QUICK ACTION CARDS: CIVIL PROTECTION

READY WHEN IT MATTERS · EUROPEAN EDITION · FREE PRINTABLE

Cut out the cards and keep them where you will see them: on the fridge, by the fuse box, in the grab bag. In an emergency, call 112.

Air raid or missile warning

1. Go indoors immediately. Do not stop to watch or film.
2. Go to a shelter, a basement or a central room on the lowest floor.
3. Stay away from windows and glass.
4. Take phone, torch, radio, water and medicines if they are at hand.
5. Stay until the all-clear.
6. Afterwards: check for injuries, fire and gas leaks. Do not touch debris.

Chemical release

1. Go indoors. Close all doors and windows.
2. Turn off ventilation, fans and air conditioning.
3. Go to an upper floor if you can.
4. Seal gaps under doors with wet towels.
5. Listen to the radio for instructions.
6. If contaminated: get away, take off outer clothing, blot your skin dry, then rinse.

Radiation emergency

1. Go in: get inside a solid building at once.
2. Stay in: go to the basement or the middle of the building for at least 24 hours, or until told otherwise.
3. Tune in: listen to the radio and official channels.
4. If you were outside: remove outer clothes, bag them, and wash.
5. Take iodine tablets only if the authorities tell you to.

Terror attack

1. Run to safety if you can. Leave belongings.
2. If you cannot run, hide. Lock or barricade the door.
3. Put your phone on silent and turn off vibration.
4. Call the emergency number when it is safe.
5. Follow police instructions.

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