

► Have children create **their personal pack**. Have them include things like their favorite book or stuffed animal. These familiar things will help keep them comfortable during an emergency.



#### RISK MITIGATION

It is easy to mitigate risk around your house to minimize the risk of disaster affecting your household. Mitigation measures include the following :-

- Cutting and trimming Dangerous trees around the house reduces the risk of falling trees or branches that can damage the roof of your house
- Keeping your drainage system clear of obstruction and ensuring a good runoff of rain water reducing the risk of flooding
- Appropriate measures taken when cutting into steep property to reduce the risk of land slides
- Take appropriate steps before burning rubbish to reduce the risk of bush fires being started

**REMEMBER  
DISASTER STRIKES  
WHEN YOU LEAST  
EXPECT IT**

**THEREFORE**

**BE PREPARED  
KEEP ALERT  
STAY INFORMED**

**IT IS THE ONLY  
REMEDY IN TIMES OF  
DISASTER !**

Seychelles Fire Brigade

New Port

PO BOX 46

Contact Number:

IN EMERGENCY : 999

DIRECT LINE : 289950 / 289951



**TIPS IN TIME  
OF  
DISASTER**

SEYCHELLES FIRE & RESCUE SERVICES AGENCY

*“Protecting lives and households....”*

## BEFORE A DISASTER

In a disaster, local officials and relief workers cannot reach everyone immediately. Help may not arrive for hours or days. You need to be prepared ahead of time because you won't have time to shop or search for the supplies you will need when a disaster strikes.

## PREPARATIONS FOR DISASTER

- Discuss what to do in an evacuation.
- When told by officials, go immediately to a shelter as instructed or to the home of a friend or relative who lives out of the area. Find out about your local shelters beforehand.
- Know evacuation routes. Pre-establish several different routes in case certain roads are blocked or closed.
- Family members can become separated during an emergency. Be prepared by creating a plan for how to reach one another. Establish an out-of-area contact (such as a relative or friend) who can coordinate family members' locations and information should you become separated. Make sure children learn the phone numbers and addresses, and know the emergency plans.

- Quiz children every six months so they remember what to do, where to go, and whom to call in an emergency
- Decide how to take care of pets. Pets are not allowed in places where food is served, so you will need to have a place to take your pets if you have to go to a shelter.
- Post emergency phone numbers (fire, police, ambulance, etc.) by the phone.
- Assemble a family disaster supplies kit and keep a smaller one in the trunk of your vehicle.

## FAMILY DISASTER SUPPLIES KIT

Disasters can happen anywhere and at any time. By taking the time to create a family disaster supplies kit, your family will be prepared in the event of a disaster. The kit also helps children feel more secure knowing it is there in case of an emergency.

The supplies can be kept in a plastic tub, small suitcase, or other container. Some things to include:

- ▶ First aid kit and first aid manual
- ▶ Flash light and extra batteries
- ▶ Battery-operated radio
- ▶ Supply of prescription medications
- ▶ Credit cards and cash
- ▶ Identification for each family member
- ▶ An extra set of car keys
- ▶ Matches in a waterproof container
- ▶ Signal flare

- ▶ Phone numbers and a map identifying safe places to go
- ▶ Special needs items such as diapers, formula, hearing aids, spare eye glasses or items for other physical needs
- ▶ Three gallons of water per person
- ▶ Three-day supply of nonperishable food



- ▶ Kitchen tools (mechanical can openers, utensils...)
- ▶ Complete change of clothes for each family member
- ▶ Tools and other accessories
- ▶ Sanitation and other personal hygiene products such as toilet paper, soap, toothpaste, and toothbrushes
- ▶ Entertainment such as games, books, compact discs and tapes with battery-operated players.