YOUR CHECKLIST FOR EMERGENCIES AT HOME

It's helpful to have a few things to hand in a safe place at home in case of an emergency. Choose a drawer, cupboard or waterproof box to store your home emergency kit so you know where everything is. You can use our below list as a guide and tick off as you add items to your kit

- [ ] Water (about 2 litres per person for 3 days)
- [ ] Non-perishable food (eg. tins, energy bars)
- [ ] Tin opener
- [ ] Torch
- [ ] Spare Batteries or power bank
- [ ] Phone and phone charger
- [ ] Wind up radio
- [ ] Blanket/extra warm layers
- [ ] First aid kit (plasters, wipes, pain relief)
- [ ] Personal medicine supplies
- [ ] Important documents in a waterproof bag
- [ ] Baby supplies (if relevant)
- [ ] Pet supplies (food, medication, carrier etc)
- [ ] Water purification tablets
- [ ] Salt or sand for de-icing paths outside
- [ ] Emergency contact lists

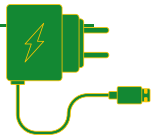




Add your own ideas here:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]





WHAT TO DO....

BEFORE AN EMERGENCY

- Check if you're eligible for the Extra Care Register and sign up to receive updates in a power cut.
- Sign up for weather alerts with the Met office and Environment Agency flood alerts if you're in a flood risk area
- Make a list of your emergency contacts
- Make sure your battery pack is fully charged and replace any used batteries
- Keep your first aid kit in date

DURING AN EMERGENCY

- Check on your neighbours
- In a power cut, keep one light switched on so you know when power returns
- Use power saving mode on your phone or devices to save energy

GROUNDWORK
GREATER MANCHESTER