

- **If the door is cold:**
- Slowly open the door and make sure the fire/smoke does not block the escape routes; otherwise, stay inside.
- If evacuation is possible, immediately exit the house and close the doors.
- Move as close to the floor as possible.
- **Get out of the house urgently. Do not pause to try to save objects or extinguish the fire! Every second matters to your life!**

CAREFUL! If your clothes are on fire, cover your face with your hands, lay on the ground and roll left-right until the fire goes out. Don't run! That way, you spread the fire.

AFTER THE EVENT

- If there are victims or yourself are a victim, call **112** or ask someone to call.
- Cool with water and cover the burns with sterile strips to reduce the chance of infection.



3. STORM



BEFORE THE EVENT

- Remove trees/dry branches, which can fall and cause casualties/damage.
- **Don't forget the 30/30 rescue rule:** *shelter inside a building if, after seeing a lightning bolt, you can't count to 30 before hearing a thunder. Stay inside the building for another 30 minutes after you hear the last thunder.*
- **Follow the following rules in the event of a storm:**
- Cease any outdoor activity.
- Get into the house, in a building or in a car.
- Close the windows and doors.
- Avoid showers or bathrooms. The pipelines of the installations can conduct electricity.
- Disconnect electrical appliances/computers, air conditioners.

RING THE EVENT

- Do not lie on the ground.
- Squat on the ground, hands on ears and head, and the head between the knees; make yourself as small a target as possible and reduce contact with the earth.

- **Avoid:** tall objects, such as a tall tree isolated in the open space, fields, beaches or a watercraft, any metal objects such as agricultural machinery, motorcycles, bicycles, etc.
- If you are in the woods, look for an area with less tall trees.
- If you are in an open area, go to a low area, a valley.
- If you are on a lake, reach the shore very quickly and take shelter.

AFTER THE EVENT

- In the event of a victim struck by lightning, check the following
 - **Breathing:** If the victim does not breathe, initiate mouth to mouth resuscitation.
 - **Pulse:** if the victim has a pulse and breathes, look for other injuries: burns, injuries of the nervous system, broken bones, hearing or sight loss.

If medical assistance is needed, call 112 as soon as possible.



4. FROST/BLIZZARD



BEFORE THE EVENT

Make sure you have the following materials:

- **Salt** for melting the ice on the sidewalk and traffic roads.
- **Sand** to improve traction.
- Snow removal **tools**.
- If you live in a house make sure you have enough heating fuel.

Prepare your car:

DURING THE EVENT - FROST

- Listen to the radio, television, the weather reports.
- Eat regularly and drink liquids, avoid excess caffeine and alcohol.
- Pay attention to the **signs of frost**.
- Pay attention to the **signs of hypothermia: chills, memory loss, disorientation, blurred expression, drowsiness, exhaustion**.

If you have to drive, take the following steps:

- Drive only during day time, never alone, let your acquaintances know when you leave.
- Use main roads, avoid secondary roads.