



Family emergency plan

Emergencies often strike when family members are in different places and phones do not work. A simple written plan tells everyone how to reach each other, where to meet and who does what.

CHECKLIST

- | | |
|---|--|
| ☐ Printed household emergency plan | ☐ Home floor plan with exits marked |
| ☐ Paper list of family, school, doctor and utility numbers | ☐ Paper maps with evacuation routes |
| ☐ Out-of-area contact name and number | ☐ List of regular medicines for each person |
| ☐ Addresses of both meeting places | |

PREPARE

- Talk together about the emergencies most likely where you live, work and study.
- Choose two meeting places: one just outside home, one outside your neighbourhood.
- Pick one out-of-area contact that every family member will reach.
- Write key phone numbers on paper, as a dead phone means lost contacts.
- Give everyone a written copy and save the details on their phones.
- Plan a main and a backup exit from each room, and more than one route out of the area.

USE AND MAINTAIN

- Send text messages instead of calling, to keep phone lines free.
- Contact your agreed out-of-area person to share where you are.
- Go to your agreed meeting point if you cannot get home or reach each other.
- Check on neighbours who may need help, especially during power cuts.

REVIEW

- Practise evacuating, including grabbing your kit, twice a year.
- Hold regular household meetings to review the plan.
- Review the plan yearly and update contact details.
- Keep copies of the plan with your kit, in the car, at work and online.

IN THE UAE

Write the UAE emergency numbers on your paper contact list: 999 police, 998 ambulance, 997 civil defence.

MY NOTES

Sources: American Red Cross, National Preparedness Month: How to Make Your Emergency Plan (<https://www.redcross.org/about-us/news-and-events/news/2019/national-preparedness-month-how-to-make-your-emergency-plan.html>); Get Prepared (Public Safety Canada), Your Emergency Preparedness Guide (<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/>); Swedish Civil Defence and Resilience Agency (MCF), Access to communication during a crisis (<https://www.mcf.se/en/advice-for-individuals/home-preparedness--prepping-for-at-least-a-week/access-to-communication-during-a-crisis/>); Ready.gov (FEMA), Make a Plan (Ready Kids) (<https://www.ready.gov/kids/make-a-plan>); UK Government (Prepare), Get prepared for emergencies (<https://prepare.campaign.gov.uk/get-prepared-for-emergencies/>); UAE Government Portal (u.ae), Handling emergencies (<https://u.ae/en/information-and-services/justice-safety-and-the-law/handling-emergencies>)
General guidance in our own words. Always follow your local authorities.