**HOUSEHOLD EMERGENCY PLAN**

## **About the household emergency plan**

Writing down some important information now will help you and any others you live with be ready for emergencies. Having a plan written down could help you in situations where you have no electricity, phone, or internet connection.

Download this plan and fill it in. Discuss it with those you live with. Print it out - or write it out - and keep it somewhere safe and easy to find in a power cut.

## **In an emergency**

If the emergency is outside the home then:

* **Go in** - depending on the emergency you might need to close all windows and doors
* **Stay in**
* **Tune in** - monitor national and local news and follow official advice for what to do next - check local radio stations and local TV broadcasts and other trusted sources, such as your local emergency services social media accounts

If the emergency is inside the home then:

* **Get out**
* **Stay out**
* **Ring 999**

## **Meeting point**

In certain situations, you may need to leave your home for your own safety. Decide where you will meet others - this could be a community hub if you have one nearby. Always follow advice from emergency services about when it is safe to return home.

|  |  |
| --- | --- |
| Agreed meeting point |  |

## **Important contact numbers for services you might need**

|  |  |
| --- | --- |
| Emergency services | 999 |
| NHS non-emergency number | 111 |
| Police non-urgent | 101 |
| To report a power cut | 105 in England, Scotland and Wales  03457 643643 in Northern Ireland |
| GP |  |
|  |  |
|  |  |
|  |  |

## **Who else might you need to contact in an emergency?**

For example, family - those within your household as well as other family members, schools or childcare, your employers, carers or clinical teams

|  |  |  |
| --- | --- | --- |
| Name | Mobile number(s) | Landline number |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Others you might want to check in on**

If you are in the position where you are able to offer help to your community (and it is safe to do so), you could start by checking on others such as your neighbours. Make a record of their details here:

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Address | Landline | Mobile |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

## **List of current medication**

|  |  |  |  |
| --- | --- | --- | --- |
| Medication name | Dose | How often | Who takes it |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

## **Radio stations**

Here you should make a note of the frequencies of any radio stations you use to get local or national news.

|  |  |
| --- | --- |
| Radio station *(e.g. BBC radio 2)* | Frequency *(e.g. 88-91 FM)* |
|  |  |
|  |  |

## **Insurance details**

|  |
| --- |
| Insurance company names, phone numbers and policy numbers |
|  |

## **Utilities**

If you have time and it is safe to do so, you might need to turn off the mains water, gas or electric to your home during an emergency. Familiarise yourself with where these are located.

WARNING: You can turn the water and electricity back on yourself but NOT THE GAS. This must be done by a qualified engineer.

|  |  |
| --- | --- |
| Utility shut off | Location |
| Water stop cock |  |
| Gas isolation valve |  |
| Electricity isolation switch |  |

## **Emergency supplies**

Consider what supplies you and your household might need during an emergency lasting a few days. You could consider keeping the following items at home:

* Battery or wind-up torch
* Portable power bank for charging your mobile phone
* Battery or wind-up radio to get updates during a power cut
* Spare batteries for torch or radio
* First aid kit
* Wet wipes and hand sanitiser
* Bottled water
* Non-perishable food that does not require cooking (e.g. tinned meat, fruit or vegetables) and tin opener
* Baby supplies (e.g. nappies and formula)