

# Preparing for emergencies

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The Government Standard



# The Family Emergency PLAN

Emergencies can happen with no warning and have disastrous effects on the population. Make sure you give yourself every chance by being prepared – follow the Family Emergency PLAN.

**P**repare **L**ink Up **A**ccommodate **N**ecessary Kit



## Prepare

Assess your lifestyle and identify hazards that could affect you, your family and your home.

- Is your home at risk from floods and fire?
- Can you survive without power or water for three days?
- Have you got alternative methods to get to work?
- Does your family know what to do in an emergency?
- Are your home and contents insured?
- Do you know how to turn off the gas, water and electricity to your home?



## Link up

In an emergency the mobile phone network may be unreliable and communications can be difficult. Plan to stay in contact with your family and friends.

- Choose two meeting points you can get to if you are separated and cannot get home, homes of family or friends are best.
- One should be close to your neighbourhood and the other a few miles away. If you cannot phone each other, meet at one of these locations.
- Carry the list of contact details overleaf with you.
- Make sure you can tune into the local radio station to receive updated information on the emergency.
- Put an In Case of Emergency (ICE) number in your phone so that the emergency services can contact your next of kin in an emergency.

## Accommodate

You may not be able to access your home in an emergency. Make sure you have an alternative place to stay.

- Arrange with friends and family a place for you to stay, these can be the same as your meeting points.
- Hotels and Bed and Breakfasts - check your house insurance, sometimes they provide emergency accommodation.
- The Council may provide basic shelter for those affected by an emergency at an Emergency Rest Centre. Contact the Council to find the nearest one to you.



## Necessary Kit

Make sure you have the essential kit to survive in or out of your home

- In case you have to leave your home prepare a grab bag with the equipment listed overleaf, so that if you have to evacuate your home quickly you have all the essentials you need.
- In case you have to stay in your home keep a supply of tinned food and bottled water as well as your grab bag.

## Emergency GRAB BAG checklist

- Torch (with batteries)
- Radio (with batteries)
- First aid kit
- Bottled water
- Mobile phone (with charger)
- Money and bank cards
- Basic toiletries
- Essential medicine
- Emergency phone numbers
- Identification
- Home and car keys
- Insurance documents
- Personal items

## Evacuation checklist

- Listen to the advice of the emergency services
- Collect your emergency grab bag and make sure you have the contents on the checklist
- Check you have your keys, wallet and phone
- Grab some warm clothing to change into
- Make sure you secure your home properly
- Follow the directions from the emergency services

## Useful information

Emergency Services	999
NHS Direct	0845 4647
Your local Council	<input type="text"/>
Thames Water	0845 9200 800
Essex Water	0845 7820 999
National Grid Transco Gas	0800 111 999
UK Power Networks	0800 028 247
Environment Agency Floodline	0845 988 1188
Transport for London	020 7222 1234
Police non-emergency	0300 123 1212
Anti-terrorist hotline	0800 789 321
BBC London	94.9FM

## Personal emergency contacts

In case of emergency contact	<input type="text"/>
Meeting point 1	<input type="text"/>
Meeting point 2	<input type="text"/>
Local Police	<input type="text"/>
Doctor	<input type="text"/>
Insurance	tel: <input type="text"/> reference: <input type="text"/>
Childs school	<input type="text"/>
Work	<input type="text"/>

**Emergencies can happen at any time and often without any warning. Your best form of survival is preparation.**

Will you know what to do if faced by an emergency?

Use this practical guide to help you get ready for an emergency and keep it with you for when you need it.

For further guidance and in-depth information, visit your council website or email us at:

**[civil.contingencies@lbdd.gov.uk](mailto:civil.contingencies@lbdd.gov.uk) or [civil.contingencies@walthamforest.gov.uk](mailto:civil.contingencies@walthamforest.gov.uk)**