

Our household plan

Fill it in once. Keep it with the torch.

Important numbers

Power cut **105** (N. Ireland: 03457 643643)
 Emergency **999** NHS advice **111**
 Gas emergency **0800 111 999** (NI: 0800 002 001)
 Water company
 GP surgery
 Insurer + policy no.
 Family / friend
 Neighbour
 Work / school

Who lives here

Name
 Name
 Name
 Name
 Anyone needing extra help?
 Priority Services Register ref.
 Pets + vet's number
 Radio station + frequency
 Local radio + frequency

If we can't get home

We meet at
 If not there, at
 Who collects the children
 Who checks on

Getting out

Best way out of our home
 Second way out
 In a flood we go to
 In a fire, take nothing with you. Just get out and call 999.

Where things are

Water stopcock
 Fuse box / trip switch
 Gas meter + shut-off
 Emergency kit
 Torch
 Spare keys

Medicines we rely on

Who	Medicine	Dose + when	Where it's kept

Our emergency kit

Adulthood is knowing where the stopcock is.

The Prepare list (from the public GOV.UK Prepare checklist)

- | | |
|---|--|
| ☐ Battery or wind-up torch (torches are safer than candles) | ☐ Hand sanitiser and wet wipes |
| ☐ Portable power bank, charged, with its cable | ☐ Bottled water: 2.5–3 litres per person per day (3 days for 4 people = 30–36 litres) |
| ☐ Battery or wind-up radio | ☐ Food that needs no cooking, plus a manual tin opener (and pet food) |
| ☐ Spare batteries (and a backup battery for any medical equipment) | ☐ Baby supplies: nappies, ready-to-feed formula |
| ☐ First aid kit | |

What we'd add

- | | |
|---|---|
| ☐ Cash in small notes | ☐ A whistle |
| ☐ This plan, printed, with the numbers filled in | ☐ A warm blanket (or foil blankets) |
| ☐ A written list of medicines | ☐ Copies of key documents in a waterproof wallet |
| ☐ Spare glasses, contact lenses, hearing aid batteries | |

Check it twice a year, when the clocks change

Date checked	Water + tins in date?	Power bank charged?	Torch + radio work?	Numbers up to date?

In a power cut

1. Check your trip switch. If it's the whole street, call **105**. 2. Switch off and unplug appliances, but leave one light on so you know when it's back. 3. Keep the fridge and freezer doors shut. 4. Use torches, not candles. 5. Never use a barbecue, camping stove or generator indoors: carbon monoxide kills. 6. Check on neighbours who may need help.