

Safe and equal in case of natural disasters

Natural and other types of disasters, which threaten and take human lives and cause considerable material damage, can happen anywhere and anytime, often suddenly and without prior warning. In such situations, people start to panic, not knowing what to do.

Although no one can be completely safe from the consequences of disasters, we can still do a lot to mitigate the consequences, primarily if we are well informed and familiar with preventive measures, and prepared to react adequately. If you are not adequately prepared for response, your life and the life of your family members may be at risk in the event of natural disasters and other accidents. On the other hand, if you are familiar with the possible dangers and know how to react and who to turn to for help, your life and the life of your family members, and ultimately your possessions, will be safe.

This brochure is intended for persons with physical disabilities

Persons with disabilities are one of the most vulnerable population categories in the event of natural disasters and other accidents, whose intensity, scope and frequency can lead to a state of emergency. In such situations, the safety and security of persons with disabilities are at a significantly greater risk.

The aim of this brochure is to provide basic information and instructions to persons with physical disabilities on how to act properly in case of accidents, because preventive action, as well as knowledge of the activities to be undertaken in case of these occurrences, can greatly reduce their consequences.



- learn how to protect yourself and how to act in case of disasters,
- be aware of the situation that may happen to you,
- not panic,
- be able to take timely, calm and rational action in risky situations, knowing who and how to contact for professional help,
- learn to recognize a risky situation on time, so that your next step would be to react,
- learn to protect yourself or call for help at the appropriate time.



**112 – Rescue and Protection Directorate of the Ministry of Interior,
Operational Communications Centre - OCC 112 (you can also contact the num-
ber via SMS).**

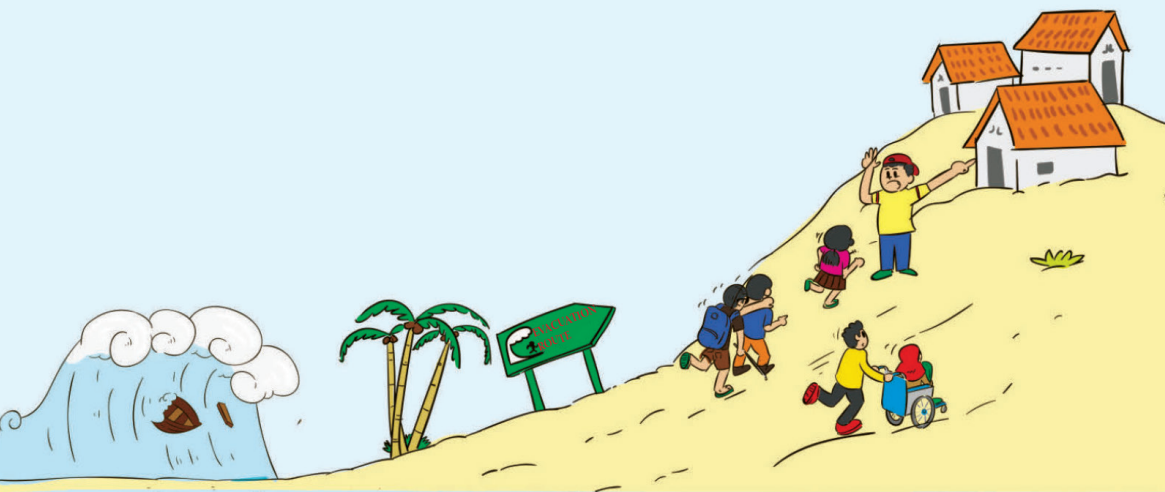
122 – Police Department

124 – Emergency medical service



PREVENTIVE ACTION

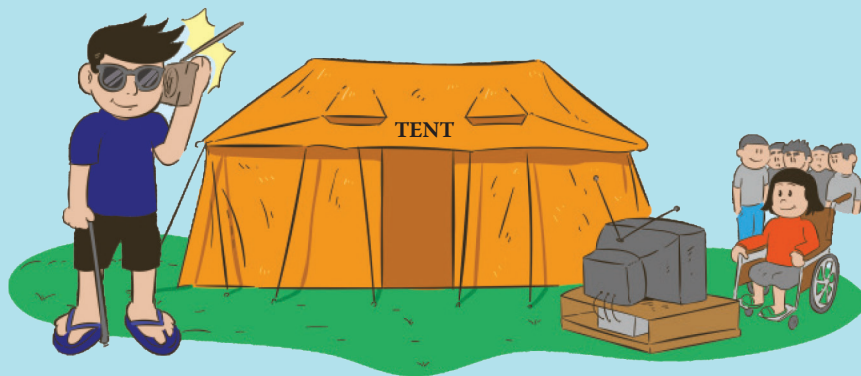
- Get informed in advance about the risks you may face or be exposed to (via the media, social networks or daily newspapers).
- Find out which risks are specific to and can occur in the municipality where you live, how they manifest, the consequences they can cause, etc.
- Learn about the instructions for action in case of fire, flood, earthquake and other accidents and inform your family members, neighbours, friends, assistants.
- Upgrade your knowledge and skills regarding protection and action in case of natural disasters and other accidents.
- Learn to recognize risky situations and react immediately.
- If you live alone or are a member of a household, make arrangements in advance with people who can help you in case of risk (family member, neighbour, friend, etc.).
- In line with your needs, prepare orthopaedic aids and keep them on hand (walker, wheelchair, other assistive aids), especially those for receiving and transmitting information.
- Always have your mobile phone on hand no matter where you are in your own home (kitchen, bed, bathroom) or other area, including outdoor spaces.
- If you use an electric wheelchair, have a backup power source.
- If you have a membership card of the PWD association, keep it on hand.
- Always have up-to-date information on people you think can help you (name and surname, phone number).
- Prepare a kit with equipment according to your needs which will always be within reach. The kit should contain: the therapy you are using, a flashlight, and a first aid kit.



REACTION IN CASE OF NATURAL DISASTERS

- Follow the situation and warnings of the competent services through sources of information.
- Stay composed and calm – if you panic, you cannot think or act rationally.
- Call OCC 112 or the competent services (state the following information: name, surname and address, details of what happened, when it happened, what are the immediate consequences, and follow the instructions you receive).
- When contacting, be sure to note that you are a person with a disability (so that you will receive help as a priority) and what kind of support/assistance you need.
- Contact people you have arranged with in advance to come to your aid or those that you know are nearby.
- Cooperate with rescue teams during rescue and evacuation activities.
- Act properly to help the rescuers evacuate you safely.
- Point to your pet if it is with you, and calm the animal down to accept help from the rescuers.
- Do not panic, stay calm – with the arrival of the rescue team, your safety is guaranteed.
- Be aware of the situation that may happen to you – there is no need for fear and panic, but you need to react properly.

To view instructions on how to act in case of a natural disaster click on the following link <https://www.gov.me/dokumenta/42b4c9a0-169c-42a2-a46f-6caf82ace7d5>



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ZA ZAŠČITO IN REŠEVANJE

