CIVILIAN SURVIVAL HANDBOOK

Alert Action Card

Four alerts. First steps.
Save this to your phone. Tap a card.

Nuclear or radiation alert

GO IN. STAY IN. TUNE IN.

Missile or air attack alert

INSIDE. MIDDLE. AWAY FROM GLASS.

No water from the tap

DRINK, WASH HANDS, COOK. NOTHING ELSE.

Power cut / blackout

TORCH. REPORT. SWITCH OFF.

Anyone in danger? Call 999.

Checked against official sources, 3 November 2026.
civiliansurvivalhandbook.com

Nuclear or radiation alert

GO IN. STAY IN. TUNE IN.

1. **Go in now.** Nearest solid building: brick, stone or concrete is best. Don't travel home.
2. **Middle of the building** or a basement, away from outside walls and windows.
3. **Shut it up.** Close doors, windows and vents. Turn off fans and air conditioning.
4. **Were you outside?** Take off outer clothes and bag them: this removes about 90% of contamination. Wash with soap. No hair conditioner.
5. **Stay in.** Plan for one to two days, or until officials say. Don't collect children from school if told to stay in.
6. **Tune in.** Radio, TV, GOV.UK. Food and tap water already indoors are safe.

Note: Iodine tablets: only if officials tell you to, and only the tablets they give out.

Source: UKHSA (GOV.UK): What to do in a radiation emergency (updated 10 Sep 2024)

Missile or air attack alert

INSIDE. MIDDLE. AWAY FROM GLASS.

1. **Stop and read the alert.** Driving? Stop somewhere safe and legal first.
2. **Get inside the nearest solid building.** Don't go home or to school first.
3. **Go to the middle:** a cellar, stairwell, inner hallway or a room with no windows.
4. **Caught outside?** Lie flat, ideally in a dip or ditch, and cover your head. Get inside when you can.
5. **Text, don't call.** One short message: "Safe. I'm at ___."
6. **Stay in until officials say it's over.** Radio on, phone on for more alerts.

Note: The UK has no public air-raid leaflet. Steps 3 and 4 follow the Swedish and Finnish civil defence guides.

Source: GOV.UK: Emergency Alerts; Swedish Civil Defence and Resilience Agency (MCF): In case of crisis or war, English edition (PDF, June 2026), pages 10 to 13; Suomi.fi (Finland): Threat from the air

No water from the tap

DRINK, WASH HANDS, COOK. NOTHING ELSE.

1. **Check your water company's website.** Is it your area? Where are the bottled water stations?
2. **Use stored or bottled water only** for drinking, washing hands and preparing food.
3. **Flush with rainwater** or other non-drinking water. Never drink it.
4. **On the Priority Services Register?** Your water company should arrange supplies for you.
5. **Check on neighbours** who may need extra help.
6. **Water back but brown?** Run the cold tap nearest your stop tap until it clears.

Note: Keep 3 litres of drinking water per person per day, for 3 days.

Source: GOV.UK Be Ready: Water supply interruptions or outages

Power cut / blackout

TORCH. REPORT. SWITCH OFF.

1. **Use a torch, not candles.**
2. **Report it: call 105** (England, Scotland, Wales). Northern Ireland: **03457 643643**.
3. **Switch off** cookers, heaters and irons. Unplug the TV and computer in case of a surge.
4. **Keep fridge and freezer doors shut.** They stay cold for several hours.
5. **No BBQ or camping stove indoors.** Don't run engines in closed spaces: carbon monoxide.
6. **Check on neighbours.** A corded landline may still work if mobiles don't.

Note: Need extra help in a power cut? Join the free Priority Services Register through your energy supplier.

Source: GOV.UK Be Ready: Power cuts; NHS: Carbon monoxide poisoning (last reviewed 16 Dec 2025)

Sources

UKHSA (GOV.UK): What to do in a radiation emergency (updated 10 Sep 2024)
https://www.gov.uk/government/publications/radiation-emergencies-information-for-the-public/what-to-do-in-a-radiation-emergency
Read 2026-11-03

GOV.UK: Emergency Alerts
https://www.gov.uk/alerts
Read 2026-11-03

Swedish Civil Defence and Resilience Agency (MCF): In case of crisis or war, English edition (PDF, June 2026), pages 10 to 13
https://rib.msb.se/filer/pdf/31523.pdf
Read 2026-11-02

Suomi.fi (Finland): Threat from the air
https://www.suomi.fi/guides/preparedness/how-to-prepare-for-incidents-and-crises/threat-from-the-air
Read 2026-11-02

GOV.UK Be Ready: Water supply interruptions or outages
https://beready.campaign.gov.uk/be-informed-about-hazards/water-supply-interruptions-or-outages/
Read 2026-11-03

GOV.UK Be Ready: Power cuts
https://beready.campaign.gov.uk/be-informed-about-hazards/power-cuts/
Read 2026-11-03

NHS: Carbon monoxide poisoning (last reviewed 16 Dec 2025)
https://www.nhs.uk/conditions/carbon-monoxide-poisoning/
Read 2026-11-03

General information, not professional advice. Always follow official instructions on the day. We re-check every source before each new version.