

WHAT TO DO

IN TIMES OF CRISIS OR ARMED CONFLICT



MINISTRY
OF INTERIOR
OF THE SLOVAK REPUBLIC

Section of Crisis Management
Ministry of the Interior of the Slovak Republic



IMPORTANT PHONE NUMBERS



Learn to provide first aid. Your knowledge can save lives. If you are the first on the scene of an accident or other serious event, call the following numbers as needed:

112

General emergency number throughout Europe, available continuously; a text message request for help can also be sent to this number.

150

Fire Brigade

155

Emergency Medical Services

158

Police

159

Municipal Police

18 300

Mountain Rescue Service

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STAY PREPARED:

PERSONAL CRISIS PLAN IN POINTS

1 Stay Calm and Follow Instructions:

- ✓ Listen to official warning signals and instructions from authorities.
- ✓ Do not succumb to panic and despair.

2 Secure Basic Needs:

- ✓ **Water:** Prepare 3-5 litres of drinking water per person per day; boil water if necessary.
- ✓ **Food:** Secure long-lasting foods that can be prepared quickly without electricity.
- ✓ **Medication:** Prepare a home first aid kit and a supply of essential medicines.

3 Maintain Warmth and Safety:

- ✓ Dress in layers and use alternative heating sources (e.g., stoves, fireplace, candles).
- ✓ Gather with your family in a safe place and secure your home (lock windows and doors, seal them if necessary).

4 Communication:

- ✓ Monitor current information via television, radio, internet, and local information channels.
- ✓ Maintain contact with relatives and neighbours and verify the accuracy of received information.

5 Prepare an Evacuation Plan:

- ✓ Familiarize yourself with evacuation routes and meeting places with your close relatives.
- ✓ Prepare an evacuation backpack with the most important items (personal documents, money, medication, food, clothing).

6 Help others:

- ✓ Check if your close relatives and neighbours are safe.
- ✓ Provide mutual aid and support in resolving crisis situations.



INTRODUCTION



This brochure serves as an informational resource to improve the preparedness of the population in times of crisis or armed conflict.

The individual needs of citizens may differ depending on whether a person lives in an urban or rural environment and whether they live in a house or an apartment.

Consider the information in this brochure as general guidelines. In an emergency, use those that are safest for you and your surroundings at that moment. A crisis situation can lead to society not functioning as we are accustomed. Climate change is causing floods and forest fires to become increasingly common.

Incidents elsewhere in the world can result in shortages or outages of certain goods and services. Disruption of critical information systems can, in turn, affect energy supplies and healthcare.

In a short time, your daily life can become problematic:

- ✓ There may be shortages of food, medicine, medical supplies, or other products in stores,
- ✓ Preparing and storing food will be difficult,
- ✓ You may not be able to refuel your car,
- ✓ There will be outages/shutdowns of water, heating, and electricity; banking services will cease, and cash withdrawals from ATMs will be impossible,
- ✓ There will be outages of mobile networks and the internet,
- ✓ Public transport will be halted, and roads closed.





HOW TO PREPARE FOR CRISES



Municipalities coordinate the provision of essential services, even in times of public emergency. These include services such as the supply of drinking water, coordination of medical personnel, police, or the Fire and Rescue Corps, care for the elderly and people with disabilities, etc.

However, you, as a private individual and citizen, are also responsible for yourself. Your preparedness can contribute to more effective crisis management. Proper preparation allows you to cope with crises regardless of their cause. In the event of an emergency, assistance will be provided first and foremost to those who urgently need it, and therefore part of the population must be prepared to cope with the crisis situation on their own for some time.

The better prepared you are, the greater the opportunity you will have to help others who do not have the same capabilities or opportunities.

The most important thing is to have water, food, warmth, and medicine, and to be able to obtain information from the relevant authorities and media. You must also be able to establish and maintain contact with relatives.



food



water



medicine



warmth



relevant
authorities



contact
with relatives

PREPARE YOURSELF AND YOUR HOUSEHOLD



Prepare so that you don't have to procure everything at once if something serious happens.

When preparing for crisis situations, think about **five key areas: water, food, warmth, medicine, and communication**. Your needs will vary depending on the environment, the type of crisis situation, as well as your possibilities and needs.

Water

Clean drinking water is essential.

- ✓ Prepare 3-5 litres of drinking water per person per day,
- ✓ Remember water for animals as well,
- ✓ Store additional drinking water in well-cleaned cans, bottles, canisters, or other containers to be prepared for a possible shutdown,
- ✓ Store water in a dark and cool place,
- ✓ If you are unsure about water quality – boil it,
- ✓ Freeze water in PET bottles – they can be used as cold compresses, but also as extra drinking water. However, do not fill the bottles completely; they may crack when frozen.

Don't forget about hygiene. It's good to have a plan for dealing with toilet visits in case there is no water for several days due to a shutdown or other reason.

Food

It is important to have extra food at home that provides sufficient calories. During power outages, you will not be able to cook as usual, so choose foods that can be prepared quickly and can be stored at room temperature. With a camping stove, grill, fuel, and matches, you can simplify cooking during a power outage. Keep in mind:

- ✓ Use food from the refrigerator first (to prevent spoilage in case of a power outage),
- ✓ Do not open the freezer unnecessarily,
- ✓ Some foods can be stored outside in winter, but protect them from birds and other animals,
- ✓ Don't forget food for your pets as well.

Warmth

Staying warm is essential for coping with crisis situations more easily. For this reason, it is necessary to have a plan to keep yourself and your household warm even during a power outage:

- ✓ Dress in layers,
- ✓ Gather in one room,
- ✓ Seal windows and doors, and cover the floor,
- ✓ Use alternative heating sources, e.g., wood stoves, fireplaces, or candles.

Prioritize safety:

- ✓ Consider the risk of fire,
- ✓ Be careful when handling fuel and open flames indoors – keep them away from flammable materials,
- ✓ Extinguish all candles and alternative heating sources before going to sleep,
- ✓ Ventilate the room regularly to let in oxygen.

Pets

- ✓ Food, bowls, muzzle, leash, carrier, veterinary certificate.

Medicines and Medical Supplies

Prepare a small home first aid kit to be able to treat potential injuries, have a supply of medicines you regularly take, and basic medicines for common illnesses (fever reduction, pain relief, etc.). Do not stockpile unnecessarily large quantities of medicines and monitor the expiration date. Always store medicines out of the reach of children.

Access to Official Information, communication

In crisis situations, it is particularly important to have **access to information through official communication channels**, whether via television, radio, local public address system, or the internet. **You must be able to find out what is happening, how to act, and what the state authorities and rescue units of the Integrated Rescue System are doing. However, remember to verify information.** It is also important that you know how to contact your relatives or friends and, if necessary, are able to contact the rescue services.

How to Communicate with Children?

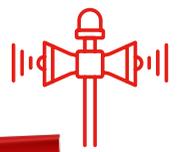
- ✓ Speak simply and as calmly as possible, appropriate to the children's age.
- ✓ Assure them that they will not be alone in this situation.
- ✓ Encourage them to express their feelings and ask questions.

WATCH OUT for false information!

Crisis situations are an ideal time for spreading false news, whether with the aim of spreading panic or propaganda. That is why it is especially important during crisis situations that you are able to obtain relevant information only from verified and official sources. Monitor state communication channels, such as **television, radio, and official government websites**, to have accurate and up-to-date information.



HOW DO I KNOW SOMETHING IS HAPPENING?



The early warning system is an essential tool for protecting citizens from threats such as natural disasters, industrial accidents, other emergencies, or even an air attack in times of war, etc.

Through warning signals from sirens followed by a spoken message, residents receive quick and understandable information about danger.

Early warning systems for the population consist mainly of warning tones, which are supplemented by spoken information (first a siren sounds, followed by verbal supplementary information such as „ATTENTION, CHEMICAL THREAT!“, „ATTENTION, AIR RAID!“, „ATTENTION, END OF THREAT!“).

At the same time, it is necessary to **monitor mass media** (state television, radio, television, announcements from the municipal/city public address system).

The current coverage of the warning signal by electronic sirens has increased from the original 58% to 85% in permanently inhabited built-up areas, thanks to the Ministry of Interior of the Slovak Republic expanding and modernizing the siren network with the support of European Union funds (1088 new sirens in 720 municipalities and cities). This expansion continues. Slovakia thus ranks among the leading countries in terms of signal coverage.

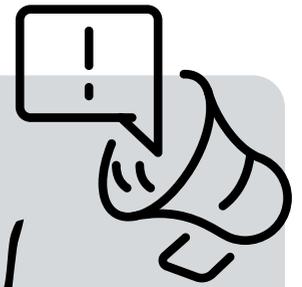


Warning Signals – each signal has a specific sound and duration, signalling

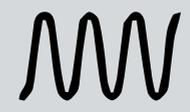
a specific type of threat:

- ✓ **General threat** – two-minute wailing siren tone – in case of threat or occurrence of an emergency, as well as the possibility of the consequences of an emergency spreading,
- ✓ **Water threat** – six-minute steady siren tone – in case of threat from the destructive effects of water,
- ✓ **End of threat or end of the effects of an emergency** – two-minute steady siren tone without repetition, subsequently supplemented by spoken information via mass media,
- ✓ **Siren test** – sirens are regularly tested, usually on the second Friday of the month at 12:00 PM. Siren tests are announced via radio and television broadcasting, TASR (news agency), and other information media to prevent panic,
- ✓ Wailing siren tone lasting 2 minutes is also used during a state of war and in times of war to declare a threat in case of possible air attack on the state territory.

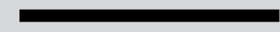
Do you know the Siren Sounds?



General Threat
2 min. Wailing Tone



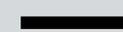
Water Threat
6 min. Steady Tone



End of Threat
2 min. Steady Tone



Siren Test
2 min. Steady Tone



RECOMMENDED LIST OF ITEMS TO HAVE PACKED AT HOME

Food and Water

- ✓ Long-lasting foods: grains, cereals, pasta, rice, couscous, instant mashed potatoes, powdered milk, tortillas, rusks, biscuits, salt, and spices,
- ✓ Vegetables: potatoes, carrots, cabbage,
- ✓ Canned goods: tomatoes (diced, paste), vegetables, fruit, and ready-made meals,
- ✓ High-protein foods: dried or canned meat and fish, chickpeas, beans, lentils, tube cheese,
- ✓ High-fat foods: cooking oil, pesto, sun-dried tomatoes in oil, peanut butter, nuts, and seeds,
- ✓ Energy-boosting foods: fruit pudding, jam, chocolate, honey, protein bars, and dried fruit,
- ✓ Beverages: water/mineral water, coffee, tea, hot chocolate mix, juice, or milk (long-life, soy),
- ✓ Baby food: porridge, infant formula, oatmeal, and baby food,
- ✓ Pet food,
- ✓ Bottles/cans of drinking water,
- ✓ Bottles/containers with a lid or tap,

Clothing and Blankets, Sources of Heat and Light

- ✓ Warm clothing: wool/outdoor all-weather clothing,
- ✓ Thick socks, hats, gloves, scarves,
- ✓ Spare shoes (warm, waterproof),
- ✓ Blankets, sleeping mats, sleeping bags,
- ✓ Candles, tea lights,
- ✓ Matches or a lighter,
- ✓ Alternative heat sources not requiring electricity, e.g., gas or paraffin heaters,
- ✓ Spirit stove and fuel,
- ✓ Fuel in the tank (petrol, diesel),
- ✓ Fire extinguisher,
- ✓ Flashlight, headlamp.

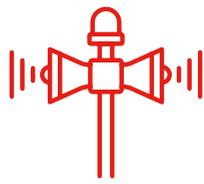
Communication

- ✓ Battery-powered, solar-powered radio,
- ✓ Spare batteries,
- ✓ Mobile phone and charged power banks,
- ✓ Charger,
- ✓ Cash in small denominations,
- ✓ Documents, and important papers,
- ✓ Important phone numbers written on paper.

Medicines, Health, and Hygiene Supplies

- ✓ First aid kit and other necessary medicines (prescription/over-the-counter),
- ✓ Tissues, toilet paper,
- ✓ Wet wipes, hand sanitizer,
- ✓ Diapers and menstrual supplies,
- ✓ Bags, trash bags.

WHAT TO DO DURING A WARNING SIGNAL



- ✓ **Stay calm** – do not panic and listen to the instructions of the competent authorities,
- ✓ **Monitor information and follow instructions** – information and instructions for citizens are often broadcast via local public address systems and through television or radio broadcasts,
- ✓ **Seek safety:**
 - In case of a general threat, take shelter in a safe place (e.g., basement, enclosed room),
 - In case of a water threat, move to higher ground,
 - In case of a hazardous substance threat, close and seal windows, doors, ventilation,
- ✓ **Help others** – check if everyone in your household is safe and help those in need. Prioritize your own safety while doing so.

HOW TO PREPARE FOR A POSSIBLE EVACUATION



Evacuation is a measure to protect the life and health of citizens in the event of emergencies such as floods, windstorms, industrial accidents, or others. Proper conduct in these situations can save lives and health.

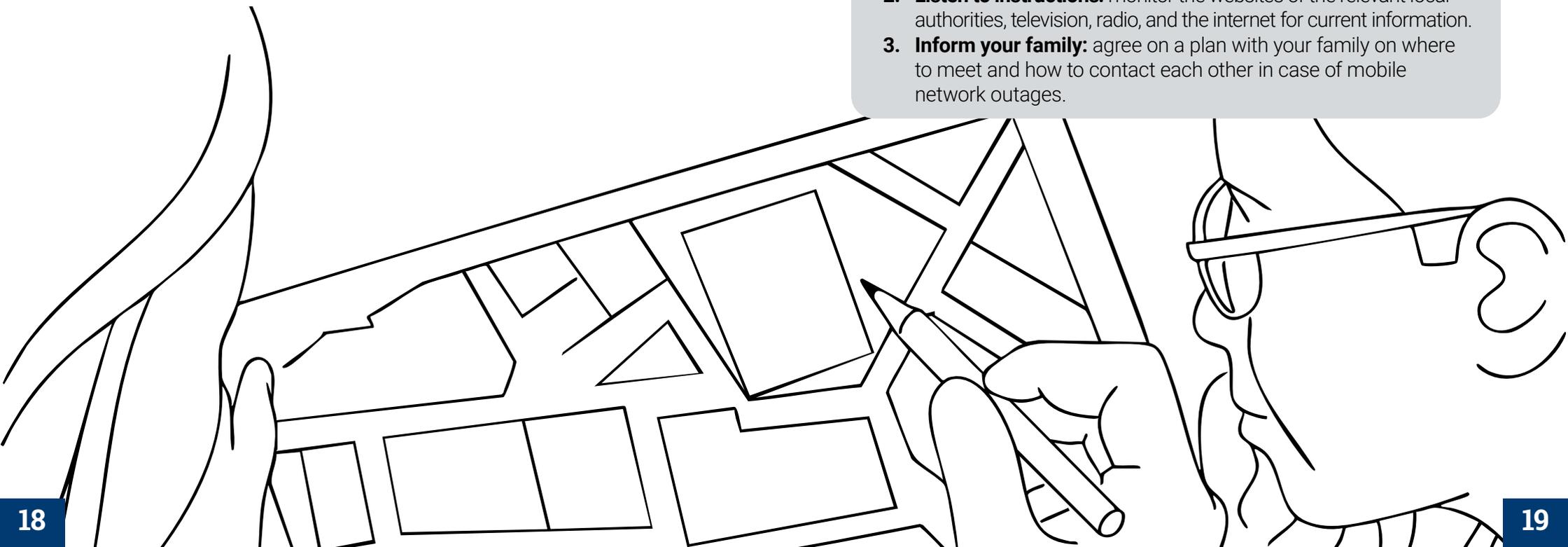
Before evacuation

1. Be prepared:

- ✓ familiarize yourself with evacuation routes in your municipality or city,
- ✓ have an evacuation backpack ready with the most important items.

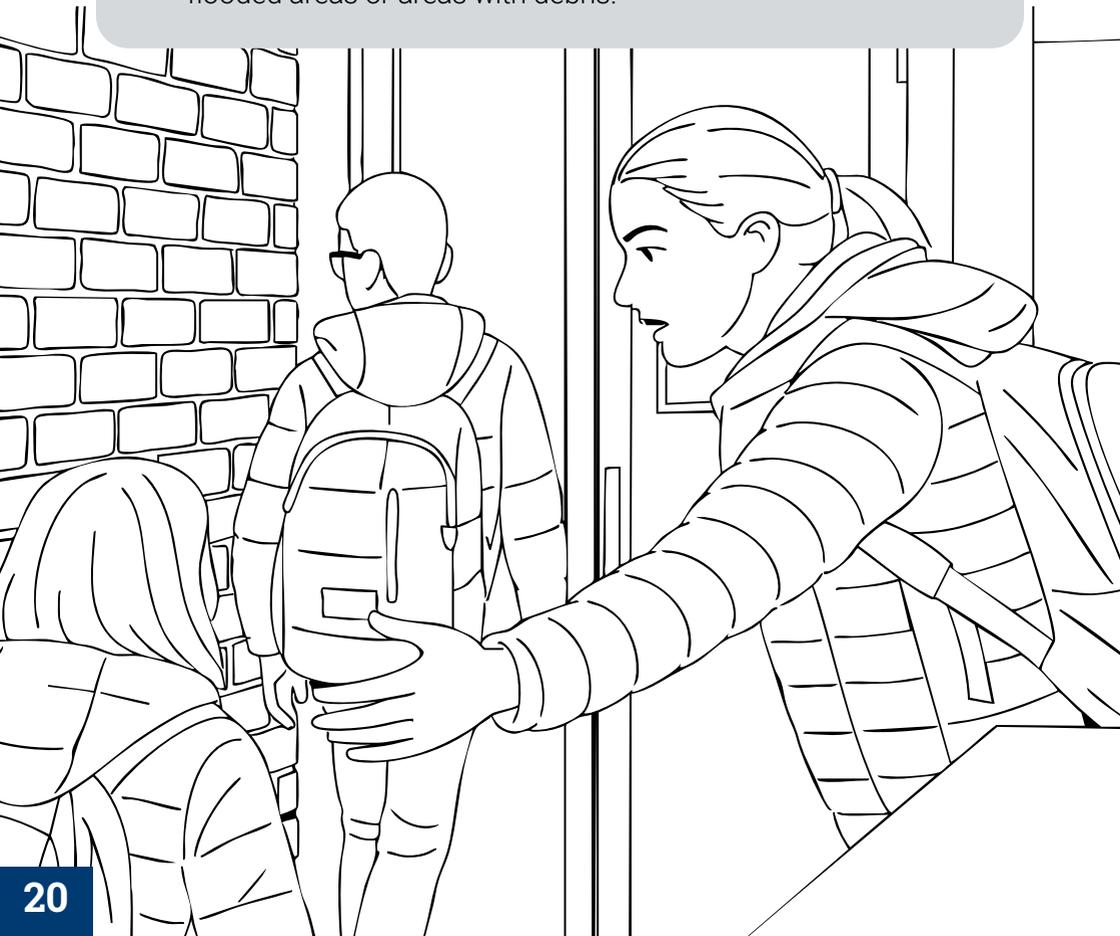
2. Listen to instructions: monitor the websites of the relevant local authorities, television, radio, and the internet for current information.

3. Inform your family: agree on a plan with your family on where to meet and how to contact each other in case of mobile network outages.



During evacuation

1. **Stay calm:** panic does not help. Help children, seniors, and persons with disabilities.
2. **Secure your household:**
 - ✓ turn off gas, water, and electricity,
 - ✓ lock doors, and secure windows,
 - ✓ appropriately secure items of historical or artistic value (in case of flood, move them to the highest possible place).
3. **Follow instructions:** follow the instructions of the police, firefighters, or competent authorities.
4. **Do not delay:** leave as quickly as possible but safely. Do not underestimate the situation.
5. **Use evacuation routes:** avoid dangerous areas, such as flooded areas or areas with debris.



After evacuation

1. **Registration:** upon arrival at a safe place, register with the competent authorities.
2. **Monitor information:** instructions for returning home will be given only after the threat has ended.
3. **Help others:** if possible, offer help to other evacuated persons.
4. **Assess damage:** after returning home, check the condition of the property, take photographic documentation, and contact the insurance company if necessary.

Evacuation backpack

Take a backpack with you. In case of organized evacuation, the backpack's weight must not exceed:

- ✓ 25 kg for an adult,
- ✓ 15 kg for a child,
- ✓ 5 kg of carry-on baggage in addition to the backpack according to the first and second points.

What to pack

- ✓ Personal documents (photograph the most important documents in your phone – ID card, health insurance card, etc.), money, payment cards,
- ✓ Medication and essential medical supplies,
- ✓ Basic food and drinking water for 2 to 3 days,
- ✓ Personal hygiene items,
- ✓ Pocket flashlight,
- ✓ Blanket or sleeping bag,
- ✓ Spare underwear, spare clothing, spare footwear, and a waterproof coat,
- ✓ You can also pack jewellery and small valuable items.

HOW TO PROCEED IN CASE OF VARIOUS TYPES OF EMERGENCIES

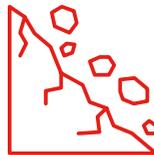
Heavy Rain and Floods



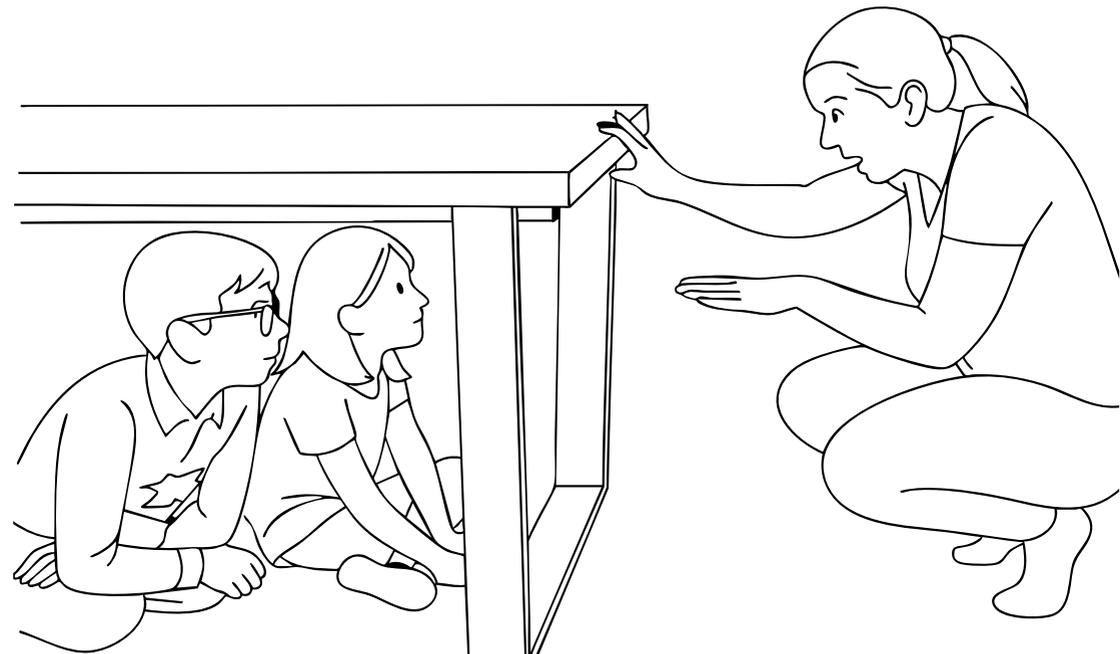
- ✓ Close all windows and doors,
- ✓ Monitor weather and news reports,
- ✓ Remove substances that can react with water, such as poisons, acids, or corrosives,
- ✓ Turn off electricity, water, gas,
- ✓ Prepare your evacuation backpack,
- ✓ Ensure your loved ones and neighbours have all the information and provide them with necessary help, prioritizing your own safety,
- ✓ Avoid traveling through risk areas,
- ✓ Do not drive on flooded roads if you do not know the water depth,
- ✓ Quickly exit a car that is being flooded,
- ✓ if you are in immediate danger during a flood, immediately stop all activities and go to a safe, elevated place,
- ✓ From a safe place, call 112,
- ✓ Wait for further instructions.

Landslides, Mudflows

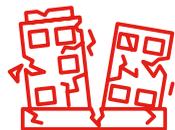
The greatest risk of landslides occurs during torrential rain, especially if the ground is already saturated with water after prolonged rains.



- ✓ Stay calm and composed, monitor all changes in your surroundings:
 - Unusual sounds in the surroundings (e.g., cracking trees and rocks),
 - Sudden changes in water level in streams,
 - Visible changes in the ground surface.
- ✓ Monitor news in the mass media.
- ✓ From a safe place, call 112.
- ✓ Wait for further instructions.
- ✓ Ensure your loved ones and neighbours have all the information and provide them with necessary help, prioritizing your own safety.
- ✓ **If you are in a building:**
 - Stay as far away from the potential threat as possible and on a higher floor,
 - Hide under a sturdy piece of furniture.
- ✓ **If you are outside:**
 - Move away from the path of the landslide or mudflow, find the nearest elevated place away from the path of the landslide or mudflow,
 - If it is not possible to escape to safety, hide behind a group of large trees or in the nearest, most resilient building.



Earthquake



- ✓ If you are inside a building, stay inside; if you are outside a building, stay outside – most injuries occur during panic movements.
- ✓ Stay calm and composed.
- ✓ Ensure your loved ones and neighbours have all the information and provide them with necessary help, prioritizing your own safety.
- ✓ In a building, quickly find a suitable place, stand against a load-bearing wall or under a door frame, but never near a window.
- ✓ Alternatively, hide under a table or under the nearest sturdy object.
- ✓ Do not enter elevators or stairwells.
- ✓ Outside, stay as far away as possible from power lines, trees, monuments, etc.
- ✓ Do not stay in narrow streets; if necessary, seek protection under the nearest gateway.
- ✓ Do not use open flame – there is a risk of gas explosion and subsequent fire.
- ✓ If driving a vehicle, immediately stop in an open space and do not exit during the tremors.

Snow Calamity



- ✓ Limit car transport due to the danger of vehicles getting stuck.
- ✓ Do not block cleared roadways, as this hinders the passage of rescue services.
- ✓ Monitor forecasts for further weather developments on the Slovak Hydrometeorological Institute website.
- ✓ Do not park under trees and near dilapidated buildings.
- ✓ Secure pets.

Low Temperatures



- ✓ Do not stay outside in the freezing air for too long; move sports activities indoors.
- ✓ Do not touch frozen metal objects with bare hands.
- ✓ Regularly apply fatty cream to your hands and face, use a fatty lip balm.
- ✓ Use multiple layers of clothing, wear warm socks, a hat, scarf, and gloves; outerwear should be resistant to wind, rain, and snow; have spare clothing on hand in case of getting wet.
- ✓ Protect pets from the cold as well.

Heatwaves

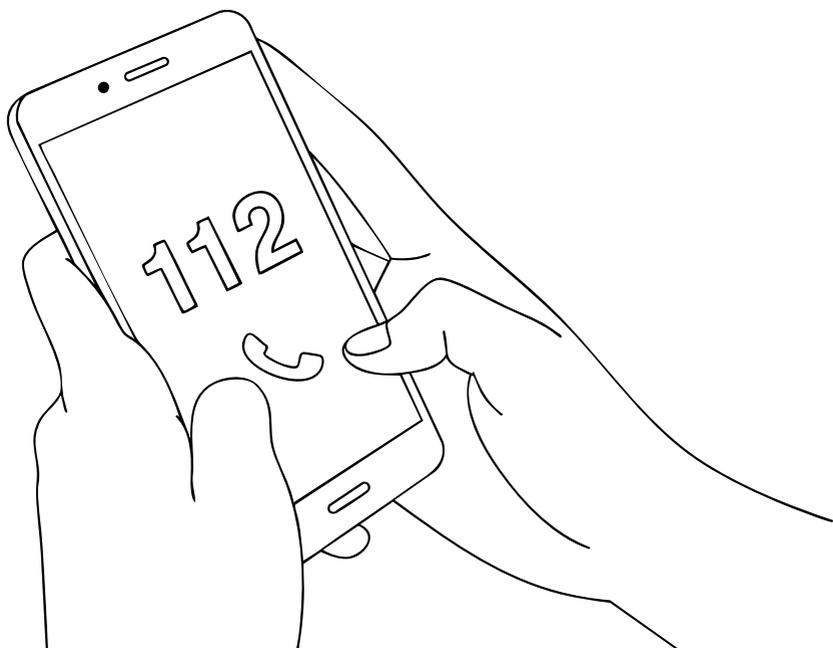


- ✓ Stay in the shade if possible.
- ✓ Maintain fluid intake, prefer light meals, dress appropriately.
- ✓ Protect homes and workplaces from the entry of direct sunlight through windows or skylights by shading, e.g., with blinds or shades.
- ✓ Refresh yourself with a lukewarm shower at least once a day (be careful with too cold water).
- ✓ Use skin creams with UV protection.
- ✓ Under no circumstances leave children and animals in parked cars.
- ✓ Ensure sufficient fluids for animals, allow them to hide from direct sunlight.



Blackout – Long-Term Power Outage

- ✓ **Stock up on food and drinks:** everyone should have a supply of drinks (mineral water, fruit juices), as well as a supply of food for all household members for at least 14 days. A minimum of 4 litres of water per person per day is recommended (2 litres for drinking and 2 litres for cooking and hygiene). Prepare long-lasting, nutritious, and easily storable foods.
- ✓ **Prepare alternative lighting:** LED lights, candles, lighters, flashlights with spare batteries, headlamp, kerosene lamp. Handle them carefully.
- ✓ **Prepare alternative cooking equipment:** dry spirit or denatured alcohol, gas stove, grill. Handle them carefully.
- ✓ **Secure a receiving device:** battery-powered radio with spare batteries. Don't forget a car radio.
- ✓ **Prepare first aid** – a first aid kit, bandages, important medicines, your prescribed medicines, and the like.
- ✓ **Secure cash:** it is advisable to have enough cash at home, approximately double the amount of your weekly daily shopping.
- ✓ **Prepare hygiene supplies:** toothbrush, toothpaste, soap, shampoo, toilet paper, sanitary pads or tampons, high-efficiency cleaning agent, trash bags, cleaning supplies.



Gale and Strong Wind

- ✓ If there is no urgency, do not leave home.
- ✓ Do not stay in open areas.
- ✓ Close and secure windows and doors.
- ✓ Remove loosely placed objects from yards.
- ✓ Do not park under trees and near dilapidated buildings.
- ✓ Secure pets.
- ✓ Avoid movement in the mountains and parks.
- ✓ Do not drive light or unloaded trucks on open, windy areas.



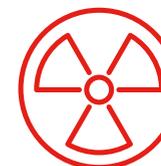
Fire

- ✓ Report a detected fire without unnecessary delay and from a safe place by calling the emergency number **150** or **112**.
- ✓ If possible, extinguish the fire or take necessary measures to prevent its spread.
- ✓ Shut off the gas and electricity supply.
- ✓ Immediately leave the threatened area.
- ✓ Inform persons who may be threatened by the fire.
- ✓ If you do not endanger yourself, provide assistance to those who need it.
- ✓ Clear access routes for rescue services – at least 3 meters.
- ✓ Upon request from the incident commander, fire unit commander, or mayor of the municipality, provide material or personal assistance.



Release of Hazardous Radioactive Substances

- ✓ If you are in an open area, immediately seek the nearest building.
- ✓ Take shelter in an enclosed room as soon as possible.



- ✓ If you may have come into contact with radioactive substances before taking shelter:
 - Before entering the building, remove contaminated outer clothing and shoes and place them in an airtight container; do not use them again,
 - Thoroughly wash your hands, face, and hair; rinse your eyes, mouth; clean your nose and ears,
 - Take a shower and change your underwear.
- ✓ Stay in the central rooms of the house on the ground floor or in the basement.
- ✓ Close and seal windows and doors.
- ✓ Turn off ventilation and seal all openings.
- ✓ Monitor information on official communication channels.
- ✓ Prepare means of improvised protection.
- ✓ Prepare your evacuation backpack.
- ✓ Secure your food and water supplies from possible contamination in closed, airtight containers.
- ✓ Do not consume unprotected food, fruit, and vegetables.
- ✓ Feed and water pets and secure them in carriers.
- ✓ Wait for further instructions.
- ✓ Carry out evacuation or leave the building only based on instructions from rescuers or after an official declaration.

Release of Hazardous Biological Substances



- ✓ Quickly leave the threatened area.
- ✓ Respect instructions issued by authorized persons.
- ✓ Create an isolated space, prevent air ventilation, regularly disinfect the area.
- ✓ Monitor information on official communication channels.
- ✓ Strictly observe quarantine, hygiene, anti-epidemic, and anti-epizootic measures.
- ✓ Do not use water from unknown sources and create supplies; boil water or purify it chemically.
- ✓ Store food and water in disinfected, airtight containers.
- ✓ Maintain personal hygiene and do not touch suspicious objects.
- ✓ If symptoms of illness appear, seek medical help immediately.

Release of Hazardous Chemical Substances



- ✓ Quickly leave the threatened area.
- ✓ Take shelter in an enclosed room.
- ✓ Create an isolated, enclosed space.
- ✓ Turn off ventilation and air conditioning.
- ✓ Extinguish open flames.
- ✓ Turn off gas appliances.
- ✓ Monitor information on official communication channels.
- ✓ Protect your respiratory tract and eyes.
- ✓ Prepare your evacuation backpack.
- ✓ Phone only in absolutely necessary cases.
- ✓ If you do not endanger yourself, provide assistance to those who need it.
- ✓ Feed and water pets, give them water, and secure them in carriers.
- ✓ Stay calm and composed, wait for further instructions.
- ✓ Never take shelter in basements and terrain depressions.

Traffic Accident Involving the Release of Hazardous Substances



- ✓ Park your vehicle so as not to block the entire roadway.
- ✓ Protect your respiratory tract with means of improvised protection.
- ✓ Turn off the vehicle's engine and quickly leave the contaminated area; do not approach the crashed vehicle from which the hazardous substance is leaking.
- ✓ If you do not endanger yourself, provide assistance to those who need it.
- ✓ Report the accident by calling the emergency number **112**.
- ✓ Do not touch the hazardous substance or contaminated objects.
- ✓ Wait for and respect further instructions.

Terrorist Attack Using Explosives



- ✓ If the attack is taking place in the building where you are, quickly and safely leave the threatened area.
- ✓ Call **158** or **112**; otherwise, do not phone unnecessarily.
- ✓ If you do not endanger yourself, provide assistance to those who need it.
- ✓ Do not use open flame and do not turn on electrical appliances.
- ✓ Protect your respiratory tract.
- ✓ If possible, shut off the main gas and electricity supplies.

Unauthorized Use of Firearms



- ✓ If you have the possibility to use an escape route, run away.
- ✓ Take only your phone and switch it to silent mode.
- ✓ Warn others against entering the danger zone.
- ✓ If you do not endanger yourself, provide assistance to those who need it.
- ✓ If you cannot escape, hide in a safe place, lock the doors, and leave the key in the lock.
- ✓ Do not stay near windows, hide behind large, solid objects.
- ✓ In case of immediate threat, fight back. Use objects in your surroundings as weapons: stick, belt, keys, kettle, knife, fire extinguisher, etc.
- ✓ If you are outside the building, immediately leave the threatened area.

Receipt of a Suspicious Parcel



- ✓ Do not open it and do not shake it.
- ✓ Place it in a plastic bag or other suitable packaging and then leave and secure the room.
- ✓ Wash your hands with water and soap.
- ✓ Report the incident by calling the emergency number **158** or **112**.
- ✓ Follow the instructions of the rescue services.
- ✓ The relevant rescue service will take the parcel from you and take it away to verify its contents.
- ✓ Stay calm and composed.

If You Witness a Terrorist Attack:

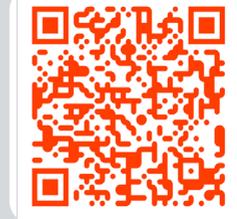


- ✓ Quickly leave the threatened area.
- ✓ Take shelter in a suitable building and stay calm.
- ✓ Call 158 or 112; otherwise, do not phone unnecessarily.
- ✓ Respect instructions issued by authorized persons.
- ✓ If you do not endanger yourself by doing so, provide assistance to those who need it.
- ✓ Monitor information on official communication channels.
- ✓ Do not share video recordings on social media; they can be misused.

IMPORTANT LINKS

Current information regarding the protection of life and health during emergencies can be found at:

www.minv.sk



Also follow information on the ministry's social media:

Facebook: [Civilná ochrana & 112](#)

Instagram: [civilnaochrana](#)



Current information regarding meteorological and hydrological warnings can be found at:

www.shmu.sk

SECURE AND RESILIENT SLOVAKIA



MINISTRY
OF INTERIOR
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