OFFLINE RESILIENCE GUIDE // UK EDITION

Medical Continuity During Disruption

Plan medicines, powered equipment, refrigeration, carers and accessible evacuation before a power, transport or communications outage interrupts normal routines.

OFFLINE REFERENCE | UPDATED 30 SEP 2026 | UK FOCUS

> PDF edition generated 13 October 2026 from the GPN website release v12.21.16. The individual guide editorial review dates appear below. This is a saved reference, not a live safety warning or a fresh independent source verification. When online, check current official advice.

LAYER 1 // ACT

FIELD CARD

Immediate actions first. Then read the conditions and limits below.

FIRST ACTIONS

- Keep an up-to-date medicine list with drug name, strength, usual timing, prescriber/pharmacy and allergies — on paper or in a private local record you control.
- Order repeat medicines in normal time; do not deliberately stockpile beyond clinical/pharmacy advice.
- Ask the clinical team and equipment supplier what to do during a power cut if equipment or refrigerated medicine is essential.
- Register for appropriate priority utility support if eligible; support helps but does not guarantee uninterrupted power.

DO NOT

- Do not change prescription doses or stop essential medicines because of this guide.
- Do not guess whether a temperature-sensitive medicine is still usable after a storage excursion; ask a pharmacist/clinical team/manufacturer.
- Do not upload or publish a sensitive household medical profile to a shared community server.

IF THIS HAPPENS

- If you run out of regular medicine, use the current nation-appropriate NHS/urgent pharmacy route; England has an NHS 111 online emergency-prescription service.
- If loss of power creates immediate danger from a medical device or condition, call 999/112 or the emergency route specified by the clinical team.

WHAT YOU NEED

- Medicine list and allergies
- Pharmacy / GP / specialist / equipment contacts
- Device model, battery runtime and backup instructions
- Accessible transport/evacuation plan
- Private backup copies of key documents

> **BOUNDARY**
> This is a practical reference aid. Current official instructions, emergency services, competent professionals and product documentation take priority where they conflict.

Build a continuity sheet, not a medical database

A one-page private list can make disruption much easier: medicines and strengths, allergies, diagnoses only where necessary for emergency care, pharmacy/GP/specialist contacts, device suppliers, and what cannot safely be interrupted. Keep it in a place the person and carers can reach. A printed copy is resilient and avoids turning a household server into a repository of sensitive health data.

Repeat prescriptions and emergency supply

Order routine repeat prescriptions with normal lead time. If a medicine has run out unexpectedly, current NHS routes can help: in England, NHS 111 online can direct an emergency prescription request, and community pharmacies may be able to make an emergency supply in some circumstances. Scotland, Wales and Northern Ireland use their own NHS/health-service routes. The pharmacist or prescriber decides what can legally and safely be supplied.

In Northern Ireland, urgent but not immediately life-threatening care may be directed through the local HSC Trust’s Phone First service where available, or GP out-of-hours. Phone First is not available in every Trust. The official nidirect urgent-and-emergency-care page explains local options. Call 999 immediately for a life-threatening emergency; do not try an England-only NHS 111 online route for a Northern Ireland address.

Refrigeration-dependent medicines

Different medicines tolerate different temperatures and time outside refrigeration. Keep the original packaging and patient information leaflet, note the manufacturer, and ask the pharmacist or clinical team for a specific power-cut plan. Do not freeze medicines. Do not use a generic internet temperature rule for every drug. If a fridge outage occurs, record how long the power was off and the approximate conditions, then get professional advice before discarding or using uncertain stock.

Powered medical equipment

UK Prepare advises people who rely on powered medical equipment to make a plan with their care provider/clinical team and understand what the equipment does during a power disruption. Record normal power draw, internal battery runtime, approved external backup options, charging time and the 24/7 device-support number. Test backup power only in the way the manufacturer/clinical provider permits.

Priority utility support

Ofgem’s Priority Services Register in Great Britain can provide additional support such as priority assistance in emergencies and, where possible, advance notice of planned cuts. Network operators may offer different practical support. Northern Ireland has its own customer-care arrangements. Registration is useful but it is not a guarantee of continuous supply, so critical medical plans still need a clinical fallback.

Carers and handover

Make sure more than one person knows the essential routine, where supplies are stored, what symptoms mean “call for help”, and how to operate approved backup equipment. If a professional carer normally visits, ask the provider how missed visits or transport disruption are handled. Keep a paper contact tree so one failed phone does not become a single point of failure.

Mobility and accessible evacuation

Plan how a person gets out of the building if lifts, powered doors, stairlifts or mobility-equipment chargers fail. Identify what can be carried, what needs assistance and where mobility aids/spares are kept. Do not attempt unsafe manual handling. If evacuation is ordered, tell responders about mobility, communication, sensory or medical-equipment needs early.

Privacy boundary

Medical continuity data is sensitive. Keep detailed records local to the person who needs them, protected on personal devices or on paper. GPN does not require an account for this guide and should not send a household medical profile to a server. A community information server should contain general emergency information, not other people’s diagnoses or medication lists.

Verify / learn

These references are resolved from GPN’s central source registry so authority, coverage and source changes can be managed in one place. If a current official source conflicts with this guide, follow the current official source.

> **PRIMARY / AUTHORITATIVE SOURCE**
>
> **NHS: emergency prescriptions**
>
> Availability, medicine eligibility and supply route depend on clinical/legal circumstances and location.
>
> https://www.nhs.uk/nhs-services/prescriptions/emergency-prescriptions/

PRIMARY / AUTHORITATIVE SOURCE

Ofgem Priority Services Register

Support varies by supplier/network operator and does not guarantee uninterrupted supply.

https://www.ofgem.gov.uk/your-energy-supply/how-manage-your-energy-supply/join-your-suppliers-priority-services-register

PRIMARY / AUTHORITATIVE SOURCE

UK Government Prepare

Preparedness guidance, not a live incident feed.

https://prepare.campaign.gov.uk/get-prepared-for-emergencies/

TECHNICAL / REFERENCE SOURCE

NHS 111 England

Use 999 for a life-threatening emergency.

https://111.nhs.uk/

TECHNICAL / REFERENCE SOURCE

NHS 24 / 111 Scotland

Use 999 for a life-threatening emergency.

https://www.nhsinform.scot/campaigns/right-care-right-place

TECHNICAL / REFERENCE SOURCE

NHS 111 Wales

Use 999 for a life-threatening emergency.

https://111.wales.nhs.uk/

TECHNICAL / REFERENCE SOURCE

Northern Ireland GP out-of-hours

Use 999 for a life-threatening emergency.

https://www.nidirect.gov.uk/articles/gp-out-hours-service

PRIMARY / AUTHORITATIVE SOURCE

nidirect: urgent and emergency care services

Northern Ireland emergency, regional Phone First and GP routes; 999 for life-threatening emergencies.

https://www.nidirect.gov.uk/articles/urgent-and-emergency-care-services

Editorial review date: 13 October 2026. Next scheduled review: 10 February 2027. If an official source conflicts with this guide, follow the current official source.

INFORMATION CHECK✓ CURRENT REVIEW

REVIEWED	NEXT REVIEW DUE	REGISTERED REFERENCES
13 Oct 2026	10 Feb 2027	8 sources

Source availability is not hazard status. Offline reference material must never be interpreted as a live all-clear.

GET PREPPED NOW // ORIGINAL GUIDE

Source page: https://getpreppednow.co.uk/guides/medical-continuity-disruption.html
Editorial update: 13 October 2026 · © 2026 Get Prepped Now
Personal household printing and offline saving are permitted. Keep this attribution and the guide's source/ review information with the copy. Copyright & permitted use