

Be better prepared for any emergencies

List of useful phone numbers

If in immediate danger phone **999** for all emergency services

Breckland District Council	01362 656870
Norfolk County Council	0344 800 8020
Norfolk & Norwich Hospital	01603 286286
Anglian Water Leakline	0800 771 881
Anglian Water Sewage Flooding	03457 145 145
National Grid (Gas)	0800 111 999
UK Power Networks (Electricity)	0800 316 3105
Environment Agency Floodline	0345 988 1188
BT Faults line	0800 800 150
Watton Medical Practice	01953 881247

Self-help actions in an emergency:

During an emergency we may need to get by without power or water. If you had to evacuate your home, it would be useful to have some essential items to hand.

Get together a **home emergency kit** and leave it by your planned exit.

Useful contents are: a torch and spare battery, basic first aid kit, spare house key, list of important contacts, copies of house insurance, basic toiletries, spare medication, mobile phone charger and bottled water.

Have a **“what if”** plan. Where will you go if you can't get into or stay in your home? Who will collect children from school if you can't? What about your pet(s)? Do you have an emergency friend who can collect medicines or supplies if needed? Do you have a family plan for evacuation in case of fire? Have you checked your smoke detectors lately? Do you know where your stop-cock is? Have you got an ICE (in case of an emergency number) in your phone? Do you know your neighbours? They maybe vulnerable and need help.

You can find further advice and an app to download from www.norfolkprepared.gov.uk