

My EMERGENCY PLAN



In partnership with

LONDON RESILIENCE



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Introduction

Normally you might find it quite easy to remember important information, however in an emergency, when you are under pressure it can be quite difficult. An emergency such as a power cut, gas leak, a fire or flood can take place at any time and without warning, so it is important to be prepared.

This booklet has been designed to help you make your emergency plan. By completing it you will ensure you are best prepared should you ever be impacted by an emergency incident.

By asking yourself the following questions you will start to understand how prepared you are for an emergency.

- Is your home at risk from flood or fire?
- Could 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 in your home?
- Can you stay in touch with your family?
- What would you do if you had to evacuate your home?
- Would you know what to take?



My Emergency Plan

My name:

My address:

My phone numbers:

1

2

3

My dependents:

Name: Number:

Name: Number:

Name: Number:

My Important people:

Next of kin Name: Number:

Name: Number:

Name: Number:

My Medical conditions:

1

2

3

My Medication:

1

2

3

My Special Requirements and Needs:

1

2

3

My Doctor:

Name:

Number:

Address:

My spoken Languages:

1

2

3

My pets:

1

2

3

My Vet:

Name:

Number:

Address:

Other useful information

Your Utilities

Knowing how to isolate your gas, water and electric supply can be really useful.

My gas safety valve is located:

My water safety valve is located:

My electric mains switch is located:

Meeting Points

The mobile phone network could go down or be overloaded with calls so it is important to have a plan to reunite with your friends and family should you not be able to stay in contact with each other. You should choose two meeting points you can go to if you cannot access your home, one closer to your home and the other a little further away.

My family meeting points

Meet Point A:

Address

Meet Point B:

Address

Home Fire Safety Guide

For information on Home Fire Safety please visit www.london-fire.gov.uk and download a copy of their safety guides.



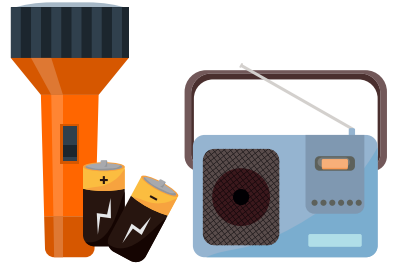
Packing your bag

During an emergency you might need to evacuate your home. You could have time to pack some things, but emergencies can be unpredictable and you may have very little or no time at all to do this.

Thinking about what essentials you would need if you had to evacuate your home is an important part of developing your plan. Set aside some time and list what you would take if you had time to pack or what you would grab on the way out if you didn't have time to pack.

It is recommended you have a 'Grab bag' that is already partially pre-packed, with the basic essentials and set aside in an easy to reach place. We recommend pre-packing the following items:

- A wind-up torch/ or torch with spare batteries
- A wind-up radio/ or radio with spare batteries
- Your 'My Emergency Plan' booklet
- Other important documents you may need
- Bottled water and food (an energy bar or two)
- A warm jumper or spare outfit.



At the time, suggested easy to reach essential items to anticipate packing are:

- Food/snack
- House keys
- Water
- Wallet
- Passport
- Mobile phone and charger
- Power bank
- Change of clothes
- Money / bank card
- Glasses
- Medication



Keeping Informed

This page gives you all of the useful contact numbers that may help you keep up-to-date with the situation.

Useful Numbers:

- Emergency Services **999** Police (non-emergency) 101
- NHS (non-emergency) 111
- Power cut information 105
- Enfield Council 020 8379 1000
- Thames Water 0800 316 9800
- National Grid Gas 0800 111 999
- Environment Agency 0800 80 70 60
- Transport for London 0343 222 1234
- Anti-Terrorist Hotline 0800 789 321

Useful Radio Station:

- BBC London Radio 94.9 FM

Useful X Handles:

- Enfield Council @EnfieldCouncil
- Metropolitan Police @metpoliceuk
- Enfield Police @MPSEnfield
- London Ambulance Service @Ldn_Ambulance
- London Fire Brigade @LondonFire
- London Fire Brigade Enfield @LFBEnfield
- Thames Water @thameswater
- National Grid @nationalgriduk
- Environment Agency @EnvAgency
- Transport for London @TfL



Enfield residents can keep up to date on our website www.enfield.gov.uk

For more information and to download a copy of
My Emergency Plan visit [Emergency planning | Enfield Council](#)

With thanks to London Resilience and the London Fire Brigade.
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