

# My Coronavirus/Covid-19

## Emergency Plan

2020

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We all hope the virus doesn't reach our community. But let's face it, if it does, it'll be much better if we have a plan for what we will do. We can help ourselves and each other... Talk to others about emergency plans - Use this form if it's useful - Stick it on your fridge or wall - Share it - And if we don't ever actually need it – HOORAY!

<p>Who might you need to phone in an emergency? Write your emergency numbers here... And add them to your phone(s)...</p>	<p>Doctor:  Pharmacy:  Next of kin:  Others:</p>
<b>Youself and the people you live with</b>	
<p>Who lives with you? Write all their names and emergency contact numbers here (and yours!)</p>	
<p>Are you/is anyone you live with old or more at risk for any other reason? Write names and anything else that people might need to know in an emergency...</p>	

<p>List any essential medications you take...</p> <p>Do this for everyone in your household.</p> <p>Try to make sure you have a couple of weeks supply.</p>	
<p>Who could help look after the kids in the day if their schools close or you get ill?</p>	
<p>Do you care for an adult who lives with you?</p> <p>Who could look after them in an emergency?</p>	
<p>Do you care for anyone who <u>doesn't</u> live with you? Write their address/number here...</p> <p>Also, who could look after them in an emergency?</p>	
<p>Who could look after pets in an emergency?</p>	

## Other practical stuff

Who has your spare keys in case anyone needs to get into your house?

Who could help with food shopping if you get ill?  
Put their name and number here...

What food can you set aside, if any, so you can eat for a day or 2 while you make longer-term plans? (eg tins, rice/pasta)

How will you get prescriptions if you're too ill to get them yourself?

Could anyone help with travel/lifts if really needed? Put their name & number here...

Anything else you need to plan...?

## Friends and networks

Who have you talked to about this plan?

Emergency plans work best if we share them!

Are you listed on anyone else's plan? Write their names here...

**Use the back of this page to note down anything you know comforts you or makes you feel a bit better when you are ill (for example, drinking water, sleeping, listening to music). Do this for everyone in your household/family.**