BEST PREP.

GUIDE 01 · PRINT IT AND KEEP IT WITH YOUR KIT

WHEN HELP DOESN'T COME

What to do in the first hours and days if emergency services can't reach you.

3	1 L	72 H
signals in a row = help	water + 6 tsp sugar + ½ tsp salt = oral rehydration	minimum self-reliance at home

01

ORDER OF PRIORITIES

- 1 · Immediate danger: fire, gas, rising water
- 2 · Bleeding and serious injuries
- 3 · Temperature: dry and warm
- 4 · Water · 5 · Information · 6 · Food

02

INJURIES WITHOUT AN AMBULANCE

- Bleeding: firm, constant pressure
- Wash wounds with plenty of safe water
- Oral rehydration: 1 L water, 6 tsp sugar, ½ tsp salt
- Cold: remove wet clothes, insulate from ground

03

WATER

- Use your stored water first
- Water heater and pipes: hidden water
- Purify: boil 1 min or bleach
- Fill the bathtub for flushing and cleaning

04

INFORMATION WITH NO NETWORK

- Battery or hand-crank radio
- Texts before calls
- Offline maps on your phone
- Don't call 911/112 just to ask

05

BEING FOUND

- Three signals = help (whistle, light, knocks)
- "SOS" and headcount in the window
- If you leave, a note on the door: where and when
- Under rubble, tap; don't shout nonstop

06

YOUR STREET IS THE FIRST TEAM

- Organize with your neighbors
- Who has what and who needs help
- Don't show off your supplies
- Older and isolated people first

! Bleeding and fire kill in minutes. Cold kills in hours. Lack of water, in days. Act in that order.