

An aerial photograph of a coastal landscape. In the foreground, a vibrant green river winds through a lush green valley. To the right, a small village with several buildings is nestled on a hillside. The middle ground shows a wide, blue bay or inlet. The background consists of rolling hills under a blue sky with scattered white clouds.

# **Yell Household Resilience Plan**

**Advice on emergency  
preparedness for your home**



# A safe island- yet vulnerable

We live in a safe and stable community where we hope that infrastructure functions as intended. However, we depend on power, water supply, internet and phone connections which in turn can make us vulnerable when these services are disrupted.

Storms, natural disasters, technical problems, environmental problems etc could result in power outages or disruptions to your usual services and make it difficult to get essential goods.

A major event or crisis will affect society and many people will be in need of help. The more resilient individual households are in Yell the easier it will be to get help to those most in need during an emergency.

We are suggesting that households in Yell take a few simple steps to improve their own emergency preparedness and household resilience. Here, we describe a few basic things to remember and advice and support for emergency situations.

A Household Resilience Plan can be used as a vital tool in your home to be prepared in an emergency situation.





# Information

Remember to contact emergency services when needed and follow all official advice and guidance given.

Emergencies are chaotic and unpredictable; you should make sure that you obtain information from reliable sources.



# What you have and what you know

Think about what could happen where you live. Think about what might affect yourself and those around you in case of an emergency.

Make a plan for how you can handle an emergency together. Find out whether anyone around you needs help, and how you might contribute.

Make sure that the equipment you plan to use in an emergency is in good working order and that you know how to use it. Learn basic first aid and find out how the SIC will keep you informed during a crisis.

# Your Household Resilience Plan

If an emergency happens it might be some time before help arrives. It is very important that you and your family get together to prepare.

- Agree a plan in advance with those in your home or your extended network.
- Complete this plan together and keep it safe in case you need to use it.
- If you are vulnerable you can register with SSE by calling 0818 81 22 20 or online.

If the emergency means it's not safe to go out, the advice is to:

1. Go in- go inside and close all windows and doors.
2. Stay in- stay indoors (take time to check your emergency stores)
3. Tune in- tune in to local radio, tv or the internet where public information and advice from the emergency responders will be broadcast.

Your local radio station is: SIBC  
frequency 92.7 MHz FM

If you have any neighbours you feel are vulnerable, check in with them to make sure they are ok.

Locate your nearest Emergency  
Resilience Hub. (page 10-11)

# Use this space to make any notes for your family's resilience plan

You might include: a step by step plan, useful numbers for family members etc





# Emergency Stores

Warm clothing, blankets and sleeping bags

Candles, torches, matches or lighter

Dry good and basic food supplies

Gas fueled grill or cooker

Bottled water

Batteries

First aid kit

Wet wipes and disinfectant

Paper towels and toilet paper

Extra fuel for heating and cooking

Any medication that you are dependent on

Rechargeable battery bank, mobile charger





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# How to cover your basic needs for three days

## Food

You should have enough food in your house to feed everyone for three days.

Think about how you can prepare your food if the power or water supply is down.

If you have pets or have special dietary needs, you will need to plan extra for this.

For example, you can:

- Make sure the food you usually buy and eat is sufficient to last for some extra days.
- Keep some extra food with a long shelf life which can be stored at room temperature and possible even be eaten without heating.

## Drink

You need at least three litres of clean water per person per day for drinking and cooking. Water should be stored in a cold, dark and frost-free place such as a shed, garage or outhouse. Replace the water once a year, preferably on a fixed date.

To make sure you have enough fluids you can:

- Clean bottles or cans, fill them to the brim with cold tap water and seal.
- Buy bottled water from the shop.
- Cover some of your need for fluids with juice, soft drinks and other non-alcoholic beverages.

## Heat

Many homes have electricity as the main or only source of heating. To better be prepared for power outages here are some options to consider:

- Wood burning stove or fireplace- make sure that it functions correctly and that you have enough wood.
- Gas or paraffin stove- check that it is in good condition and designed for indoor use.
- Warm clothes, blankets and sleeping bags.
- Matches and lighters.
- Agreement with neighbours, family or friends to give you shelter.

## Medicines and first aid

Everyone should be able to provide basic first aid. If you rely on medication or medical aid, you should talk to your doctor or pharmacy about the possibility of having a reserve but remember to check the shelf life of the medication.

You should have this at home:

- Standard first aid kit
- Painkillers
- Iodine tablets in case of a nuclear event

## Hygiene

Without hot water, or worst case without any water at all, it is important to consider personal hygiene and cleanliness concerning food and cooking.

Poor hygiene can lead to infection and disease.

- Clean yourself daily to the extent possible and wash your hands after toilet visits and before cooking,
- You should keep wet wipes and antibacterial disinfectant.
- Keep your home clean and tidy.
- Make a plan for alternative toilet facilities.

# Emergency Resilience Hubs

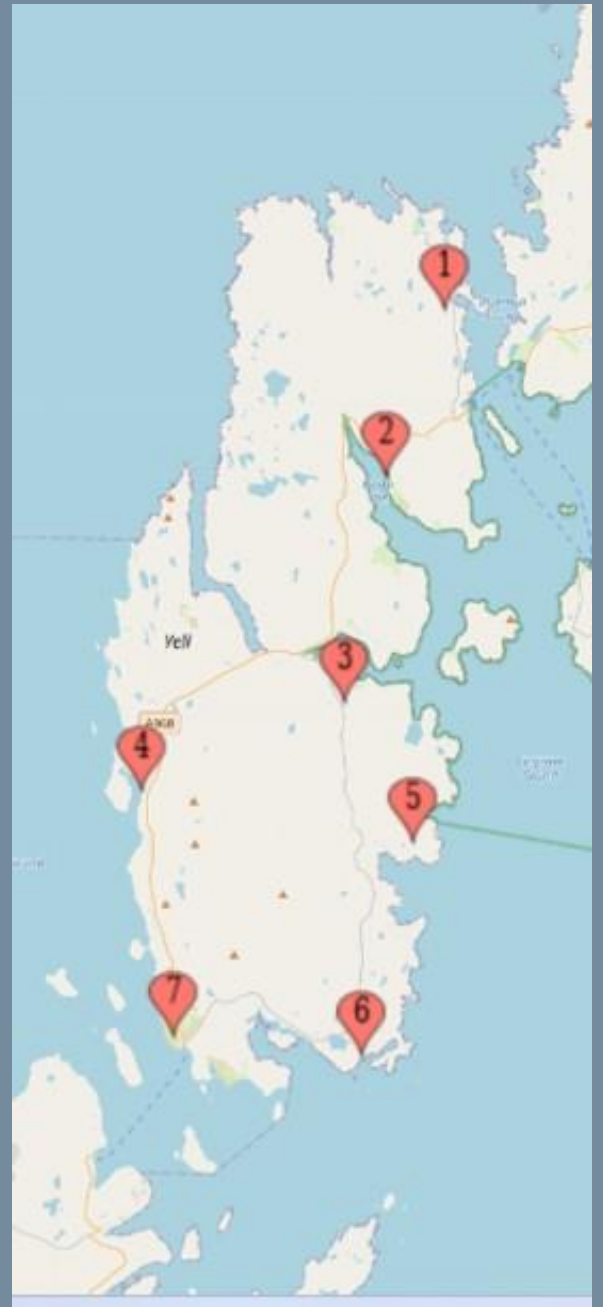
Yell has a network of Emergency Resilience Hubs throughout the Island. Locate your nearest hub and follow them on Facebook. These hubs will open during times of need and can provide useful resources and services.

If you require extra assistance or are a vulnerable member of our community, you can contact a representative from your emergency hub, and they will make an extra effort to support your needs during an emergency.

For contact details for your local hub contact the NYDC Coordination Officer- Kate Lonsdale 07545389354 or contact the hub directly on Facebook via the halls Facebook pages.



1. Cullivoe Public Hall
2. Sellafirth Public Hall
3. Mid Yell Public Hall
4. Westsandwick Public Hall
5. East Yell Public Hall
6. Burravoe Public Hall
7. North Ness Public Hall



# Useful Numbers

Police Scotland: 999 in an emergency, 101 non emergency

NHS24: 111

Scottish Environment Protection Agency (SEPA): 01595 696926

Scottish Hydro Electric: 0800 300 999

Scottish Water: 0800 077 8778

SEPA Floodline: 0345 988 1188

Power cuts: 105

Gas emergency: 0800 111 999

Shetland Islands Council Main switchboard: 01595 693535

Yell Health Centre: 01957 702127- [shet.yellhealthcentre@nhs.scot](mailto:shet.yellhealthcentre@nhs.scot)

Schools: Cullivoe- 01595 807080, Mid Yell School- 01595 745050,

Burravoe School- 01595 807089

My Vet:

My Plumber:

My Electrician:

My Carers/childminder:

My Work contact:

# Useful Social Media/ Websites

SIC: [shetland.gov.uk/emergency-safety-crime](http://shetland.gov.uk/emergency-safety-crime)

Ready Scotland: [ready.scot/prepare/stay-informed](http://ready.scot/prepare/stay-informed)

Yell Emergency Resilience Hub: [facebook.com/profile.php?id=100094610820141](https://facebook.com/profile.php?id=100094610820141)

Cullivoe Hall: [facebook.com/CullivoePublicHall](https://facebook.com/CullivoePublicHall)

Sellafirth Hall: [facebook.com/sellafirth.hall](https://facebook.com/sellafirth.hall)

Mid Yell Hall: [facebook.com/profile.php?id=100064810713441](https://facebook.com/profile.php?id=100064810713441)

East Yell Hall: [facebook.com/profile.php?id=100069345921000](https://facebook.com/profile.php?id=100069345921000)

Westsandwick Hall: [facebook.com/profile.php?id=100069512438987](https://facebook.com/profile.php?id=100069512438987)

North Ness Hall: [www.facebook.com/northnesspublichall](http://www.facebook.com/northnesspublichall)

Burravoe Hall: [facebook.com/BurravoePublicHall](https://facebook.com/BurravoePublicHall)

North Yell Development Council:

[facebook.com/northyelldevelopmentcouncil](https://facebook.com/northyelldevelopmentcouncil)

Ready Scotland: [facebook.com/ReadyScotland](https://facebook.com/ReadyScotland)







