

Emergencies can affect anyone anywhere with little or no notice. Being prepared can help reduce the impact on your lives and enable you to recover more quickly.

If you believe you may be in danger, in most cases the advice is **GO IN, STAY IN, TUNE IN**.

If there is any risk to life, call 999

Complete the following sections and keep it in a safe place where everyone in your household knows where they can easily find it.
(Can be adapted to suit your household's requirements)

HOUSEHOLD CONTACT DETAILS

Name		Name	
Mobile		Mobile	
Work		Work	
Name		Name	
Mobile		Mobile	
Work		Work	

GET PREPARED CHECKLIST

☐	If you are evacuated is there somewhere you can go? Friends, family?	
☐	If you can't contact each other, where should you meet/or who should you leave a message with?	
☐	If you are unable to collect children from school, who will do this?	
☐	If you are unable to take pets with you, who can accommodate/look after them?	
☐	If you are unable to collect medication/prescription/supplies, who can do this for you?	
☐	If you had to turn off water, gas, electricity or oil – where and how would you do this?	

GET PREPARED 'GRAB BAG'

LOCATION OF BAG:

☐	Copy of Household Plan	☐	Battery powered or wind-up torch
☐	Basic Toiletries	☐	Food for babies and children
☐	First Aid Kit	☐	Food for special dietary requirements
☐	Mobile Phone and charger	☐	Canned or dried food, snacks
☐	Medication and details of prescriptions	☐	Bottled water
☐	Hearing Aids, glasses, contact lenses	☐	Pet emergency kit - food, equipment...
☐	Car and house keys	☐	Favourite children's toy or book
☐	Cash, credit cards, important docs	☐	Sleeping bag and spare clothing
☐	Battery powered or wind-up radio	☐	Notepad and pen

STAY INFORMED

Tune into local radio stations	Follow social media accounts below...	
Sign up to receive weather and flood alerts	@suffolkpolice	@UKPowerNetworks
Follow local social media accounts	@Suffolk fire	@CadentGasLtd
Check Community Facebook page	@suff_highways	@AnglianWater
Check local notice boards	@HighwaysEAST	@eswater

EMERGENCY CONTACT NUMBERS

Organisation/Person	Contact Number	Organisation/Person	Contact Number
Work		Emergency Services	999
Doctor		Non-emergency Police	101
School(s)		NHS	111
Vet		UK Power Networks	105
House Insurance		Gas Emergency Service	0800 111 999
Pet Insurance		Anglian Water	03457 145 145
Vehicle Insurance		Essex and Suffolk Water	08457 820 999
Council (social care, benefits, housing etc)		Suffolk Highways	0345 606 6171

Tips:

- Keep grab bag in a safe place (everyone in household should know where it is)
- Make sure grab bag is practical and easy to carry
- Check the grab bag regularly to make sure it is appropriate for each season
- Check perishable items are still in date
- Visit [Suffolk Prepared](https://www.suffolk.gov.uk/get-prepared) website for further information/advice

