



FIRE

1



118

2



Raise the alarm

- Specify the address, floor and degree of severity

3



Rescue

- People and animals
- Close all doors and windows
- Vacate the premises

4



Extinguish

- With any available means

5



Inform

- Brief the fire service on arrival



BLACKOUT



At home, make sure you have the following items in stock

- 9 litres of water per person
- Non-perishable food
- A camping stove (gas, alcohol or paste)
- Candles and matches (or a lighter)
- A portable radio and a torch (with spare batteries)
- A first aid kit
- Cash (small denomination notes and coins)



Unplug your devices

- Unplug your computers and all other easily accessible electrical appliances



Beware!

- Lifts, automatic doors and escalators will have stopped
- Traffic lights won't be working anymore
- Security cameras and alarms will be deactivated.
- After a certain length of time, telephones won't be working anymore and there will be no more running water



What to do

- Listen to the radio
- Only use your telephone if necessary
- Save drinking water



EARTHQUAKE



If you are indoors

- Stay calm and leave the building if you are near the exit
- Shelter under a sturdy piece of furniture or a door frame
- Keep away from ceiling lights, bookshelves and windows
- Turn off gas, water and electricity as soon as possible
- Don't use the stairs or the lift



If you are outdoors

- Stay outside
- Keep away from buildings, bridges and pylons which could collapse



If you are in a vehicle

- Stay inside until the earthquake ends
- If possible, go to open ground



After the earthquake

- Turn off gas, water and electricity as soon as possible
- Leave the building with your evacuation kit
- Help any injured people
- Keep away from buildings or anything else which might collapse
- Beware of aftershocks
- Listen to the radio

Find out more here: www.cpps-vs.ch



HEAT WAVE



What to do

- Drink plenty of water (minimum 1.5 litres/day at regular intervals)
- Avoid the heat, keep cool and wear light clothes
- Keep in touch with relatives
- Eat light meals, preferably food with a high water content (fruit, vegetables)
- Air your home at night and close the blinds during the day



Avoid

- Physical exercise during the hottest part of the day (12 p.m. to 4 p.m.)
- Drinking alcohol



If you feel unwell, dizzy or sick

- Call an ambulance



AVALANCHE



What to do

- Find out if your home is situated in a danger zone
- Listen to the radio and follow the instructions given by the authorities
- If possible, turn off the electricity, gas and water
- Close the doors, windows and shutters
- Don't go out unless ordered to evacuate the area
- Assist those in need
- Inform your neighbours



If an evacuation order is given

- Take your personal emergency supplies with you (see emergency supplies)
- Don't return to your home without authorisation
- Don't turn the electricity, gas or water back on again unless authorised to do so



For information

- **Natural Hazards Portal**
www.natural-hazards.ch





FLOODING WATERCOURSES



How to prepare

- Check the weather forecast
- Plan your route taking into consideration any possible natural hazards



Points to observe

- Follow the instructions given on the signposts along watercourses
- Pay attention to water levels
- Be sure that you can get away from the banks at all times



Beware

- Stay away from watercourses during and after a storm
- Don't sleep beside a watercourse
- Don't bathe in the water if it is murky as there may be objects, branches or tree trunks under the surface
- Don't put yourself at risk by filming or taking photographs of the surging water



IF A DAM BURSTS



What to do

- Stay calm
- If possible, turn off the electricity, gas and water
- Leave your home and make your way to higher ground
- Listen to the radio and follow the instructions given by the authorities
- Only make phone calls if absolutely necessary



Avoid

- Walking or driving through the flooded areas



For information

- **Alertswiss**
www.alert.swiss





FLOODS



What to do

- Stay calm
- If possible, turn off the electricity, gas and water
- Move anything you can away from the water
- If possible, make your home watertight
- Take shelter on higher ground
- Listen to the radio and follow the instructions given by the authorities



Avoid

- Staying in a vehicle which could be submerged
- Taking refuge in cellars or underground garages



If an evacuation order is given

- Take your personal emergency supplies with you (see emergency supplies)
- Don't return to your home without authorisation
- Don't turn the electricity, gas or water back on again without authorisation



CHEMICAL ACCIDENT



What to do

- Take refuge in a building
- Go to the upper floors to avoid heavy gases
- Close all doors and windows
- Seal the gaps around doors and windows with damp cloths
- Turn off ventilation systems and air conditioning
- Provide temporary housing for anyone who is in danger or homeless
- Listen to the radio and follow the instructions given by the authorities
- Inform your neighbours



Avoid

- Staying inside an immobilised vehicle



If an evacuation order is given

- Take your personal emergency supplies with you (see emergency supplies)
- Don't return to your home without authorisation



DOMESTIC SUPPLIES

Make sure you have enough supplies, according to your needs, to survive for several days without any external assistance.



Beverages

- 9 litres of water per person
- UHT milk or other drinks



Food

- Rice, pasta
- Oil or other fats
- Tinned fruit or vegetables
- Flour and dried yeast
- Salt, sugar, coffee, tea
- Biscuits, chocolate
- Baby food
- Pet food



Hygiene

- Soap
- Toilet paper
- Nappies



First aid kit

- Disinfectant
- Antidiarrheals, painkillers
- Thermometer, personal medication
- Plasters, bandages, creams



Other

- Candles and matches / a lighter
- Camping stove (gas, alcohol or paste)
- Portable radio and torch with plenty of spare batteries
- Small denomination cash



EVACUATION KIT



ID card



Medicine
and first aid kit



Personal hygiene items
soap, towel, toothbrush, etc.



Portable radio



Mobile charger



Toys for your children



Cash



Food supplies for a day,
water, food



Spare clothes



Torch



Backpack



Walking shoes



IMPORTANT NUMBERS



117 POLICE



118 FIRE



144 AMBULANCE



145 POISONING



112 INTERNATIONAL
EMERGENCIES



ALARMS



1 min

5 min



1 min

General alarm

- Listen to the radio and stay calm
- Follow the instructions given by the authorities
- Inform your neighbours
- Be prepared for an evacuation



Flood alarm

- Leave the danger zone immediately and stay calm
- Listen to the radio
- Follow the instructions given by the authorities



WHERE TO GET INFORMATION



AlertSwiss
www.alert.swiss



MeteoSwiss
www.meteosuisse.admin.ch



Emergency meeting points
www.pointrencontreurgence.ch



Behavioural recommendations
www.vs.ch/web/sscm/documentation



Natural hazards portal
www.natural-hazards.ch



Hearthquake prevention learning center
www.cpps-vs.ch



EMERGENCY MEETING POINTS



If your commune is faced with an emergency or hit by a disaster, the **EMERGENCY MEETING POINTS** (points de rencontre d'urgence, **PRU**), located throughout Valais, will provide assistance and important information.



Find your nearest
PRU here:



www.pointrencontreurgence.ch

A large white rectangular area for writing, featuring horizontal lines. The background of this area is filled with a pattern of light gray dots that form a stylized map of the United States, with the dots being more densely packed in the central and eastern regions and sparser in the western and southern regions.

Service de la sécurité civile et militaire
Office cantonal de la protection de la population

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