

QUIET & SAFE AT HOME

Light, noise and what you share – so a long outage stays calm at home.

In a long power cut, the one house that's lit up, noisy and smells of cooking stands out. Most people will just knock and ask – but it's sensible not to advertise what you've got.

LIGHT

- ☐ Close curtains or blinds before you switch on a lantern
- ☐ Use the back rooms in the evening
- ☐ Hang a blanket over windows that leak light
- ☐ Use the head torch's red mode – dim and easy on the eyes
- ☐ Point torches down, not at windows

WHAT YOU SHARE

- ☐ Don't post your supplies or plans on social media
- ☐ Bring deliveries and shopping in without fuss
- ☐ Keep the grab bags and stock out of sight of windows
- ☐ Only tell people who need to know

NOISE

- ☐ Keep music, TV and radios low – use earphones
- ☐ Power stations are quiet – a big plus (L3)
- ☐ Petrol generators are loud and give off carbon monoxide – outdoors only, never in a garage
- ☐ Keep pets settled and indoors

HOME & NEIGHBOURS

- ☐ Lock doors and windows before dark
- ☐ Keep a torch by the front door (L1)
- ☐ Know your neighbours now – look out for each other
- ☐ Agree a simple check-in with people you trust

 **Quiet isn't the same as unfriendly.** Checking on older or vulnerable neighbours is one of the most useful things you can do in an emergency. Share what you can spare – a hot drink or spare batteries goes a long way.

