



3-steps to help prepare for an emergency



Step 1 - Develop a Household Emergency Plan

Putting together a Household Emergency Plan and making sure all your family members know about it are one of the most important things you can do to prepare for an emergency. Having a plan can help you respond quickly and effectively in a stressful situation. **The plan should not be complicated and you should ask yourself the question 'What if there is an emergency?', decide the answers with your family members and make sure that everyone is aware.** You should think about important emergency contacts and how people would know any needs you have in an emergency situation.

Answer the following questions to help you and your family be better prepared.

Where will we meet our family members if we can't get into our house?

Where could we stay if we not allowed to stay in our house?

Who will pick me up from school if the usual adult is unable to get there?

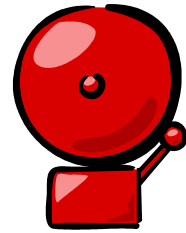
Which neighbours will we check on in an emergency?

Who do we need to tell that we are safe?
Who would be able to look after our pet(s) if we are unable to?
Who can collect any medicines or supplies (if needed)?
Has everyone included an ICE (In Case of Emergency) contact number in their mobile phone? (This can be used by the Emergency Services to contact your family members, if needed).
Do adults know where to turn off the following:
Electricity:
Water:
Gas:

What happens if an emergency happens whilst you're at school

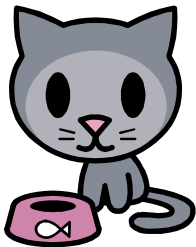
If an emergency happens whilst you're at school, your teachers will know what to do and will make sure you are looked after and kept safe.

Practice fire alarms at school are carried out to remind everyone what they should do if the alarm goes off. Leave the building in an orderly manner, walk to the assembly point and wait for your teacher to take the register. Do not panic!!!



Caring for your pet in an emergency

If you have to leave your home because of an emergency, you may not be able to take your pets with you. You could think about having a pet friend - someone you can trust to look after your pet until you can come back home.



There are some things you can do to prepare:

- Have a suitable, secure pet carrier for your pet;
- Have a collar with your contact details on;
- Keep a recent photo of your pet and include any medicines they take in your emergency kit;
- Think about your pets kept outside.

Looking after other people

Would any of your neighbours need help during an emergency?

There may be elderly people that live close to you who may get worried and need some help. Don't forget to tell your family that you are safe if there is an emergency near to where you live - this will stop them from worrying that you have been involved.



Step 2 - List your important emergency contact details



Below are important numbers that may be useful during an emergency. Ask an adult to help you fill in the telephone numbers and keep it somewhere safe so that it can be used in the event of an emergency.

Organisation	Contact Number	Reference Number
Emergency Services (Police, Fire, Ambulance)	999	
Police (non-emergency)	101	
Local Authority		
NHS (non-emergency)	111	
Environment Agency Floodline	0345 988 1188 or 0845 988 1188	
Doctor		
Electricity provider		
Electricity emergency number		
Gas provider		
National Gas emergency number	0800 111 999	
Telephone provider		
Water provider		
School / Nursery		
Work		
Insurers:		
• House & Contents		
• Car		
• Pet		
Bank		
ICE 1		
ICE 2		
Neighbours		

Step 3 - Put Together an Emergency 'Grab Bag'

If you had to leave your home in an emergency it would be useful to have some essential items together in a bag that would help make life easier. **Ask an adult to consider and help put together the items listed below and put them into a bag that can be carried.** Tell all family members where you keep the bag so they know where to find it if there is an emergency.

Checklist of essential items - ✓ them off the list when you have collected them.

- A list of important contact details
- Copies of important documents (insurance details etc.)
- First aid kit
- Torch and radio (wind-up if possible)
- Spare batteries
- Medicines or details of prescribed medications for family members
- Toiletries
- Spare glasses or contact lenses
- Mobile phone charger
- Pen/pencil and notepaper



You may also want to consider including:

- Bottled water and dried/tinned food (including a can opener)
- Small amount of money
- Spare keys to the house and car
- Supplies for babies and young children
- Supplies for pets (if you have them)
- Something to keep you entertained, ie. a toy, puzzle book or game