk/>
- @thebluecrossUK page "Pets and Floods" via <https://bit.ly/BlueCross-PetsandFloods>
- @CSWResilience (twitter) Prepared Pets Page at <https://cswprepared.org.uk/be-prepared/prepared-pets/>
- Northamptonshire video via bit.ly/AnimalsInEmergenciesNorthants



Day 29 - the penultimate #30days30waysUK 'September is Preparedness Month' 2019 with another favourite topic: #PreparedApp 📱⚙️ for your digital #GrabBag

Part of your personal preparedness toolkit in this modern age is having a range of useful apps on your phone in case of a digital emergency. Today we highlight some of the free and useful apps which alert you in real time, provide just-in-time guidance or serve as digital tools. How many apps you install is an entirely personal choice. Check and verify settings and permissions to keep your phone secure. Having a spare battery or independent charger (battery, solar) helps extend the use of your phone in an emergency. 😊

Did you know there are lots of really useful FREE apps for personal #preparedness ranging from first aid to situational awareness and more? Check out this piece from Citizen Aid <https://twitter.com/ThecitizenAID/status/1055013291074969600>

There are many #FirstAid type #preparedApp that are worth checking out so here are some recommendations:

<https://www.citizenaid.org/home>

<https://www.redcross.org.uk/first-aid/first-aid-apps>

<http://www.sja.org.uk/.../firs.../free-mobile-first-aid-app.aspx>

Be ready for anything with the multi hazard FREE #preparedness British Red Cross Emergency App at

<https://www.redcross.org.uk/.../prepare-f.../free-emergency-apps>

... and always stay #weatheraware (day 2 highlighted the Met Office weather app



<https://www.metoffice.gov.uk/about.../.../met-office-weather-app>

Your challenge for day 29 #30days30waysUK is to

- ① download some of the suggested FREE #PreparedApp
- ② what's in your digital #GrabBag?
- ③ participate in our survey & feedback:
- <https://bit.ly/PreparednessSurvey30days30waysUK>



Day 30 and the final day of #30days30waysUK 2019 has arrived. Today reflect and hopefully be inspired by what drives so much of community resilience & preparedness: #volunteering ! Peoples time, expertise and resources, raises awareness, inspiring action towards #preparedness and #resilience that continues year-round.

No one is ever alone in an emergency.

#teamworkmakesthedreamwork #BePreparedNotScared

Everyone can contribute to build capacity and capabilities from the ground up.

Today we hope to inspire you to #GetInvolved #Volunteer; you could think about joining in and seeing the BritishRedCross reserves video

<https://youtu.be/KqsGkfyhIt0>

But more importantly we would like to know if you are happy to be involved and assist in the resilience plan that supports the Parish.

If you are happy to assist, can you please message the Parish Facebook and we can include you in the resilience plan.

Many thanks for following the 30DAYS30WAYS for the parish and now as promised



There are 8 questions which you will need to complete through this link that will ask you to answer and submit your entry to win. The prize will be given at the Open Meeting on 29th October 2019.

Quiz Link - https://docs.google.com/forms/d/e/1FAIpQLSfuDs3NGHeNmVJI5vbvhc6eUt8OR-WkpFP9YTS5fIGzXmaj_Q/viewform?usp=sf_link

1. What 4 types of event may be declared an emergency?
2. In a power cut what is the number to ring to report the fault?
3. List 5 things that you will put into your 72 hour Emergency Grab bag?

4. What are three things that the fire service advise you to do each night to be prepared in case of a fire? (watch the helpful video link)
5. a Where should the man in the Party hat go?
b Where should the lady in Yellow go?
c Where should the lady who's blue go?
6. Looking ahead and preparing to be #WinterReady What are 3 things that you should check on your car and 4 things that you should have in your car to prepare?
7. When we Plan & prepare for an emergency the welfare of your animals should be a priority consideration. Name 4 things you would expect to have in a Pet Grab bag?
8. Making the right call is very important to ensuring that you get the right response from the right emergency service. In order of urgency what are the three different types of contact you would make to seek assistance?

Remember

Don't be scared - be informed and get better prepared.