

# Preparing for the Unexpected



Personal and  
Community  
Resilience

Three overlapping semi-circles in blue, red, and green. The blue circle contains a white snowflake icon. The red circle contains a white icon of a cloud with a lightning bolt. The green circle contains a white icon of a car driving through water waves.

## North East Region Emergency Leaflet



Comhairle Contae Lú  
Louth County Council



comhairle chontae na mí  
meath county council



# Preparing for the Unexpected

This guide can help you prepare for emergencies such as severe weather, gorse fires, flooding or a flu epidemic. This is not about doing the job of the emergency services; it is about supporting you and your family by making sensible preparations now to be self sufficient during an emergency or evacuation.

Think about how you would keep warm if your heating failed or if the electricity or water was cut off. Consider how you would secure your home.

If it is not safe to go out in an emergency, the advice is usually to:

- GO IN** (go indoors and close all windows and doors)
- STAY IN** (stay indoors)
- TUNE IN** (to local radio, TV or internet for information and advice)

If you have to leave your home, get out, stay out and take others with you. Think of two meeting places. One near home and one further away, in case you cannot get home or if you get separated. Pick a friend or relative who lives out of the area who you will agree to call to say you are OK should you need to leave home. (Make sure this person knows).



## Remember

- ✓ Get the flu vaccine
- ✓ Keep your phone charged
- ✓ Keep warm, eat well and avoid unnecessary travel
- ✓ Have enough prescription medicines to see you through
- ✓ Know how to turn off the electricity, gas and water in your home

**Make a list of Emergency contacts and keep it handy**



<b>My Emergency Contact</b>	<b>My Eircode/ Address</b>
<b>Family GP</b>	<b>Hospital</b>
<b>Neighbour</b>	<b>Pharmacist</b>
<b>Local Authority</b>	<b>Residents Association</b>
<b>Electrician</b>	<b>Plumber</b>

### Local Authority Out-Of-Hours Contacts

Monaghan	☎ 1800 121 121	🐦 @monaghancoco	🇫🇸 Monaghan County Council
Meath	☎ 1800 445 335	🐦 @meathcoco	🇫🇸 Meath County Council
Cavan	☎ 087 611 8116	🐦 @cavancoco	🇫🇸 Cavan County Council
Louth	☎ 042 933 5457	🐦 @louthcoco	

# The Household Emergency Plan

Prepare a household emergency kit and keep enough food, water and other essentials to last for at least three days. Whether you have to stay in or get out, packing a small emergency kit will help you get through. Keep it safe in a waterproof bag where it is easy to reach.

## Stay Home Kit



Battery operated radio with spare batteries



Torches, candles and waterproof matches



First Aid kit, toiletries and prescriptions



Contact details/ pencil and paper



Shovel, multi-tool knife and whistle



Fresh water and food supplies/pet food

## Leave Home Kit



Mobile phone, charger and spare battery/power bank



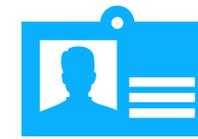
Large plastic bags and duct tape



Keys, bank cards and cash, spare house/car keys



Clothes, strong shoes, hats and sleeping gear



Important identification documents



Books, playing cards and board games

General Contact Details			
An Garda Síochána	☎ 1800 666 111	🐦 @gardattraffic	🇫🇸 an garda síochána
HSE	☎ 1800 700 700 ☎ 01 240 87 87	🐦 @HSELive	🇫🇸 HSE Ireland

## What can I do in my Community?

Check with neighbours and local community groups to see if there is anything you can do for the community in times of emergency. Check if the community has resources that may be available to you. A 4x4 vehicle in the community can help with essential food supplies and transport or a neighbour could help you with clearing snow and ice.

### Remember

- ✓ Strengthening community links helps to improve preparedness
- ✓ Preparedness enables the community to come together
- ✓ Coming together leads to a better response in an emergency
- ✓ Central to this is neighbours knowing each other
- ✓ Knowing your neighbours and working together will ensure that vulnerable people in your community are prepared for the unexpected

**Past incidents have shown that people already support and help each other during times of need.**

**Simple activities like getting together to clear snow and ice from paths or offering a helping hand to vulnerable neighbours can make all the difference.**

**Every day thousands of people need to attend hospital for life-saving treatments like dialysis.**

**If ice and snow caused a problem getting someone from their home to their hospital transport could your community get together to help?**

If it is safe to do so you should check on neighbours and vulnerable people living nearby. Think about who they are and keep their details below.

<b>Name:</b>	<b>Name:</b>
<b>Address:</b>	<b>Address:</b>
<b>Eircode:</b>	<b>Eircode:</b>
<b>Tel:</b>	<b>Tel:</b>

Never do anything to put you or anyone else at risk.

If you are in immediate danger dial 999 or 112.

**For more information visit: [www.gov.ie/winterready](http://www.gov.ie/winterready)  
[www.gov.ie/summerready](http://www.gov.ie/summerready)  
Sign up for free text alerts for your area on [www.mapalarter.ie](http://www.mapalarter.ie) where available**