Alert Action Card

First steps for a nuclear alert, missile alert, no water and a power cut. UK, sourced.

CIVILIAN SURVIVAL HANDBOOK
Prepared, not panicked

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)

Our meeting point _____

Water company no. _____

Someone to text _____

Anyone in danger? Call 999.

Steps checked against the official sources on 3 November 2026. General information, not professional advice. Always follow official instructions on the day.
Full guides, sources and updates: civiliansurvivalhandbook.com