

# What to do in case of an emergency. A helpful list.

You cannot plan for emergencies. But you can make preparations. This list tells you what to do in the event of an emergency. More information about possible disasters and what you can do is to be found at [www.crisis.nl](http://www.crisis.nl).



- Can you hear the siren? Go indoors and close the doors and windows.
- Tune in to the emergency transmitter on your battery-powered radio or television.
- Look at [www.crisis.nl](http://www.crisis.nl) for more information.
- Follow the instructions of the authorities and emergency services.
- Do not pick up your children from school; the school administration will take care of them.
- Help others as much as possible.
- Don't overload the lines by making unnecessary phone calls, even if the telephone is still working.

## Large fire

- Can you no longer see through the smoke? Then stay close to the ground.
- Are you unable to leave the building any more? Stand at a window where the fire brigade can see you.
- Never go back inside a burning building.

## Terrorist attack

- Go to an open place away from large buildings.
- Give mobile telephone or other photos that you have taken to the police.
- Don't go to look at the scene of the attack.

## Traffic accident

- Are you driving in a tunnel? Leave your car and leave the tunnel by the nearest escape route.
- Do not cross the motorway unnecessarily.
- Leave the hard shoulder free for the fire brigade, the police and ambulances.

## Epidemic

- Always use paper tissues and throw them away immediately after use.
- Wash your hands frequently.
- Stay at home if you have a contagious disease.

## Danger of building collapse

- Stay close to the ground, shelter under heavy furniture or a door frame, sit still and protect your head and neck with your arms.
- Do not use lifts.
- If you are covered by rubble, lie as still as possible and try to make noises on pipes or ducts. Only shout if there is no alternative.

## Civil disorder

- If people panic during an event, do not try to go against the direction of the crowd.
- Stay calm and follow the instructions of the authorities.
- Do not go to the scene of the disorder.

## Extreme weather conditions

### In case of extreme weather conditions:

- Do not take to the road or the water if advised not to or if a weather warning has been issued.
- If you absolutely must go outdoors, take sufficient food, water, blankets and warm clothes with you.

### In the event of a heat wave:

- Drink two litres of water daily.
- Remain indoors between 12 am and 4 pm.

## If the electricity, gas, water or telephone is cut off

- Listen to the emergency transmitter on your portable radio.
- Is the telephone still functioning? Don't overload the lines by making unnecessary phone calls.
- Is the electricity still working? Check the website of your municipality or [www.crisis.nl](http://www.crisis.nl).

## Flooding

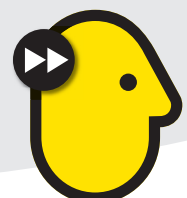
- Is it likely that the water will reach your house? Switch off the gas and electricity.
- Prepare a rescue kit (battery-powered radio, pocket torch, batteries, medicines, important documents, food and water, clothing and blankets).
- If you cannot escape: listen to the regional emergency transmitter on your portable radio.

## Nuclear disaster

- Remain indoors or go indoors and close doors and windows and everything that can be used for ventilation, such as air extractors, ventilator ducts and wall and toilet gratings.
- Do not use or drink tap water or rainwater or green-leaved vegetables or food that is difficult to clean.
- Keep pets indoors and do not touch people or animals that have been outside.

## Chemical emergency

- Remain indoors or go indoors and close doors and windows and everything that can be used for ventilation, such as air extractors, ventilator ducts and wall and toilet gratings.
- Listen to the emergency transmitter and look at [www.crisis.nl](http://www.crisis.nl).
- Go to a room that can be sealed off well where there is no draught, preferably in the centre of the house or building.
- Are you outdoors? Walk into the wind with a cloth over your nose and mouth.



**DENK VOORUIT**