

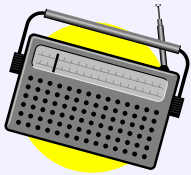


Preparing for Severe Weather



At Home

- Make sure you have enough insulation around your water tank, loft and external water pipes
- Check you have de-icer, salt/grit and the necessary tools to keep your home safe and clear of snow or ice
- Consider getting together with neighbours to clear footpaths and community areas
- Check the condition of trees/structures near your home
- Keep unused garden furniture etc. under cover in a shed or garage, if space allows, so they do not blow away and possibly cause damage to your home or car
- Always listen to your local radio or TV channel to get the latest weather warnings. Severe weather warnings will be on the Met Office website: www.metoffice.gov.uk
- Disruptions to power, telephones and water supplies are rare but can happen during severe weather events. Some key messages to help you stay safe and as comfortable as possible during any disruption can be found in the 'Preparing for Loss of Utilities' leaflet
- Keep 'Warm and Safe in Winter'. Did you know you can get your electric blanket tested free of charge? Call Trading Standards on 0344 800 8020 or visit www.norfolk.gov.uk/consumeradvice
- If leaving your house unoccupied for an extended period of time when icy conditions are likely, set your heating to come on for a short time to stop internal pipes freezing and open your loft hatch to circulate heat around your loft.



Know the risks, be informed, get prepared!

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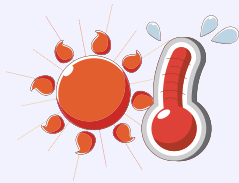


Preparing for Severe Weather



Wellbeing

- Stay active - if you are going outside wear several layers, to avoid losing heat, and cover your head
- If you're eligible get your flu vaccination from your doctor
- You can reduce the risk of spreading infectious diseases by maintaining basic good hygiene, by covering your nose and mouth when coughing or sneezing and disposing of your tissue promptly and carefully



- It's not only winter weather that we need to think about, a heat wave can cause problems too. Try and plan your day in a way that allows you to stay out of the heat and avoid the hottest part of the day (11am-3pm)

Winter Driving

- Consider whether you really need to make the journey. If so, make sure that you and your car are fully prepared for the trip
- Check your car thoroughly before setting off and leave plenty of time for your journey
- Get an update on the weather forecast and keep listening to local radio for updates on weather and road conditions
- Even on short journeys you could become stranded in your car, think about what you would do if this should happen and make sure you are equipped to deal with it
- Check Highways England website for more detailed information: www.highways.gov.uk



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