

Useful Telephone Numbers

TDC Careline	01255 686362
Met Office customer care	0870 900 0100
Environment Agency Floodline	0845 988 1188
Local Police Station	
Doctor	
NHS Direct	0845 46 47
Local Authority	
Town / Parish Council	
School	
Business	
Bank	
Electricity Company	
Gas Company	
Water Company	
Telephone Company (land line)	
Mobile Phone Provider	
Vet	
Insurance Company	



Available via the Essex County Council website

www.essex.gov.uk

Or by visiting www.crucial-crew.org/what-if

Don't miss the other 5 leaflets in the severe weather series. Look out for the following:

- Severe Gales
- Heavy Rain
- Thunderstorms and Lightning
- Heat and Sun
- Dense Fog

Tendring
District Council



Met Office

**Tendring District Council
Emergency Planning
Town Hall
Station Road
Clacton-on-Sea
Essex
CO15 1SE**

Phone: 01255 686868

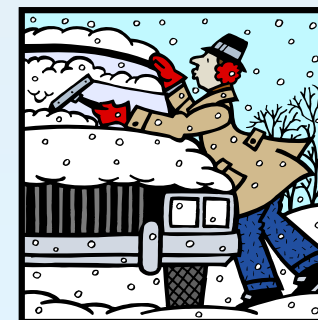
Fax: 01255 222813

E-mail: eplanning@tendringdc.gov.uk

HEAVY SNOW & ICY ROADS

Always adjust your driving to suit the conditions during periods of snow and icy conditions and always wear appropriate footwear to avoid slipping over.

Beware of black ice which may not be visible.



Produced with information from the Met Office

Before snow and ice:

- If you have to make a journey when snow is forecast, make sure you have warm clothes, food, water, boots a torch and spade. Always let someone know your route and when you expect to arrive.
- Try to wait until the roads have been gritted before travelling.
- Put grit or cat litter on paths and driveways to lessen the risk of slipping.
- Check on vulnerable neighbours.

During snow and ice:

- Avoid travel if at all possible.
- If you go outside wear several layers of clothing, and keep dry.
- Watch out for signs of hypothermia: uncontrollable shivering, slow or slurred speech, memory lapse, drowsiness.
- Watch out for frost bite: loss of feeling in and pale appearance of fingers, toes, nose and ear lobes.
- Keep moving your arms and legs to help blood circulate.
- Do not walk on frozen ponds, lakes or rivers, you might fall through.

After snow and ice:

- Take care when walking on compacted snow, it may have turned to ice.
- Take care when shovelling snow, cold air makes it harder to breathe, which adds extra strain on the body, and can cause heart attacks in the vulnerable.

Driving in snow and ice:

- If you must travel, take care around gritters and don't be tempted to overtake.
- Reduce your speed, it can take 10 times longer to stop in these conditions.
- Use the highest gear possible to avoid wheel spin.
- Manoeuvre gently and avoid harsh breaking.
- If breaking is necessary, pump the brakes don't "slam" them on.
- If you get stuck stay with your car and tie something brightly coloured to your aerial

Keep Warm Keep Well

This is a National campaign to reduce cold-related deaths and illnesses.

For copies of the information booklet contact:

Department of Health Publications

on: **0300 123 1002**

Or check out the website

www.direct.gov.uk/keepwarmkeepwell

