

A little preparation now, can make a **big difference later.**

HOUSEHOLD EMERGENCY PLAN

Be prepared. Stay safe. Look after each other.



1

WHEN AN EMERGENCY HAPPENS

If the emergency is outside your home:



GO IN

Close all windows and doors, depending on the emergency.



STAY IN

Keep yourself and others safe inside.



TUNE IN

Monitor national and local news and follow official advice. Check local radio, TV and trusted sources (e.g. your local emergency services social media accounts).



If the emergency is inside your home:

GET OUT

Leave the property immediately.



STAY OUT

Do not go back inside until it is safe.



RING 999

If there is a fire, serious injury or a crime in progress.

2

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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3

IMPORTANT CONTACT NUMBERS

Keep these numbers somewhere safe and accessible.

	Emergency services	999
	NHS non-emergency number	111
	Police non-urgent	101
	To report a power cut	105 (England, Scotland & Wales) 03457 643643 (Northern Ireland)
	GP (Your local surgery number)	

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WHO ELSE MIGHT YOU NEED TO CONTACT?



For example, family, schools or childcare, your employer, carers or clinical teams.

Name	Mobile number(s)	Landline number

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CHECK ON OTHERS

If you are able to offer help to your community (and it is safe to do so), check on your neighbours and others who may need support.

Name	Address	Landline	Mobile

**PREPARE TODAY.
STAY SAFER TOMORROW.**



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PLAN B

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MEDICATION

Keep a list of current medication and who it is for.



Medication name	Dose	How often	Who takes it

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RADIO STATIONS

Make a note of the frequencies of any radio stations you use for local or national news.



Radio station	Frequency

8

INSURANCE DETAILS

Keep your insurance company names, phone numbers and policy numbers.



Insurance company	Phone number	Policy number

9

UTILITIES

Familiarise yourself with where your mains water, gas and electric shut off points 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	

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EMERGENCY SUPPLIES



Keep these items at home for a few days:

- ☐ 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 (e.g. tinned meat, fruit or vegetables) and tin opener
- ☐ Baby supplies (e.g. nappies and formula)

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OTHER CONTACTS

Who else might you need to contact in an emergency?



Name	Relationship	Mobile	Landline

