

CIVIL EMERGENCY PLAN

A calm, practical plan for families.

PRINT IT. KEEP IT HANDY. MAKE A FAMILY PLAN.**1 KNOW YOUR LOCAL RISKS**

Plan, do not panic.

**Official alerts**

Identify trusted local warning sources.

**Important documents**

Copy IDs, prescriptions and contacts.

**Family needs**

Include children, disability and pets.

**Trusted contacts**

Choose someone outside your area.

2 PREPARE TO STAY OR GO

Two possible plans.

**Go-bag**

Pack essentials you can carry.

**Home supplies**

Keep safe water and shelf-stable food.

**Medical needs**

Plan medicines and powered equipment.

**Meeting points**

Agree nearby and out-of-area locations.

3 IF AN ALERT ARRIVES

Follow verified guidance.

**Verify information**

Use government and emergency sources.

**Shelter or evacuate**

Follow the specific local instruction.

**Keep messages short**

Text when networks are congested.

**Take essentials**

Do not delay for nonessential items.

4 STAY CONNECTED

Practise together.

**Paper contact list**

Phones can run out of power.

**Backup charging**

Charge power banks ahead of time.

**Family practice**

Teach children the plan calmly.

**Review regularly**

Update plans when circumstances change.

MY FAMILY PLAN:

Local alert source: _____ Emergency contact: _____

CIVIL EMERGENCY FAMILY PLAN — SAFETY NOTES

Keep this page with your visual quick-glance guide.

1 SHELTER-IN-PLACE OR EVACUATION?

The correct action depends on the emergency. Follow local authorities. Do not assume that leaving is always safer or that staying is always safer.

2 INFORMATION HYGIENE

Check the date, source and location of alerts. Do not share unverified images, rumours or evacuation routes. Official alerts should take priority over social media.

3 ACCESSIBILITY AND FAMILY NEEDS

Plan transport, medications, communication aids, infants, pets and mobility support. Ask local services in advance about accessible shelters or evacuation assistance.

4 THIS IS CIVILIAN SAFETY GUIDANCE

This guide covers preparedness, communication and safe decision-making only. It does not provide combat or tactical advice.

MAKE IT PRACTICAL

Write your own local emergency number, contact details and relevant official alert service on page 1. Review the guide with your household.

OFFICIAL REFERENCE POINTS (check local rules):

ready.gov/plan

ifrc.org/disaster-and-crisis-preparedness

redcross.org/get-help/how-to-prepare-for-emergencies.html