**Checklist**

**🌧️ Before a Flood (Preparation)**

✅ I have an emergency plan in place and know who to contact in case of a flood.
✅ I know the safest evacuation route to higher ground or an evacuation centre.
✅ I have written down important phone numbers (emergency services, support network, healthcare provider).
✅ I have at least a week’s supply of medications and medical supplies ready.
✅ I have stored important documents (ID, medical records, insurance papers) in a waterproof container.
✅ I have an emergency kit with:

* Food and drinking water (at least 3 days’ supply)
* Flashlight and spare batteries
* First aid kit
* Portable phone charger
* Spare clothing and blankets
✅ I have made arrangements for my pets and any mobility/support needs in an evacuation.
✅ I know where to find official flood warnings (radio, emergency apps, local authorities).

**⚠️ During a Flood Warning**

✅ I am staying informed by checking official updates on the flood situation.
✅ I know whether to stay at home or move to a safer location.
✅ I have turned off electricity, gas, and water if advised to do so.
✅ I have enough food and drinking water in case I need to stay inside for an extended period.
✅ I understand the dangers of walking or driving through floodwaters and will avoid them.

**🌊 After a Flood**

✅ I have checked with authorities before returning home.
✅ I know how to clean up safely to avoid infections and mould.
✅ I have checked for spoiled food and contaminated water sources.
✅ I have support available if I feel overwhelmed (family, friends, or a support service).
✅ I know where to get assistance for flood-related damages (government, insurance, or community aid services).