

Cookley & Walpole Emergency Panning Guidance

What to do during an Emergency

Read in conjunction with the Cookpole Community Emergency Card

Power Outage:

1. Check your fuse box to ensure it is a genuine power cut.
2. Turn off all electrical items but leave one light on so you know when power is restored. When power comes back on a sudden surge can cause damage.
3. Phone 105 or 08003163105 to report the power cut.
4. If you need assistance contact Good Neighbours or your Community Emergency Coordinator (see below).
5. For longer outages, try to find dry ice to pack into your freezer. However, you must take special precautions handling it. If the power outage lasts longer than 4 hours, remove milk, meat, and dairy products from the fridge and pack them into a cooler with lots of ice.
6. Place a thick blanket over your freezer and fridge to improve insulation and keep them cooler for longer. Keep freezer/fridge doors shut.
7. After the power failure check food and throw out any that has been exposed to temperatures higher than 40 degrees F or 4 degrees C for 2 hours or more. If in doubt throw it out! Have a food thermometer available.
8. Do not go near downed power lines but do report them to your Emergency Coordinator.

Flooding:

1. **If there is any risk of danger to people, property or the environment as a result of flooding call 999.**
2. Make sure the flood has been reported. Use the [Suffolk Flood Reporting Tool](#)
3. River flooding ring the Environment Agency hotline: 0800 80 70 60.
4. Contact your Community Emergency Coordinator.
5. Keep away from floodwater – do not attempt to walk or drive through it.
6. Don't walk on riverbanks. Cross river bridges if possible.
7. Avoid contact with floodwater – it may be contaminated with sewage. If you are exposed to it, wash hands and clothes thoroughly.
8. Don't allow children to play in or near floodwater.
9. If you can move vehicles to higher ground.
10. If you may be evacuated or your property is at risk:
 - a. Check your insurance documents and keep safe.
 - b. Move valuable items upstairs if you can.
 - c. Empty freezers and refrigerators, leaving doors open.
 - d. Turn off the mains power and water, and take mobile phones and chargers with you. Put sandbags in toilet bowls to prevent sewage back-flow.
 - e. Shut windows, lock doors - and don't forget to take your pets.

- f. If you have time, take photographs before you leave. This may help later with insurance claims.

Severe Weather:

1. If you are having trouble because of the weather (clearing paths, getting provisions, keeping warm) contact Good Neighbours or your Community Emergency Coordinator.
2. Listen to local news channels for information and updates.
3. Stay indoors and keep warm. Wear a hat – most body heat escapes from the head.
4. Keep heating at a steady temperature during the day and night. A bit more expensive but not as much as a burst pipe.
5. Running a little water will help prevent pipes from freezing.
6. Keep garage doors closed if there are water supply pipes there.

Gas explosion or fire:

1. Get out as soon as you can and move to your pre-arranged meeting place.
2. Call Emergency Services 999.
3. **Never** re-enter your home until the fire service has made it safe.
4. If you're trapped in smoke, stay close to the floor where the air is cleaner and cover your nose and mouth with a wet cloth if possible. If a door feels hot, do not open it, as it probably means there is a fire on the other side

Health Epidemic

1. If you believe you have been infected stay at home and ring NHS 101 or your GP.
2. Follow good hygiene practices for airborne viruses:
 - a. Always carry tissues.
 - b. Use clean tissues to cover your mouth and nose when you cough and sneeze.
 - c. Bin the tissues after one use.
 - d. Wash your hands with soap and hot water or a sanitizer gel often
 - e. Clean hard surfaces (like door handles, telephones, computer mice and remote controls) frequently.
 - f. There's a simple way to remember this: CATCH IT, BIN IT, KILL IT.

Sizewell Incident

In the unlikely event of an accident at Sizewell Nuclear Power Station the following actions should be taken:

1. Stay indoors with doors and windows closed. This provides protection from breathing in any radioactive material in the air. It also gives protection from direct radiation from radioactive material on the ground.
2. Listen for updates issues by Emergency Services and on local TV, radio and social media.

If you need any further assistance, please ask one of our emergency co-ordinators:

Parish	Community Emergency Co-ordinator	Contact details
Cookley	Ian Newton	01986 784216
	Deborah Golden	07956 822582
Walpole	Bob Lowe	01986 784518
	Alison Cooke	07504 459338

Cookley & Walpole Emergency Planning Officer:

Mark Wenham: 01986 784457 / 07808 172991

Cookley & Walpole Deputy Emergency Planning Officer:

John Winter: 01986 784345 / 07765 575551

Cookley & Walpole Good Neighbours Scheme: 07722646692