

Household Emergency Plan

Use this plan to prepare your family for flooding and other emergencies. By completing this plan and keeping it safe you can have quick and easy access to the information contained in it in case of emergency.

Emergency contact details

Electricity provider	
Gas provider	
Water company	
Telephone provider	
NHS direct	0845 46 47
Doctor	
School	
Work	
Floodline (Environment Agency)	0845 988 1188
Local District Council	
Local Highways Department	
Local radio station frequency	
Home insurance phone number	
Home insurance policy number	



GO IN



STAY IN



TUNE IN

If your house is about to flood you should turn the following off. Write down how and where to turn them off.

If you can't contact each other, decide where you will meet up/or who you can leave a message with

Do you have family and friends you need to contact?

In an emergency, unless directed otherwise the advice is to go inside, stay inside and tune into your local radio station for further instructions and updates.

Prepare a Grab-Bag of essential items

In an emergency you may need to move quickly so it is useful to have essential items to hand. Ideally these should be in an easy to carry bag and should be kept somewhere accessible in case you need to evacuate your home.

- Candles/matches;
- First-Aid kit including any prescription medication;
- Cash/credit cards;
- Spare warm clothes and blankets;
- Toiletries and sanitary supplies;
- Torch and spare batteries;
- Radio and spare batteries or wind-up radio;
- List of useful numbers or this emergency plan;
- Spare house and car keys;
- Notepad and pencil;
- Black bags/bin liners;
- Any special items for babies, elderly or disabled people;
- Bottled water, energy bars, tinned food & tin opener;
- Pet carrier, collar, lead and pet food.

Flooding

Flooding can cause great disruption to you and your family and can cause extensive damage to your house and property. Find out if you live in a flood risk area and act now. Sign up to receive Environment Agency flood warnings to give you a head start when flooding happens.

Flood action checklist

- Turn off electricity, Water and Gas.
- Disconnect electrical appliances.
- Check food and water supplies and take upstairs.
- Identify the best way of stopping flood water from entering your property and place sandbags and other flood defences accordingly.
- Get into the habit of storing valuable or sentimental items or important documents upstairs or in a high place.
- Move furniture and electrical items upstairs.
- Alternatively place valuable items on high surfaces.
- Hang curtains over the rail away from the ground.
- Roll up rugs and move them upstairs.
- If possible move your car to higher ground.

Did you know?

- 1 in 6 houses in England is at risk of flood;
- Just 6 inches (150mm) of water can knock an adult off their feet;
- A car can float in just 2 feet (600mm) of water.

Prepared by the Cumbria Local Resilience Forum

For more information on how to prepare your family, community or business for emergencies please visit: www.cumbria.gov.uk/emergencies