

BE PREPARED!

BASIC CRISIS PREPAREDNESS RECOMMENDATIONS

Register



Register with your embassy or consulate and update your information when you leave the country, or whenever you change residence, workplace or contact details.

Share your emergency contacts



Share with your embassy or consulate the contact information of your emergency contacts (e.g. employer, family members): address, email and phone number.

Get advice on potential crises



When you arrive at your destination, learn about crises that could affect the area, recommended preparedness and response measures, and behaviors that may be risky or forbidden in the country.

Subscribe an insurance policy



Explore private and government or workplace sponsored options to get insurance coverage for costs that could be associated with crises (e.g. emergency medical care, repatriation).

Share your travel details



Whenever you are planning to visit particularly risky or remote areas, provide your consulate or embassy your contact information, itinerary and whereabouts. If possible, also share this information with relevant local institutions.

Know your neighbours



Get in touch with other members of your community, and its leaders, representatives and associations. Be familiar with your community's main meeting

Participate



Take part in local drills and exercises (e.g. organized by local emergency management entities, workplace, school and consulate), in particular specific events for foreign nationals.

Identify evacuation options



Identify evacuation routes, transportation options, meeting points, official shelters and alternative safe sites in your area.

Know your rights



Ask your consulate or embassy for advice on what services you are entitled to receive (by local actors and by your country's representatives) in the event of a crisis.

Make copies of your documents



Make digital and paper copies of passport and IDs, visas and permits, social security or health service card, your will, evidence of property, residence, and employment, and education and professional certificates in the country). Keep the originals safe.

Identify useful contacts



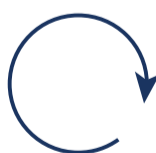
Prepare a list of contacts that could be useful in emergencies, for instance of your embassy or consulate, community coordinators, and local emergency response actors and service providers.

Prepare an emergency bag



With water, food, clothes, money, a hand crank radio, phone and spare batteries, basic first aid supplies, contact information of service providers, maps and personal documents. Keep it in a safe but accessible place at home and at work.

Provide updates on your situation



In case of crisis, get in touch regularly with your family, consulate or embassy, or emergency hotline and let them know if you are well and if you need any help.

Stay tuned



Identify media and information sources that can be useful in a crisis (such as websites, social media pages, apps of local and home country institutions) and get regular updates.

