

# Personal Safety Guide

## Emergency Response Guidelines

1. Stay Calm and Assess the Situation
  - Check for immediate dangers
  - Ensure personal safety
  - Call emergency services if needed
2. Medical Emergencies
  - Call emergency services immediately
  - Provide clear location information
  - Follow dispatcher instructions
  - Keep victim calm and comfortable
3. Natural Disasters
  - Follow local emergency broadcasts
  - Have emergency kit ready
  - Know evacuation routes
  - Stay in contact with family
4. Personal Safety Tips
  - Stay aware of surroundings
  - Keep emergency contacts updated
  - Share location with trusted contacts
  - Know local safe zones