



Civil unrest and lockdowns

Protests, unrest or official curfews can close roads, shops and airports and cut phone or internet services at short notice. This page helps your family stay away from trouble, follow official instructions and stay supplied and in touch while staying home.

CHECKLIST

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| ☐ Several days of food and water | ☐ Battery or wind-up FM radio |
| ☐ Prescription medicines and first aid supplies | ☐ Paper list of key phone numbers |
| ☐ Torch and spare batteries | ☐ Charged phone and power bank |
| ☐ Valid passports and visas | ☐ Travel insurance details and policy number |

BEFORE

- Keep several days of food, water, medicines, a torch and batteries at home.
- Keep passports and visas valid and stored where you can grab them.
- Keep your car fuel tank full and a grab bag ready.
- Make a family plan that does not depend on government help.
- Sign up for official travel or emergency alerts for where you live or travel.
- Keep paper copies of key numbers and download offline maps.

DURING

- Stay away from crowds, protests and large gatherings.
- If trouble starts nearby, leave quickly and do not stop to watch or film.
- Follow local authority instructions, including curfews or orders to move.
- Follow local media and official updates for planned protests and closures.
- Tell family and friends that you are safe or need help.
- Save phone battery and try messaging or Wi-Fi calling if calls fail.
- Check on vulnerable neighbours who live alone.
- Share only news from official or reliable sources.

AFTER

- Keep checking official advice before travelling, as conditions can change fast.
- Contact your airline, tour operator and insurer about disrupted plans.
- Talk through what happened with people you trust and ease back into routines.
- Seek professional help if distress lasts more than two to four weeks.

IN THE UAE

In the UAE, read each National Early Warning System phone alert and follow its instructions; NCEMA calls this the key step to protect lives.

MY NOTES

Sources: GOV.UK (FCDO), How to deal with a crisis overseas (<https://www.gov.uk/guidance/how-to-deal-with-a-crisis-overseas>); UK Government (Prepare), Phone and broadband outages (<https://prepare.campaign.gov.uk/be-informed-about-hazards/phone-broadband-outages/>); GOV.UK (FCDO), DR Congo travel advice: safety and security (<https://www.gov.uk/foreign-travel-advice/democratic-republic-of-the-congo/safety-and-security>); Swedish Civil Defence and Resilience Agency (MCF), Psychological defence (<https://www.mcf.se/en/advice-for-individuals/swedish-defence/psychological-defence/>); UK Government (Prepare), Overseas emergencies (<https://prepare.campaign.gov.uk/be-informed-about-hazards/overseas-emergencies/>); UK Government (Prepare), Coping with trauma (<https://prepare.campaign.gov.uk/coping-with-trauma/>); NCEMA (UAE), The National Early Warning System (<https://www.ncema.gov.ae/en/e-participation/blog/the-national-early-warning-system.aspx>)
General guidance in our own words. Always follow your local authorities.