

# Household Resilience

## HOUSEHOLD EMERGENCY LIFESAVING PLAN

In the event of an incident in Dumfries and Galloway, it may be some time before the emergency services can help you, making it very important that you and your family have made the necessary preparations to take care of yourselves. As an individual, household or family, agree on a plan in advance. Complete the following and keep it safe should you need to use it.

Where will I go if I am evacuated from my house?

Where will we meet as a family if we are all evacuated?

Who will pick the children up?

Who will switch the Electricity, Gas and Water off before leaving?

You should check your neighbours - they may need **your** help.

Neighbours to the left

Name:

Home No:

Mobile No:

Neighbours to the right

Name:

Home No:

Mobile No:

### Important Phone Numbers

Agencies	Telephone	Useful	Telephone
Police Scotland	<input type="text"/>	School	<input type="text"/>
Fire	<input type="text"/>	Doctor	<input type="text"/>
NHS	<input type="text"/>	Work	<input type="text"/>
	<input type="text"/>	Car Insurance	<input type="text"/>
	<input type="text"/>	Home Insurance	<input type="text"/>
	<input type="text"/>	Electricity	<input type="text"/>
	<input type="text"/>	Gas	<input type="text"/>
	<input type="text"/>	LPG	<input type="text"/>
	<input type="text"/>	Mobile Phone	<input type="text"/>
	<input type="text"/>	Home Phone	<input type="text"/>



Ensure you have an analogue telephone (A phone that does not need electrical power for your cordless handsets). Your cordless telephone may not work when there is a power cut.

## Emergency Kit Checklist



Having a prepared kit to easily grab when an incident occurs will benefit you and your family. You should consider this checklist.

Don't forget about your pets and their equipment, such as carrier, collar, lead and pet food.

If possible, take pets with you as the emergency may last a long time.

Item	Tick
A battery radio with spare batteries or a wind up radio	<input type="checkbox"/>
A battery torch with spare batteries or a wind up torch	<input type="checkbox"/>
Candles and matches	<input type="checkbox"/>
A First Aid kit ( <i>Knowing what to do in an emergency is vitally important. Consider learning First Aid, it is a valuable skill that can serve many purposes</i> )	<input type="checkbox"/>
Copies of important documents like birth certificates, insurance policies and this plan	<input type="checkbox"/>
Bottled water and ready to eat food (tinned food), with a can opener if required	<input type="checkbox"/>
Toiletries, sanitary supplies	<input type="checkbox"/>
Prescribed medication	<input type="checkbox"/>
Playing cards, games/some form of entertainment	<input type="checkbox"/>
Any special equipment for infants or the elderly	<input type="checkbox"/>
Mobile phone and charger	<input type="checkbox"/>
Cash/credit cards	<input type="checkbox"/>
Spare clothes/blankets	<input type="checkbox"/>
Home/car keys	<input type="checkbox"/>
Food/Water (enough for 3 days if trapped at home)	<input type="checkbox"/>

### What to do in an emergency

- Try to remain calm, reassure others and think before acting
- Make sure 999 has been called if people are injured or if there is a threat to life
- Do not put yourself or others in danger
- Follow the advice of the emergency services
- When you are told that it is safe to return home, open windows to provide fresh air before arranging for gas, electricity and water supplies to be reconnected.

**Go In** (go indoors and close all windows and doors)

**Stay In** (stay indoors)

**Tune In** (to local radio, TV or the internet, where public information and advice from the emergency services will be broadcast)

### Your Notes

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