QUICK ACTION CARDS: WEATHER AND NATURE

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.

Flood warning

1. Move people, pets, medicines and documents upstairs.
2. Turn off gas, electricity and water if safe.
3. Put barriers or filled bags across doors.
4. Plug and weigh down sinks, baths and toilets.
5. Move the car to higher ground.
6. Be ready to leave. Never walk or drive through flood water.

Storm warning

1. Bring in or tie down garden furniture, bins and trampolines.
2. Charge phones, power banks and torches.
3. Fill water containers and a flask.
4. Park away from trees, walls and fences if you can.
5. Stay indoors, away from windows. Close and fasten doors and windows, and close the curtains.
6. Keep away from fallen power lines. They may be live. Report them on the power cut number, or the emergency number if someone is in danger.

Heatwave

1. Keep windows, curtains and blinds closed on sunny sides during the day.
2. Open windows when it is cooler outside, usually at night.
3. Drink plenty of water and avoid alcohol. Eat light, cold meals.
4. Stay out of the sun between 11 am and 3 pm.
5. Check on older neighbours and anyone living alone.
6. Never leave a child or an animal in a parked car.
7. Confused, very hot or collapsed? Call the emergency number.

Earthquake

1. Drop to your hands and knees.
2. Cover your head and neck, under a sturdy table if you can.
3. Hold on until the shaking stops. Stay inside; do not use lifts.
4. Outside: move away from buildings, trees and power lines.
5. Afterwards: check for injuries, fire and gas. Expect aftershocks.
6. On the coast: go to high ground at once.

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