

RESILIENCE

MONTH

Be more resilient in 30 simple ways across 30 days of September!

You can put some of these things together as an emergency kit or just know you can access them easily.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
<p>Have a rechargeable, wind up or battery (with spare batteries) torch to hand</p> 	<p>Put the power track app on your phone and have SSEN emergency number 105 written down or in your phone</p>	<p>Gather together a small first aid kit and keep to hand</p> 	<p>Check where your stop cock is and make sure you can switch your water on and off</p>	<p>Have a store of three days food you can eat in a power cut (i.e. tins you can heat the contents of on a gas stove)</p>	<p>Have you got a gas stove or a means of heating water and food in a power outage?</p> 
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
<p>Keep spare keys for the house and car in a easily accessed place to grab in an emergency</p>	<p>Keep three days supply of drinking water in containers or have bottled water.</p> 	<p>Make a note of emergency contact numbers for utilities and healthcare</p>	<p>Chat to your neighbours and arrange to check on each other in an emergency or power cut</p> 	<p>Having additional blankets or duvets to hand can help keep you warm sitting or in bed.</p>	<p>Check you know where your fuse box is</p>
Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
<p>Ensure you have three days of prescription medicine and rotate this regularly.</p> 	<p>Hot water bottles are a good way of staying warm, check them regularly as they can perish.</p> 	<p>A small power bank, charged regularly can help power your mobile phone in a power cut</p>	<p>Check if you are eligible and sign up to the Priority Services Register psrscotland.com/</p>	<p>Have gloves, hats and warm layers at the ready, take them in your car on winter journeys</p> 	<p>Make sure your car is filled with fuel, pumps won't work in a power cut.</p> 
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24
<p>Think about what your pet might need in an emergency and/or if you need to leave your home</p> 	<p>Put the MET office app on your phone or sign up for weather warnings so you can prepare</p> 	<p>Have copies of important documents (insurance, passports, driving licence) handy in case you need to leave your home quickly</p>	<p>If you live in an area likely to flood sign up to get SEPA flood alerts so you can prepare</p> 	<p>If you have gas do you know where your Gas shut off switch is?</p>	<p>Have important numbers for family, friends, Doctors, School/Nursery etc written down in case your phone loses charge.</p>
Day 25	Day 26	Day 27	Day 28	Day 29	Day 30
<p>Shops will not be able to take electronic payment in a power cut so have some cash available, including some change.</p>	<p>Put a winter emergency kit in your car (warm clothes, shovel, food, water)</p> 	<p>If you wear glasses or contact lenses know where your spare ones are or include in your emergency kit</p>	<p>Find out if there is a community resilience group in your area and if they can help you or you can help them!</p>	<p>Tell other people in your household where your emergency kit is located</p>	<p>Complete a household emergency plan!</p> 