

Out in the Open Emergency Action Card



1. FIND A PLACE TO SHELTER

Immediately find the nearest place to shelter.
Close doors and windows.
Shut down any ventilation and air conditioning systems.
Go inside and stay there and follow the advice on this card.



2. TRY NOT TO USE MOBILE TELEPHONES

Unless you need urgent help.



3. LISTEN TO LOCAL RADIO & MONITOR SOCIAL MEDIA

BBC Radio Cumbria 104.1 MHz
FM 206m (1458KHz) MW
or CFM on 103.4 MHz FM.
Cumberland Council & Police
Social Media (see overleaf).



4. DO NOT ATTEMPT TO LEAVE THE AREA

Remain indoors.



5. FOLLOW EMERGENCY SERVICES ADVICE

SIREN

- If you hear the Sellafield site siren (foghorn), follow the instructions on this action card. If in any doubt on what is occurring go indoors and call the Sellafield Information Line: **0808 909 8090**.
- Please note that the siren is not used to sound the 'all clear'. The end of an emergency at the Site will be announced on local radio or via the public telephone warning system.
- If you wish to hear what the (foghorn) siren sounds like dial: **0800 022 4191** to hear a recording.

If you wish to register on the free Sellafield Public Telephone Warning System enabling you to receive alerts if there is an incident at Sellafield, then please use this QR code.

For additional information see overleaf.



Additional Information

1. FIND SHELTER AND STAY THERE

- You may be out and about cycling, walking or on the beach but in an emergency the best thing to do is find shelter, where you will be protected from the worst effects of a radioactive or chemical release.
- If caught out in the open you may need to find the most appropriate shelter you can in the quickest time possible. Such shelter could be the nearest building, porta-cabin, vehicle, caravan or enclosed structure.
- Stay there and follow the advice on this card.
- Close all windows and doors.
- If applicable, shut down any air conditioning and ventilation systems. Damp down or extinguish any open fires.

2. TUNE IN

Listen to local radio (BBC Radio Cumbria 104.1 MHz FM 206m (1458 KHz) MW or CFM on 103.4 MHzFM), TV channels, news websites, Sellafield website <https://www.gov.uk/government/organisations/sellafield-ltd> and Twitter accounts @CumberlandCouncil @cumbriapolice

3. DO NOT USE TELEPHONES (unless you need urgent help)

- This will help to keep phone lines clear for emergency use.
- Do not phone the emergency services unless you need urgent help.
- If you have to make a call use a landline phone and be brief, or send a text message.
- Please do not make mobile phone calls as the systems will become overloaded during an emergency.

4. LET SOMEONE KNOW YOU ARE SAFE

- If you can text or email someone to let them know you are safe then do so.
- Avoid using mobile phones for calls unless urgent.

5. DO NOT LEAVE THE AREA

- There could be serious traffic congestion and you will be much safer indoors.
- Only leave the area if you are advised to do so by the emergency services.

6. EVACUATION

If evacuation is required then the emergency services will notify the public of which Reception Centre you should travel to in order to register.

FURTHER INFORMATION



Consult the 'What to do in an Emergency at Sellafield' booklet (Use QR code)

Visit the following website: <https://legacy.cumberland.gov.uk/emergencyplanning/supportingpages/industrialsites.asp>

Call the Sellafield Emergency Information Line: 0808 909 8090 (try to use a landline phone)

This Action Card is produced by:

The Joint Emergency Management and Resilience (JEMR) Team, Cumberland Council, Cumbria Fire and Rescue Service HQ, Carleton Avenue, Penrith CA10 2FA T: 01768 812500