

Be Prepared

Know How To Respond

If there is an emergency, the Emergency Services will work together to deal with it. The **Police, Fire and Rescue Service** and **Ambulance Service** make up the Emergency Services. Sometimes during an emergency the **Council** and other agencies might help too.

It is unlikely you will be affected by a major emergency but if this happens and you know what to do, you can help keep yourself and your family safe until the Emergency Services and Council arrive.

This activity pack will guide you through some tasks and make sure you have the information you need to help yourself and your family during an emergency.

Some risks that could affect you include:

- Human/animal diseases
- Severe weather – for example heavy snow and strong wind
- Flooding
- Industrial accidents – for example a fire at a factory containing chemicals
- Fire

Being prepared and kept informed of emergencies is important. The **television** and **radio** are the main ways of finding out what is happening.

You could also look at your Council, local BBC and emergency services **websites**. Pages 6 and 10 of the leaflet included in this pack tell you which radio stations and websites might give you useful information.



What you might feel during an emergency...

Emergencies can happen quickly and can feel scary for you and your parents or guardians. You might have to leave your home or may not be able to go to school. You may not be able to sleep in your own bed and things may be confusing for a while. Remember these five important things:

1 Emergencies do not last very long. Things will be back to normal soon

2 If you can't go home for a while, you can settle in a new place and make new friends



3 It is alright to ask questions if you feel scared or confused. Your parents or other adults will help you understand what is happening



4 Sometimes drawing pictures or writing about what has happened or how you feel can help



5 It is OK to cry during an emergency, but remember things will get better



Sometimes if there is an emergency, the Emergency Services will tell you to stay indoors. If this happens, remember to:

Go In Stay In Tune In

Go In

- Close all doors and windows
- Wait inside until the emergency services either tell you it is safe to go outside or give you further instructions

Stay In

- Keep away from all doors and windows
- Stay calm and wait for further information
- Listen to what adults tell you to do

Tune In

- Listen to your local radio station and watch the television for further information and instructions



Ask your parents or guardians if they have a few tins of your favourite food and some bottles of water in a cupboard in case you have to stay indoors

If you have to evacuate...

In some emergencies, the emergency services might decide it is safer for you to leave your home. Another word for leaving your home quickly in an emergency is to **evacuate**. If you are asked to do this, listen carefully and follow instructions.

If you have to evacuate your home, make sure you and your family remember the following:

- Follow your Household Emergency Plan – make sure you know where this is kept
- Collect your Emergency Kit Bag, if it is safe to do so
- Leave your home in a calm way – the way you will have practised when testing your Household Emergency Plan
- Remind adults to lock windows and doors
- Remind adults to turn off the water, gas and electric to your home
- The Council will make sure you have somewhere to stay in a place called a Rest Centre

Talk to adults you know – ask them if they have ever been involved in an emergency where they had to 'Go In, Stay In, Tune In' or where they were evacuated from their home



Emergency Kit Bag

If you and your family need to leave your home quickly, there are a few items you should try and take with you to help keep your family safe.

Collect together the things listed below and put them in a bag – this is called your **Emergency Kit Bag**. You can take it with you if you ever need to leave the house during an emergency. Put a tick next to the items below when you have put them in your bag:

- Household Emergency Plan
- Contact List
- Paper and Crayons
- Toy, book and/or diary
- Puzzles or a Pack of Cards
- Special Box of Treasures
- Photographs – of your family, friends or pets
- Packet of Sweets
- Wind-Up Torch
- Blanket
- Hat, Scarf and Gloves – in case it is cold outside
- Small First Aid Kit
- Spare glasses – if you wear them
- List of medicines – if you take any medication, it is important to keep a list of what you need so people can help you. Ask an adult to help you with this



Keep your Emergency Kit Bag by your front door or in a place that it is easy to get to so you can pick it up if you have to leave your home quickly. **Remember if you have to leave your home quickly only pick your kit bag up if it is safe to do so.**



Have your parents or guardians got their own Emergency Kit Bag? If not, why not help them make one. The things they might need are in list on page 8 of the leaflet included in this pack

Household Emergency Plan

Writing a Household Emergency Plan will help you and your family decide how you will respond to an emergency. Thinking about what you will do before an emergency happens can really help. Your Household Emergency Plan will list all the important things you need to know to keep you safe.

You should make sure your family agree with the information in the plan and that they know what they should do in an emergency.

Once you have written your Household Emergency Plan, test it by practising it twice a year to make sure you know what it says and that what is written will still work as you planned it. After testing your plan, you might have to change some bits of it. Make sure your family know if you have made any changes.

You should keep a copy of your Household Emergency Plan in your Emergency Kit Bag.



Household Emergency Plan

This plan was written by: _____

This plan was last tested on the date: _____

This plan should be tested again on the date: _____

What kind of emergencies could happen? Talk to your family about this – think about things that could happen because of a human error and natural disasters that can happen. For example flooding or a factory fire

If an emergency happened, where could you find out information from about what you should do? List local radio stations

Can you think of different ways of getting out of your house during an emergency if the front door was blocked? If possible, think of exit points for all parts of your house. Find out where the keys for any doors and windows are kept. See the example on the next page to help you:

Exit Point	The key is kept.....	Other Information
Back door	In the top drawer in the kitchen	The key is attached to a Mickey Mouse keyring

If you had to leave your home, where could you go and stay? Do your parents or guardians have friends who you could stay with until you can return to your home?

If there was an emergency on your street, do you have any neighbours who would need some extra help from other adults? Ask your parents or guardians to think about other people who might need help and make a list of their names and where they live in the space below

Write down where the taps are in your home to turn the Gas, Electric and Water off:

Gas _____

Electric _____

Water _____

Can you think of three safe places you could go to meet your family if you had to leave your home quickly? You should agree these places with your family and talk about how you could get there on your own safely if you had to. Once you have decided where you would meet, practise walking there with your family. Think of one safe place that is on your street and two that are a little bit further away

First meeting point _____

Second meeting point _____

Third meeting point _____

Remember:

- If you have to evacuate, grab your Kit Bag if it is safe to do so
- Keep a copy of your contacts list in your Kit Bag (you will make a contacts list later)
- Make sure all members of your family know what is in your Household Emergency Plan
- Check if your home has smoke alarms fitted – if it doesn't, ask your parents or guardians to contact the Fire Service to fit some for you

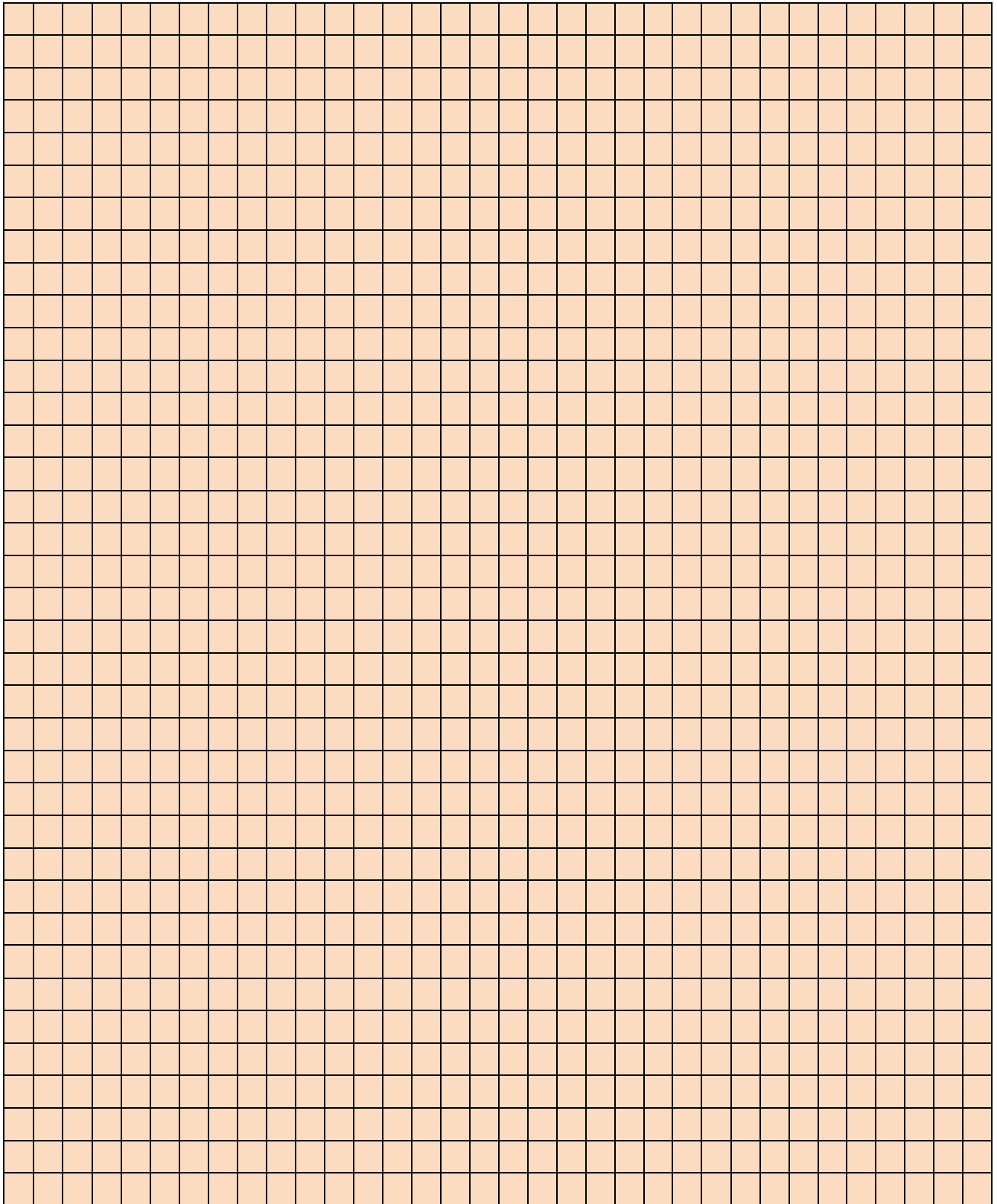


Does your school have an Emergency Plan?

You could take your Household Emergency Plan to school and tell your classmates about how important it is to be prepared...

Floor Plan:

Imagine you were looking down on your house from above. Draw a floor plan of your house showing where walls, doors and windows are. Mark on your plan where the exit points are:



Testing Your Plan

Test your Household Emergency Plan twice a year. When testing your Household Emergency Plan, check the following things:

- **Do all members of your family know how to get out of the house if the front door was blocked?** Check everyone knows how to:
 - open windows and doors
 - where the keys for doors and windows are kept
 - how to exit safely if leaving through a window – for example by making sure there is something soft to land on
- **Does all you family know how to get to the safe meeting points you have agreed?** You could check this by walking from your home to each point
- **Are the safe meeting points you agreed with your family still ok to use?** Are the meeting points still there? Can you still get to them? Are they still the most safe places to meet?
- **Are all the numbers in your Contact List still correct?** People in your list might have moved house or changed their telephone numbers
- **Do all members of your family know of any changes you have made?**



Contact List

During an emergency a contact list can help you let people know you are safe or call people for help. It is important to make a contact list that includes adults you know who would try and help you.

If you have a mobile phone, save the numbers you choose to include in your contact list in your phone. Remember, if there has been an emergency your mobile phone might not work as well as normal. You might have to try and ring a number a few times before you get through.

If you need help or are injured during an emergency, the emergency services will want to contact your parent or guardian. To make sure the emergency services can contact your parent or guardian quickly, store the word **ICE** (In **C**ase of **E**mergency) in your mobile phone followed by the name and number of the person you would want them to contact. If you don't have a mobile phone, keep your ICE number in your wallet, purse or school bag. The emergency services will look for your ICE number during an emergency if you need help.

Keep a copy of your contact list in your Emergency Kit Bag. Give a copy to each member of your family as it may help them too.

Think about these questions when deciding who to include in your contacts list:

- **Which adults need to know you are safe and where you are?**
- **If you needed help, which grown-ups would you choose to help you?**
- Try and think of some adults you know who live near you and some who live a little bit further away



TASK: Can you memorise one or two of the important numbers in case you have not got your contacts list with you?

Once you have decided which adults you would like in your contacts list, write them in the spaces below:

[illegible]

Quiz

'Are You Prepared'

To find out if you and your family are ready for an emergency, try this 'Are You Prepared' quiz:

1. Do you have a Household Emergency Plan?
2. Have you talked about and agreed your Household Emergency Plan with your family?
3. Do you know if your school has an Emergency Plan?
4. Have you made a Contact List with numbers of adults you know who might be able to help you during an emergency?
5. Have you made an Emergency Kit Bag?
6. Do your parents or guardians have their own Emergency Kit Bag?
7. Do you or your parents have a wind-up or battery operated portable radio?
8. Have you agreed three safe places where you could meet your family if you had to evacuate your home?
9. Have you and your family practised walking to the three safe places so you know how to get there?
10. Do you have working smoke alarms in your home?
11. Have you talked with your parents or guardians about where you could stay if you had to evacuate your home?

If you answered YES to 8 or more questions – Congratulations! You are prepared for an emergency. Make sure you keep all your plans and information up-to-date and test your Household Emergency Plan twice a year

If you scored between 5 – 8 – It's great you have started to prepare for an emergency. There is still lots more you can do

If you scored less than 5 – You need to do more to make sure you are prepared for an emergency. Remember, the more prepared you are the better you will respond to an emergency.

Checklist... What You Have Learnt About

After reading the information and completing the activities in this pack, you should be more prepared for the unlikely event that you are involved in an emergency.

The list below shows some of the things you have learnt about:

- The Emergency Services, Council and other agencies will help you
- Types of emergencies that might affect you
- Go In, Stay In, Tune In - stay calm and follow instructions
- Household Emergency Plan
- Emergency Kit Bag
- Contact List
- Testing your Household Emergency Plan



Word Search

Can you find these words?

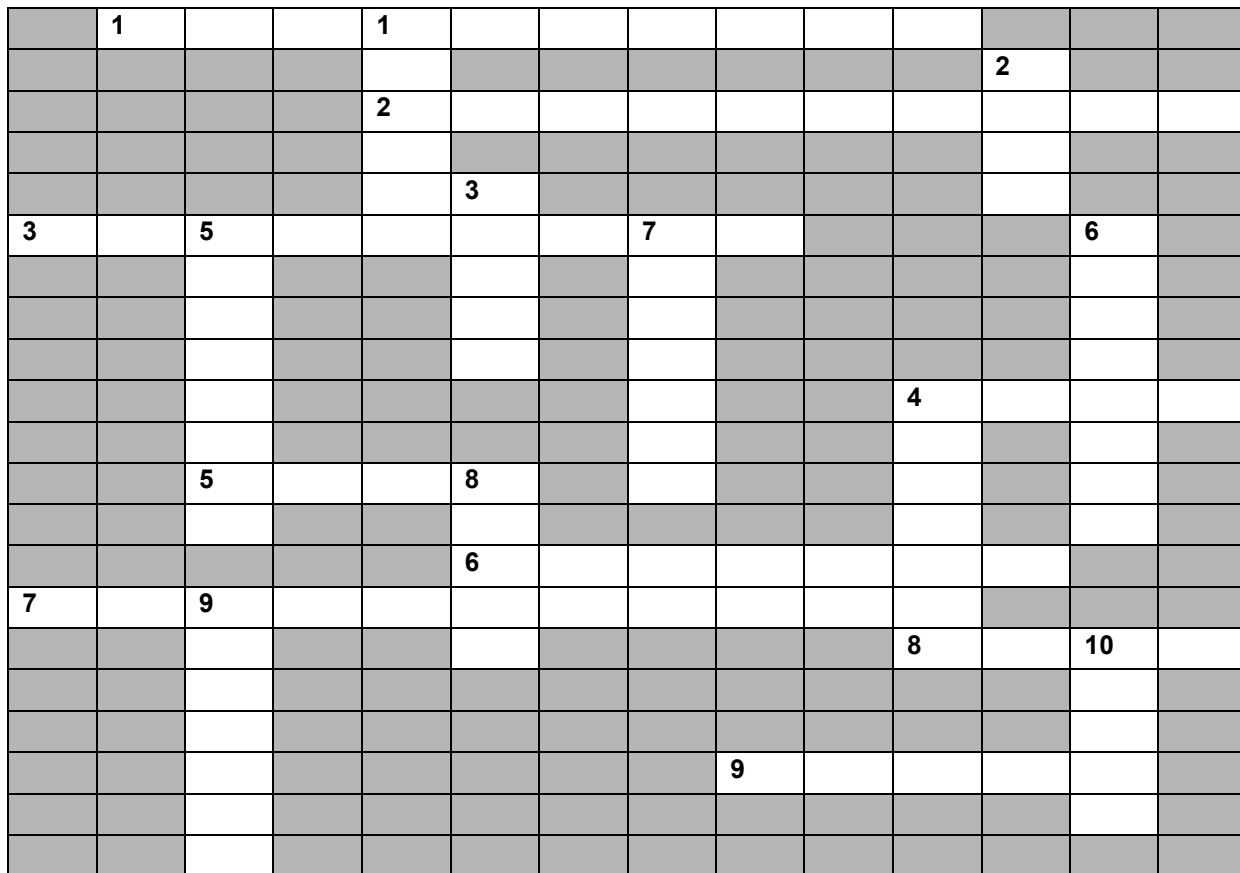
All the words below relate to emergencies and how you can plan to help yourself and your family:

fire	emergency	evacuation	prepared
flood	explosion	supplies	plan
contact	ready	meet	family
matches	gas	radio	water
weather	escape	injury	batteries
alarm	kit	survival	torch
smoke	safe	warning	recovery

N	J	H	V	A	L	N	O	I	S	O	L	P	X	E
G	N	I	N	R	A	W	E	M	U	M	S	T	W	M
W	A	T	E	R	A	Z	O	V	R	T	A	J	J	E
E	L	E	S	R	U	K	Q	H	V	D	O	K	M	R
A	K	E	C	D	E	S	C	A	I	P	Y	A	E	G
T	I	N	A	F	B	E	I	F	V	R	L	T	S	E
H	K	H	P	L	I	I	N	L	A	P	I	O	H	N
E	C	P	E	O	F	R	N	A	L	P	M	R	A	C
R	G	R	S	O	H	E	E	W	L	I	A	P	W	Y
R	R	E	A	D	Y	T	P	M	O	O	F	O	O	D
N	E	P	V	D	T	T	P	P	I	N	J	U	R	Y
O	C	A	I	O	I	A	L	A	R	S	S	B	M	L
I	O	R	V	I	K	B	Z	M	E	N	I	A	R	Z
T	V	E	A	T	T	F	C	I	G	L	T	J	A	S
A	E	D	L	D	K	A	L	D	L	C	O	O	L	A
U	R	A	D	A	I	P	F	R	H	I	G	T	A	F
C	Y	K	G	I	P	O	A	E	C	F	M	C	M	E
A	X	E	A	U	V	R	S	L	R	I	F	E	H	Y
V	S	P	S	I	P	P	A	Y	O	R	O	C	E	R
E	R	E	M	A	F	C	O	N	T	A	C	T	A	T

Crossword

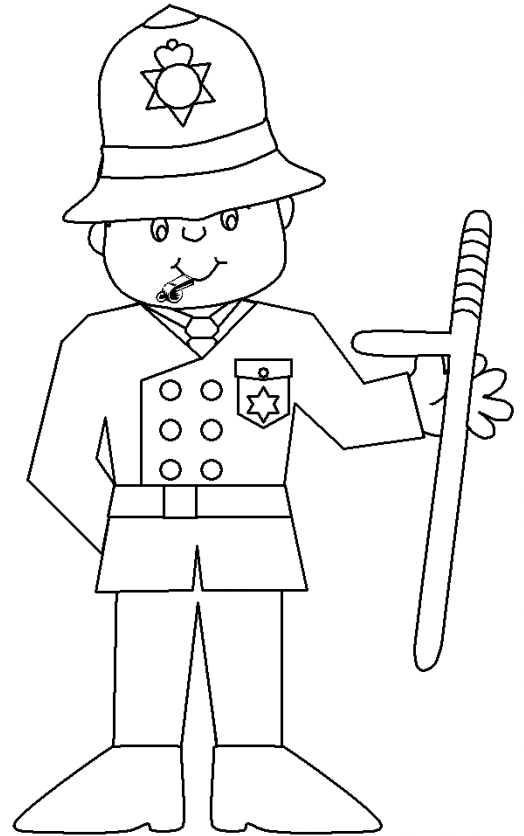
After reading the information in this pack can you complete this crossword:



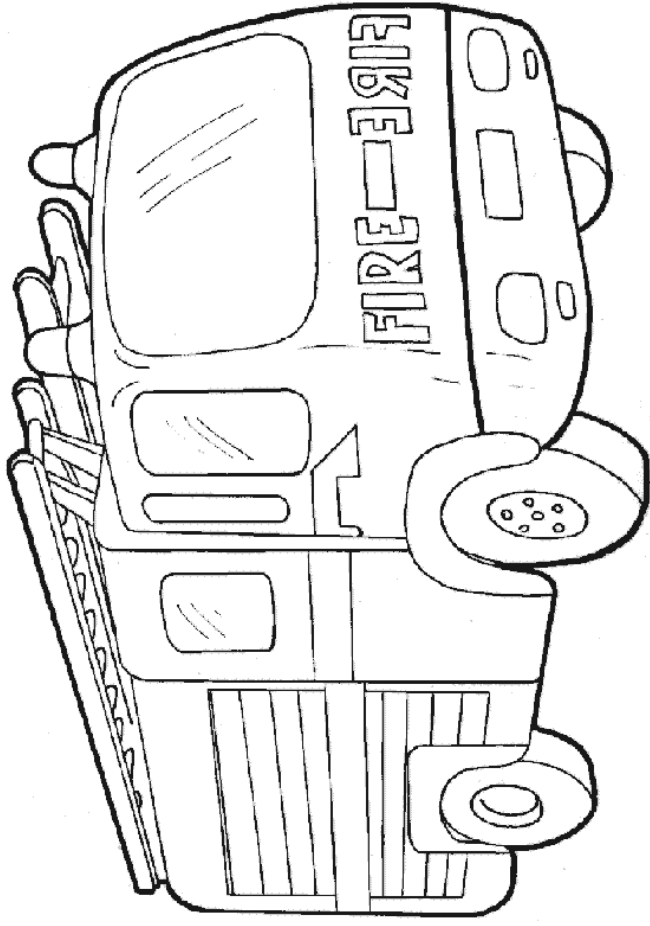
Across:	Down:
1 The Fire Service can fit one of these in your home (5,5)	1 If you had to leave your home quickly and it was safe to do so, you would collect your _____ (3,3)
2 Watch this to get information about the emergency (10)	2 If there was a _____ in your home you would have to evacuate (4)
3 You might have to evacuate your home quickly if there was an _____ (9)	3 _____, steady, go (5)
4 Write a Household Emergency _____ so your family know what to do in an emergency (4)	4 Help your _____ make their own Emergency Kit Bag (7)
5 You should _____ your Household Emergency Plan twice a year (4)	5 Another word for leaving your home quickly during an emergency (8)
6 If you are prepared, you can _____ better to an emergency (7)	6 If you are _____ it can help you during an emergency (8)
7 Make one of these so you can tell adults you are safe or need help (7,4)	7 _____ your Kit Bag as you leave your home if it is safe to do so (7)
8 Agree a _____ place to meet your family if you have to evacuate your home (4)	8 Put one of these in your Emergency Kit Bag in case it is dark outside (5)
9 Another way of getting information about the emergency but this way you have to listen instead of watch (5)	9 An emergency could happen because of a human error or because of a _____ disaster, for example heavy snow (7)
	10 Opposite to a drought (5)

Colouring In

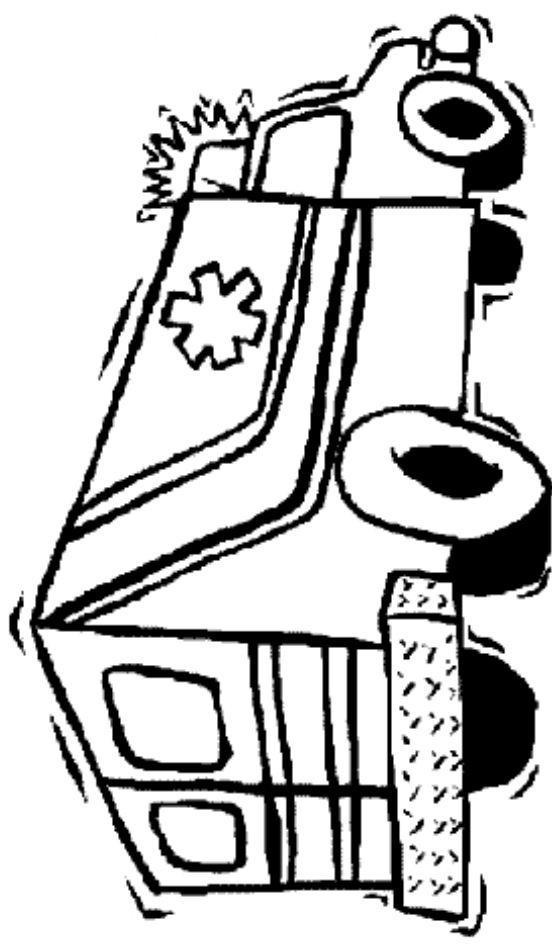
Can you colour in the characters below. These are some of the people that might help you during an emergency.



a police car



A Fire Engine



www.coloring-pages-kids.com

An Ambulance

The pictures below show some of the different kinds of emergencies that may happen. Have a go at colouring the pictures in.

