

# Mid Deeside Community Council Resilience

## Preparing For Emergencies A Guide for Residents

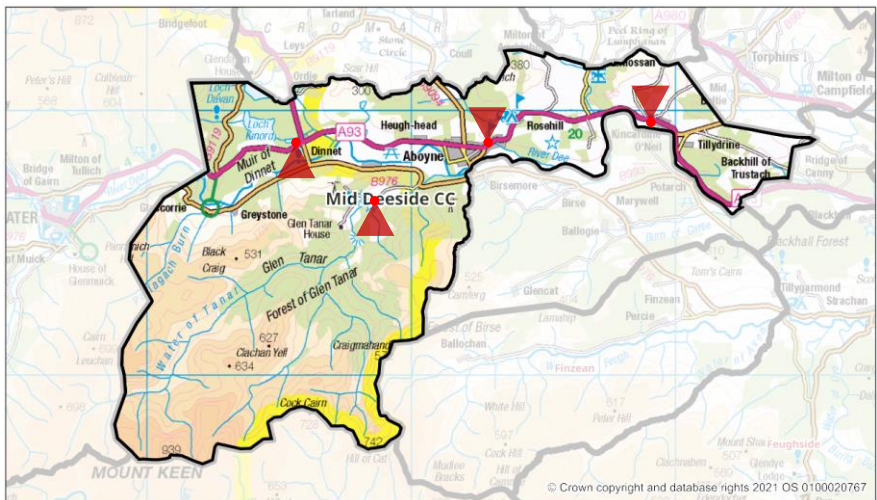


**Mid Deeside**  
COMMUNITY COUNCIL

# Household Emergency Plan

- Be Prepared
- If a major emergency happens, it may be some time before help arrives. It's very important that you and your family get together to prepare before any emergency arises.
- Read this guide in advance and keep it safe in case you need to use it.
- If you have guests, or if you are renting out your property or have tenants, ensure they know what to do and where to go.

## Mid Deeside Community Council Area



Resilience Hubs – More information on page 7.

## What Can I Do Now?

Consider if you have enough food, water and other essentials at home for at least two days?

Be a good neighbour – Look out for those in our community who are vulnerable or who may be unable to help themselves, and make a note to check if they need help during an emergency.

### Prepare an Emergency Kit

Packing a small emergency kit will help you; keep it in a safe place where it may be reached easily. You may want to consider putting it in a waterproof bag.

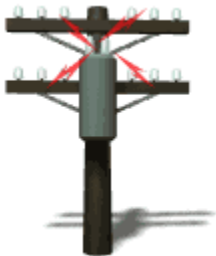
- Battery radio with spare batteries, or a wind-up radio
- 'Old' analogue phone
- Battery hand or head torches with spare batteries, or a wind-up torch, candles and some matches
- First aid kit, wet wipes/disinfectant hand gel, plastic gloves, toilet roll
- Thermos flask, bottled water and ready to eat food that won't go off
- Hot water bottles, blankets/sleeping bag, spare towel
- Toiletries, spare glasses, contact lenses and details and supply of important medicines
- Portable mobile telephone charger
- Pen, paper, penknife and whistle
- Pet supplies
- Cash, ATM's may not be working.



You could also consider making an inventory and note the location of valuable/important household items.

## Other preparations that will be helpful

- Camper gas cooking stove with gas
- Fuel for wood burner/open fire with fireguard
- Generator, and ensure your fuel [petrol/diesel] is always useable
- Gas heater, and fuel
- Tins of easy to heat food in the house (soup, lentils, beans), as well as Cuppa Soups and Pot Noodles
- Warm clothes – hats/scarves/gloves/coats/boots
- Have your contact details ready to display in your window in case you are required by the emergency services to leave your home
- Know how to switch off your water and electricity supply
- Know where important documents like insurance policies, birth certificates and passports are kept
- Have a bag/suitcase/box to take important items with you



# What To Do In An Emergency

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

**GO IN** (go indoors and close all windows and doors)

**STAY IN** (stay indoors)

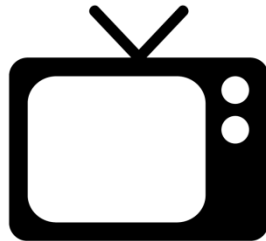
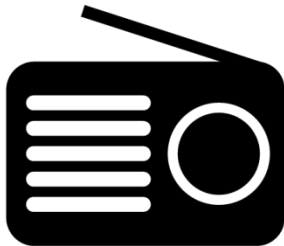
**TUNE IN** (to local radio, TV, or the internet. If power supplies are down, your battery radio will be a key link)

## Local Radio Stations:

**Northsound** - frequency 96.9 FM

**Original 106M** - frequency 106.3 - 106.8FM

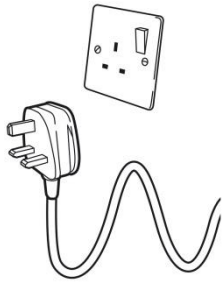
**BBC Radio Scotland** - 92 - 95FM and 810MW



Depending on the nature of the emergency some, perhaps all, electronic communications may be unavailable; in which case your respective resilience hub [see page 7] will have information.

## If You Are Given Sufficient Warning

- Charge mobile phones[you can also charge a phone in your car]
- Ensure your emergency kit is complete and accessible
- If there is a risk of flood, install PLP [Property Level Protection] and move precious and electrical items upstairs
- Unplug sensitive electrical equipment in case of power surges and switch off ovens
- Switch off water, if there is a risk of pipes freezing
- If possible, raise furniture off the ground
- Co-operate with the emergency services/local authorities and prepare for potential evacuation
- Do as much as you can during daylight



# If You Have To Leave Your Home

To assist in an emergency Mid Deeside Community Council have developed a Community Resilience Plan; in the plan four resilience hubs have been established, which are refuges to ask for help [even if they have not been advised to leave home], they are information points for residents and places where you may wish to volunteer your help.

The resilience hubs are located in

**Aboyne** Scout Hut



**Dinnet** Village Hall



**Kincardine O'Neil** Village Hall



**Glen Tanar** Estate Office/Coats Room



**If you have been asked to leave your home, take your emergency kit, take everyone with you, lock up and leave.**

Look out for those in our community who are vulnerable or who may be unable to help themselves, if you can offer help, or seek help through the resilience group and the emergency services.

Keep receipts, you might be able to claim some costs back afterwards.

# Important Contact Information

All Emergency Services	999
Police Non-Emergency	101
Aberdeenshire Council	0345 608 1408
NHS 24	111
SSE Networks (Emergencies & Power Cuts)	105
SEPA Flood Line	0845 988 1188
Scottish Water	0845 601 8855

## You should record other important contacts:

- Schools/colleges: .....
- Carers/childminder: .....
- Work Contact: .....
- Plumber: .....
- Doctor: .....
- Vet: .....
- Insurance: .....
- Gas supplier: .....
- Electricity supplier: .....
- Oil supplier: .....
- Other: .....

A copy of the resilience plan can be found on the Mid Deeside Community Council website here:

<https://www.middeesidecommunitycouncil.org/resilience>

