

Care Establishment Emergency Action Card



1. GO INDOORS & CLOSE ALL WINDOWS & DOORS

Shut down ventilation and air conditioning systems.



4. DO NOT ATTEMPT TO LEAVE THE AREA

Remain indoors.



2. TRY NOT TO USE MOBILE TELEPHONES

Unless you need urgent help.



5. FOLLOW EMERGENCY SERVICES ADVICE



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).



6. LIST ALL PERSONS PRESENT

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. GO INDOORS AND STAY THERE

- In an emergency the best thing to do is go indoors and stay there and follow the advice on this card.
- Close windows and doors.
- Shut down air conditioning and ventilation systems. Damp down/put out fires.
- List all people present.
- You will be safer indoors and protected from the worst effects of a radioactive or chemical release.

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. STAY IN AND 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.

5. EVACUATION

If evacuation is necessary Cumberland Council may arrange transport. Staff, residents and any visitors present would be requested to register at a Reception Centre.

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