ROYAL AIR FORCE

Preparing Your Household for Disruptive Events

Practical guidance to help RAF families feel informed, prepared and supported.



Foreword

Preparing for everyday disruption is a sensible part of family life. For Service Family households where routines can sometimes change quickly and family members may at times be managing independently, having a simple plan can provide reassurance and help everyone feel more confident when the unexpected occurs.

This leaflet offers practical advice to help households consider a few straightforward steps they may wish to take in the face of a wide range of disruptive events.
From changes in weather patterns that lead to flooding and severe storms, to global events that result in shortages of certain foods and materials there are many events that can affect our day-to-day lives. In an increasingly connected world, power cuts and internet outages can also limit activity. Recent events, including the Covid-19 pandemic, demonstrated how quickly normal access to everyday items and services can be disrupted.

Most disruptions are short-lived, but they can affect travel, communications, education, power supplies, healthcare, childcare, access to cash, and the availability of everyday essentials. A small amount of preparation can reduce stress and help families and personnel manage and respond with confidence if normal routines are interrupted.

Being prepared does not mean expecting the worst. It simply means knowing where to find trusted information, having a simple household plan, and thinking ahead about the people, items and arrangements that matter most to your household.

Why are we sharing this now?

As part of our ongoing commitment to supporting RAF personnel and families, we are encouraging households to consider some simple preparedness measures. Most disruptions are minor and temporary, but a small amount of planning can help families feel more informed, resilient, and confident if everyday routines are unexpectedly affected.

Simple steps you can take

Make a Family Plan: Discuss evacuation routes, agree an outside meeting point, practice how to contact emergency services (like calling 999). Talk through what to do if you must spend time in a place other than your home.
Prepare Emergency Kits: Stock a home supply of essentials (water, food, first-aid kit and guide, spare glasses / contact lenses, medication, cash, toilet paper, wind up/

battery operated radio, pet food, baby food, nappies, a torch, and phone charging options) and keep a small bag containing essential items and important documents.
Travel Preparedness: Keep vehicles maintained and consider keeping fuel levels topped up during periods of severe weather or potential disruption.
Write Down Contacts: Keep a list of important phone numbers in case of power or internet outages and ensure schools/childcare providers have your current details.
Keep Key Information Accessible: Including NHS numbers, family emergency contact details, passport details, utility account information, insurance details, military welfare contacts and military accommodation contacts.
Assess Specific Needs: Plan additional support for children, elderly or disabled relatives, neighbours, and pets.
Practice Scenarios: Use discussion and role-play to help children and young people understand, practice and feel confident in responding appropriately to emergency situations or if someone is stranded away from home.

Staying informed

Use trusted information sources. Government Emergency Alerts may be sent directly to your mobile phone in serious incidents. If you receive one, read it carefully and follow the instructions provided.

You may also wish to sign up for local flood warnings, Met Office weather alerts and other relevant updates for your area. Where possible, rely on official channels and trusted public services rather than rumours or unverified social media posts.

Supporting children and those who may need additional support

Children often take their cues from the adults around them. Calm, age-appropriate conversations can help them feel reassured. The aim is not to alarm children, but to help them understand simple safety steps and know who to turn to if they are worried.

If something happens

If someone in your household has a disability, caring need, or relies on equipment or medication, it is worth thinking ahead about what support they might need during a disruption. It may also be helpful to join a Priority Services Register with utility providers if additional support may be required during outages.

If the emergency is inside the home: get out, stay out and call 999 if emergency help is needed. If the emergency is outside the home, you may need to go in, stay in and tune in to official advice until it is safe to continue as normal. Advice might be to 'go-in and stay-in' or be prepared to evacuate – for example in the event of a gas leak.

For non-emergency NHS advice, call 111. Adults in the household may also find it helpful to refresh their knowledge of basic first aid and CPR using trusted sources such as the NHS, St John Ambulance or the British Red Cross.

Use trusted information online



During disruptive events, inaccurate information can spread quickly. Before sharing something online, pause, check the source, look at the date and context, and be cautious of posts designed to provoke fear or confusion.

Useful numbers and trusted sources



- **Emergency services:** 999
- **Police non-emergency:** 101
- **NHS non-emergency:** 111
- **Power cut reporting:** 105 (England, Scotland and Wales)
- **Useful websites:** GOV.UK Prepare, Met Office, Environment Agency, NHS, St John Ambulance, British Red Cross, Get Safe Online and RAF Families Federation
- **UK Joint Casualty and Compassionate Centre (JCCC)**, call the 24/7 emergency line at 01452 519951 (or +44 1452 519951 from outside the UK)

A final note



Preparedness is about practical confidence, not alarm. A few sensible steps taken in advance can help reduce stress and make it easier for families and personnel to adapt if normal routines are disrupted. The purpose of this guide is simply to help RAF households feel informed, supported and better prepared when disruption to everyday life occurs.

Have a plan • Know who to contact • Store essentials at home • Find trusted information

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