BEST PREP.

GUIDE 16 · PRINT IT AND KEEP IT WITH YOUR KIT

PREPARE YOUR MIND TOO



How we really react, and how to decide well under pressure.

1ST	1	RARE
warning: act, don't wait	reliable source of information	is real panic: most people help

01

HOW WE REACT

- First we deny: "it'll pass"
- Then we wait to see what others do
- Sometimes we freeze
- Panic is rare

02

DECIDE BEFOREHAND

- Set triggers: "if X happens, we do Y"
- Practice at home
- Leave things behind and go
- Act on the first warning

03

DURING THE CRISIS

- Breathe slowly through your nose
- One reliable source of information
- A concrete task for each person
- Sleep and eat

04

CHILDREN

- Explain in simple, honest words
- Keep routines
- Give them a role
- Their favorite toy in the bag

05

VULNERABLE PEOPLE

- List neighbors who will need help
- Agree who checks on them
- Older people living alone are hit hardest

06

AFTERWARDS

- Anxiety or insomnia for weeks is normal
- Talk about it and get back to routine
- Seek professional help if it persists

! If you evacuate for nothing, you lose an afternoon. If you wait and it happens, you can lose everything.