

What to Do in an Emergency

What to do in an emergency:

Stay calm.

Find an adult to help you.

If there is no adult around, ring 999, explain what has happened and ask for the police, fire brigade, an ambulance or the coastguard.

Fire: If you spot a fire, leave the building immediately. Stay out and phone 999. Make sure your family has discussed an emergency exit plan in case you discover a fire in your home. Keep close to the floor when leaving the house and make sure doors are closed.

Ambulance: If there is a medical emergency, dial 999, explain what has happened and ask for an ambulance. Keep the patient warm and talking. Shout for help.

Police: If you see a crime being committed or suspect a crime is being committed, dial 999, explain what has happened and ask for the police. Go somewhere safe, e.g. to an adult you can trust or to a public place, such as a shop.

Coastguard: If you see someone having difficulties in the sea, dial 999, explain what has happened and ask for the coastguard. Do not try and rescue them yourself.

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Did you know you can also dial 112 to reach the emergency services?

