

Family Emergency Pack

You may already have the beginnings of an Emergency Box at home, somewhere containing a first aid kit or torch should the power fail.

The Box should be small enough to carry and be stored in a secure place that everyone in your household can find.

Checklist

- Details of prescription medicines for the family
- Contact list – including reference numbers
- Toiletries.....
- First Aid Kit
- Radio (battery powered)
- Torch (battery powered)
- Spare batteries
- Notebook and pen / pencil.....
- Extra set of glasses / contact lenses
- Mobile phone charger.....



Promoting Resilience and Business Continuity

NORMIT

Emergency Planning Unit, Norfolk County Council, County Hall, Martineau Lane, Norwich, NR1 2DH

+44 (0) 1603 222016

normit@norfolk.gov.uk

www.normit.org

Emergency Contact Sheet

Use this page to record essential contact numbers

Service / role	Tel No	Website / E mail	Ac No / Ref no
Emergency Services	999	n/a	n/a
Community Emergency Coordinator*			
District Council			
Norfolk County Council	0844-800-8020	www.norfolk.gov.uk	
Police HQ	0845 456 4567	www.norfolkpolice.uk	
Fire and Rescue Service	01603 810351	www.norfolkfireservice.gov.uk	
NHS Direct	0845 4647	www.nhsdirect.nhs.uk	
Doctors			
EA Floodline	0845 988 1188	www.environment-agency.gov.uk	
Telephone provider			
Gas			
Electricity			
Water Company			
Bank (non-confidential info)			
Insurance – home			
Insurance – car			
Insurance – Pets			
School			

*Your Community may have an emergency coordinator.

Details of important documents – (keep this information safe)

Driving Licence	
Passport	



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