

# My Coronavirus (COVID-19) Emergency Plan

This plan is for you and everyone who lives in your home. You could create one each or complete one for all the household.

<b>Who might you need to phone in an emergency?</b>  <b>Write your emergency numbers here.</b>  <b>Then make sure these have been added to your phone(s)</b>	Doctor:	
	Pharmacy:	
	School:	
	Next of Kin:	
	ICE Contact:	
	NHS Health Enquiries:	Call 111

## YOU AND YOUR HOUSEHOLD

<b>Who lives with you?</b>  <b>See Page 4 For their emergency details section)</b>	

<b>Do you or anyone in your household have any dietary requirements:</b>	Name:	Dietary Requirements:
	Name:	Dietary Requirements:
	Name:	Dietary Requirements:
	Name:	Dietary Requirements:
	Name:	Dietary Requirements:

<b>Are you/is anyone you live with elderly or more at risk for any other reason?</b>	Yes	No
<b>If yes - Write names and anything else that people might need to know in an emergency.</b>	Name:	Reason:
	Name:	Reason:
	Name:	Reason:
	Name:	Reason:
	Name:	Reason:

List any essential medications you take and where your medication is stored.	Name:	Medication	Where Is it stored?
Do this for everyone in your household.			
Try to make sure that you have a couple of weeks supply.			
How will you get prescriptions if your too ill to get them yourself?			
Do you have children in the household	Yes	No	
If yes, who could help look after the kids in the day if their schools close or you get ill?	Name:	Telephone:	
If yes, who could help look after the kids overnight?	Name:	Telephone:	
Do you care for an adult who lives with you?	Yes	No	
If yes, who could support them in an emergency?	Name:	Telephone:	
Do you have pets in the household?	Yes	No	
If yes, who could look after your pets in an emergency	Name	Telephone	
Do you care for anyone who doesn't live with you?	Yes	No	
If Yes, what is their name and contact information	Name:	Telephone:	Address:
<b>OTHER PRACTICAL STUFF</b>			
Who has your spare keys in case anyone needs to get into your house?	Name:	Telephone:	
	Name:	Telephone:	
Who could help with food shopping if you get ill?	Name:	Telephone:	
What food can you set aside, if any so you can eat for a day or two while you make longer plans?	Breakfast:	Breakfast:	
	Lunch:	Lunch:	
	Dinner:	Dinner:	
Could anyone help with travel/lifts if really needed?	Name:	Telephone:	
Is there anything else you need to plan?			

**FRIENDS AND NETWORK**

**Who have you spoken to about your plan?  
Emergency plans are best when shared!**

**Are you listed on anyone else's plan? Write their name here:**

**HOME COMFORTS**

**Here note down anything you know comforts you or makes you feel abit better when you are ill (example: drinking water, sleeping or listening to music. Do this for everyone in your household)**


# Others in Your Household:

If different to your own details. Who do others in your household need to contact in the case of emergency?

Make sure these contact details are in each person's phone(s)

<b>Name:</b>	Doctor:	
	Pharmacy:	
	School:	
	Next of Kin:	
	Others:	
<b>Name:</b>	Doctor:	
	Pharmacy:	
	School:	
	Next of Kin:	
	Others:	
<b>Name:</b>	Doctor:	
	Pharmacy:	
	School:	
	Next of Kin:	
	Others:	
<b>Name:</b>	Doctor:	
	Pharmacy:	
	School:	
	Next of Kin:	
	Others:	
<b>Name:</b>	Doctor:	
	Pharmacy:	
	School:	
	Next of Kin:	
	Others:	

# Symptom Tracker:

In the case that you or anyone in your household start to show signs of the coronavirus here is a space to keep track of when the symptoms started, what symptoms you had and a space to write down your isolation period start and finish date. Isolation periods should be 14 days in total.

**Symptoms include:** High Temperature/Fever, Dry Cough, A Shortness of Breath And Body Aches.

Name	Start date of symptoms	What were the symptoms	Finish date of isolation period (14 days after start of symptoms)	How are you feeling after the 14 days of isolation? If it continues call 111