

EMERGENCY KIT

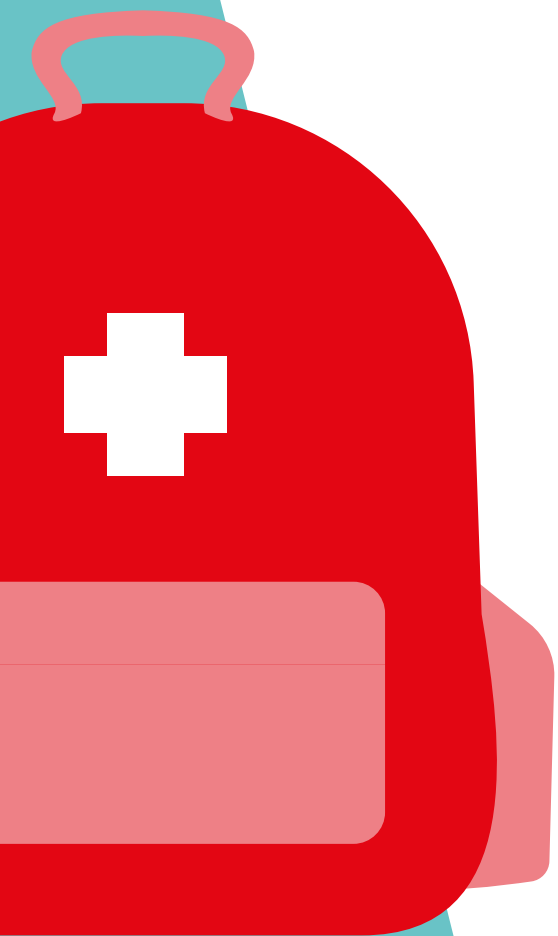
#READY360

#YourMove

IT'S YOUR
MOVE!

PREPARE TO PROTECT

In the event of a **disaster**, your emergency kit enables you to remain safe at home until help arrives and basic services are restored. It should contain everything you need for **72 hours**.



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SWIPE

HOW TO PREPARE AN

EMERGENCY KIT

IT'S YOUR
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PREPARE TO PROTECT

- ✔ Prepare your emergency kit before an event happens, not at the last minute.
- ✔ Place your kit in a safe and easy-to-reach place. It must be easy to carry.
- ✔ Adapt your kit to your needs and those of your family (medicines, food, etc.).
- ✔ If you're using your kit, remember to reconstitute it.



THE ESSENTIALS OF AN EMERGENCY KIT

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PREPARE TO PROTECT

STAY HYDRATED

- ✓ Sufficient drinking water (3 litres per person per day, of 72 hours).



FEED YOURSELF

- ✓ Non-perishable, non-cooked food (tinned food, baby food, animal feed).



TAKE CARE OF YOURSELF

- ✓ Hygiene kit (hydro-alcoholic gel, baby kit, feminine hygiene products, toothbrush, toothpaste, soap/shampoo, hairbrush, sun cream).
- ✓ Your medicines, prescriptions and other medical equipment according to your needs.
- ✓ A first-aid kit (disinfectant, bandages, etc.).



THE ESSENTIALS OF AN EMERGENCY KIT

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PROTECT YOURSELF

- ✓ Mosquito net and emergency blanket.
- ✓ Adapted masks to protect yourself in the event of a volcanic eruption (ash) or health crisis.



SIGNAL YOUR PRESENCE

- ✓ Whistle or glow sticks.
- ✓ A radio that works without electricity (battery, dynamo or solar-powered).



THE ESSENTIALS OF AN EMERGENCY KIT

IT'S YOUR
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PREPARE TO PROTECT

AND ALSO

- ✓ A flashlight with spare batteries, and a lighter or matches.
- ✓ Basic tools (multi-purpose knife, can opener, bin bag, handling gloves, etc.).
- ✓ Cash.
- ✓ Copies of your important papers and your spare keys (house, car) in a waterproof folder.
- ✓ Change of clothes.
- ✓ Games or books.



IT'S YOUR MOVE!
PREPARE TO PROTECT

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The Ready 360°- Phase 2 project is co-financed by the INTERREG Caribbean program through the European Regional Development Fund (FEDER).