



# Lancashire Resilience Forum

Preparing for emergencies



## Household Emergency Plan

### Emergencies can affect our lives with little or no notice.

Being prepared can help reduce the effects on your life and your loved ones; reduce the need for support from others and enable you to support the vulnerable in your community.

Disruption to essential services such as water, gas and electricity, regional and national travel and telecommunications are all ways an emergency can affect our everyday lives.

**A crisis happens when we least expect it.**

#### If the danger is inside

**GET OUT**

**STAY OUT**

**CALL 999**

#### If the danger is outside

**GET IN**

**STAY IN**

**TUNE IN**

Station	Frequency	Website
BBC Radio Lancashire	95.5, 103.9, 104.5 FM	<a href="http://www.bbc.co.uk/sounds/play/live/bbc_radio_lancashire">www.bbc.co.uk/sounds/play/live/bbc_radio_lancashire</a>
Heart North Lancashire & Cumbria Radio	105.4FM	<a href="http://www.heart.co.uk/northlancs/">www.heart.co.uk/northlancs/</a>



Once completed it would be advisable to print this form and store it in a plastic wallet in a safe place, e.g. upstairs (if available) and provide a copy to family or friends.



## Creating an emergency pack

**Be prepared.** Creating an emergency pack will help locate essential equipment quickly in an emergency. For ideas on what to include visit [www.lancashireprepared.org.uk/emergency-pack](http://www.lancashireprepared.org.uk/emergency-pack)

Some suggested items are:

Tick

- ☐ Torch and spare batteries
- ☐ Battery powered radio and spare batteries
- ☐ Candles/matches
- ☐ Copy of this plan

In case you are unable to leave the house it is suggested you should have:

- ☐ Bottled water
- ☐ Ready to eat food (tinned)
- ☐ Bottle/tin opener

Tick

- ☐ First aid kit
- ☐ List of useful contact numbers
- ☐ Toiletries

In case you are stuck in your car due to severe weather or congestion, it is suggested you should have:

- ☐ Blankets
- ☐ Torch and spare batteries
- ☐ Water
- ☐ Phone charger

Location of where emergency pack is kept:

## List of current medication

Medication Name	Dose	When taken	Who takes it



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**Complete the following sections and keep in a safe place where all in your household can easily access it**

## Key contacts

Name	<input type="text"/>	If you are evacuated, is there somewhere you can go? Friends or family?
Mobile	<input type="text"/>	
Work	<input type="text"/>	
Name	<input type="text"/>	Who will look after your pets?
Mobile	<input type="text"/>	
Work	<input type="text"/>	
Name	<input type="text"/>	If you can't contact each other, where should you all meet/who should you leave a message with?
Mobile	<input type="text"/>	
Work	<input type="text"/>	
Name	<input type="text"/>	Who will be responsible for picking up the children from school (if applicable)?
Mobile	<input type="text"/>	
Work	<input type="text"/>	

## Emergency telephone numbers

Emergency services	<input type="text"/>	Local authority	<input type="text"/>
NHS out-of-hours	<input type="text"/>	Doctor	<input type="text"/>
Police non-urgent	<input type="text"/>	School	<input type="text"/>
Power cut	<input type="text"/>	Other	<input type="text"/>

## Important documentation and information

Insurance company name	<input type="text"/>
Insurance phone number	<input type="text"/>
Home insurance	<input type="text"/>
Policy number	<input type="text"/>
Other (please list)	<input type="text"/>



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## Have you turned off the following? Who is responsible?

	Tick	Where are these utilities located at your property?
Gas	<input type="checkbox"/>	
Electricity	<input type="checkbox"/>	
Water	<input type="checkbox"/>	

If you are in the position where you are able to offer help to your community, start by checking that your neighbours are alright. Make a record of their details here:

Name	Address	Telephone	Mobile

### Useful websites

Lancashire Resilience Forum	<a href="http://www.lancashireprepared.org.uk">www.lancashireprepared.org.uk</a>
Lancashire County Council	<a href="http://www.lancashire.gov.uk">www.lancashire.gov.uk</a>
National Flood Forum	<a href="http://nationalfloodforum.org.uk">nationalfloodforum.org.uk</a>
BBC Lancashire	<a href="http://www.bbc.co.uk/lancashire">www.bbc.co.uk/lancashire</a>
Environment Agency	<a href="http://www.environment-agency.gov.uk">www.environment-agency.gov.uk</a>
Met Office	<a href="http://www.metoffice.gov.uk">www.metoffice.gov.uk</a> (weather ready)
Power Cut 105	<a href="http://www.powercut105.com/en/">www.powercut105.com/en/</a>

### Other useful information



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