



# 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.**



**west  
sussex  
county  
council**

[www.westsussex.gov.uk/emergency](http://www.westsussex.gov.uk/emergency)



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	Frequency	Website
BBC Sussex	104.8 & 95.3 FM	<a href="http://www.bbc.co.uk/bbcsussex">www.bbc.co.uk/bbcsussex</a>
Heart	97.5 & 96.7 FM	<a href="http://www.heart.co.uk/sussex">www.heart.co.uk/sussex</a>
Spirit FM 96.6	102.3 & 106.6	<a href="http://www.spiritfm.net">www.spiritfm.net</a>

## Creating an emergency box/bag

**Be prepared.** Creating an emergency grab bag will help locate essential equipment quickly in an emergency. For ideas on what to include in your grab bag visit our website page entitled "What you can do to to prepare for an emergency". **Some suggested items are:**

Torch and spare batteries	<input type="checkbox"/>	First Aid kit	<input type="checkbox"/>
Battery powered radio and spare batteries	<input type="checkbox"/>	List of useful contact numbers	<input type="checkbox"/>
Candles / matches	<input type="checkbox"/>	Toiletries	<input type="checkbox"/>
Copy of this plan	<input type="checkbox"/>		

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

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 it is suggested you should have:

Blankets	<input type="checkbox"/>
Torch and spare batteries	<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 and then store in a safe

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

## Household contact 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

Local authority

Doctor

School

Other

## Important documentation and information

Insurance company name

Insurance phone number

Home insurance

Policy number

Other (Please list)

# 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 a position where you are able to offer help to your community start by checking that your neighbours are alright.

Name	Address	Telephone	Mobile

## Useful websites

**West Sussex County Council**

[www.westsussex.gov.uk](http://www.westsussex.gov.uk)

**East Sussex County Council**

[www.eastsussex.gov.uk](http://www.eastsussex.gov.uk)

**Environment Agency**

[www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)

**BBC Sussex**

[www.bbc.co.uk/sussex](http://www.bbc.co.uk/sussex)

**National Flood Forum**

[www.floodforum.org.uk](http://www.floodforum.org.uk)

**Sussex Resilience Forum**

[www.sussexemergency.info](http://www.sussexemergency.info)

## Other useful information