

## **An alarming briefcase and an action plan**

What should I do in case of an emergency in the first place?

1. *Family documents and money should be stored in a certain place that is easily accessible to you. It is necessary that you can take them with you quickly and easily.*

2. *Prepare an Alarm case*

- First aid kit.
- Canned and dry food and drinking water in plastic bottles.
- Simple mobile and charged power bank, transistor receiver and electric flashlight.
- A set of spare batteries.
- Matches in a sealed box, a lighter, paper in case of kindling a fire.
- Tools and utensils - a folding knife, spoons, forks, disposable bowls and mugs, a can opener, a light tourist hatchet.
- Medicines that are constantly used by family members for medical reasons regularly (if the instructions do not require them to be stored in the refrigerator).

Determine which clothes can be useful to you, and prepare a set of clothes and shoes for each family member in case of an emergency - waterproof clothes and shoes for summer, warm for winter.

Another bag with such a set is not bad to store in the trunk of a car. You can also put a tent and sleeping bags there.

3. *You should know:*

- the ways to receive messages from special services.
- where you will hide in case of danger.
- which way you will evacuate if it is impossible to stay in place.
- what other escape routes there are if the first planned path turns out to be blocked.
- how you will evacuate, what you will do if the car broke down at the wrong moment.
- what things you should have on hand if you have to take shelter in a house or other shelter.
- what things you will take with you during evacuation.
- where to meet relatives if something goes wrong.

4. *Don't take anything extra*

It is better to take more food, water and medicines with you.

5. *Prepare a place in advance for storing the valuables that you will leave at home with you during evacuation*

6. *Prepare a working radio to receive alarm messages*

Prepare for this as soon as you receive the first alarming warnings. This is the sound of sirens, continuously lasting from three to five minutes. It means: everyone turns on the radio or televisions and tunes them to the local wave to receive messages about what is happening. If the media is transmitting instructions from emergency services, follow these instructions.

*7. After receiving the alarming information, follow the instructions*

Call only the emergency services, notify them of the wounded, report any new emergency or its threat. Do not enter houses. It is possible that the building has been damaged and may collapse. Or the gas pipeline is damaged – so never use lights, lighters, do not smoke. There may be an explosion. Stay away from broken wires (including telephone wires). Any such wire is a source of deadly danger. Eat only those foods that you are sure are safe.