

Emergencies such as disruption to essential services that we all rely upon, for example electricity, gas and water, can affect our everyday lives.

A Home Emergency Plan can be used as a vital tool in your household (or to help another family member who does not live with you) to be prepared in an emergency situation, like a power cut.

Having a Home Emergency Plan means all the important contact information, help, advice and action to take is all in one place, making life easier in an emergency situation, allowing you to respond safely and quickly.



### Your Home Emergency Plan

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 plan together and keep it safe in case you need it to use it.

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



#### Go in

Go inside and close all doors and windows

Location:



### Stay in

Contact number:....

Stay indoors (take time to check your emergency kit)



### **Tune in**

My local radio

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:	frequency:	
If you have to leave your home, go with you. If you have any neighbo in with them to make sure they ar	urs you feel are vulnerable, check	
Think of two meeting places: one nea you can't get home.	ar home and one further away, in case	
MEETING PLACE 1 (NEAR)	MEETING PLACE 2 (FAR)	
	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.		
Friends name:	Contact number:	
LOCAL REST CENTRE:		

# **Be Prepared - Pack an Emergency Kit**

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 if possible, and the top recommended items to include are:



Essential	In addition
Bottled water and non-perishable foods (inc. Baby food/pet food)	Money (change, cash and card)
First aid kit (and essential medicines)	Spare keys for
Radio and Torch (spare batteries or wind-up equivalent)	house and car Copies of insurance
Identity documents (passports/drivers licence)	policies/birth certificates
Change of clothes (inc. warm jumpers and blankets)	Notebook, pen/pencil
Mobile phone charger (ideally a portable charger)	Spare glasses/contact lenses

# **Important Telephone Numbers**

Emergency Services 999
Police non-emergency 101
NHS 24 111
Power Cuts 105

Gas Emergency **0800 111 999** 

Floodline/ Flood Agency 0345 988 1188



#### You should record other important contact numbers.

Doctor	Water Supplier
Local authority	Gas Supplier
Schools/colleges	Electricity Supplier
Carers/childminder	Vet
Work contact	Plumber
Insurance Company	Other



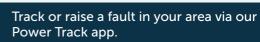


More information: **ssen.co.uk** 



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