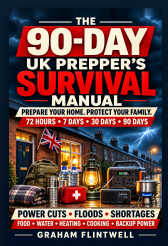
STORM WARNING?

START THE 48-HOUR COUNTDOWN

Keep this inside a cupboard door. When a Met Office warning covers your area, start at the row that matches the time left and tick as you go. Short on time? Do the top of each row first.



YELLOW
Some disruption is likely, or worse weather is possible but less certain. Read the details and take steps to limit the impact on your home.

AMBER
Disruption is more likely, with possible power cuts, closed roads and some risk to life. Change plans the weather could affect and protect your household and property.

RED
Very dangerous weather is expected. Act now to keep yourself and others safe.

The colour reflects how likely the weather is and how bad its impact could be, so always read the details for your area. Paraphrased from the Met Office warnings guide.

48 HOURS TO GO

AS SOON AS A WARNING COVERS YOUR AREA

- [ ] Read the warning: its colour, the weather, the times, and which box of the impact matrix is ticked (under Further Details).
- [ ] Check your 72-hour supplies: 3 litres of drinking water per person per day, and three days of food that needs no cooking.
- [ ] Make sure everyone has enough of their medicines for the next few days.
- [ ] Check Emergency Alerts are switched on and that you are signed up for flood warnings.
- [ ] Check torches, spare batteries, the radio and the first aid kit. Test the CO and smoke alarms.
- [ ] Keep a little cash in coins and notes, in case card machines are down.

24 HOURS TO GO

CHARGE, FREEZE AND TIE DOWN

- [ ] Charge everything: power station, power banks, phones, torches and rechargeable batteries.
- [ ] Bring in or tie down garden furniture, bins and anything loose. Bring the solar panel in if a gale is forecast.
- [ ] Agree check-in times with neighbours and a relative outside the area, and swap phone numbers.
- [ ] Fill gaps in the freezer with bottles of water. A full freezer stays frozen for up to about 48 hours, a half-full one about 24.
- [ ] Check the stove, the gas cartridges and your outdoor cooking spot. Get the recipe cards out.
- [ ] If anyone relies on powered medical equipment, check the plan agreed with the supplier or GP.

12 HOURS TO GO

SET UP THE HOUSE

- [ ] Set up the warm room: curtains, draught stoppers, bedding, warm layers and the power station.
- [ ] If a flood alert covers your area, lift the power station, fuel, gas cartridges and food store off the floor.
- [ ] Fill water containers if your supply could be affected.
- [ ] Put a torch by every bed and one where everyone can find it in the dark.
- [ ] Plan the first two days of meals: fridge food first, then the no-cook cards.
- [ ] Know where the consumer unit, stop valve and gas shut-off are, and keep a torch beside them.

6 HOURS TO GO

FILL, SETTLE AND LISTEN

- [ ] Boil the kettle and fill every flask and hot-water bottle.
- [ ] Keep phones on charge until the last minute.
- [ ] Check on anyone nearby who is older, unwell or alone.
- [ ] Bring pets in, and close the curtains to hold the warmth.
- [ ] Tune the radio to local news and keep it within reach.
- [ ] Write the time and the fridge reading in your log.

A free bonus for readers of the book by Graham Flintwell. Chapters 3 to 6 cover the 72-hour kit and the first hours of a power cut; Chapter 16 covers floods.

STORM WARNING? PART TWO

WHEN IT ARRIVES, AND AFTER IT PASSES

Read this side now, so you know it before the lights go out.

WHILE THE STORM BLOWS

- Stay indoors where you can. Do not go out to look at the damage.
- Never use a camping stove, barbecue, patio heater or generator indoors, or in a garage, shed, porch or tent. An open door does not make it safe.
- Keep the fridge and freezer shut.
- Never walk, cycle or drive through flood water: 15 cm of fast-flowing water can knock you over, and 30 cm can float a car.
- Never touch a switch, socket or appliance while standing in water.

POWER CUT: THE FIRST TEN MINUTES

1. Look outside. If only your home is dark, check the consumer unit and reset a dropped trip switch once. If it drops again, call a qualified electrician.
2. Pick up your torch. Torches first, candles last.
3. Report the cut: 105 in England, Scotland and Wales; NIE Networks on 03457 643 643 in Northern Ireland.
4. Switch off or unplug cookers, heaters and anything that could start up unattended. Leave one lamp on so you notice when the power returns.
5. Shut the fridge and freezer and note the time.
6. If you see a fallen power line, stay well away and call 999.

AFTER IT PASSES

- [ ] When the power returns, even briefly, charge everything at once.
- [ ] Check the fridge thermometer. At 8°C or more, eat chilled food within four hours or throw it away. When in doubt, throw it out.
- [ ] Check on your neighbours, especially anyone older, unwell or alone.
- [ ] A power station or battery that has been in flood water is damaged: do not charge it or switch it on.
- [ ] After a long cut, look up the compensation rules at ofgem.gov.uk.
- [ ] Restock what you used and write down what ran short.

MY NUMBERS

Neighbour _____

Neighbour _____

Relative outside the area _____

Water company _____

GP or pharmacy _____

NUMBERS TO KEEP

Power cut or damaged lines **105 (free)** **NI: NIE Networks 03457 643 643**	Smell gas or suspect CO from gas **0800 111 999** **NI: 0800 002 001**	Floodline (England, Wales, Scotland) **0345 988 1188**
Report flooding in Northern Ireland **0300 2000 100**	Danger to life **999**	Weather warnings **The Met Office website or app**

Numbers and safety advice are from the book by Graham Flintwell, checked November 2026. Services change, so check the official websites now and then. This card is general guidance: always follow instructions from the emergency services and your local council.