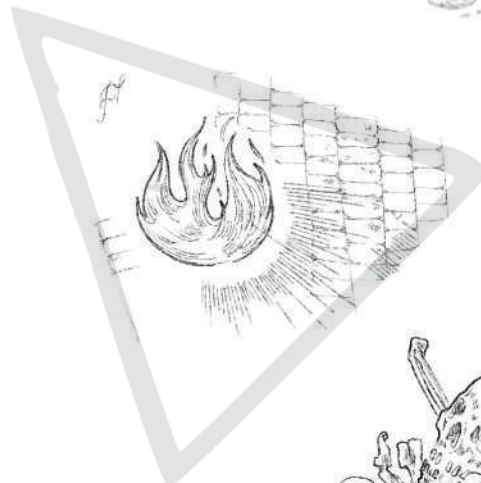
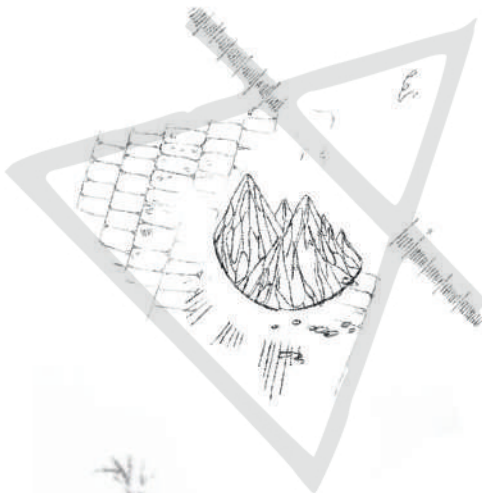
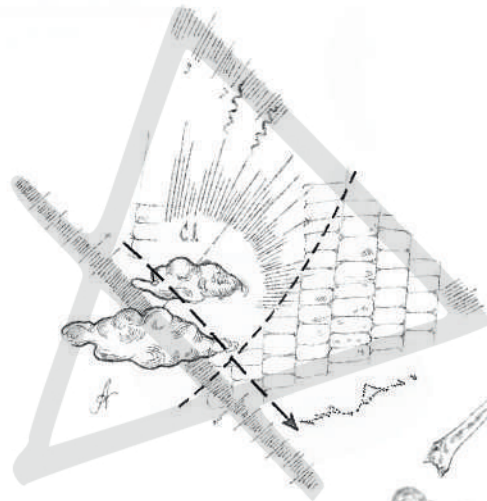
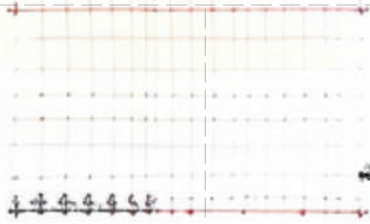
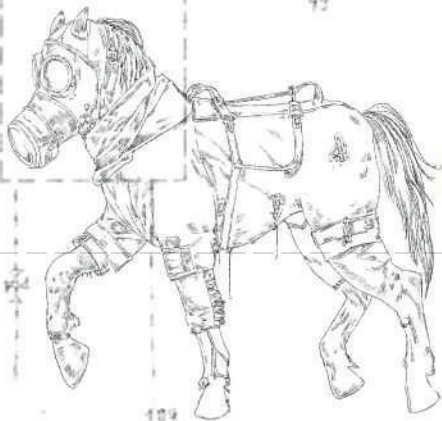


# SURVIVAL GUIDES



IN CASE OF EMERGENCIES. THE RECOMMENDATIONS ON THE BACK OF THE PAPER INCREASE YOUR CHANCES OF SUCCESSFUL SURVIVAL IN UNEXPECTED CIRCUMSTANCES

LEVEL\_II

nohome

GO\_BAG



## GENERAL RECOMMENDATIONS

- ☐ Don't panic please ☐ Act fast ☐ Pay attention to emergency exits in buildings ☐ Monitor weather forecasts
- ☐ Keep an emergency pack with first aid kit, documents and other essentials at home ☐ Research shelter locations in your area
- ☐ If possible, decide on a muster point with your loved ones ☐ Report any injuries to emergency services or other people
- ☐ Avoid spreading misinformation ☐ In an emergency, check your own state and the state of people around you: provide first aid if necessary
- ☐ Use the telephone only in case of an emergency: Lines may be overloaded, leave them for the emergency services. Saying "*I love you*" may be considered an emergency in some cases.

*listen to the radio or trustworthy sourcers of information on what to do next*

## EARTHQUAKE

- ☐ If you are indoors, do not run outside: it can be dangerous due to falling debris
- ☐ Stay away from windows, mirrors, heavy furniture and overhead lights
- ☐ Switch off gas, water and electricity if it is safe to do so
- ☐ If possible, keep your head and neck protected with stable covering
- ☐ Do not use lifts. The ground will know
- ☐ Do not use damaged infrastructure
- ☐ If you are outdoors, move away from buildings, power lines, trees and other objects that could fall. Stop in an open space, away from possible collapses
- ☐ If you are driving, stop your vehicle immediately until the shock waves are over
- ☐ Do not stop under bridges or overpasses: these structures may collapse
- ☐ Be careful: shock waves may begin again even after they stopped

## FLOOD

- ☐ If you are indoors and evacuation is not possible, move to the upper floors or to the roof, taking with you a supply of food, water and essential items
- ☐ Switch off gas and electricity to avoid short circuits and leaks
- ☐ Do not enter basements or low-lying areas
- ☐ Avoid water: do not attempt to cross flooded areas on foot or by car. Even shallow water depths can be dangerous and contain strong currents
- ☐ Water can hide broken roads, open manholes, or other hazards. There are things people hide too
- ☐ If water begins to rise around your car, leave it and look for a higher spot
- ☐ Inspect buildings for damage before entering them
- ☐ Avoid contact with water: Water can be contaminated with chemicals, waste or contain electrical current from damaged lines
- ☐ Ventilate: open windows and doors to air out the space
- ☐ Check the electrical system: do not switch on the electricity until a professional has checked the condition of the wiring

## FIRE

- ☐ If the fire is small and you are sure you can put it out, use a fire extinguisher
- ☐ Cover your mouth and nose with a wet cloth to reduce smoke inhalation
- ☐ Close all doors, cover gaps under doors with wet towels or cloths to trap smoke
- ☐ Alert everyone in the building to the fire by shouting or signaling
- ☐ Go to a window, open it and attract the attention of rescuers by waving a brightly coloured cloth or switching on a torch
- ☐ If the fire is spreading, leave the room immediately
- ☐ Move towards the exit of the building, staying as close to the floor as possible to avoid inhaling smoke. Pretend to be a small insect with a big job.
- ☐ Touch the door with the back of your hand before opening it. If it is hot, do not open the door - the fire may be behind it
- ☐ If the door is cold, open it gently and be ready to close it immediately if you see fire or smoke
- ☐ Lifts can malfunction and become a trap. Always use stairs for evacuation

## STORMS AND TORNADOES

- ☐ Immediately seek shelter in the nearest building. Do not go outside. It is very dangerous to be outside during a hurricane because of flying debris and strong winds
- ☐ Close all windows, doors and shutters. Move to a safe place in your home away from all windows (such as a bathroom, closet, or basement)
- ☐ Switch off electrical appliances to avoid short circuits and possible fires
- ☐ Use batteries and torches instead of candles
- ☐ If shelter is not available, lie down in a low area (pit, ditch), cover your head with your hands and stay below ground level. Try to not be too sad
- ☐ Do not try to escape a tornado with a car - tornadoes can change direction and catch up with you quickly

