

# Home Emergency Plan

The best way to deal with the unexpected is to be prepared.  
Download or print this off, fill it in and keep it safe so  
you have what you need and can act quickly.



If it is not safe to go out then:

**Go indoors** and close all windows and doors

**Stay indoors**

**Stay up to date** using radio, TV or online

If there is no power, an FM radio powered by battery, solar or wind-up will keep you informed, including car radios.

Write down your radio station FM frequencies in advance too.



If you have to leave home, have an agreed meeting place in advance and consider a local community hub if there is one.

Family meeting place: .....

Community hub: .....

Take your emergency items in a waterproof bag.



## Important numbers

Emergency services: **999**

NHS24: **111**

Loss of power: **105**

Scottish Water: **0800 077 8778**

Non-Emergency: **101**

Floodline Scotland: **0345 988 1188**

Gas emergencies: **0800 111 999**

## YOUR important numbers

e.g. childcare, insurance, doctors, vets etc.

.....  
.....  
.....



Once you know you and your family are safe, look out for vulnerable neighbours.

# Are you prepared?

A home emergency kit is one of the best ways to deal with the unexpected

## Light

- Torch
- Batteries



## Communication

- Mobile phone (make sure it is fully charged)
- Radio



## Health

- First Aid Kit
- Medicine
- Blankets/warm clothes
- Toiletries



## Food/drink

- Ready to eat food
- Baby food/pet supplies
- Bottled water



## Your important items

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