



HOUSEHOLD EMERGENCY PLAN



Emergencies can affect the county with little or no notice.

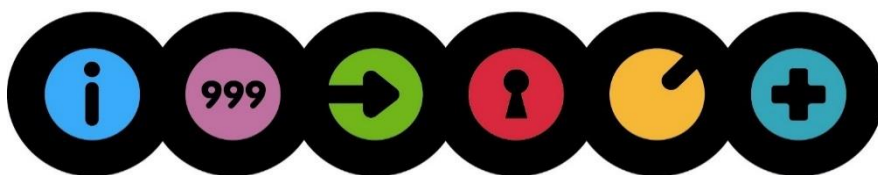
Being prepared can help reduce the effects on your life and your loved ones; reduce the need for support from others and enable you to support the vulnerable in your community.

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.

GO IN. STAY IN. TUNE IN.

Kent Resilience Forum



PREPARING FOR EMERGENCIES IN KENT AND MEDWAY

If you are not involved in an emergency but are close by or believe you may be in danger, in most cases the advice is:

GO IN.

STAY IN.

TUNE IN.

Station
BBC Kent
Heart

Frequency
96.7, 97.6, 104.2 FM
97.0, 102.8, 103.1 FM

Website
www.bbc.co.uk/bbckent
www.heart.co.uk/kent

Creating an emergency box/bag

Be prepared. Creating an emergency grab bag will help locate essential equipment quickly in an emergency. For more ideas on what to include in your grab bag visit "kentprepared.org.uk" and see the 'Be prepared' section. Some suggested items are:

	Tick
Torch and spare batteries	<input type="checkbox"/>
Battery powered radio & spare batteries	<input type="checkbox"/>
Candles/matches	<input type="checkbox"/>
Copy of this plan	<input type="checkbox"/>

	Tick
First Aid Kit	<input type="checkbox"/>
List of useful contact numbers	<input type="checkbox"/>
Toiletries/ Medication	<input type="checkbox"/>
Mobile phone & charger	<input type="checkbox"/>

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

	Tick
Bottled Water	<input type="checkbox"/>
Ready to eat food (tinned)	<input type="checkbox"/>
Bottle/tin opener	<input type="checkbox"/>

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

	Tick
Blankets	<input type="checkbox"/>
Torch spare batteries	<input type="checkbox"/>
Water	<input type="checkbox"/>
Phone charger	<input type="checkbox"/>

Location of where emergency box/bag is kept

List of current medication

Medication Name	Dose	When taken	Who takes it

Once completed it would be advised to laminate this form and then store in a safe

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

Household Contacts details

Name	
Mobile	
Work	

If you are evacuated is there somewhere we can go? Friends or family?

Name	
Mobile	
Work	

If you can't contact each other, where should you meet/or who should you leave a message with?

Name	
Mobile	
Work	

Who will be responsible for picking up the children from school? (if applicable.)

Emergency telephone numbers

Emergency services
NHS out-of-hours
Police non-urgent
Local Police Station
Power cut

999
111
101
105

Local authority
Doctor
School
Other

Important documentation and information

Insurance Company

Insurance phone number

Home insurance

Policy number

Other (Please list)

place, e.g. upstairs (if available) and provide a copy to family or friends.

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

Kent County Council
www.kent.gov.uk

BBC Kent
www.bbc.co.uk/kent

National Flood Forum
www.floodforum.org.uk

Environment Agency
www.environment-agency.gov.uk

Kent Resilience Forum
www.kentprepared.org.uk

Met Office
www.metoffice.gov.uk (weather ready)

Other useful information

