



EMERGENCY PREPAREDNESS

PLAN B Be informed. Make a plan. Be ready.

Real risks.
Practical steps.
A safer, stronger
you and your
loved ones.

1

BE INFORMED

Know the risks around you and how to receive warnings.



- ✓ Understand the risks in your area (e.g. floods, storms, heatwaves, fires).
- ✓ Follow official alerts and warnings (via TV, radio, mobile and the UK Alert system).
- ✓ Keep up to date with trusted sources like GOV.UK and the Met Office.



Sign up for emergency alerts at www.gov.uk/alerts

KNOW THE WARNINGS



UK Alert
(urgent alerts to your phone)



Met Office
(weather warnings)



Radio (e.g. BBC local radio)



TV (e.g. BBC, ITV, Sky News)



GOV.UK
(official updates and advice)

2

MAKE A PLAN

Be prepared, not caught off guard.



- ✓ Know your escape routes and safe places (at home and in your area).
- ✓ Choose a meeting point if you get separated.
- ✓ Keep important contacts and key information together (in a grab bag or written down).
- ✓ Include plans for children, older people and anyone with additional needs.

KEY INFORMATION TO KEEP



Emergency contact numbers



GP and medical details



Insurance details



Utility account numbers



Important documents
(e.g. ID, passports, birth certificates)

3

PREPARE YOUR HOME

Reduce the risks and make your home safer.



- ✓ Fit smoke alarms and test them regularly.
- ✓ Know how to turn off your gas, water and electricity.
- ✓ Check your home insurance is up to date.
- ✓ Take action to reduce flood and weather risks (e.g. clear gutters, secure outdoor items).
- ✓ Keep important documents safe and backed up (physically and digitally).

USEFUL HOME CHECKS



Smoke alarm (test monthly)



Carbon monoxide alarm
(if you have fuel appliances)



Know your stopcocks
and fuse box



Keep drains and gutters clear



Secure fences, sheds and
outdoor furniture

**PREPARE TODAY.
STAY SAFER TOMORROW.**



PLAN B



EMERGENCY PREPAREDNESS

PLAN B Five key areas. A safer, more resilient you.

Small steps
make a **big**
difference when
it matters most.

4

TALK TO OTHERS

Look out for your family, neighbours and your community.



- ✓ Make sure everyone in your household knows the plan.
- ✓ Check in on neighbours, especially older people or those with health needs.
- ✓ Look out for your local community and support each other.
- ✓ Share information and help where it's needed.

THINK ABOUT



Children – keep them informed and included.



Older people – check they have what they need.



People with disabilities – understand their needs.



Neighbours – look out for and support each other.

5

GET EMERGENCY SUPPLIES

Be ready for at least 3 days (72 hours).



Keep a ready bag at home and consider a smaller one for on the go.

- ✓ Water, food and essentials
- ✓ First aid kit and medication
- ✓ Warm clothing and blankets
- ✓ Torch, radio and spare batteries
- ✓ Phone power bank and charger
- ✓ Important documents (in a waterproof bag)

YOUR ESSENTIALS



Water – 3 litres per person per day



Food – non-perishable and easy to prepare



Medication – enough for 3 days (or longer if needed)



First aid kit – basics for your household



Light and power – torch, batteries, power bank



Warmth – extra layers, blankets



Hygiene – toiletries, wet wipes, hand sanitiser



WATER & FOOD

Keep it simple. Keep it safe.

WATER

- ✓ Store at least 3 litres per person per day (for 3 days).
- ✓ Keep in clean, sealed containers.
- ✓ Rotate regularly and check dates.

FOOD

- ✓ Choose long-life, non-perishable items (e.g. tins, dried food, nuts).
- ✓ Include food for babies, older people and those with dietary needs.
- ✓ Don't forget a manual can opener!



For more detailed advice and up-to-date guidance, visit the UK Government's Prepare website: prepare.campaign.gov.uk



haveaplanb.co.uk



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