

## **Household Emergency Lifesaving Plan (HELP)** **A Simple Way to Feel Safer at Home**

Emergencies – like storms, power cuts or flooding – can happen with little warning. Taking a minute now to think ahead can make all the difference.

That's why every household in Dumfries and Galloway is encouraged to complete a HELP plan.

### **What is HELP?**

The **Household Emergency Lifesaving Plan (HELP)** is a short, easy-to-complete leaflet designed to help you and your family:

- Think through what to do in different emergency situations
- Keep important contact numbers in one place
- Note any medical needs or important info

Identify safe places and actions to take. It's a small step that can make a big difference if the unexpected happens.

### **Getting Started is Easy:**

1. **Download the leaflet** – [0131-23-HELP-\(HOUSEHOLD-EMERGENCY-LIFESAVING-PLAN\)-leaflet.pdf](#)
2. **Fill it in with your household** – it only takes a few minutes
3. **Keep it handy** – on the fridge, in a drawer, or in a grab bag

### **Why it Helps**

Having a plan gives peace of mind. It means you won't be scrambling for details when you need them most. And if someone needs to help you – the plan will help them too.

### **A Community Effort**

Local Community Resilience Groups are helping spread the word. If you're part of a group, or just someone who wants to help neighbours stay safe, please share the leaflet and encourage others to fill it in.

Let's support each other and build a more prepared, confident, and connected Dumfries and Galloway.

 **Be prepared. Plan. Stay safe – together.**