

Family emergency plan

One page for the crisis, one page for the paperwork

This plan is designed to be findable in a crisis. Print it. Put a copy on the fridge, a copy in the car, and a copy with a trusted neighbour. Update it once a year, or when anything on it changes.

For every household, especially those with children, elderly relatives, or pets. Print or share. Update annually.

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SECTION 01

Emergency contacts

Not the ones in your phone. The ones a stranger could use if you were unconscious.

Role	Name	Phone	Relationship
Next of kin			
Second contact			
GP surgery			
NHS 111 alternative			
Trusted neighbour			
School / childcare (if applicable)			
Employer			
Vet (if pets)			
Solicitor			
Insurance broker			

SECTION 02

Household members

One row per person.

Name	Date of birth	NHS number	Blood type (if known)	Allergies	Regular medication

SECTION 03

Medical information

Where the household first-aid kit is kept

Any long-term medical conditions in the household

Pets — vet contact, medication schedules

SECTION 04

In case of house fire

- ☐ Everyone knows both routes out of the house.
- ☐ Everyone knows the meeting point outside (specify): _____
- ☐ Smoke alarms tested this month.
- ☐ Fire extinguisher location known.
- ☐ Nearest fire station identified.

SECTION 05

In case of medical emergency

Preferred hospital (if you have a choice, and NHS trust catchment)

Anything paramedics should know about the property (steep stairs, difficult access)

Anything paramedics should know about the household

SECTION 06

In case of power outage

- ☐ Torches location known.
- ☐ Fuse box location known.
- ☐ Backup phone charger available.
- ☐ If anyone in the household relies on powered medical equipment, the _____
plan for outages is (specify):

SECTION 07

In case of lockdown

Spare key location (trusted neighbour, family, key safe)

Locksmith (name and phone)

SECTION 08

In case of prolonged absence

For if you had to leave the home for a period — evacuation, extended stay elsewhere.

Who has permission to enter the property

Utilities to turn off (water, gas, heating)

Insurance implications of leaving the property empty

SECTION 09

Key policy numbers to hand

Not the full detail — the number, so someone can call.

Home insurance policy number and insurer phone

Vehicle insurance policy number and insurer phone

Health insurance if any

In any actual emergency — fire, medical, or violent — call 999. This document is for practical, non-urgent information.



One organised place for your household. Every account, document and decision, ready when your family needs it.

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