

Inclusion North Special News



**ARE YOU
EMERGENCY
READY?**



In the news, there has been information about the government asking people to be ready for emergencies.

The government website already has information. The government want people to be ready in case there is really bad weather like storms or cyberattacks.

A cyberattack is when computer systems don't work

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

There is no emergency right now.

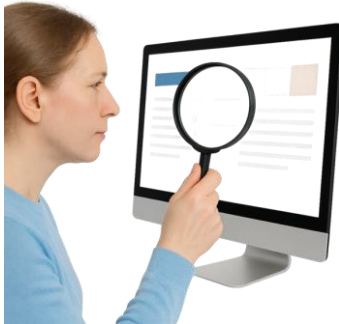
There may never be an emergency; this is about getting ready.

The government thinks people should have a plan for extreme weather, like floods, in case they might need to leave their homes.

When this happens, food and other items you buy at shops and supermarkets might not be delivered to them.



The government thinks people should have a plan in case there is a cyberattack.



Nearly everything we use has a computer system, things like tills at supermarkets, traffic lights, and TV channels.

It can effect most things in our lives.



Emergency alerts might be sent to phones

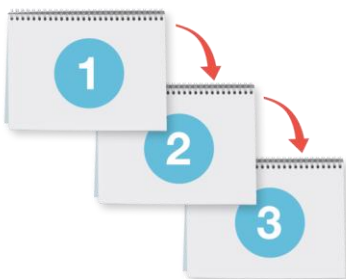
It will make a loud, siren-like sound, even if it's set to silent.

It will vibrate.



The government has information on its website it is called Be Ready and can be found at

<https://beready.campaign.gov.uk/>



You can take steps to plan for these kinds of emergencies.



Know the flood risk in your local area.

You can ask someone you trust to check if you live in an area that is at risk of floods.



If you can check online, there are websites for the local resilience forums.



These are public services that have made plans for emergencies for all types of risks to people who live in their area.



If you are a disabled person, you can join the priority services register.



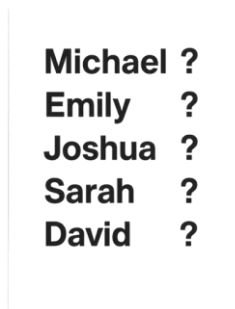
This helps gas, electricity and water companies look after disabled people if there is a problem with the supply of gas, electricity, or water.



Talk to your family, carers and people you trust about your needs and what would happen if there were an emergency.



Write lists of important information that you can keep on paper and update these if they change.



A list of people's names and telephone numbers like friends and family who should be contacted in an emergency.



A list of your doctors, care providers, hospital doctors, and mental health teams, power company and water company phone numbers.



A list of about your medicines and where you store them at home.

Make sure you have 7 days of medicine.



List information about medical equipment or other equipment you use daily. Keep your equipment batteries charged.



A list of any medical appointments you have, including hospitals, doctors, and health and social care.



Information about turning off the gas, electricity and water in your home.



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.



If you have an assistance dog, make a plan for what you need and write down your vet's contact information.

Make sure your dog has a microchip with the correct information linked; this helps check who the dog belongs to. The vet can help to check this.



Keep your passport, birth certificate, house insurance, other information and lists that we have talked about in this document together, with some cash (paper and coin money).



Food and water for 3 days for people who need help until support arrives.



You can add one thing to your shopping each week and check what you have in your cupboards already.



- Bottled water: at least 3 litres per person each day.



- Food that does not need to be cooked or kept in a fridge or freezer. This could be tinned foods you like, cooked meat, fish, and fruit. Check the dates on these things every 6 months.



- Dried fruit and nuts.



- Pet Food if you have a dog, cat or other pet.



- Baby milk and food if you have a baby



- A torch and batteries or a wind-up torch.



- Battery or wind-up radio.



- A phone charger

- A first aid kit.



- Hand sanitiser or wet wipes.



- Extra warm clothes, blankets or sleeping bags.



This information might make you feel worried.

If you feel worried, talk to someone you trust, your family, carers or friends.



This information is just a plan it does not mean anything will happen.