



Are you prepared for an emergency situation?

More and more people in the Netherlands are already preparing for an emergency situation. If you haven't started yet, then take these three simple steps today.

Step 1.

Put together your emergency kit



Bottles of water



Non-perishable food



Battery-powered radio



Candles, matches and a flashlight



First aid kit



Blankets



Whistle



Cash



Tools



Disinfectant gel, toilet paper, toothpaste



Copies of ID



Spare keys for your house and car

Read more english.denkvooruit.nl/emergency-kit

Step 2.

Make an emergency plan

Make clear agreements on what you will do in an emergency situation. For example:



Where are you going to meet?



How can you stay in contact?



How will you get the care you need?

Read more english.denkvooruit.nl/emergency-plan

Step 3.

Talk with each other and help each other out



Talk to the people around you about your emergency preparedness. Even if you are anxious or unsure, talk about it. This way, you'll discover who needs help, or who can help you.

Read more english.denkvooruit.nl/talk-about-it