

## What should I do in an emergency situation?

In the Netherlands we can also be faced with an emergency situation or a disaster and it therefore makes sense to prepare for such an eventuality. Below you can read about what you can do to be prepared and about the most important actions to be taken in specific emergency situations. For more tips about how to be prepared please visit [www.nederlandveilig.nl](http://www.nederlandveilig.nl).

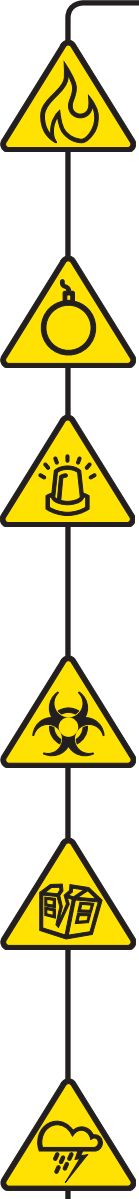
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DENK VOORUIT

## Always have an Emergency Grab Bag available

You can prepare for an emergency situation by, for example, making up an Emergency Grab Bag or by purchasing a ready-made one. An Emergency Grab Bag contains items that are useful in emergency situations, so that you can cope if the need arises. An Emergency Grab Bag should contain at least: a battery-operated radio, torch; first-aid kit; matches (waterproofed), candles, blankets, tool kit and whistle.



**Major Fire**

- Are you no longer able to see through the smoke? If so, stay low to the ground.
- Are you unable to exit the building? If so, stand in front of a window where firemen will be able to see you.
- Never go back into a burning building.

**Terrorist Attack**

- Go to an open space, away from large buildings.
- Hand over to the police any (mobile phone) photographs which you may have taken.
- Do not go near the site of the attack.

**Traffic/Transport Disaster**

- Do not walk across the motorway any more than you have to.
- Keep the hard shoulder clear for the fire brigade, police and ambulance service.
- If you find yourself in a tunnel in your car, get out of your car and leave the tunnel by way of the nearest escape route.

**Epidemic**

- Always use paper towels, discarding them immediately after use.
- Wash your hands frequently.
- Stay at home if you have a contagious disease.
- Go to [www.grieppandemie.nl](http://www.grieppandemie.nl) for more information.

**Collapsing Buildings**

- Stay close to the ground, seek cover under heavy furniture or in a doorway, keep still where you are and protect your head and neck with your arms.
- Do not use elevators.
- If you are covered in rubble, lie as still as possible and if you can, bang on pipes or ducts. Only start shouting if there is nothing else you can do.


**Extreme Weather**

**During extremely bad weather**

- Do not set out by car/boat if you have been advised not to do so, or when a weather warning has been issued.
- If you do go outside, be sure to take enough food, water, blankets and warm clothing with you.

**During a heatwave:**

- Drink two litres of water a day.
- Stay indoors between 12:00 and 16:00 hrs.



**Public Disturbance**

- If panic breaks out during an event, do not go against the stream of people.
- Remain calm and follow the instructions of the authorities.
- Do not go near the disorder.

**Electricity, Gas, Water or Telephone Cuts**

- Tune in to the emergency channel on your battery-operated radio.
- Is the telephone still working?
- If so, do not phone any more than you have to in order to prevent the network from becoming overloaded.
- Have you still got power? If so, go to the website of your local council or to [www.crisis.nl](http://www.crisis.nl).

**Flooding**

- Is the water expected to reach your home? Switch off the gas and electricity.
- Prepare an evacuation pack (battery-operated radio, pocket torch, batteries, medication, important documents, food and drink, clothing and blankets).
- If you cannot leave: tune in to the regional emergency channel on your portable radio.

**Nuclear Disaster**

- Stay in or go indoors, locking the doors and windows and everything which serves as ventilation, such as a cooker hood, air ducts, wall and toilet ventilators.
- Do not use or drink tap water or rainwater, do not eat green vegetables or food which is difficult to clean.
- Keep pets indoors and do not touch any people or animals who have been outdoors.

**Dangerous Substances**

- Stay in or go indoors, locking the doors and windows and everything which serves as ventilation, such as a cooker hood, air ducts, wall and toilet ventilators.
- Go to a well lockable room which is not draughty, preferably in the middle of the house or building.
- Tune in to the emergency channel and go to [www.crisis.nl](http://www.crisis.nl).
- If you are outdoors, move cross-wind, covering your nose and mouth with a cloth.

GOED VOORBEREID ZIJN HEB JE ZELF IN DE HAND

