

Emergencies can happen at any time and will take people unaware. Your best form of survival is preparation.

Will you know what to do if faced by an emergency? If not use this practical guide to aid you and keep it in your wallet for when you really need it.

Further guidance and in-depth information can be found at www.walthamforest.gov.uk/emergency-planning and www.londonprepared.gov.uk

Preparing for emergencies

www.walthamforest.gov.uk/emergency-planning



Emergency GRAB BAG checklist

- Torch (with batteries)
- Radio (with batteries)
- First aid kit
- Bottled water
- Mobile phone (with charger)
- Money and bank cards
- Basic toiletries
- Essential medicine
- Emergency phone numbers
- Identification
- Home and car keys
- Insurance documents

Evacuation checklist

- Listen to the advice of the emergency services
- Collect your emergency grab bag and make sure you have the contents on the checklist
- Check you have your keys, wallet and phone
- Grab some warm clothing to change into
- Make sure you secure your home properly
- Follow the directions from the emergency services

Useful information

Emergency Services	999
NHS Direct	0845 4647
Waltham Forest Council	020 8496 3000
Thames Water	0845 9200 800
National Grid Transco Gas	0800 111 999
EDF Energy	0800 028 247
Environment Agency Floodline	0845 988 1188
Transport for London	020 7222 1234
Anti-terrorist hotline	0800 789 321
BBC London	94.9FM

Personal emergency contacts

In case of emergency contact

Meeting point 1

Meeting point 2

Local Police

Doctor

Insurance company

Childs school

Work

The Family Emergency PLAN

Emergencies will happen with no warning and have disastrous effects on the population. Make sure you give yourself every chance by being prepared – follow the Family Emergency **PLAN**.



Prepare **L**ink Up **A**ccommodate **N**ecessary Kit

Prepare

Carry out a risk assessment of your home and lifestyle

- Is your home at risk from floods and fire?
- Can you survive without power or water for three days?
- Have you got alternative methods to get to work?
- Does your family know what to do in an emergency?
- Are your home and contents insured?
- Do you know how to turn off the gas, water and electricity to your home?
- Can you stay in touch with your family?



Link up

In an emergency the mobile phone network may be inundated with calls. You will need to have a plan in place to prepare how you will stay in contact with your family

- Choose two meeting points you can go to if you are separated from your family and cannot access your home. One should be close to home and the other away from home in an easily accessible place. If you cannot phone each other then meet there.
- Choose a friend or relative who lives outside London who you can each phone to tell them you are ok. Keep their number in the contact list and in your mobile under ICE (In Case of Emergency). You can leave a message with them to pass on to your family members.
- Carry the list of contact details overleaf with you.
- Make sure you can tune into the local radio station to receive updated information on the emergency.

Accommodate

You may not be able to access your home in an emergency. Make sure you have in place an alternative place to stay

- Arrange with friends and family where you can stay.
- The Council may provide basic shelter for those affected by an emergency at an Emergency Rest Centre. The emergency services will be able to tell you where to find the nearest one to you.



Necessary Kit

Make sure you have the essential kit to survive in or out of your home

- Keep a supply of tinned food and bottled water at home in case you need to stay indoors.
- Prepare a grab bag with the equipment listed overleaf, so that if you have to leave your home in a rush you have all the essentials you need.