

My keeping safe in a crisis plan

Who lives in my house? How old are they? _____

Has anybody in my house been told they are high risk? If so who?

What is the phone number for my GP?

Who in my house has a medical condition and what medication do they need? _____

Does anyone in my household have any allergies? _____

Do I have a health care worker I usually work with? _____

Have I written emergency numbers down for someone to use if I go to hospital? _____

If I have to go to hospital who will stay with my children? _____

If my child has to go to hospital is there an adult who will stay with them? If no adult can go what will reassure my child?

Do I have a bag ready? Where is it kept? _____

How will I get my family to a doctors or to the hospital if needed?

Is there anything else useful to know?
