



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.



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	www.bbc.co.uk/bbcsussex
Heart	97.5 & 96.7 FM 1	www.heart.co.uk/sussex

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	tick	First Aid kit	tick
Battery powered radio and spare batteries		List of useful contact numbers	
Candles / matches		Toiletries	
Copy of this plan			

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

Bottled water	tick
Ready to eat food (tinned)	
Bottle/tin opener	

In case you are stuck in your car it is suggested you should have:

Blankets	tick
Torch and spare batteries	

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	<input type="text"/>
Mobile	<input type="text"/>
Work	<input type="text"/>

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

<input type="text"/>
<input type="text"/>
<input type="text"/>

Name	<input type="text"/>
Mobile	<input type="text"/>
Work	<input type="text"/>

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

<input type="text"/>
<input type="text"/>
<input type="text"/>

Name	<input type="text"/>
Mobile	<input type="text"/>
Work	<input type="text"/>

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

<input type="text"/>
<input type="text"/>
<input type="text"/>

Emergency telephone numbers

Emergency services	<input type="text" value="999"/>
NHS out-of-hours	<input type="text" value="111"/>
Police non-urgent Local Police Station	<input type="text" value="101"/>
Power cut	<input type="text" value="105"/>

Local authority	<input type="text"/>
Doctor	<input type="text"/>
School	<input type="text"/>
Other	<input type="text"/>

Important documentation and information

Insurance company name	<input type="text"/>
Insurance phone number	<input type="text"/>
Home insurance	<input type="text"/>
Policy number	<input type="text"/>
Other (Please list)	<input type="text"/>
	<input type="text"/>
	<input type="text"/>

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 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

East Sussex County Council
www.eastsussex.gov.uk

Environment Agency
www.environment-agency.gov.uk

BBC Sussex
www.bbc.co.uk/sussex

National Flood Forum
www.floodforum.org.uk

Sussex Resilience Forum
www.sussexemergency.info

Other useful information