Household Resilience



In the event of an incident in Dumfries and Galloway, it may be some time before the emergency services can help you, making it very important that you and your family have made the necessary preparations to take care of yourselves. As an individual, household or family, agree on a plan in advance. Complete the following and keep it safe should you need to use it.

my house?	
Where will we meet as a family if we are all evacuated?	
Who will pick the children up?	
Who will switch the Electricity, Gas and Water off before leaving?	
You should check	your neighbours - they may need your help.
Neighbours to the left	Neighbours to the right
Name:	Name:
Home No:	Home No:

Mobile No:

Important Phone Numbers

Mobile No:

		none Hambers		
Agencies	Telephone	Useful	Telephone	
Police Scotland		School		
Fire		Doctor		Ensure you have an analogue telephone
NHS		Work		(A phone that does not
		Car Insurance		need electrical power for your cordless
		Home Insurance		handsets). Your
		Electricity		cordless telephone
		Gas		may not work when there is a power cut.
		LPG		
		Mobile Phone		
		Home Phone		





Having a prepared kit to easily grab when an incident occurs will benefit you and your family.

You should consider this checklist.

Don't forget about your pets and their equipment, such as carrier, collar, lead and pet food.

If possible, take pets with you as the emergency may last a long time.

Emergency Kit Checklist

A battery radio with spare batteries or a wind up radio

A battery torch with spare batteries or a wind up torch

Candles and matches

A First Aid kit (Knowing what to do in an emergency is vitally important. Consider learning First Aid, it is a valuable skill that can serve many purposes)

Copies of important documents like birth certificates, insurance policies and this plan

Bottled water and ready to eat food (tinned food), with a can opener if required

Toiletries, sanitary supplies

Prescribed medication

Playing cards, games/some form of entertainment

Any special equipment for infants or the elderly

Mobile phone and charger

Cash/credit cards

Spare clothes/blankets

Home/car keys

Food/Water (enough for 3 days if trapped at home)

What to do in an emergency

- Try to remain calm, reassure others and think before acting
- Make sure 999 has been called if people are injured or if there is a threat to life
- Do not put yourself or others in danger
- Follow the advice of the emergency services
- When you are told that it is safe to return home, open windows to provide fresh air before arranging for gas, electricity and water supplies to be reconnected.

Go In	(go indoors and close all windows and doors)

Tick

Stay In (stay indoors)

Your Notes

Tune In (to local radio, TV or the internet, where public information and advice from the emergency services will be broadcast)

Prepared of In Stay In Tune In Personal Children Utilities Evacuate Emergency Kit MEDICATION Telephone Children Utilities Evacuate Emergency Kit Plan MEDICATION Telephone Plan Prepared Prepared Prepared Plan Prepared Plan RADIO Tune In Pers
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