



## Protect yourself from floods

The UK's Met Office has issued weather warnings for heavy rainfall and strong winds for most of the country. In view of this, we strongly recommend that you assess your flood risk immediately and devise plans for action to ensure that you are fully prepared in the event of a flood emergency.

The Environment Agency (EA) [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk) or Scottish Environment Protection Agency (SEPA) [www.sepa.org.uk](http://www.sepa.org.uk) offer excellent information and advice including how to formulate a flood plan, how to prepare for flooding and know what to do if a flood occurs.

Both EA and SEPA work with local authorities to provide advice and information to the public before and during flood emergencies and can be contacted 24 hours a day via a dedicated floodline number:

**0845 988 1188**

For coastal and riverside areas with a high risk of flooding, these agencies will also be able to tell you whether more localized flood warning information is available via dedicated telephone numbers with quick dial codes.

The symbols and messages used in EA and SEPA flood warnings have recently been changed to make them easier to understand and to give clearer guidance about what message people need to take.

Finally to be kept further informed of both severe and possible flooding you may wish to sign up for automatic alerts available from both the Met Office and EA's / SEPA's direct service ~ further details provided on their websites.