BEST PREP.

QUICK GUIDE · PRINT IT AND KEEP IT WITH YOUR KIT

WHAT TO DO IN AN EMERGENCY

The first steps for any situation: fire, flood, blackout, earthquake or accident.



911	3	72 H
in the Americas · 112 across Europe	signals in a row = help	minimum self-reliance at home

01

STOP AND THINK

- Breathe and look around
- Immediate danger? Fire, gas, water, collapse
- Don't run without knowing where
- Decide fast and keep it simple

02

PROTECT, ALERT, ASSIST

- Protect: move yourself and others from danger
- Call 911/112: where, what, how many
- Help only without putting yourself at risk
- Bleeding comes first

03

STAY OR GO?

- Go: fire, gas, damaged building, official order
- Stay: storm, toxic cloud, dangerous street
- Flood: go up, never down
- If you leave: grab the bag, shut off gas and power

04

GET GOOD INFORMATION

- Radio and official channels
- Phone emergency alerts on
- Don't spread rumors
- Don't call 911/112 just to ask

05

STAY IN TOUCH

- Texts and short messages
- An out-of-area contact
- Your agreed meeting point
- Save battery

06

THE FIRST HOURS

- Store water while the tap runs
- Flashlights, never candles
- Check on older or isolated neighbors
- Ration water and battery

! Your safety first: one more victim helps no one. If you can't help without putting yourself in danger, call for help and wait for emergency services.