

Severe Weather – Snow Advice

At home:

- Remain indoors
- Listen to the Local Radio for help and advice **BBC Leeds 92.4 & 95.3 FM**
- Visit the Met Office website www.met-office.gov.uk for information
- **BBCi page 400** contains the Met Office Severe Weather Warnings
- Keep warm and eat regularly, even cold food will give you energy
- You may need emergency provisions, details of which can be found in the Emergency Provisions Kit
- You may be evacuated
- Put together an overnight bag in case you have to be evacuated

For more information visit:

http://www.leeds.gov.uk/Advice_and_benefits/Emergencies.aspx

Relatives, friends and community:

- Do you know any vulnerable individuals who may be at risk and require assistance? The elderly, those living alone or on those on low incomes?
- If you have genuine concerns for a relative, friend or neighbour please check on them
- Are they keeping warm?
- Are they eating at least one hot meal a day?
- Are they keeping as active as possible?
- Are they keeping in contact with family, friends or other neighbours?
- Do they need anything or can you help in any way?
- If requested, contact your local public services; Council, Voluntary Organisations or Health Services

Travelling:

- Only make essential journeys
- If you must travel make sure that you are fully prepared for all events and conditions
- Obtain a weather forecast and if possible determine the road conditions for the journey you are about to take
- Inform someone of your route, destination and estimated time of arrival
- Carry a shovel in the boot of your car and a warm blanket
- Take a fully charged mobile phone with you