



Top Tips for being safe if you are Home Alone

These Top Tips were developed by self-advocates from the North Yorkshire Learning Disability Partnership Board. They suggest ways to help people stay safe if you are home alone. They are part of the Home Alone campaign and information packs.



Keep calm and don't be afraid to phone **999** if you think it is an emergency.

You can still phone **999** even if you have no credit on your phone.



Never invite strangers in your house.

Do not open your front door until you have looked through the door or window to see who is there.



If you have a chain on your front door make sure you always use it.



Always ask for identification (ID) from people who come to the door. **Do not** let them in if you are not sure.



Never give money to people you don't know who knock on your door.



If you have a mobile phone, always keep this charged and make sure you know where it is.



Check your smoke alarm every month or ask someone you trust to do this for you.



Make a plan of how to get out of your home if there was a fire or flood.



If you smell gas, get out of your home straight away and call **0800 111 999**.

If you do not have your phone, ask a neighbour or friend to call.



Remember, **always** phone 999 if it is an emergency. If you just need advice, you can also call these numbers:



For the police, call **101**



For advice about your health, call **111**



If you want a Home Alone pack or more information, please contact Shanna Carrell at North Yorkshire County Council by email: shanna.carrell@northyorks.gov.uk

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