



Pandemic or outbreak

What to do before, during and after a spell of widespread illness that may keep you at home. Print it and keep it with your kit.

Before (preparation)

- Keep a **few days' supplies** of food, water and everyday essentials so you can stay home without a panic shop.
- Keep your **repeat prescriptions in hand** and a small stock of any regular medicines, plus pain relief and a thermometer.
- Have **hand soap, hand sanitiser and tissues** in, and agree simple hand-hygiene habits with the household.
- Note down **key contacts**: your GP, NHS 111, family, and a neighbour who could drop off shopping if you need to isolate.
- Follow **NHS** and gov.uk advice on the specific illness rather than rumours on social media.

During the outbreak

1. **Wash your hands well and often** with soap and water, and use sanitiser when you cannot. Avoid touching your face.
2. **Self-isolate if you are asked to** or if you have symptoms, following current NHS guidance on how long and what to do.
3. **Keep a routine.** Regular sleep, meals, light exercise and some daylight help you cope when days at home blur together.
4. **Look after your mental health** and stay in touch with people by phone or video. Reach out if you are struggling.
5. **Keep up repeat prescriptions.** Order in good time and arrange delivery or collection so you do not run out.
6. **Use NHS 111** for health advice, and call **999** only for a genuine emergency where there is danger to life.

If it lasts

- Top up **food, water and medicines** calmly and gradually rather than stockpiling.
- Check on **vulnerable neighbours** by phone, and offer to leave shopping on the doorstep for anyone isolating.
- Keep following **NHS and gov.uk updates** as guidance on isolation, testing and treatment can change.

After

- Restock** the supplies and medicines you used so you are ready for any future wave.
- Take time to **recover and rest** — both physically and mentally — and check in with family and neighbours.
- Note what helped** and what was missing, and update your supplies and contact list accordingly.

Safety: this sheet is general preparedness guidance, not medical advice. For symptoms or treatment, follow current NHS guidance, use NHS 111, and call **999** in a genuine emergency.

Get your household ready

The planner sizes your kit by people and days.

emergencykitlab.co.uk/planner