



Safe and equal in the event of natural disasters and other types of emergencies

Natural disasters and other types of emergencies, which endanger human lives and cause significant material damage, can occur unpredictably at any place and time, often without prior warning. People with disabilities are especially vulnerable in such situations.

This brochure is meant for individuals with multiple sclerosis (MS).

Multiple sclerosis (MS) is a neurodegenerative and autoimmune disease that affects the white matter of the central nervous system. Multiple sclerosis is often accompanied by a range of disorders that vary in severity, from mild stiffness and difficulty walking, to complete paralysis, blindness, and other symptoms. The symptoms of multiple sclerosis can be diverse and may include weakness, fatigue, stiffness, incoordination, tremors, slurred speech, depression, muscle spasms, balance issues, vision problems, kidney and bladder dysfunction, and cognitive impairment, among others.

Steps to prepare for natural disasters and other emergencies

- Get informed ahead of time about the risks you may face or be exposed to through media outlets, social networks, or daily newspapers.
- Familiarize yourself with instructions for dealing with fires, floods, earthquakes, and other potential hazards, and share this information with your family members, neighbours, friends, or assistants.

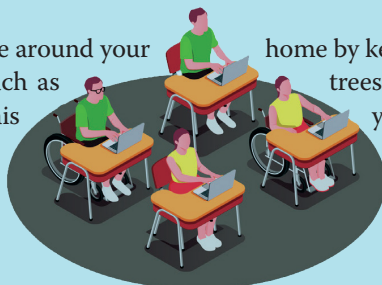
<https://www.gov.me/dokumenta/42b4c9a0-169c-42a2-a46f-6caf82ace7d5>

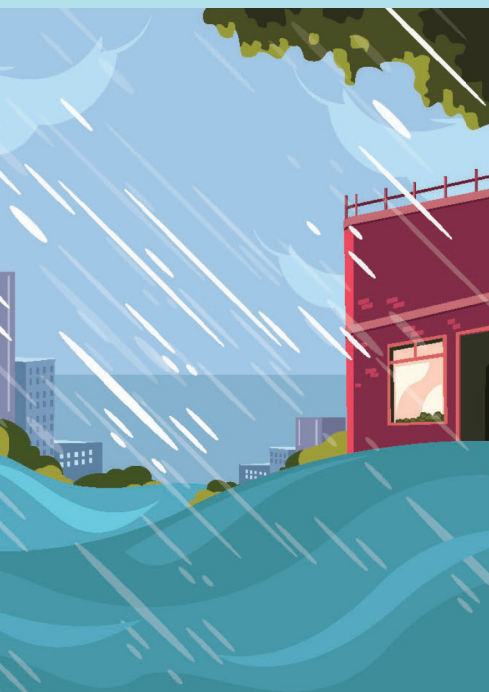
- By acting responsibly in nature and following guidelines, you can significantly help reduce the risk of forest fires.

If your house is located in or near a forest

Create a defensible space around your home by keeping the area clear of flammable materials, such as trees and debris.

If you are unable to do this yourself, seek help from your family members, neighbours, or friends.





In case of an earthquake

Prior to an earthquake, make efforts to improve the safety of your environment by following the recommendations outlined in Earthquake preparedness guidelines.

<https://www.gov.me/clanak/216140--uputstva-za-postupanje>

In case of flooding

If you live in an area that is prone to flooding, the early warning system presents one of the key mechanisms that issues flood warnings. During periods of heavy rainfall, regularly check the media for updates from the Rescue and Protection Directorate of the Ministry of Interior, as well as press releases from the Institute of Hydrometeorology and Seismology, in order to protect yourself from potential danger and increase your safety.

In case of risk, it is necessary to adhere to the following recommendations:

- If you are receiving injectable immunomodulatory therapy, it is recommended to keep a smaller, handheld container in the refrigerator with your next two or three doses of medication.
- Make sure to always carry your per os medication (tablets) with you, either in your pocket or along with your identification documents such as your ID card or health card in case of an emergency.
- It is recommended to have the priority contact numbers of your family members or nearby neighbours saved in your phone for easy access during emergencies.



- If you find yourself in an emergency situation such as a traffic accident, flood, fire, earthquake, landslide, or snowfall, use the priority numbers you have previously entered in your phone to call for help:

- * **112 – Operational Communication Center 112 of the Rescue and Protection Directorate of the Ministry of Interior. They can locate your call and connect you with all necessary emergency services.**

- * **122 – Police**

- * **123 – Municipal Protection and Rescue Service**

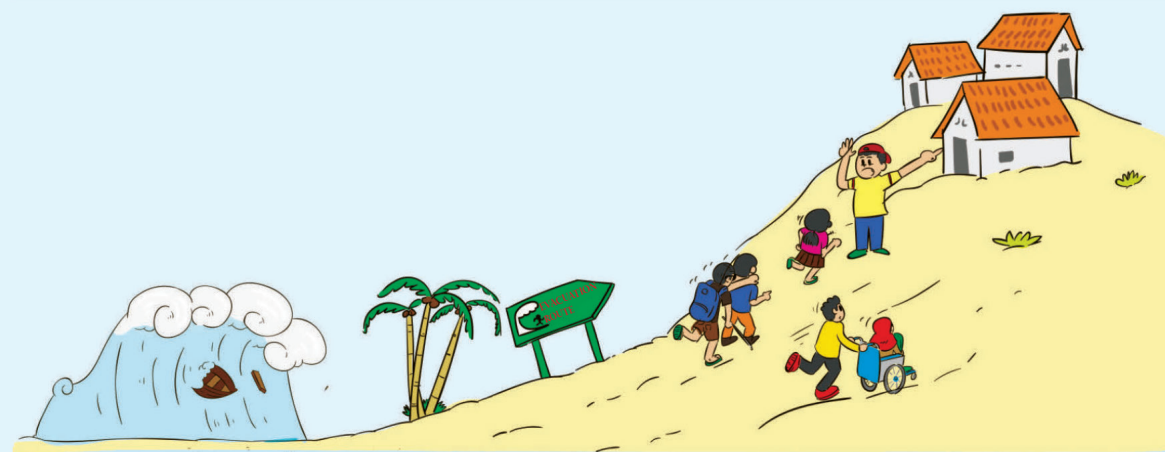
- * **124 – Emergency medical service**

- Keep your orthopedic aids nearby.
- When in contact with rescuers, try to communicate using a combination of verbal and nonverbal methods , such as words, touch, and blinking.
- With your behavior, help the rescuers evacuate you safely.
- If you have a pet with you, point it out to the rescuers and try to calm the animal so that it can safely receive help from the rescuers.
- Stay calm and avoid panicking because the rescue team is trained to ensure your safety upon their arrival.

Although multiple sclerosis has a distinction between the relapsing-remitting form (which is usually more mobile) and the secondary type (which is usually less mobile), as well as the primary-progressive type (which is immobile), it is a disease that can lead to disability. So, a person with MS is not just a patient, but also a person with disability.

Multiple sclerosis can affect people of all ages, but it is more frequently diagnosed in women than in men.

Any sudden stressful situation in a patient with multiple sclerosis can lead to paralysis, speech difficulties, and shock.

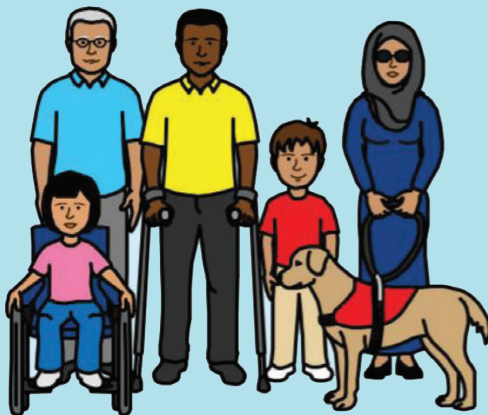


EVACUATION OF MS PATIENTS

- Establish contact by using tactile communication such as touching.
- Assess the patient's condition using a flashlight to check their eyes and determine if they are able to communicate or in a state of shock.
- Establish communication with the patient using classic questions or suggestive statements, such as „If you can hear me, please blink” or „If you can hear me, please squeeze my hand.”
- Retrieve the patient's phone as it may help you contact their immediate family or friends.
- Once you have established communication, evacuate the patient.
- Be sure to evacuate any orthopaedic device that may be in the immediate vicinity of the patient, especially if it is necessary for their mobility.
- Consider the patient's condition when evacuating them, as even those who are usually mobile may become immobile due to the stress of the new situation. (They may explain later that they were unable to move because „their legs went numb”).
- Be sure to bring the patient's medication (injections or tablets) with them.
- People with MS may have a pet. Don't forget it in the evacuation.
- After safely evacuating the person with MS, ensure that they are in a warm and secure environment, and make efforts to contact their next of kin.

You can download the free mobile application 112 mne from:

<https://play.google.com/-store/apps/details?id=okc.com.okc112&gl=US&pli=1>



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ZA ZAŠČITO IN REŠEVANJE

