BACKUP BEHAVIORS

Heavy rain/ Flooding	Visit https://meteo.pf Avoid travelling Avoid valleys and waterways Raise your equipment in case of flooding Evacuate in case of heavy flooding
Wave submergence	Visit https://meteo.pf Avoid coasts and beaches Avoid water sports Tie up your boats properly
Tsunami	Follow the authorities' instructions Don't pick up your children from school - they're safe! Do not drive or park along the seashore Position yourself high up and away from the coast (16 ft minimum and 985 ft from the coast) Wait for the end of the alert to go back down (possible after several hours)
Landslide/slide	Evacuate your home if it is threatened Do not drive under cliffs Don't take a path already covered in debris Stay away from landslides
Cyclone/ tropical depression	Secure your home and your belongings in advance of the season Double moor your boats Consult the accommodation sites available in your area Follow the authorities' instructions Prepare your 3-day emergency kit in advance of the season Consult the weather watch regularly https://meteo.pf/fr/vigilance
Industrial accident	Evacuate the area, taking the bare minimum with you In enclosed spaces, turn off ventilation and air conditioning Avoid open flames If you smell something unpleasant or irritating, cover your mouth with a cloth If you notice any symptoms, consult a doctor Consult the accommodation sites available in your area
Accident transporting hazardous materials	Avoid the accident zone If you can't, take shelter in an enclosed building in the immediate vicinity to limit exposure to danger Close windows, doors and air vents Stop ventilation
Rising water levels in rivers	Always keep an eye on the river upstream (current, water color) Never cross the river when the water is rising Move away from the river banks and take a high place (10 to 16 ft) Wait for the water to recede before crossing the river Contact emergency services and family members to report any damage In case of injury, contact emergency services (18, 15, 112)

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Follow the instructions issued by the authorities, consult institutional websites, contact emergency services if necessary (18 or 112), avoid putting yourself in unnecessary danger, and help the most disadvantaged and those in difficulty.

USEFUL NUMBERS

To call in an emergency:
Fire department: **18**
Emergency medicine: **15**
Sea Rescue: **16**
Police: **17**
Single emergency number in **Europe**: **112**

Contact details to be completed:

Town hall: _____
Insurance: _____
Close relatives: _____
Other: _____

I PARTICIPATE

- Learn lifesaving techniques from training organizations. You can obtain their contact information by contacting the High Commission at 40.46.85.17
- Become a volunteer firefighter and take part in rescue operations: contact your your nearest fire station
- Join the communal civil security reserve to help support and assist and assistance to the population
- Register on the public volunteering platform: www.jeveuxaider.gouv.fr

Take part in awareness-raising activities near you on National Resilience Day in mid-October!



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GETTING READY

Individual Safety Plan

All prepared for risk

Protect yourself and your loved ones in just a few minutes



Floods, tsunami, cyclones, industrial accidents, high winds, etc.

SÉCURITÉ CIVILE
& GESTION DES CRISES

EDITORIAL
All resilient in the face of risk!

Natural or technological or technological disasters the entire population and can affect each and each and every one of us.

Faced with major risks, crisis preparedness is is a shared responsibility between public authorities and every citizen.

This guide will help you identify the risks around you, organize your autonomy during this critical phase, protect yourself and your loved ones your loved ones in an emergency.

Julien MARION
Director General for Civil Security and Crisis Management



1. I GET INFORMED
About the risks around me

To provide you with reliable and useful information on the risks identified in your environment, a number of official sources exist:

- On the Internet: **tefenua.gov.pf** and **meteo.pf**
- From your town hall: Plan communal de sauvegarde (PCS)
- Contact your local High Commission: Directorate of Civil Protection (DCP)
- Social networking sites and services: **www.polynesie-francaise.pref.gouv.fr**

From the list overleaf, enter the appropriate risks and behaviours below:

Risk: _____

Behaviour: _____

Risk: _____

Behaviour: _____

Risk: _____

Behaviour: _____

Risk: _____

Behaviour: _____

In the event of evacuation, the assembly point is: _____

2. GETTING READY
to cope

Prepare an emergency kit containing enough to live on for 3 days. It will enable you to be self-sufficient in the event of evacuation or sheltering in your own home.

Here's a list of the essential items and equipment you'll need in your emergency kit, which should remain easily accessible.

Put it together immediately and check its contents regularly.

- ☐ **Water** 1,5 L/person/ per day
- ☐ **Basic tools** (multi-purpose knife, can opener, cutlery, stove...)
- ☐ **Food** Dried fruit, preserves, Sao... baby food.
- ☐ **Medical kits** Dressings, disinfectants, paracetamol, antidiarrhetics, hydro-alcoholic gel, survival blanket
- ☐ **Lamp flashlight** whit spare batteries
- ☐ **Radio** whit spare batteries
- ☐ **Money** Cash, checkbooks, credit cards
- ☐ **Personal documents** Identity papers, driving license, healthrecord, family record book, CPS card, insurance policies...
- ☐ **Double keys** car and house
- ☐ **Plastic bag** To protect valuable-sand important papers
- ☐ **Picture** valuables
- ☐ **Change of clothes**

Place the emergency kit in an easily accessible place and share its location with friends and family:

3. I ACT
in the event of an alert

During the crisis, **I follow the evolution of the situation.**

Weather warnings

I monitor the evolution of vigilance:
https://meteo.pf/fr/vigilance

In orange or red situations (pre-alert and alert), advice drawn up by the public authorities is indicated on the map and in the the alert bulletins. They are simple, adapted to each phenomenon and easy to adopt.

Alerting the public

In the event of vital risk, the authorities can activate:

- **FR Alert** broadcasts an alert message with associated instructions directly to cell phones. No registration or download required to receive the alert message.
- Sirens that trigger an audible signal 3 times 1 minute and 41 seconds.

Remember to:

- **AVOID CALLING** in order to leave the networks available for emergency services
- **STAY SAFE** Only evacuate your home when ordered by the authorities
- **STAY TUNED** instructions from the authorities

State social networks will be used to disseminate alerts and instructions. The media, including Polynésie 1ère, will relay information to the population.

By following the official instructions, you'll be contributing to your own safety and supporting the emergency services!

Find the stations near you:

Polynésie la 1ère Radio _____ FM
_____ FM
_____ FM
_____ FM