



# 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	
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## 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)