PRINTABLE WORKBOOK · UK EDITION

OUR HOUSEHOLD EMERGENCY PLAN

Write down the details you would need if services were temporarily disrupted.

BEFORE AN EMERGENCY

- [ ] Complete these pages with the people you live with.
- [ ] Print a copy and put it where everyone can find it.
- [ ] Review when your household changes and every six months.

Home address and postcode

People in our household

Who should receive a copy of this plan?

Where this plan will be stored

Continue your plan at UKPrepKit
ukprepkit.higgsfield.app · Free downloads and full guide

PRINTABLE WORKBOOK · UK EDITION

MEETING POINTS & CONTACTS

Agree who contacts whom and where to meet if you cannot stay at home.

Primary meeting place

Alternative meeting place

Out-of-area contact and telephone number

UK CONTACTS

- ☐ Emergency: 999. NHS non-emergency: 111.
- ☐ Police non-emergency: 101. Power cuts in Great Britain: 105.
- ☐ Write your GP, pharmacy, supplier and local council contact details below.

Our GP and pharmacy telephone numbers

Other important numbers

PRINTABLE WORKBOOK · UK EDITION

FAMILY, NEIGHBOURS & SUPPORT

Be clear about people who need help and who has agreed to provide it.

Children or dependants and essential needs

Older relative or person living alone to check on

Backup carer or trusted support person

Pet and assistance animal needs

Important documents storage location

PRINTABLE WORKBOOK · UK EDITION

MEDICINES & DAILY ROUTINES

Ask clinicians and equipment providers about appropriate backup arrangements.

Medicine, dose, schedule and person (1)

Medicine, dose, schedule and person (2)

Equipment requiring charging or electricity

Backup medical or care contact

GP and pharmacy details

PRINTABLE WORKBOOK · UK EDITION

YOUR HOME UTILITY PLAN

Learn where important controls are located; avoid unsafe DIY work.

Water stopcock location

Electricity isolation switch location

Gas isolation valve location

Lighting and heating alternatives

Local radio channels and FM frequencies

SAFETY NOTE

- ☐ Only a qualified engineer should restore a disconnected gas supply.
- ☐ Follow official and emergency-service instructions.

PRINTABLE WORKBOOK · UK EDITION

CHECK YOUR ESSENTIAL SUPPLIES

Review what you have. Do not panic buy; build up gradually.

WATER AND FOOD

- [ ] 3 litres of drinking water per person per day for three days.
- [ ] Familiar non-perishable food and a manual tin opener.

LIGHT AND INFORMATION

- [ ] Torch and spare batteries, charged power bank, FM radio.
- [ ] Warm blankets, clothing and safe lighting.

HEALTH AND PERSONAL CARE

- [ ] First aid, regular medicines, hygiene and bathroom supplies.
- [ ] Baby and pet products where needed, cash and paper contacts.

Continue your plan at UKPrepKit

ukprepkit.higgsfield.app · Free downloads and full guide

PRINTABLE WORKBOOK · UK EDITION

YOUR NEXT THREE ACTIONS

Keep your plan simple, findable and up to date.

1. This week we will

2. On our next shopping trip we will

3. This month we will

Next date to review the plan

IF SOMETHING HAPPENS

- ☐ Follow alerts and your local emergency services.
- ☐ If danger is outside, follow advice about sheltering and tuning in.
- ☐ If your home is unsafe, leave and call 999; do not return until told it is safe.