

# 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)

**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'M INVOLVED

- ▶ Train in lifesaving techniques with the fire department or an approved civil protection association (civil protection associations: FPPC, UNASS, UPMNS, Red Cross, White Cross).
- ▶ 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](http://www.jeveuxaider.gouv.fr)

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



# GETTING READY

Individual Safety Plan

**All prepared for  
risk**

**Protect yourself and your  
loved ones in just a few  
minutes**



**High winds,  
cyclones,  
floods,  
industrial incidents,  
tsunami, etc.**

# 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 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 of Civil Security and Crisis Management

**BEING A CITIZEN MEANS TAKING ACTION. GET READY TOO !**



## 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](http://tefenua.gov.pf) and [meteo.pf](http://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](http://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**  
1.5L/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**  
with spare batteries
-  **Radio**  
with spare batteries
-  **Money**  
Cash, checkbooks, credit cards
-  **Personal documents**  
Identity papers, driving license, health record, family record book, CPS card, insurance policies...
-  **Double keys**  
car and house
-  **Plastic bag**  
To protect valuables and 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 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.

You must then :

-  **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