FAMILY ACTION PLAN!
Do you know how to help your family cope in an emergency? Fill this plan out with someone you live with, and learn how.

If it is not safe to be outside, you should: **GO IN** (go indoors and close all windows and doors), **STAY IN** (stay indoors), **TUNE IN** (to local radio, TV or the internet).

Pick a friend or relative who lives outside your area and call them to let them know you are safe.

If it is safe, you can check any neighbours who might need a hand.

**Important Telephone Numbers:**
With someone at home, write down other important numbers:

- Schools/colleges:
- Carers/childminder:
- Work Contact:
- Doctor:
- Insurance:
- Local authority:
- Other:

If you have to leave your home, get out, stay out, and try to stay together. Think of two meeting places: one should be near home and one further away in case you can’t get home.

**Meeting place 1**
(Near Home)

**Meeting place 2**
(Further away)

If you have to leave your home, and there’s time to get them safely, what other things could you need?

- Essential
- Mobile and charger
- _____ and credit ______
- Spare_______ and blankets
- Games,______, a special toy
- Your_______ animals

**Pack an Emergency Kit!** – Make sure someone at home helps with this. What do you think the top 10 things to pack are?

- ✅ Battery with spare batteries, or a torch
- ✅ First kit
- ✅ Important documents like certificates and policies
- ✅ Bottled and ready-to-eat that won’t go off.
  Pack a can opener if needed
- ✅ Spare keys to your_________ and _________
- ✅ Spare_______ or contact lenses
- ✅ Toiletries and details of important
- ✅ Pencil and_________, penknife, whistle
- ✅ Pet_________

(Answers: torch, wind-up, aid, birth, insurance, water, food, house, car, glasses, medicine, paper, supplies)

For the emergency services, dial 999 To find out more go to Readyscotland.org