



In Case of Crisis



Taiwan's National Public Safety Guide



prepare.mnd.gov.tw

This is the Taiwan we love.

Without the endeavors of generations of Taiwanese, we would not have the freedom and democracy we enjoy today, nor could we be in charge of our own country.

But our challenges never cease—from natural disasters and epidemics to extreme weather and the threat of aggression from China.

In such an era of challenges, our safety hinges on our will to defend ourselves and our readiness to handle a crisis before it occurs.

The more prepared we are, the safer we'll be.

This guide is designed to equip everyone in Taiwan with vital safety information so that we can protect one another and safe-guard our home together.

Ching-te Lai

President of Taiwan (R.O.C.)



In the event of a crisis, have you considered following questions?



How many people are in your family?



Are there seniors, children, or pets that may require special attention?

If communications are

interrupted, does your family have an agreed-upon meeting point?



If the power goes out, is your home stocked with enough food, water, and necessities?

Do you have power banks? Are they kept charged?

In residences where a pressure pump is used to transport water to a rooftop tank, the water supply may be interrupted shortly after a power outage.

How long could your family's food supply last?

Refrigerators will stop working during a power outage, so the food inside will not be able to be stored for long.



How many days of medication do you have for any chronic conditions?

In the event of an aggression, are you aware that adversaries will flood the internet with disinformation

to damage public morale and destabilize society?

Do you have a portable radio?



Do you know which stations to tune in to during an emergency?

Do you know that ATMs may not work if there's a power or internet outage?

Do you always have some cash on hand?

During a power outage, will you be stuck in your current location?

Electric roller shutters, electronic locks, intercom-controlled locks, and elevators may stop working during a power outage.



Do you know your neighbors? Can you help each other if needed?

If the internet or cell service goes out, does your home have a landline you could use?

In an emergency, can you and those around you work together to help one another?

Do you know where the nearest emergency shelter is from your home?



01

Advance Preparation

Prepare for a crisis before it occurs so that you can get through it calmly.

Follow this guide, and one step at a time, we'll learn to build a safer future for everyone:

- Household Supplies
- Preparing a Go Bag
- If You Hear an Air Raid Siren
- If You Hear a Tsunami Siren
- If You Receive an Emergency Alert
- Cybersecurity Tips
- How to Improve Disaster Preparedness

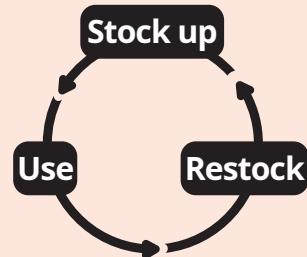


＼ Be prepared. Be safer. ／

Household Supplies

One week's supply minimum recommended

Keep a rolling stockpile, replenishing the supplies you regularly use. It's a simple and stress-free way to stay prepared.



The following sample inventory can be customized to fit your specific needs and circumstances.

Food

Each person should have at least 3 liters of drinking water per day, along with food items such as instant noodles, dry noodles, rice, canned food, ready meals, biscuits, chocolate, nuts, and seasonings like oil, salt, sugar, etc.

Household Items

Plastic bags, plastic wraps, toilet paper, cut- and abrasion-resistant gloves, cloth tape, food-safe plastic bags, etc.

Hygiene Items

First aid kit, masks, alcohol spray, sanitizing wipes, over-the-counter and prescription medications, disposable contact lenses, feminine hygiene products, etc.

Baby Supplies

Formula, bottles, pacifiers, diapers, wet wipes, etc.

Senior Supplies

Hearing aid batteries, denture cleaner.

Pet Supplies

Pet food, water, collar and leash, pet waste disposal items, food and water bowls, pet-related contact information.

Disaster Prevention Items

Portable gas stove, gas canisters, flashlight, LED lantern, headlamp, dry cell batteries, portable radio, water purifiers.

Preparing a Go Bag

During a crisis, it's not possible to take all your household supplies with you. Prepare a go bag beforehand with essential items based on your personal needs.

Preparations

Food and Water

- 2x600 ml drinking water
- Ready-to-eat foods

Health Care

- Topical medication items
- Pain relief patch or ointment
- Personal medical items ([thermometer](#), etc.)
- Female sanitary items
- Masks, hand sanitizer, wet wipes, and tissues

Warm Cloths

- Protective gloves
- Raincoats
- Light blankets, jackets, accessory cloths
- Compact sleeping bags

Valuables

- ID, health insurance card and financial documents
- Necessary legal documents
- Cash and coins

Others

- Whistles, paper, pens, paper/digital maps
- Portable radio, flashlight, and batteries
- Lighter and Swiss army knife
- Charge accessories
- Heatstroke prevention items

Shoes

- Walking shoes ([lightweight and durable](#))

Babys

Food and Water

- Baby foods and feed items

Health care

- Diapers, pull-ups, and baby carrier

Others

- Pacifiers and small toys

Elders

Food and Water

- Nutritional & ready-to-eat food

Health care

- Disposable underwear and diapers

Others

- Cane, dentures, hearing aids, reading glasses, etc

Pets

Food and Water

- Pet food

Health Care

- Medication

Warm Cloths

- Blankets
- Pet apparel

Others

- Pet carrier, pet leash

If your building is severely damaged and requires immediate evacuation, a go bag will come in handy. Grab it and head to shelter so you can avoid lingering near a hazard.

- **Recommended bag type:** A lightweight backpack with easy access pockets.
- **How often to repack:** Mark your go bag with the date it was last packed. Check the contents every six months to ensure nothing is damaged, missing, or expired.
- **Suggested location:** Keep your go bag near your front door or in the entryway for easy access.
- **Weight limit:** Keep the contents as simple as possible and consider how much weight you can carry. A general recommendation is 15 kg for men and 10 kg for women.

If You Hear an Air Raid Siren



15

5

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5

The siren goes in a pattern of 1 long sound and 2 short sounds. The long sound lasts 15 seconds and the short sound lasts 5 seconds. This cycle will repeat three times, with a 5-second interval between each cycle, for a total of 115 seconds.

In Safe Times

Download the Police Service App and the Readiness TW e-APP to check the location of the nearest air raid shelter to your home.

In an Air Raid

Follow Air Defense Shelter signs or instructions from police and civil defense personnel, and proceed to the nearest and most accessible shelter as quickly as possible.



90

A continuous 90-second sound indicates the all-clear.



Police Service App

This app can be used to find air raid shelters.



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If You Hear a Tsunami Siren



5 5 5

voice broadcast

voice broadcast

The siren goes in a pattern of a 5-second sound, a 5-second pause, and then another 5-second sound, followed immediately by a voice broadcast saying in Mandarin, “Hǎixiào jǐngbào, hǎixiào jǐngbào, qǐng suōyōu míngzhòng xùnsù wǎng gāo chù shūsàn” (Translation: “Tsunami warning! Tsunami warning! All people, please evacuate to higher ground immediately”), repeated twice. (The siren may also sound with no voice broadcast.)

In Safe Times

Download the Readiness TW e-APP and review the tsunami warning evacuation guidelines.

In a Tsunami

Evacuate by moving inland to higher ground away from the coast until you reach a recommended height of a building’s third story or above.



90

A continuous 90-second sound indicates the tsunami warning has been lifted.



[Earthquake Alert]

Felt earthquake alert. Keep calm and seek cover nearby. CWA
<https://gov.tw/KNs>



[Tsunami Warning]

A tsunami warning has been issued. Quickly evacuate to shelter or higher ground. CWA

If you receive an alert message on your phone

The government may issue alert messages in situations such as a severe thunderstorm, landslide, overflow/ breach of a barrier lake, or reservoir discharge. If you receive a message, stay calm and follow its instructions to keep yourself safe.

Readiness TW e-APP



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Emergency shelters can be found in the app's offline maps.

Cybersecurity Tips

Follow these do's and don'ts to practice good cybersecurity habits and avoid becoming a target for hackers.

Don't

- 1** Browse suspicious websites or click on unknown links.
- 2** Scan randomly found QR codes.
- 3** Download suspicious files, apps, or software from unknown sources.
- 4** Connect to suspicious Wi-Fi networks/hotspots.

Do

- 1** Regularly update and use strong passwords.
- 2** Back up data and update software.
- 3** Turn off unused Wi-Fi, Bluetooth.
- 4** Enable encryption when connecting to Wi-Fi.
- 5** Delete classified and sensitive data when it's no longer needed.
- 6** Be wary of online messages, and verify them carefully.

Always be aware of the cybersecurity risks that may be posed by the apps, software, and hardware you use.

Some Chinese-made apps, such as DeepSeek, WeChat, TikTok, RedNote, etc may pose personal data collection risks. Additionally, some Chinese-brand devices with camera functions, such as surveillance cameras and image sensors, could also lead to privacy leaks.

These devices could even be used by the enemy in a crisis.

How to Improve Disaster Preparedness

Protect Yourself and Your Family

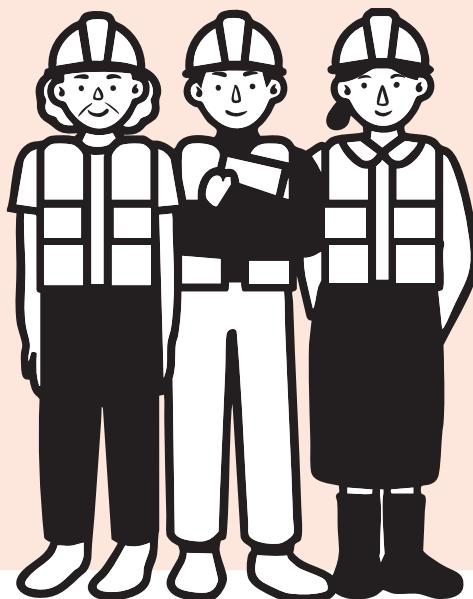
Enroll in Disaster Prevention Specialist training to become a certified specialist, and you can help protect your family during a crisis and enhance overall safety.

Training Content

- Disaster awareness.
- Personal, home, and community disaster prevention measures.
- Basic first-aid training and more.

2-day course + exam

=  **Disaster Prevention Specialist certificate+ID card**



Enroll now

Learn more about the ►
Disaster Prevention
Specialist training
course



02 In Case of Crisis

If a crisis strikes, there's no need to panic. In addition to making advance preparations, follow the guidelines in this chapter so that everyone can be safer!

Let's learn more about the following so we calmly face any challenge:

- How to Help Yourself and One Another
- Threats We Might Face
- Crisis Response—Natural Disasters
- Crisis Response—Military Aggression
- Getting Accurate Information
- How to Access Information
- If Daily Necessities Run Short
- If Your Home Is Damaged or Uninhabitable
- If You're Feeling Anxious
- How to Talk to Children about Crises and Military Aggression



＼ Be prepared. Be safer. ／

How to Help Yourself and One Another



Taiwan has a robust and resilient healthcare system. Normally, when we dial 119, firefighters and medical personnel will come to provide emergency services. However, in a crisis, they may be overwhelmed with tasks. This is why it's important to learn basic skills to protect ourselves and our families during critical moments.



Burns and Scalds



Rinse: Rinse the wound with a large amount of cool, clean running water.

Remove: Carefully remove clothing from the wounded area.

Soak: Continue to soak the wound in cool water.



Cover: Cover the wound with a clean towel or gauze.

Move: Seek medical assistance.

Toxic Chemical Disasters

Evade: Cover your mouth and nose with a handkerchief or piece of damp cloth, and move upwind away from the area.

Remove: Remove outer clothing and any other coverings upon reaching a safe area.

Rinse: Use a piece of dry cloth to wipe away any visible contaminants. If fresh water is available, wash your whole body thoroughly.

Cover: Cover yourself with clean garments and stay warm.

Evacuate: Seek immediate medical assistance or get to a hospital.



Nuclear Accidents

Stop: Immediately go indoors and close all doors and windows.

Look: Turn on a TV or radio to receive government broadcasts.

Listen: The government will issue public instructions, such as for evacuation or taking iodine tablets.

(Iodine tablets are a medication and should only be taken as directed.)

Unconsciousness

Check for responsiveness and breathing

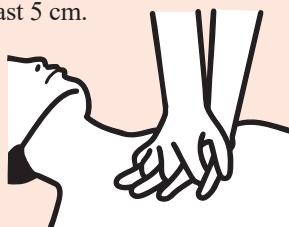


Seek or call for help and dial 119



Perform CPR

Place the heel of your hand on the center of the chest, between the nipples. Lock the fingers of both your hands, keep your arms straight, and push down vertically using the heel of your palm. Perform 100-120 compressions per minute, to a depth of at least 5 cm.



Use an AED for defibrillation



Turn on the power and follow the voice instructions of the AED to provide first aid.

Self-help and mutual aid video clips



For related videos, visit this safety guide's website.

Hemorrhage

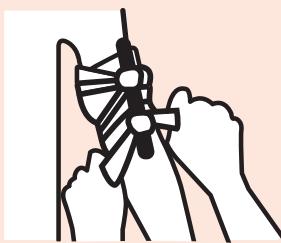
Dial 119 immediately



Apply pressure to the wound to stop the bleeding or use a tourniquet



- **If a tourniquet is available**
Apply the tourniquet 5-8 cm above the bleeding point and record the time of application.
- **If a tourniquet is unavailable**
Apply pressure to the bleeding area with a piece of clothing or a towel. You can also use a scarf and a long stick to create a makeshift tourniquet.



Wait for paramedics to arrive

Moving People with Injuries

Remove victims from danger

Only move injured people when necessary. Handle them with care, and be sure to stabilize wounds to prevent secondary injury.

- **Provide help walking**

If the injured person has no fractures, no severe injuries, and no heart condition.

- **Carry on back**

When moving over longer distances, but not downstairs or downhill.

- **Move on stretcher**

When on level ground, move with the injured person's feet in front; when moving uphill, upstairs, into a vehicle, or into a room, the head should be kept in front.

- **Carry on chair**

when on level ground or going upstairs, the chair should be supported with people at the front and back; when moving downstairs, the chair should be supported on both sides.



Get them to medical help as soon as possible.

Ministry of Health and Welfare website



Self-help and mutual aid video clips

Readiness TW e-APP

Emergency shelter locations can be found in the app's offline maps.



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Threats We Might Face

Natural Disasters

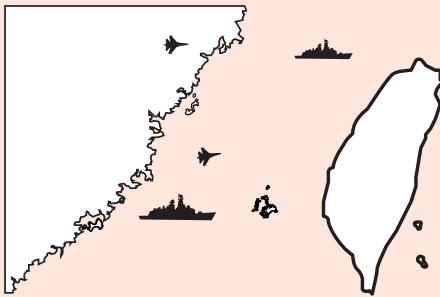
Taiwan experiences earthquakes, typhoons, heavy rains, droughts, mudslides, and overflows/ breaches of barrier lakes, all of which severely endanger life and property. Overall, we must also become better able to respond to all risks, including outbreaks of infectious diseases and extreme weather.

Military Aggression

Authoritarian states worldwide are becoming increasingly ambitious and threatening the international order with military aggression, challenging the peace and stability of the entire Indo-Pacific region.

Some forms of military threat we could see are:

- Sabotage of critical infrastructure and undersea cables, along with large-scale digital paralysis.
- Non-friendly naval vessels patrolling around Taiwan and demanding to board and inspect Taiwan's vessels.
- Non-friendly actors conducting live-fire drills near Taiwan or unilaterally declaring a no-fly zone under the guise of military exercises.
- Non-friendly unmanned aerial vehicles (UAVs) operating in Taiwan's airspace.
- The other side of the Taiwan Strait unilaterally announcing a halt to traffic and commercial activities through the strait.
- Attacks or acts of armed aggression or infiltration and sabotage launched by non-friendly actors.



Crisis Response Natural Disasters

Earthquakes

When Indoors

- Drop: Drop to the floor and take cover under a desk or in a corner.
- Cover: Protect your head and neck.
- Hold On: Hold tight to the legs of a desk.

When Outdoors

- Stay away from areas where glass or signs may fall.
- Stay away from dangerous areas, e.g., near power poles or under overpasses.
- Use a bag or hat to protect your head and neck.
- Avoid hillsides and cliffs, as there may be falling rocks or landslides.
- Do not move until the quakes stop, and remain alert.

Landslides and overflows/ breaches of barrier lakes

- Pay attention to real-time monitoring.
- Cooperate with the registration operations of local authorities.
- Be on alert for warning messages and evacuate in advance.
- Follow the evacuation orders of local authorities.

Tsunami

- **Find high ground:** Get to the height of a building's third story or above.
- **Go inland:** Move away from coasts; avoid using vehicles for short distances.
- **Find a sturdy shelter:** Seek refuge in a sturdy building.
- **Hold on tight:** Find a fixed object and hold on tight.

Typhoon

- Always be prepared in case of a typhoon.
- Always pay attention to weather conditions.
- Close your windows and secure loose items.
- Clear out drainage ditches and gutters.
- Stock up on food and supplies needed for lighting.
- Avoid going out.

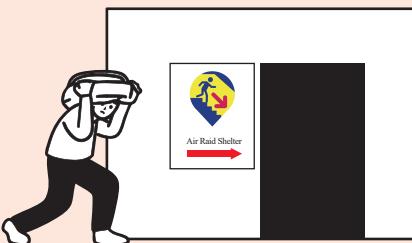
Crisis Response Military Aggression

Seeking Refuge During an Air Raid

When an air raid siren sounds, seek shelter in a basement or an air raid shelter. If you can't shelter in time, assess your surroundings and take proper cover.

When seeking refuge

The safest places are underground and indoors. Stay away from exterior walls, doors, windows, and dangerous objects.



Stay away from exterior walls

Stay away from doors, windows, and exterior walls to avoid injury from shockwaves and debris.

How to protect yourself outside

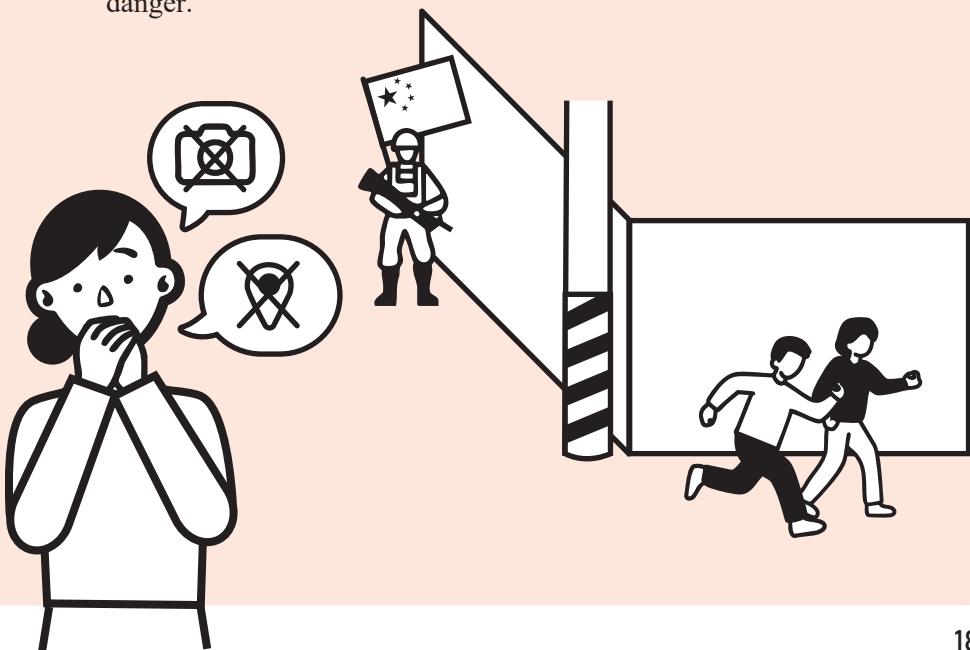
Lie flat on the ground. Keep your mouth slightly open. Shield your head. Turn away from the explosion. Remain still and wait until it's safe to move.



Spotting Enemy Activity

Civilians may have trouble telling the difference between friendly and non-friendly forces, since distance, surroundings, and other factors can create confusion. Adversaries may also disguise themselves as friendly forces. Follow these guidelines:

- If you think you see military activity, leave the area as quickly as possible.
- If you cannot leave in time, immediately take cover in a safe location away from doors and windows.
- Do not take photos or videos of the Taiwan military's movements or upload or share that information, as it could put friendly forces in danger.



Getting Accurate Information

In safe times or during a crisis, hostile foreign forces may use disinformation to divide and weaken the resolve for self-defense. Tactics include using fake accounts or local collaborators to spread deepfake videos, showing information out of context, and promoting conspiracy theories.

Stay alert and remember these dos and don'ts.

- 1** **Don't** fabricate information.
- 2** **Don't** believe information too easily.
- 3** **Don't** disseminate information.

- 1** **Do** verify information.

**In the event of a military invasion of Taiwan,
any claim that the government has surrendered
or that the nation has been defeated is false.**

Verify information with the following



Ministry of Justice
Investigation Bureau
fake news investigation
reference information



Executive Yuan's real-time
news clarification zone

How to Access Information

If the internet or communications are down, you can get information on the radio. If during a crisis the radio broadcast system is destroyed or unavailable, go to a nearby police station or village/neighborhood office for accurate information.

- NER:National Education Radio
- PBS:Police Broadcasting Service
- VOH:Voice of Broadcasting Network

Matsu Area

NER FM 91.5



Northern Area

PBS FM 94.3
PBS FM 101.3
PBS FM 104.9
VOH FM 106.5

Central Area

PBS FM 94.5
VOH FM 104.5
PBS FM 105.1

Kinmen Area

VOH FM 107.3



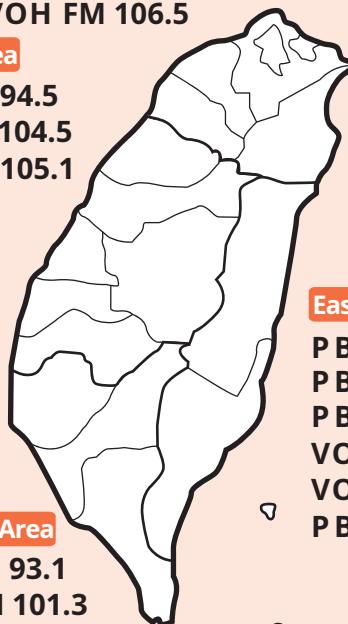
Penghu Area

VOH AM 846
VOH AM 1269



Southern Area

PBS FM 93.1
VOH FM 101.3
PBS FM 104.9
VOH FM 107.3



Eastern Area

PBS FM 94.3
PBS FM 101.3
PBS FM 104.3
VOH FM 104.5
VOH FM 105.3
PBS FM 106.5

If Daily Necessities Run Short

During a crisis, the government will do its best to keep daily life and business going as usual and will provide daily necessities to all citizens through a rationing and distribution system.

Always keep a one-week supply of daily necessities at home.
Use the guidelines in 01 Advance Preparation as a reference to help you prepare.



Readiness TW e-APP

Rationing/distribution stations can be found in the app's offline maps.



ios ▶



android ▶

If Your Home Is Damaged or Uninhabitable

1. Seek temporary shelter with nearby family or friends or go to a government-run relief station.
2. Go to a relief station to register for temporary living space.
3. Here, you can:
 - have stable supply of food and water.
 - communicate with the outside world.
 - access mental health counseling resources.
4. Follow the relief station's rules and consider joining its self-governance group to help it continue operating.
5. Transfer or return home as the situation dictates.



Readiness TW e-APP



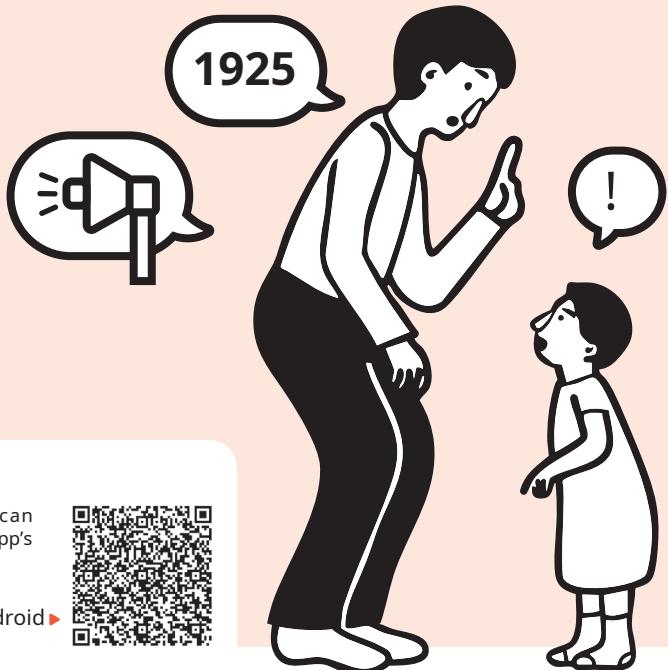
Relief stations can be found in the app's offline maps.



If You're Feeling Anxious

When dealing with a major disaster or military aggression, it's completely normal to feel mental and emotional stress, such as tension, anxiety, or fear. To deal with these feelings you can:

- Build your emergency preparedness and response skills to feel ready and reduce fear of the unknown.
- Talk about your feelings with family and close friends. Stay connected to reduce loneliness.
- Maintain a good diet, sleep, and exercise regimen to stay healthy and relieve stress.
- Limit your exposure to news and online information to avoid anxiety from information overload.
- Seek help from professional mental health services.



Readiness TW e-APP



Relief stations can
be found in the app's
offline maps.

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How to Talk to Children about Crises and Military Aggression

Children express their worries in different ways at different ages.

When your child seems anxious or stressed, you can:

- Listen to your child's anxieties and encourage them to talk.
- Explain the crisis honestly and openly discuss what's happening.
- Help your child spot accurate/inaccurate information.
- Prepare a go bag with your child.
- Plan family activities to shift focus and help them relax.



03

Protecting Our Home

Protecting Taiwan requires the work of every citizen. We welcome everyone to work together in protecting this home.



- We Need You



\\ Be prepared. Be safer. //

We Need You

Civil defense corps

Auxiliary police/traffic police: Visit or call your nearest police station to inquire.

Auxiliary firefighters: Visit or call your nearest fire department or station to inquire.

Civil defense organizations (non-governmental organizations) —

You are welcome to join civil defense organizations in your area.

Alternative service reservists

Those who have completed alternative service but have not been discharged from the reserve are considered “alternative service reservists.” Report to the designated location and time when you receive a recall order.

Reservists

Individuals who have completed regular military service but have not yet been discharged from the reserve are considered “reservists.” Report immediately to your combat position when you receive a recall order.

Disaster Prevention Specialists

You are welcome to join Disaster Prevention Specialist training to get certified.



► Learn more about the Disaster Prevention Specialist training course

ROC Armed Forces recruitment centers

We welcome citizens to join the ROC Armed Forces as volunteer service members and contribute to defending Taiwan.

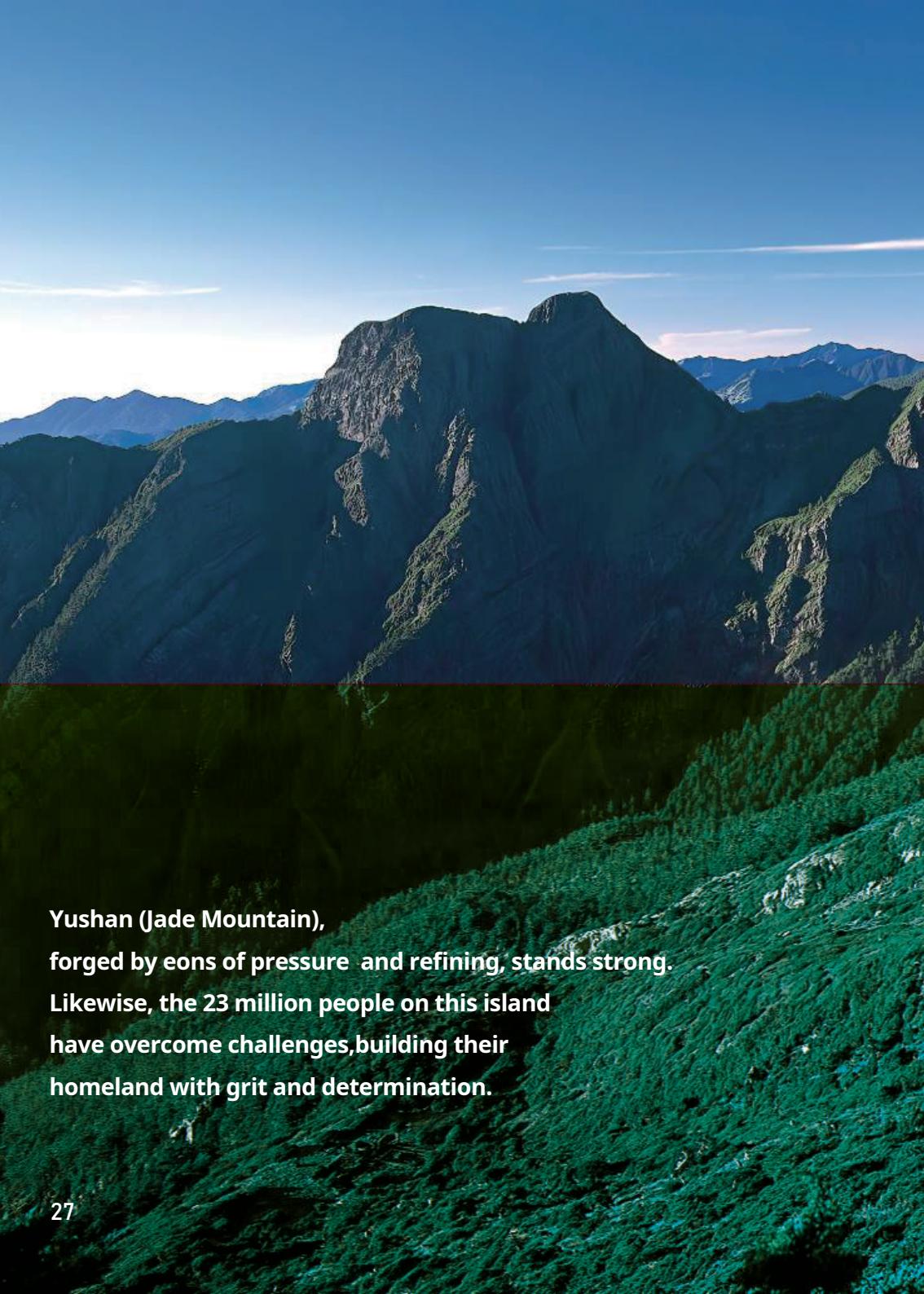


► Enroll for volunteer service.



► Enroll at one of the recruitment centers

You can also contribute to Taiwan as a community volunteer!



**Yushan (Jade Mountain),
forged by eons of pressure and refining, stands strong.
Likewise, the 23 million people on this island
have overcome challenges, building their
homeland with grit and determination.**



Freedom and democracy did not come by chance.

It was through the sacrifice and struggle of countless Taiwanese people.

Thus, we will never bow to aggression.

We will stand tall and defend our hard-earned way of life.

United and moving forward courageously,

The people of Taiwan will continue to shine on the world.

Like a mountain, the Republic of China(Taiwan) will stay strong and endure.

Important Government Emergency Hotlines

110 Police

112 Emergency and Disaster Relief

119 Firefighting

1925 Reassurance and Care

1966 Long-Term Care

118 Coast Guard

1998 Financial Services

1999 Local Government

In a crisis, hotlines may become overwhelmed or inaccessible, and services may change. If that happens, go to your nearest police station or village/neighborhood office for accurate information.

Hotline for the Hearing or Speech Impaired



◀ 119



110 ▶

► Cut out and keep.

Create your own emergency evacuation map and designate emergency family

Get a map of the area around your residence or workplace on the [Readiness TW e-APP](#).
Cut it out and paste it below.

Paste your emergency evacuation map here.



Current location



Air Raid Shelter



Hospital



Relief Station



Rationing/Distribution Station

Write down 3 emergency meeting points.

- Make sure all family members know and agree where to meet.

Emergency Meeting Point

Emergency Meeting Point

Emergency Meeting Point

▪ Important Family/Friend Contact Information

Name /Phone /Note

Name /Phone /Note

Name /Phone /Note

Fill out this form as needed. Print it out and place it in your go bag for use in an emergency.

Preparing a Go Bag

Cut out and keep ▶

Preparations

Food and Water

- 2x600 ml drinking water
- Ready-to-eat foods

Health Care

- Topical medication items
- Pain relief patch or ointment
- Personal medical items (thermometer, etc.)
- Female sanitary items
- Masks, hand sanitizer, wet wipes, and tissues

Warm Cloths

- Protective gloves
- Raincoats
- Light blankets, jackets, accessory cloths
- Compact sleeping bags

Valuables

- ID, health insurance card and financial documents
- Necessary legal documents
- Cash and coins

Others

- Whistles, paper, pens, paper/digital maps
- Portable radio, flashlight, and batteries
- Charge accessories
- Lighter and Swiss army knife
- Heatstroke prevention items

Shoes

- Walking shoes (lightweight and durable)

Babys

Food and Water

- Baby foods and feed items

Health care

- Diapers, pull-ups, and baby carrier

Others

- Pacifiers and small toys

Elders

Food and Water

- Nutritional & ready-to-eat food

Health care

- Disposable underwear and diapers

Others

- Cane, dentures, hearing aids, reading glasses, etc

Pets

Food and Water

- Pet food

Health Care

- Medication

Warm Cloths

- Blankets
- Pet apparel

Others

- Pet carrier, pet leash



The website version of the manual is also online!

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