

POWER CUT?

Stick this on the fridge. Everything you need, no signal required.

1. Report it (free, 24/7)

105

Connects you to your local network operator, whoever your supplier is.
Deaf or hard of hearing: 18001 105
Check powercut105.com for updates.

2. Fridge & freezer clock

Keep the doors SHUT.

Fridge stays cold: up to 4 hours
Full freezer: up to 48 hours
Half-full freezer: up to 24 hours
Once the fridge reaches 8°C, eat chilled food within 4 hours or throw it away.
(Food Standards Agency estimates)

3. Light & heat, safely

Torches, not candles.

NEVER use a barbecue, camping stove or generator indoors: carbon monoxide kills.

Layers, hats and blankets; one warm room.
Unplug appliances; leave one light on so you know when power is back.

4. Look after people

Check on anyone living alone, older neighbours and relatives.
Medical equipment at home? Join the Priority Services Register with your energy and water suppliers (free).
Keep phones charged; save battery.

Other numbers to keep

Emergency (danger to life)	999
Smell gas? Gas emergency line	0800 111 999
Flooding: Floodline (24h)	0345 988 1188
Urgent medical advice	NHS 111
Power cut (any network)	105

Our details (fill in)

Neighbour to check on: _____

Where the torch & radio live: _____

Family meeting point: _____