Household Emergency Plan

POWER CUT?
CALL 105

If a major emergency happens it may be some time before help arrives. It's very important that you and your family get together to prepare.

- Agree a plan in advance with those in your home.
- Complete this template together and keep it safe in case you need it to use it.

If the emergency means it is not safe to go out, the advice is usually to:

Go in
Go inside and close all windows and doors

Stay in
Stay indoors

Tune in
Tune in to local radio, TV or the internet, where public information and advice from the emergency responders will be broadcast

My local radio station: _____ **Is on frequency:** _____

If you have to leave your home, get out, stay out, and **take others with you.**

Think of two meeting places: one near home and one further away, in case you can't get home.

MEETING PLACE 1
(Near Home)

Location: _____

_____

_____

MEETING PLACE 2
(Further away)

Location: _____

_____

_____

Pick a friend or relative who lives out of the area, who you will agree to **call to say you're OK**, should you need to leave home. Make sure this person knows.

Name: _____ **Number:** _____

If it is safe to do so you should check on your neighbours and vulnerable people living close by. Have a think about who they are in advance.

Name: _____
Address: _____
_____
_____
Number: _____

Name: _____
Address: _____
_____
_____
Number: _____

Name: _____
Address: _____
_____
_____
Number: _____

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Important Telephone Numbers

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Emergency Services	dial **999** - or - **101** for non emergencies
Scottish & Southern Electricity Networks	dial **0800 300 999**
NHS 24	dial **111**

You should record other important numbers.

Schools/colleges: _____

Work contact: _____

Doctor: _____

Insurance: _____

Gas supplier: _____

Flood Agency: _____

Other: _____

Carers/childminder: _____

Plumber: _____

Vet: _____

Local authority: _____

Electricity supplier: _____

Water Supplier: _____

Pack an Emergency Kit

You should keep enough **food, water** and other essentials at home for **at least three days**.

Whether you have to stay in or get out, packing a small emergency kit will help you get through. Keep it in a safe place at home where you can reach it easily. Your kit should be kept in a waterproof bag and the **top ten things to include are**:

1. **Battery radio with spare batteries, or a wind up radio**
2. **Battery torch with spare batteries, or a wind up torch**
3. **First aid kit**
4. **Important documents like birth certificates and insurance policies**
5. **Bottled water and ready-to-eat food that won't go off. Pack a can opener if needed**
6. **Spare keys to your home and car**
7. **Spare glasses, contact lenses, hearing aid batteries**
8. **Toiletries and details of important medicines**
9. **Pen, paper, penknife and whistle**
10. **Pet supplies**

If you have to leave your home, and there's time to gather them safely, you should also think about taking:

11. **Essential medicines with appropriate storage**
12. **Mobile phone and charger**
13. **Cash and credit cards**
14. **Spare clothes and blankets**
15. **Games, books, a child's special toy**
16. **Pets**

For further advice on being prepared for emergencies see: **www.readyscotland.org**

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