



What would you do if...?





No one likes to think about emergency situations, but being adequately prepared is something for which we all need to take responsibility.

Support systems are in place across Bedfordshire and Luton to assist in times of

**crisis – but if an emergency arose, would you know what to do and where to go for help?**

Vital information to help you prepare for any emergency can be found at:

[www.whatwouldyoudoif.co.uk](http://www.whatwouldyoudoif.co.uk)

For further guidance regarding emergency planning, email [administrator@bllrf.org.uk](mailto:administrator@bllrf.org.uk)

**Remember: Plan in advance**

- Have an emergency kit ready with water, food, first aid kit, torch, whistle and a battery powered radio.
- Keep important documents and contact numbers safe and handy at all times.

**If you are involved in any emergency**

- Make sure 999 has been called if people are injured or there is a threat to life.
- Don't put yourself or others in danger.
- Follow the advice of the emergency services.

**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**

**Emergency contact details**

You may find it useful to complete these contact details and keep them somewhere safe. You should be able to find these numbers in your local telephone directory.

Emergency Services	999
NHS Direct	0845 46 47
Floodline	0845 988 1188
Bedfordshire Police	01234 841 212
Local Authority	
Doctor	
Work	
School	

Local Radio Station

Frequency (see local press for details)

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This information is brought to you by the Bedfordshire and Luton Local Resilience Forum, a multi-agency group working together to provide the support you need, when you need it.

**Visit [www.whatwouldyoudoif.co.uk](http://www.whatwouldyoudoif.co.uk) and**

- **get your very own emergency kit**
- **find helpful tips on emergency planning**
- **win prizes**

Put me on your fridge!