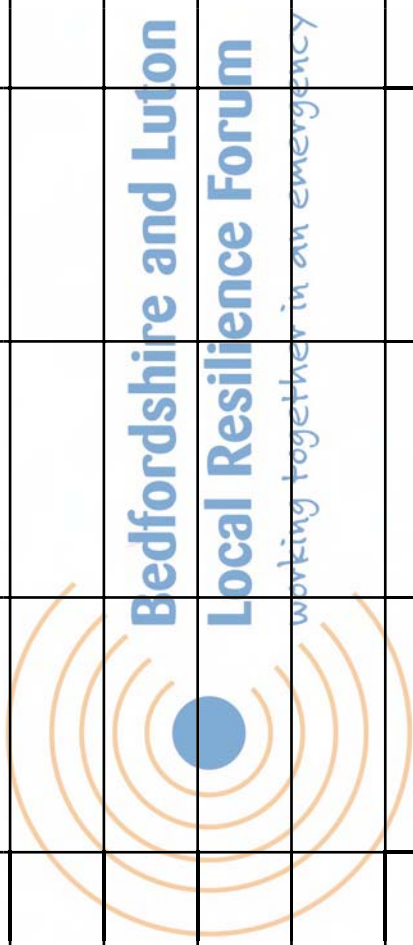


It is important to think about health issues that could arise if an influenza pandemic occurs, and how they could affect you and your loved ones. For example, if a mass vaccination clinic is set up in your community, you may need to provide as much information as you can about your medical history when you go, especially if you have a serious health condition or allergy.

Create a family emergency health plan using this information. Fill in information for each family member in the space provided. Like much of the planning for a pandemic, this can also help prepare for other emergencies.

1. Family Member Information:

Family Member	Blood Type	Allergies	Past/Current Medical Conditions	Current Medications/ Dosages



emergency contact details

You may find it useful to complete these contact details and keep them somewhere safe. You should be able to find these numbers in your local telephone directory.

Name	Telephone Number
Emergency Services	999
NHS Direct	0845 4647
Anti-Terrorism Hotline	0800 789 321
Foreign & Commonwealth Office	0870 606 0290
Local Police Station	
Local Authority	
Doctor	
Work	
School	

Local Radio Station

Frequency (see local press for details)

For more information on preparing for emergencies see www.preparingforemergencies.gov.uk

remember...

If you are involved in any emergency it is important to:

- Make sure **999** has been called if people are injured or if there is a threat to life
- Not put yourself or others in danger
- Follow the advice of the emergency services
- Try to remain calm and think before acting and try to reassure others
- Check for injuries - remember to attend to yourself before attempting to help others

If you are not involved in an incident but are close by or believe you may be in danger, in most cases the advice is: **GO IN, STAY IN, TUNE IN.**

For further information you can visit www.preparingforemergencies.gov.uk

Tear off this page and keep it somewhere safe for your reference.