dimensions

So you can be

you

Preparing for emergencies



easy read



Preparing for emergencies



The government is asking people to be ready for serious **emergencies**.



An **emergency** is something bad that happens that we did not plan for.



The government is thinking about serious **emergencies** that could mean there is no food, water or fuel for a while.



There is no serious **emergency** right now and there may never be one.



This information might make you feel worried.



If you feel worried, talk to your family or your support team.



Your locality manager has an **emergency** plan for your home.



Ask them if you would like to see it.



The home emergency plan includes things like:



The names of the people, health services and companies you might need in an emergency.



Details of the medical equipment you need.



How to turn off the gas, electricity and water in your home.



What happens if you need to leave your home for any reason.



If there is a serious **emergency**, a government alert might be sent out.



Phones will vibrate and make a loud, siren-like sound, even if they're set to silent.



You can help plan for these kinds of **emergencies**.



Talk to your family and support team about what would happen if there were an **emergency**.



You should join the priority services register. This helps companies look after disabled people if there is a problem with gas, electricity, or water. Your Support team will add your name to the register.



You should always:



Have 7 days of medicine at home.



Have at least three days' food that you like that:



- does not need to be cooked or kept in a fridge



- meets any eating needs you may have



Have at least three days of bottled water for drinking. This means **3 litres** per person each day.



Don’t forget pet food and baby food, if you have a pet or a baby.



You should also have:



A torch and batteries or a wind-up torch.



A radio and batteries or a wind-up radio.



You should also have:



A spare phone charger. Power banks can also help charge phones when there is no electricity.



A first aid kit.



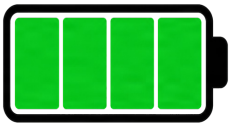
Hand sanitiser or wet wipes.



Extra warm clothes, blankets or sleeping bags.



And you should also:



Keep equipment that needs batteries like medical equipment or wheelchairs charged.



Keep some cash at home in a safe place.



Know where your passport and birth certificate or other identity documents are. It is ok if they are stored away from your house- it is about knowing where they are.



If you are a family carer, speak to your local council about a carer's card.



- This can help services know you need support for someone who might be at risk.



You can find out what the government thinks at **https://beready.campaign.gov.uk**

Find out more

dimensions-uk.org

T 0300 303 9001
E enquiries@dimensions-uk.org

Find us on social media

@DimensionsUK

Our address

Building 1230, Arlington Business Park,
Theale, Reading, RG7 4SA

made with photosymbols®

Dimensions (UK) Ltd is a charitable registered society number 31192R.
Building 1230, Arlington Business Park, Theale, Reading, RG7 4SA.

dimensions