

Suffolk Prepared

Household Emergency Plan

Get Prepared



Have a plan

Your Get Prepared checklist

- ☐ Find out what local risks may affect you (e.g. flooding) then register for alerts
- ☐ Know where and how to safely switch off your utilities
Water.....
Electricity.....
Gas.....
- ☐ Agree a place to meet if you can't get to or stay in your own home
Place:
- ☐ Agree where or who you and your family would stay with if you were evacuated
Where/who:.....
- ☐ Who would pick up the children from school if you couldn't get there?
Who:.....
- ☐ Who would be able to collect medical supplies/prescriptions for you if you were unable to get them?
Who:.....
- ☐ Do you have working smoke alarms and test them regularly? #TestITuesday



Stay Informed Have you.....

- ☐ Tuned into your local radio station?
- ☐ Signed up to receive weather warnings?
- ☐ Registered with local utility companies for extra assistance should you need it?
- ☐ Followed the below social media accounts to check for important information?

@SuffolkPrepared @metofficeEEng @SuffolkFire
@HighwaysEAST @suffolkpolice @suff_highways
@HMCoastguard @greateranglia @CadentGasLtd
@UKPowerNetworks @ESNEFT @AnglianWater



Get Prepared Get Prepared Bag

In an emergency, you may need to move quickly, so it's important to have necessities at hand. Ideally, you should pack an easy-to-carry bag with essentials and store it in an accessible place. At the very least, you should make an up-to-date list of things to put into your 'Get Prepared Bag'. Items could include:

- ☐ Copy of Household Plan
- ☐ Basic toiletries (e.g. toothbrush)
- ☐ First aid kit
- ☐ Mobile Phone (plus charger)
- ☐ Medication and prescriptions
- ☐ Hearing aids, glasses, contact lenses
- ☐ Radio and waterproof torch, with spare batteries (check regularly). You may wish to consider a wind-up model.
- ☐ Bottled water and non perishable foods