Climate Ready Tayside



Staying safe and preparing your home for extreme weather

Supporting communities through a changing climate

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How to use this guide

Extreme weather can affect homes, health, travel, power, water and local services. Some events build slowly, such as drought, while others can happen quickly, such as flash floods, storms or wildfires. Climate change is making some of these events more frequent or more intense. While these impacts can be unsettling, there are simple actions you can take to reduce the impact on yourself and your home.

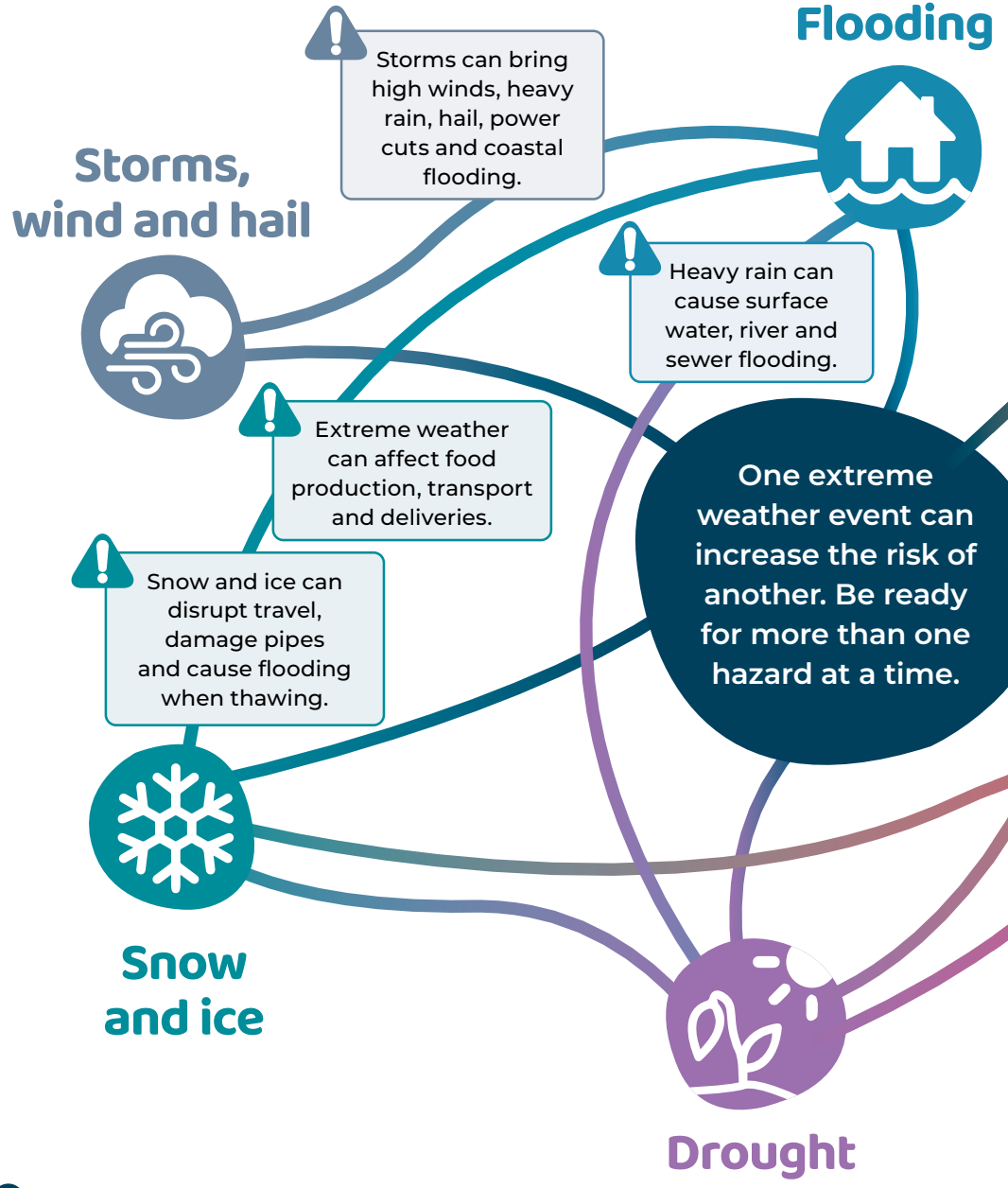
This guide helps you take simple steps:

1. **Before a hazard:** check your risk, prepare your household and protect your home where possible.
2. **During a hazard:** follow official advice, stay safe and avoid unnecessary travel.
3. **After a hazard:** check people and property, avoid hidden dangers and report damage safely.

What is a climate hazard?

A climate hazard is a climate-related event or condition that can cause harm, damage or disruption to people, property or the environment. Examples include food shortages, floods, droughts, heatwaves, heavy snow and rainfall, sea-level rise and wildfires.

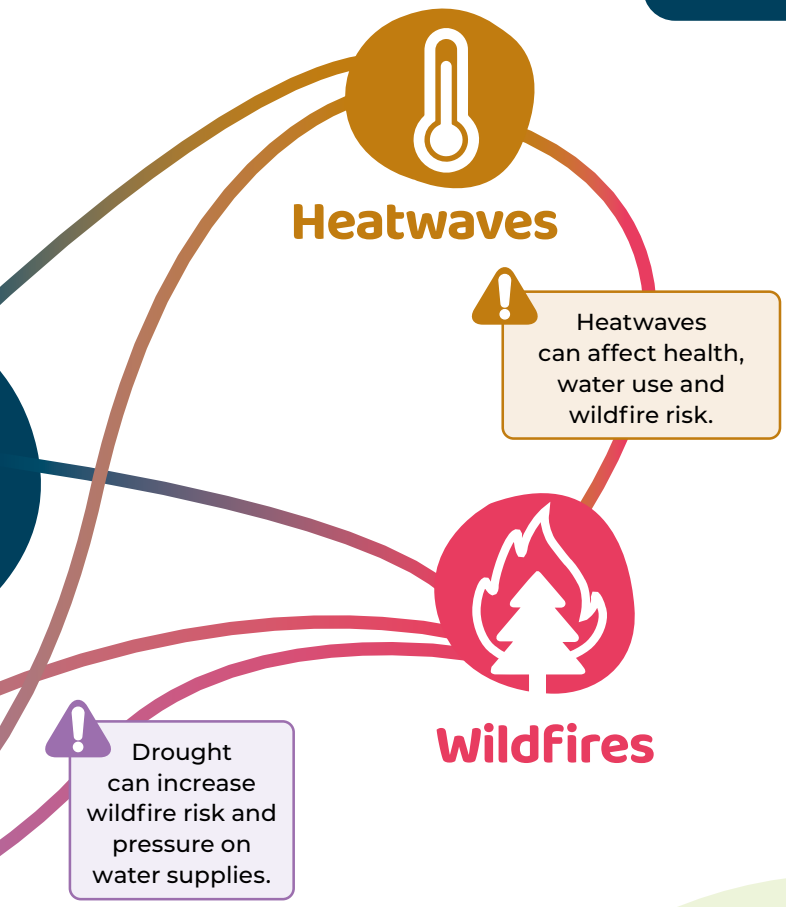
Climate hazards are connected



- Surface water
- Flash flooding
- River flooding
- Coastal flooding

Remember!

Understand.
Prepare.
Protect yourself
and your home.



Use official sources

Do not rely on unverified social media during severe weather.

Immediate danger to life?
Call 999

Power cut or damaged electricity network?
Call 105

Flood warnings or flood risk information?
Call SEPA Floodline on 0345 988 1188
or check SEPA flood maps

Unexpected loss of water supply, severely low water pressure, water quality concerns (discolouration/taste), burst water mains, sewer flooding or damage to infrastructure?
Call Scottish Water 0800 0778 778

Urgent health advice, but not life-threatening?
Call NHS 24 on 111

Travel disruption?
Check Traffic Scotland or
Traveline Scotland before setting out

Local road, drainage, housing, social care, or council issue? Contact Dundee City, Perth and Kinross or Angus Council

Wildfire?
Call 999

Quick contacts

Local contacts (office hours only):

- **Angus Council Office**
  03452 777 778
- **Dundee City Council**
  01382 434 000
- **Perth & Kinross Council**
  01738 475 000



Remember!

If there is immediate danger to life, call 999.

National contacts:

- **Emergency services** 999
- **NHS 24 urgent health advice when it is not life-threatening**
  111
- **Power cut or damaged electricity network**
  105
- **Scottish Water burst water mains, sewer flooding or infrastructure damage**
  0800 0778 778
- **National Gas Emergency Service**
  0800 111 999
- **SEPA Floodline**
  0345 988 1188
- **Traffic Scotland Customer Care Line**
  0800 028 1414
- **Traveline Scotland**
  0141 465 1878
- **Scottish Flood Forum**
  0131 563 9392

Make a household emergency plan

A simple plan can make it easier to act quickly when severe weather affects your home, travel or health. Ensure you keep essential information as a physical copy in case of a power cut.

Include:

- How you will receive warnings and updates.
- Important phone numbers written down.
- Who needs extra help in your household.
- Who can help you leave safely if you need support.
- Where you will meet if you cannot stay at home.
- How to contact family, neighbours, carers or support workers.
- How to turn off gas, electricity and water supplies, if it is safe.
- Where you keep medication, documents, pet supplies and spare keys.



Emergency kit checklist ✓

Keep this list and important phone numbers on paper in a safe, easily accessible place.

- ☐ Torch and spare batteries
- ☐ Battery or wind-up radio
- ☐ Charged phone and power bank
- ☐ First aid kit
- ☐ Medication and prescriptions
- ☐ Cash and credit cards
- ☐ Bottled water and ready-to-eat, non-perishable food i.e. in packets and tins – not loose food.
- ☐ Warm and waterproof clothing
- ☐ Wash kit
- ☐ Copies of important documents (passports, birth and marriage certificates, insurances)
- ☐ Baby, pet or mobility items
- ☐ Books and games for children
- ☐ Sanitary products
- ☐ Disposable gloves
- ☐ Spare glasses or hearing aid batteries
- ☐ Important phone numbers on paper

Keep items somewhere easy to find. Check medication, batteries and food dates regularly.

Preparing for food supply disruption and shortages

Extreme weather such as droughts, floods, storms, heatwaves and wildfires can affect food production, transport and deliveries. As much of our food is sourced from outside the region, disruptions elsewhere can also impact availability and prices in Tayside.

Before:

- Keep a small supply of long-life foods your household regularly uses.
- Include foods that do not need refrigeration or cooking.
- Check and rotate food stocks regularly.
- Grow some fruit, vegetables or herbs where possible.
- Join a community food growing initiative.

During:

- Buy only what you need and avoid panic buying.
- Use perishable foods first to reduce waste.
- Check on neighbours or others who may need support.



Remember!

A small emergency food supply and support for local food production can help build resilience during climate-related disruptions.

Food and water supplies

Keep some food and drinking water at home in case you are temporarily unable to shop, or there is a power or water disruption.

Aim to have a supply for 3 days

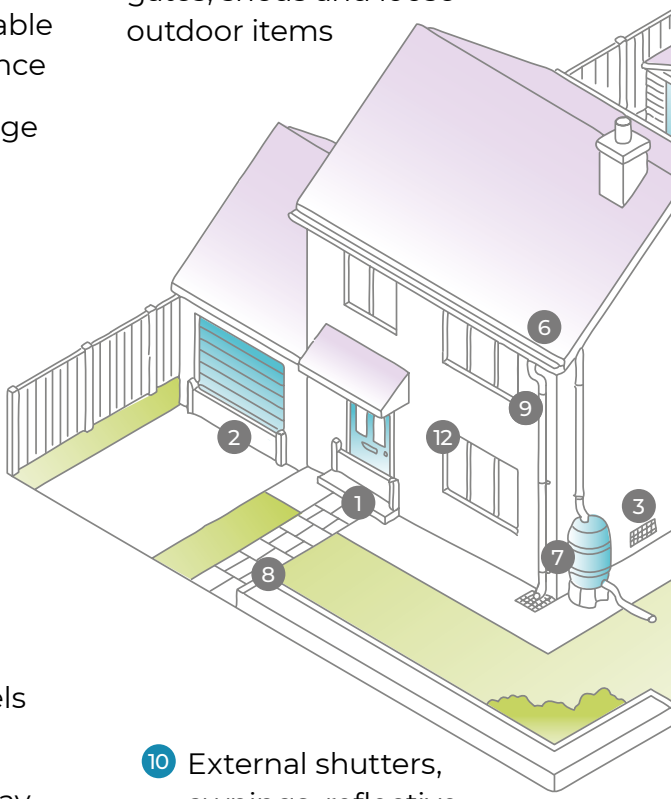
- **Water:** keep bottled or stored drinking water at home. Allow around 2.5-3 litres per person per day for drinking, plus additional water for cooking and other essential needs (5-6 litres).
- **Tinned and jarred foods:** choose foods you normally eat, such as vegetables, fruit, beans, chickpeas, lentils, fish, soups, meat or vegetarian alternatives.
- **Long-life staples:** rice, pasta, oats, cereals, crackers and other foods with a long shelf life.
- **Ready-to-eat foods:** nuts, dried fruit, cereal bars and other foods that can be eaten without cooking.
- **Everyday essentials:** tea, coffee, UHT or other long-life milk, plant-based alternatives, cooking oil and basic sauces or seasonings.
- **Food for everyone:** remember baby food, food for allergies or special diets and food for pets if needed.
- **Use and replace:** check dates regularly and use items as part of your normal meals, replacing what you use.
- **If you need to cook without electricity:** consider a suitable camping or portable gas cooker. Never use a gas cooker, barbecue or camping stove indoors or in an enclosed space, as this can cause carbon monoxide poisoning and fire.
- **If the power goes off:** keep fridge and freezer doors closed as much as possible. Check food safety advice before eating food that may have become warm.

Preparing your home

Small changes can help protect your home from flooding, storms, heat, drought, cold weather and wildfire.

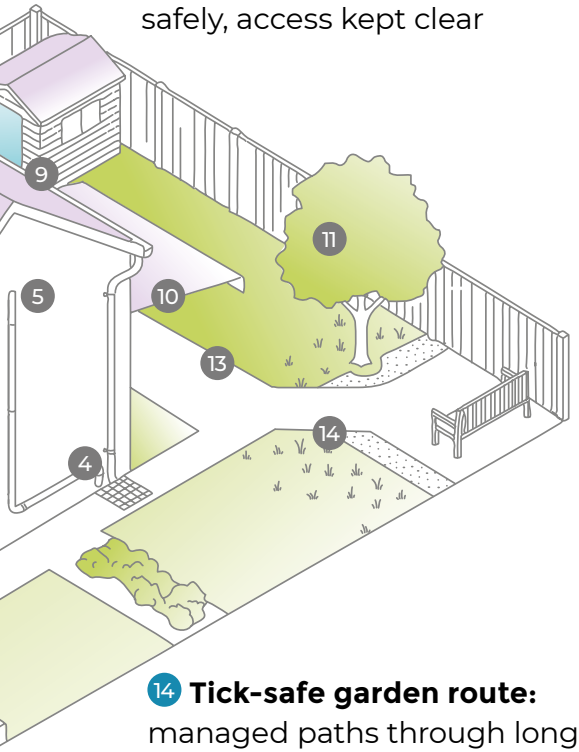
Outdoors

1. Flood door or removable flood barrier at entrance
2. Flood barrier for garage or low threshold
3. Airbrick cover or self-closing airbrick
4. Non-return valve on drain or wastewater pipe
5. Sealed gaps around pipes, cables and service entries
6. Clear gutters, downpipes, gullies and drainage channels
7. Water butt with overflow directed away from the house
8. Permeable paving, planting beds, rain garden or gravel to slow runoff
9. Secure roof, chimney, fences, gates, sheds and loose outdoor items
10. External shutters, awnings, reflective blinds or shading for hot weather
11. Trees or planting placed for shade



12 Draw curtains or blinds during the day to keep rooms cool

13 **Wildfire safety zone:** short grass, cleared dead leaves, fuel stored safely, access kept clear



14 **Tick-safe garden route:** managed paths through long grass and seating/play areas away from dense vegetation

Indoors

15 Raised sockets, wiring, boiler controls, meter or consumer unit where appropriate

16 Tiled or water-resistant flooring in flood-risk rooms

17 Water-resistant wall finishes, skirting and kitchen units where appropriate

18 Pipe insulation in lofts, garages, crawl spaces and unheated spaces

19 If your home has a basement, check that drainage and pumping systems are working correctly. Plan safe excape routes in case flooding occurs

Find out more about property resilience and climate adaptation measures
linktr.ee/ClimateReadyTayside

A prepared home

Some simple changes can reduce damage, make homes safer and help households recover more quickly after severe weather. You do not need to do everything at once. Start with the risks most relevant to your home.

Important note:

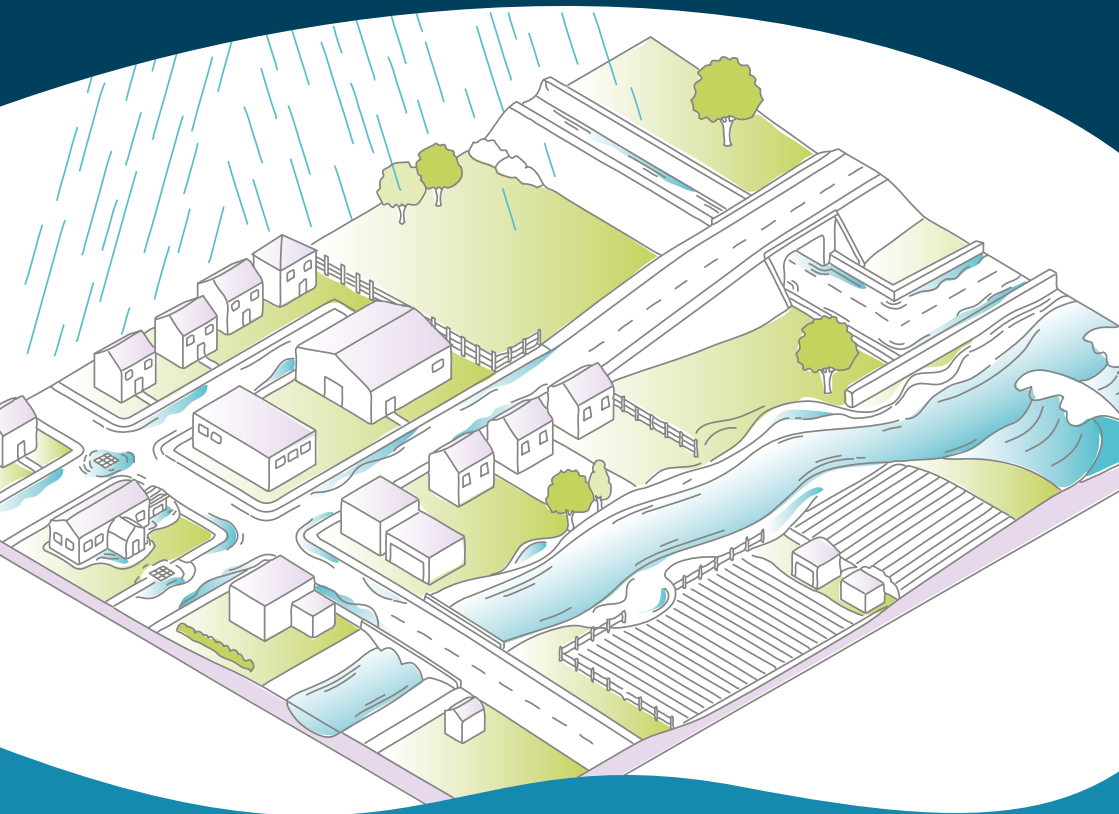
Some measures need professional design, installation, planning advice, landlord permission, listed building consent, building warrant checks, factor approval or insurer agreement. Get professional advice before installing permanent flood products, drainage systems, electrical changes, structural changes or fuel storage changes.



Resilience

You might often hear the word *Resilience* used in this context. Climate resilience means how well a place, community or country can get ready for, handle and bounce back from extreme weather like floods, heatwaves or droughts – while still keeping important infrastructure (like schools, hospitals and power) working.

Flooding in Tayside



Flooding happens when water covers land, roads or property that is normally dry. In Tayside, flooding can come from rivers, heavy rainfall, surface water, drains, groundwater, the sea or several sources at once.



Remember!

Check your flood risk before flooding happens. Sign up for warnings and know what you will do if water reaches your street or home.

Before:

- Check SEPA flood maps for your home, work and regular travel routes.
- Sign up to SEPA Floodline for flood alerts.
- Make a flood plan and keep a flood kit ready.
- Check your buildings and contents insurance.
- Take photos of your home and important belongings before flooding happens.
- Know how to turn off gas, electricity and water when it is safe.
- Consider property flood resilience measures, such as flood doors, barriers, airbrick covers and non-return valves.

During:

- Follow instructions from emergency services.
- Move people, pets, medicines, documents and valuables upstairs or to higher ground if it is safe.
- Avoid contact with floodwater. It may be contaminated.
- Do not use electrical appliances if water has entered your home.
- Never walk, cycle or drive through floodwater.



Safety note:

Trying to keep deep or long-lasting floodwater out can damage a building because of pressure differences inside and outside walls. Get professional advice before installing permanent flood products or structural changes.

Callouts:

SEPA Floodline:
0345 988 1188

If life is at risk, call 999.

After:

- Only return home when emergency services say it is safe.
- Do not switch electricity back on until it has been checked by a qualified professional.
- Wear protective clothing if you need to clean up.
- Take photos of damage and contact your insurer as soon as possible.
- Check on neighbours, relatives or others who may need support

Flood types comparison:

River flooding:

Rivers and watercourses rise after heavy rain, long wet periods or snowmelt. It can affect riverside homes, farms, paths, bridges and roads.

Surface water and flash flooding:

Heavy rain overwhelms drains, roads, underpasses, gardens and basements. It can happen quickly and away from rivers or the coast.

Coastal flooding:

High tides, storm surge, large waves and overtopping can affect waterfronts, harbours, beaches, coastal roads and low-lying coastal areas.

Sewer flooding:

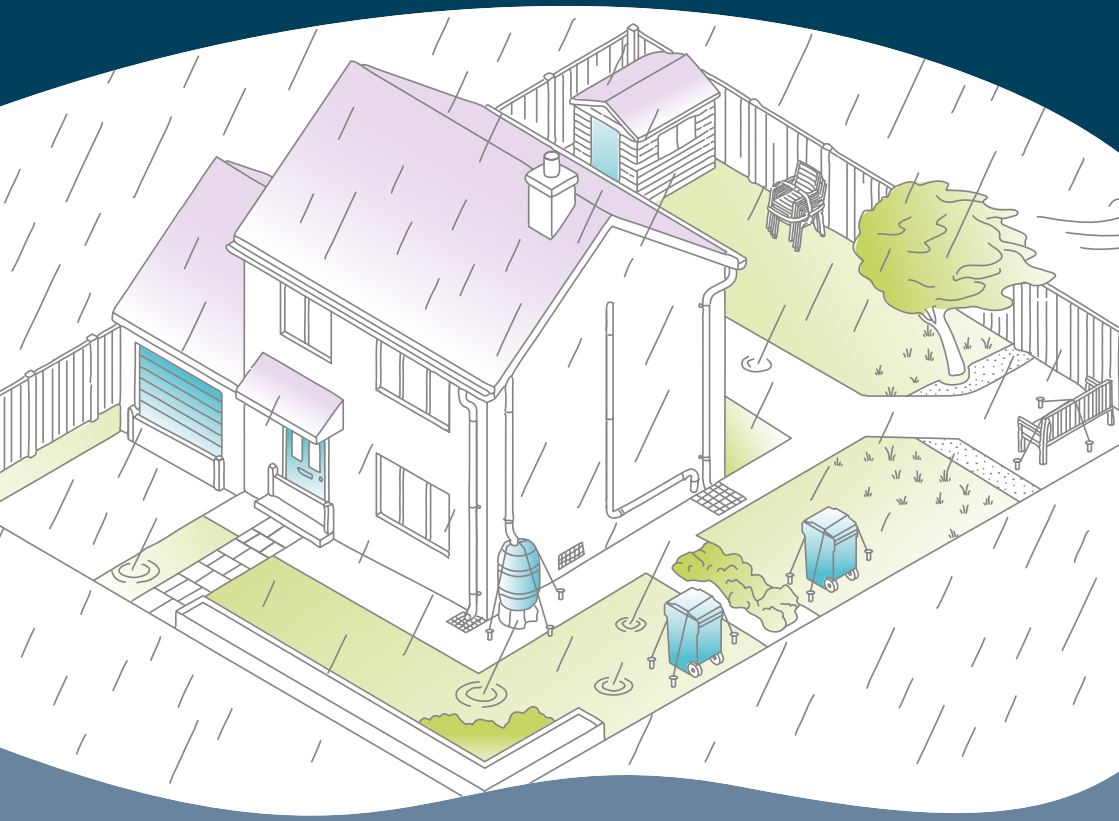
Sewer flooding in Scotland can occur due to heavy rainfall and overflows, either inside properties or outside in public areas. Drains and sewers can also become full when blocked, leading to flooding.

Prepare your home:

- Store important items above likely flood level.
- Clear gutters, downpipes, gullies, drainage channels and driveway drains.
- Keep sandbags and plastic sheeting only as a short-term emergency measure, not the main flood protection plan, they are mainly for diverting water before it reaches your home.
- Ask a qualified professional about flood doors, removable barriers, airbrick covers, non-return valves, sump pumps and battery backup.
- Consider raised sockets, wiring, boilers, meters, fuse boards and heating controls.
- Consider tiled, concrete or water-resistant floors in flood-risk rooms.
- Consider water-resistant wall finishes, insulation, skirting and kitchen units.
- Use water butts with overflow directed away from the house.
- Use permeable paving, planting beds, rain gardens or gravel to slow surface water where suitable.

For more details on flood doors, barriers, airbrick covers, non-return valves, pumps and flood-resilient materials, go to: linktr.ee/ClimateReadyTayside

Storms, wind and hail



Storms, high winds, thunderstorms and hail can bring down trees, damage buildings and vehicles, disrupt power and communications, make travel dangerous and cause flooding inland and at the coast.

Before:

- Check Met Office weather warnings.
- Charge phones and power banks.
- Secure bins, garden furniture, toys, ladders, trampolines, plant pots and loose materials.
- Lock sheds, gates, garages and outbuildings.
- Move vehicles away from trees, walls, fences and flood-prone areas if possible.
- If hail is forecast and it is safe, move vehicles, bikes, garden equipment and fragile outdoor items under cover.
- Check on people who may need extra help.
- Unplug unnecessary electrical items during thunderstorms.

During:

- Call 105 to report a power cut.
- Call 999 if there is immediate danger to life.

These numbers are always available in the event of a power cut and/or if WiFi is unavailable.

- Stay indoors if you can.
- Keep away from windows if conditions are severe.
- During hail, keep people and pets indoors and away from glass.
- During thunderstorms, do not shelter near trees, walls, fences, buildings, shorelines or water.
- During lighting, do not use landline phones, taps or sinks.
- Avoid travel until extreme weather has passed and roads are safe.

After:

- Do not touch fallen power lines.
- Avoid damaged trees, buildings and floodwater.
- Watch for broken glass, damaged roof materials and slippery surfaces after hail.
- Check travel updates before setting out.
- Report local road, tree or property issues through the correct Council route.

Future-proof your home:

- Create areas/facilities to permanently store bins, ladders, garden furniture and other outdoor equipment securely.
- Arrange checks for roof slates, tiles, flashing, ridge tiles, flat roofs, chimneys, gutters, trees, fences, gates, skylights, greenhouses and conservatories where needed.
- Keep torches, batteries and power banks ready.
- If eligible, sign up to the Priority Service Register in Scotland.

For more details on storm maintenance, hail protection, roof checks and power cut, go to: linktr.ee/ClimateReadyTayside

Snow and ice



Snow, ice, freezing rain and cold weather can affect health, roads, pavements, pipes, power, public transport and local services. When snow thaws, flooding can also happen.

Before:

- Check Scottish Water Be Winter Prepared advice online.
- Check weather warnings and travel updates.
- Keep essential food, water, medication and warm clothing ready.
- Turn the thermostatic radiator valve to the snowflake symbol to set it to frost protection.
- Know how to report a power cut by calling 105.
- Know where your stopcock is in case a pipe bursts.
- Make sure important phone numbers are written down.
- If eligible, sign up to your utility company's Priority Services Register.
- Consider putting winter tyres on your vehicle for better grip during cold and wet weather.

During:

- Heat the rooms you use most to a comfortable temperature if you can.
- Wear several thin layers, plus a hat, gloves and shoes with good grip outside.
- Avoid unnecessary travel.
- If you must travel, take a charged phone, power bank, warm clothing, food, water and medication.
- Stay off frozen waterways and keep children and pets away from ice.

After:

- Watch for thaw flooding.
- Check for frozen or burst pipes.
- Clear snow and ice safely if you can, without causing an obstruction.
- Check on neighbours, relatives or others who may need help.

Future-proof your home:

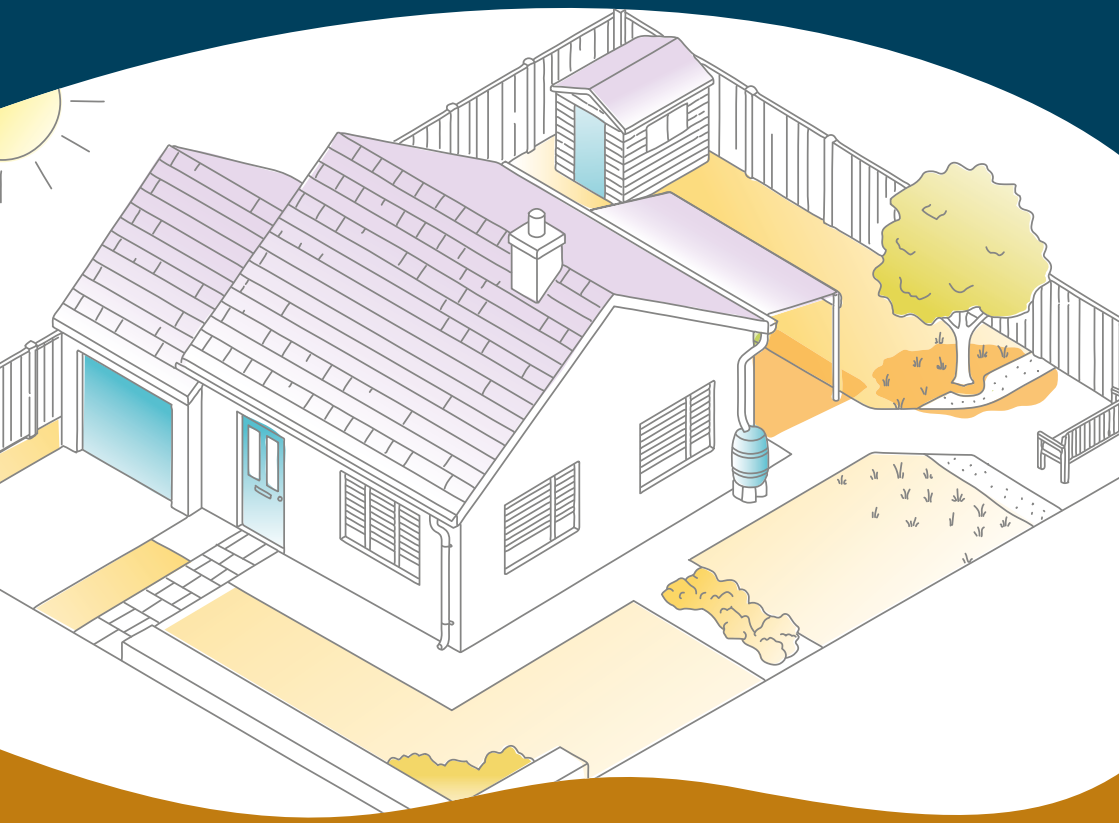
- Know where the stop valve/stopcock is.
- Check the stop valve every few months so it can be turned.
- Insulate pipes and water tanks in lofts, garages, crawl spaces, external walls and unheated spaces.
- Keep a plumber's number to hand.
- Keep grit or salt for paths, steps and key access routes.
- Improve handrails and external lighting where possible.
- Check flat roofs, sheds, conservatories and outbuildings for snow-load vulnerability.

If a pipe freezes:

- Turn off the stop valve.
- Open cold taps to drain the system.
- Never use a naked flame or blowtorch.
- Thaw slowly with warm towels or a hot water bottle if safe.
- Call a licensed plumber if unsure.

For more details on frozen pipes, stopcocks, winter home checks and snow-load risk, go to: linktr.ee/ClimateReadyTayside

Heatwaves and hot weather



Hot weather can make people unwell, even in Scotland. It can cause dehydration, overheating, heat exhaustion, heatstroke and can make some health conditions worse.

Water refill:

Use Scottish Water's Top Up Tap map to find free public refill stations:
www.scottishwater.co.uk/your-home/campaigns/top-up-tap-map

Who may be most at risk:

- people aged 65 and over
- babies and children
- pregnant people
- people with heart, lung, kidney, diabetes, dementia, Parkinson's or mental health conditions
- people taking certain medications
- outdoor workers and people exercising outside
- people living alone or without easy access to cool spaces
- people experiencing homelessness

Before:

- Check weather forecasts and warnings.
- Keep under shade if active outside during the hottest part of the day.
- Check whether your medicines need to be stored in the fridge.
- Close curtains or blinds on windows that get direct sun.
- Make a plan to check on vulnerable relatives, friends or neighbours.
- Open windows at night to get rid of hot air – close them during the day with curtains and blinds closed.

During:

- Identify the coolest place in the home and remain until the temperature cools.
- Drink water throughout the day, especially if you are active.
- Choose a metal water bottle if you have one.
- Keep plastic water bottles out of direct sun, hot cars or other hot places.
- Limit alcohol and juices, as they can increase dehydration.
- Stay out of direct sun between 11am and 3pm when possible.
- Wear loose clothing, a hat and sunglasses. Use sunscreen with at least SPF 30 and a 4-star UVA rating, even when it is cloudy.
- Open windows when the air outside is cooler than inside, or when the windows are in shade and the inside is warm.
- Never leave babies, children, older people or pets in closed spaces or parked cars.
- Take care around open water. Cold water shock and strong currents are serious risks.
- Dampen sheets and hang them in front of windows to help cool the air entering your home.

Heat exhaustion and heatstroke:

Heat exhaustion:

Heat exhaustion does not usually need emergency medical help if you can cool down within 30 minutes. If it turns into heatstroke, it needs to be treated as an emergency.

The signs of heat exhaustion include:

- tiredness
- dizziness
- headache
- feeling sick or being sick
- excessive sweating and skin becoming pale and clammy or getting a heat rash, but a change in skin colour can be harder to see on brown and black skin

- cramps in the arms, legs and stomach
- fast breathing or heartbeat
- a high temperature
- being very thirsty
- weakness



Remember!

Contact 111 if you or someone else has symptoms of heat exhaustion that you're struggling to treat or you need advice about.

What to do:

- Move the person to a cooler place.
- Remove unnecessary clothing.
- Cool exposed skin with cool water using a spray, sponge, damp cloth or fan.
- Give water or a rehydration drink if they are awake and able to drink.
- If they lose consciousness, put them in the recovery position while waiting for help.

Heatstroke:
Heatstroke is a medical emergency. Call 999.

The signs of heatstroke include:

- still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids
- a very high temperature
- hot skin that's not sweating and might look red (this can be harder to see on brown and black skin)
- a fast heartbeat
- fast breathing or shortness of breath
- confusion and lack of coordination
- a seizure or fit
- loss of consciousness

What to do:

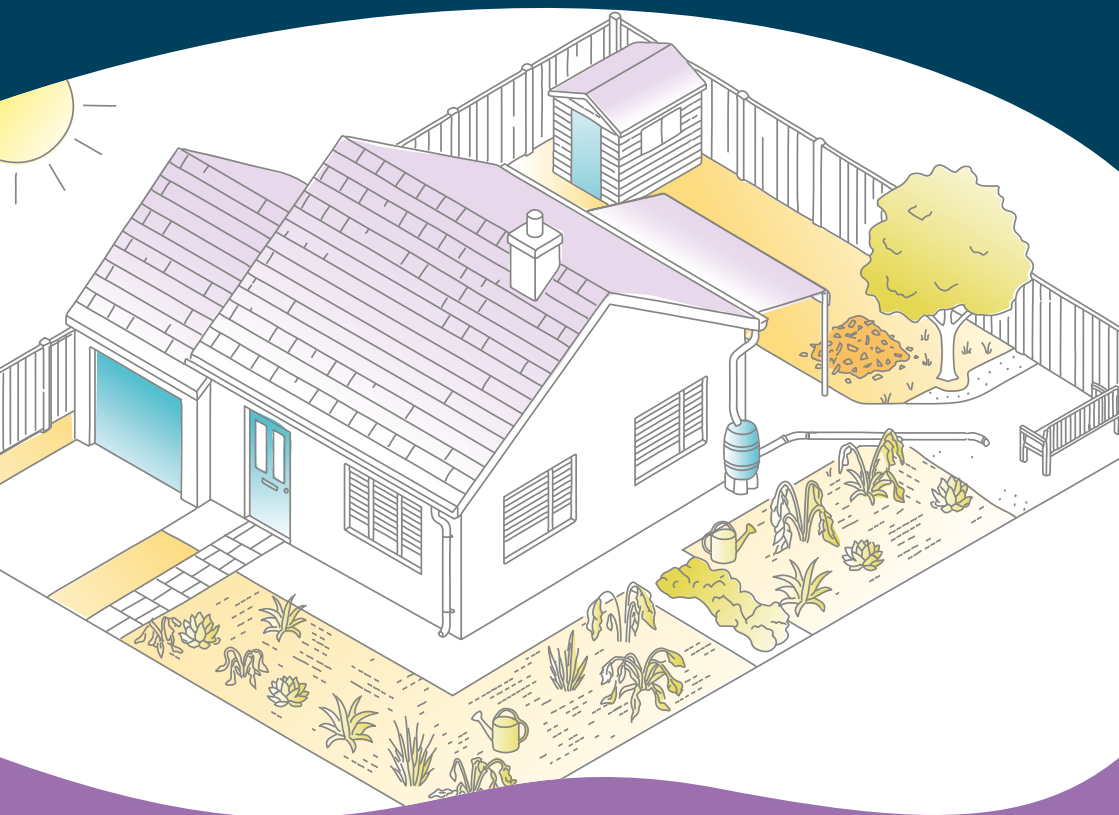
- Put the person in the recovery position if they lose consciousness while you're waiting for help.

Future-proof your home:

- Install curtains, reflective blinds, external shutters or shades on windows that get direct sun.
- Create cross-ventilation, where safe.
- Move sleeping areas to the coolest part of the home during hot spells.
- Turn off unused lights and appliances that generate heat.
- Use a room thermometer in the main living room and bedroom.
- Consider awnings, overhangs or safe ventilation upgrades.
- Use trees and planting for shade.

For more details on keeping homes cool, heat in the workplace, heat and health, go to:
linktr.ee/ClimateReadyTayside

Drought and water shortage



Drought is a long dry period that reduces water availability. Dry and hot weather can also increase wildfire risk and affect health, gardens, agriculture, wildlife and water supplies.

Before and during dry weather:

- Fix dripping taps and leaking toilets.
- Take shorter showers and shallower baths.
- Turn off the tap while brushing your teeth.
- Fill the kettle with only the water you need.
- Wash dishes efficiently: Use a basin or bowl rather than leaving the tap running, or run a fully loaded dishwasher to save water.
- Use a watering can instead of a garden hose.
- Water gardens early or late in the day to reduce evaporation.
- Consider water butts where suitable.
- Follow Scottish Water or local advice if water-saving messages are issued.

Health and community:

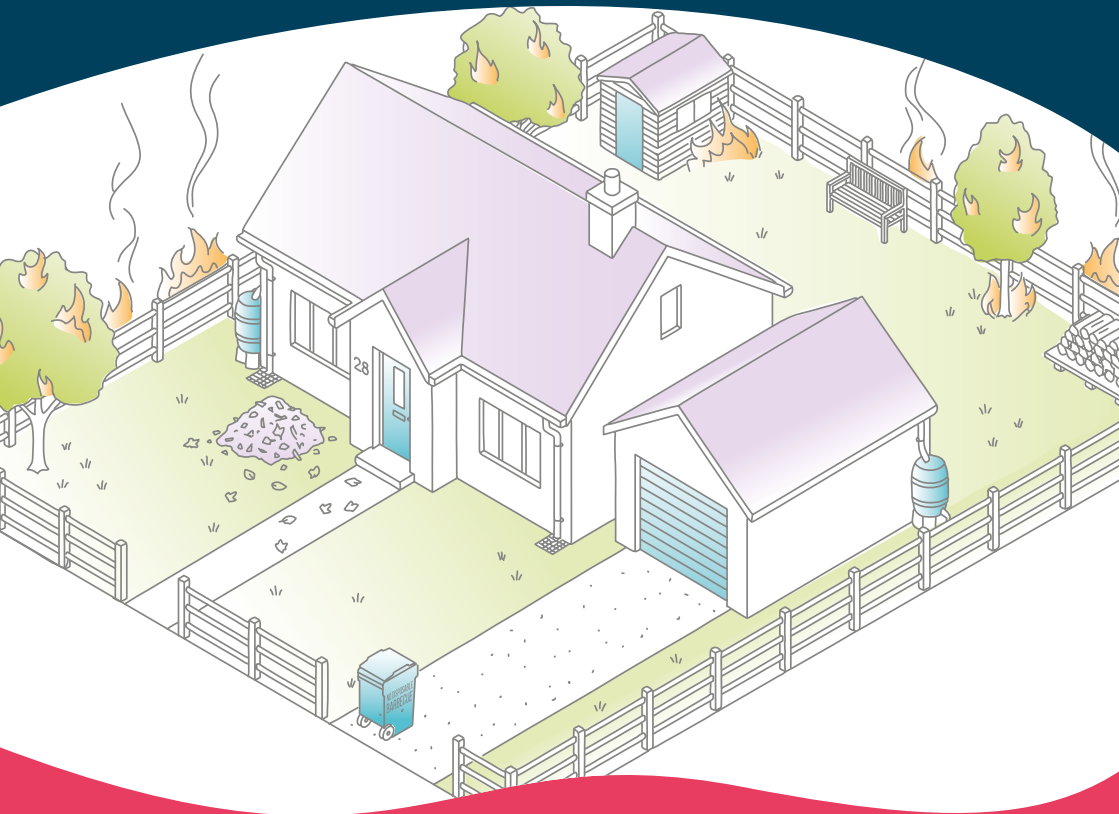
- Drink 2-3 litres of water a day during hot weather.
- Carry water when travelling or spending time outdoors. Choose a reusable bottle if you have one.
- Keep plastic water bottles out of direct sun or hot places. If water is needed urgently, avoiding dehydration is the priority.
- Check on people who may struggle in hot or dry weather.
- Avoid barbecues, campfires, cigarettes and glass litter during dry periods. These can cause fires. Dispose safely.

Future-proof your home:

- Fix dripping taps and leaking toilets.
- Use water-efficient shower heads and taps where suitable.
- Use full loads and eco settings for washing machines and dishwashers.
- Install water butts with safe overflow away from the house.
- Use watering cans instead of hoses where practical.
- Mulch beds to reduce evaporation.
- Choose drought-tolerant and climate-resilient planting.
- Improve soil with compost to hold moisture.
- Let lawns go brown rather than watering heavily. Brown grass is a dormant state and can be brought back to life.
- Swap grass lawns for clover/wildflowers.

For more details on water butts, water efficiency, dry gardens and private water supplies, go to: linktr.ee/ClimateReadyTayside

Wildfires



Wildfires are large, uncontrolled fires that spread quickly across land with vegetation, including moorland, grass, heather, gorse, forestry and woodland. They are more common in rural areas but can spread towards urban areas.

Before:

- Check Scottish Fire and Rescue Service wildfire danger information and Met Office weather warnings before lighting any outdoor fire.
- Do not light fires outdoors during wildfire danger warnings, high winds, high temperatures, low humidity or prolonged dry periods.
- Use a stove instead of an open fire where possible.
- Use barbecues only in safe designated areas and never on flammable surfaces during dry weather.
- Avoid single-use or disposable barbecues, especially in parks, grassland, beaches, sand dunes, woodland, moorland and dry outdoor areas.
- Never put hot barbecues, ashes, coals or cigarette ends into a bin. They can stay hot for hours and start bin fires or wildfires.
- Fully extinguish cigarettes and dispose of them properly.
- Take litter home. Glass in direct sun can start a fire.

During:

- Move away from fire, smoke and vegetation.
- If you are in a car, close windows and vents.
- When safe, call 999 and ask for Fire and Rescue.
- Give the location, nearest road or access point, landmarks, fire size and direction of spread.
- Do not fight the fire yourself.

After:

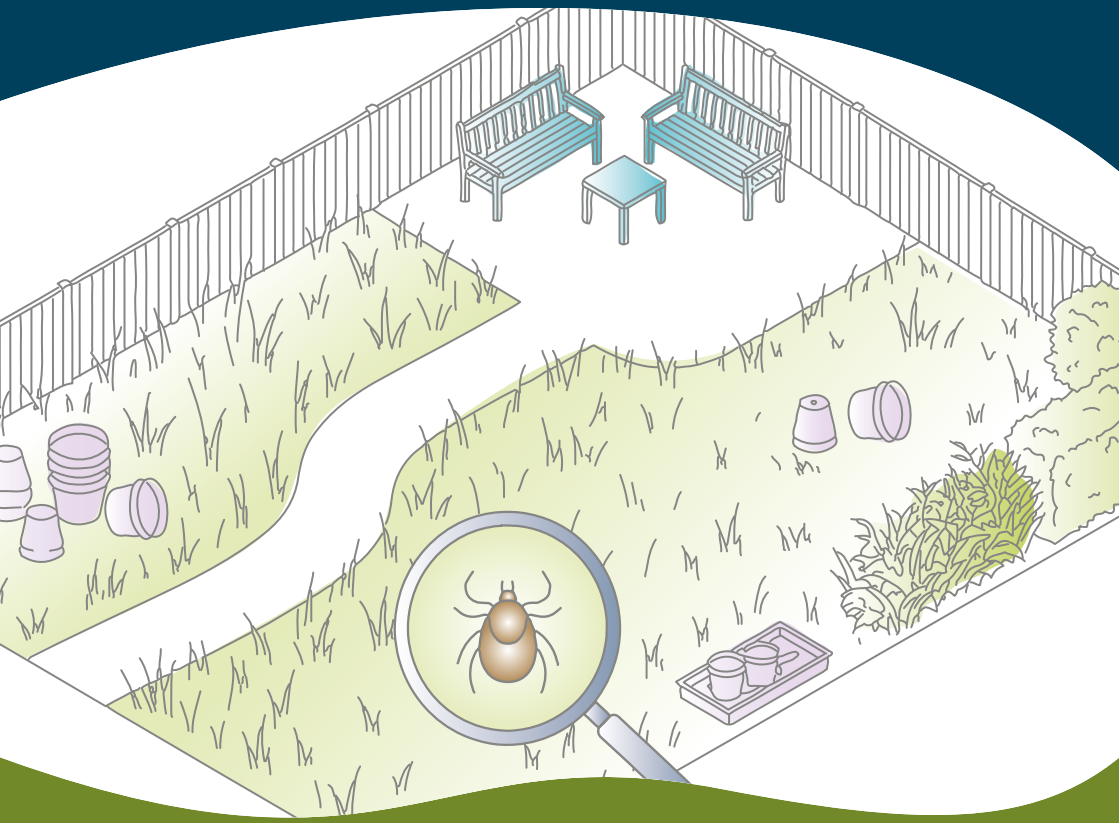
- Do not return until authorities say it is safe.
- Avoid hot ash, smoke, damaged trees and burnt ground.
- Report suspicious behaviour if relevant.

Future-proof your home:

- Clear woodpiles, dead leaves, fallen branches, dry grass and other flammable material.
- Keep grass short near buildings.
- Trim back plants and create space between vegetation and buildings.
- Keep gutters, roofs, decks, porches and patios clear of dry leaves and debris.
- Move outdoor furniture, bins and combustible materials away from walls during high-risk periods.
- Store fuel, gas, chemicals and flammable materials safely.
- Keep access routes clear for emergency services.
- Make house numbers visible from the road.
- Do not store firewood against the house.

For more details on wildfire safety zones, fuel storage, garden maintenance and access for firefighters, go to: linktr.ee/ClimateReadyTayside

Ticks and other biting insects



Warmer weather and longer outdoor seasons can increase exposure to ticks and biting insects. Enjoy nature, but protect your skin, check for ticks and know when to seek medical advice.

Ticks and Lyme disease

Ticks:

Ticks are small, spider-like creatures found in woodland, moorland, grassy areas, gardens and parks. Some ticks can carry the bacteria that cause Lyme disease.

Tick-borne encephalitis:

Tick-borne encephalitis (TBE) is a viral infection spread mainly through tick bites. Public Health Scotland reported that the risk of acquiring TBE in Scotland is currently assessed as low but warmer conditions and longer tick seasons may increase future tick-related risks.

Before going outdoors:

- Wear long sleeves and long trousers.
- Tuck trousers into socks in grassy or wooded areas.
- Stay on paths and avoid long grass where possible.
- Wear light-coloured clothing so ticks are easier to spot.
- Use insect repellent on exposed skin.

After being outdoors:

- Check your skin, clothing, children and pets.
- Check behind knees, waistline, armpits, groin, hairline, scalp, neck and behind ears.

If bitten by a tick:

- Use a tick removal tool or fine-tipped tweezers.
- Grip the tick close to the skin.
- Follow tick removal tool instructions to safely remove the tick. If using tweezers, pull away steadily. Check that all parts are removed.
- Wash the bite with soap and water.
- Note the date and bite location.

Do not:

- Do not burn the tick.
- Do not cover it with oil, alcohol, petroleum jelly or chemicals.
- Do not squeeze, twist or crush the tick.
- Do not wait for it to fall off.

Look out for:
Call your GP practice or NHS 24 on 111 if you develop a spreading rash resembling a bulls-eye, flu-like symptoms, fever, swollen glands, headache, muscle pain or joint pain after a possible tick bite.

Midges, mosquitoes and gnats

Midge, mosquito and gnat bites usually cause small, itchy lumps. Try not to scratch, as bites can become infected. Mosquito-borne viruses are not currently established as local transmission risks in Scotland, but climate change may increase future risks. Bite prevention is a useful habit.

Make your garden more resilient

- Cut paths through long grass where people regularly walk.
- Keep seating and children's play areas away from long grass and dense vegetation.
- Remove standing water from buckets, trays, pots, toys, tarpaulins, blocked gutters and containers.
- Use fine mesh screens where biting insects are a problem.
- Keep compost, water butts and drainage features well maintained.
- Treat pets for tick prevention. Check for and remove ticks after outdoor time.

For more details on ticks, Lyme disease, TBE, midges, mosquitoes and garden measures, go to:
linktr.ee/ClimateReadyTayside

Travel during severe weather



Severe weather can make roads, pavements, public transport, bridges, coastal routes and rural roads dangerous.

Before travelling:

- Consider whether your journey is necessary.
- Check weather warnings.
- Check Traffic Scotland for trunk roads and motorways.
- Check Traveline Scotland or your transport operator for public transport.
- Tell someone where you are going and when you expect to arrive.
- Charge your phone and take essential medication.
- Pack warm clothing, water, food and emergency contact numbers.

More information on how to travel safely:

linktr.ee/ ClimateReadyTayside

During travel:

- Do not drive through floodwater.
- Slow down in heavy rain, snow, ice or high winds.
- Take extra care on exposed roads, bridges and high open routes.
- Avoid coastal roads and promenades during storm or flood warnings.
- Turn back if the route is unsafe.

Travel decision strip:

- Do I need to travel?
- Have I checked warnings?
- Ensure you have a first aid kit, shovel, blanket and fire extinguisher in your car at all times.
- Do I have medication, water, warm clothing, food and a charged phone?
- Have I told someone where I am going?
- Turn back if the route is unsafe.

Looking out for others



Extreme weather affects people differently. Some people may need extra help before, during or after severe weather. Community Councils are developing Community Resilience Plans across Tayside. Find out who your local Community Resilience Group is. These local volunteers can help communities prepare for severe weather, share important information, support vulnerable residents and work with emergency services and local authorities during an incident.

People who may need extra support include:

- older people
- babies and young children
- disabled people
- people with long-term health conditions
- people who use medical equipment that needs power or water
- pregnant people
- people living alone
- people who are homeless or in temporary accommodation
- people without easy access to transport, phones, internet or local support

Ways to help, if it is safe:

- Check whether they have food, water, medication and heating or cooling.
- During hot weather, encourage people to drink fluids regularly.
- Choose reusable bottles where available and keep plastic bottles out of direct sun or hot places.
- Make sure they have important phone numbers written down.
- Help them sign up for warnings or local updates.
- Agree how you will stay in touch.
- Tell emergency services where someone is if they need urgent help.
- Form an emergency WhatsApp group with your neighbours to keep each other informed.

For more details on Community Resilience Groups and Plans or how to develop your own, go to:

linktr.ee/ClimateReadyTayside

Note down your important contact numbers here:

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Local support in Tayside

For emergencies posing an immediate risk to life, safety or property, call 999. For non-emergency issues such as drainage problems, housing repairs or support for vulnerable residents, please contact your local council Monday – Friday 9am-5pm using the details below.

- **Dundee City Council 01382 434000**
- **Perth & Kinross Council 01738 475000**
- **Angus Council Office 03452 777 778**

Remember!

Keep this guide somewhere easy to find.

National contacts:

- Emergency services **999**
- National Gas Emergency Service **0800 111 999**
- NHS 24 urgent health advice when it is not life-threatening **111**
- Power cuts and electricity network damage **105**
- SEPA Floodline **0345 988 1188**
- Scottish Water **0800 0778 778**
- Scottish Flood Forum **0131 563 9392**
- Traffic Scotland **0800 028 1414**
- Traveline Scotland **0141 465 1878**

Use official sources for warnings, updates and advice. **Do not rely on rumours or unverified social media posts during severe weather.**

Climate Ready Tayside

For more information, visit:
climatereadytayside.org.uk