HOUSEHOLD EMERGENCY PLAN

Emergencies can affect anyone anywhere with little or no notice. Being prepared can help reduce the impact on your lives and enable you to recover more quickly.
If you believe you may be in danger, in most cases the advice is

GO IN, STAY IN, TUNE IN

Complete the following sections and keep in a safe place where everyone in your household can easily access it. (Can be adapted to suit your household's requirements)

HOUSEHOLD CONTACT DETAILS

Contact 1 Name and Number		Contact 2 Name and Number	
Contact 3 Name and Number		Contact 4 Name and Number	

GET PREPARED CHECKLIST

If we are evacuated, where can we go for safety? (Friends/Family etc.)	
If we can't contact each other, where should we meet or who should we leave a message with?	
Who will pick our children up from school?	
Who can look after our pets if we can't take them with me?	
Who can collect our medications if we are unable to collect them?	
Our electric, gas, oil, and water shut off are located in....	

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CREATING AN EMERGENCY GRAB BAG

In an emergency, you may need to move quickly, so it's important to have necessities at hand. Creating an Emergency Grab Bag will help locate essential equipment quickly.
For ideas on what to include in your grab bag visit suffolkprepared.co.uk and see the 'Prepare yourself' section.

The location of the Emergency Grab Bag →

EMERGENCY CONTACT NUMBERS

Emergency Services 999
NHS 111
Power Cut 105
National Gas Emergency Service 0800 111 999
Anglian Water 03457 145 145
Essex and Suffolk Water 03457 820 999
Openreach 0800 023 2023

Work	
School	
Doctor	
House Insurance/Policy No.	
Pet Insurance/ Policy No./ Vet	
Car Insurance/Policy No.	
Council (Housing, Benefits etc)	
Other	

USEFUL WEBSITES AND INFORMATION

BBC Radio Suffolk Frequency

95.5, 95.9, 103.9 104.6 FM

Suffolk Resilience Forum
https://suffolkprepared.co.uk/

Suffolk InfoLink
https://infolink.suffolk.gov.uk

National Flood Forum
https://www.nationalfloodforum.org.uk/

BBC Suffolk
https://www.bbc.co.uk/news/england/suffolk

Environment Agency
www.environment-agency.gov.uk

The Met Office
https://www.metoffice.gov.uk/

The Priority Services Register
https://www.thepsr.co.uk/