

Safety Handbook



Read it, practice, keep it!

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IMPORTANT PHONE NUMBERS

112

emergency number
(if you cannot call, signal for help
using the  Alarm112 phone app)

999

Emergency medical services

998

Fire brigade

997

Police

994

Water and sewage emergency

993

Heating emergency

992

Gas emergency

991

Electrical emergency

987

Voivodeship emergency dispatch
centre

986

Municipal police

WHERE TO SEEK HELP

800 70 22 22

Support Centre for Adults
in a Mental Crisis

116 123

Adult Helpline

116 111

Children and Adolescents Helpline

800 12 12 12

Children Helpline
and Ombudsman for Children

How to call for help

- Call from a safe place. Speak calmly and clearly.
- State your exact address. If you do not know it, describe characteristic landmarks.
- Explain what happened, and whether life, health or property are in danger.
- Wait until the operator confirms receiving your report. Do not hang up first.



Your preparation matters

The threats Poland faces have substantially grown in the last few years. Disinformation, cyberattacks, hybrid threats, hostile disruption and sabotage are used to destabilize the country. The war beyond our eastern border impacts our sense of safety as well.

The risk of extreme weather events is also higher. Their effects can cause electricity cuts, difficulties in transportation and communication, destruction of property, hindrances to businesses and threats to well-being and life. Many of these events are unavoidable, but they can be prepared for.

The Polish Government has noted the severity of these challenges, and prepared this „Safety Handbook”.

Do not delay a decision to prepare!

We have mailed this Handbook to every household in Poland. It is also available digitally, and printed in Braille. Other language versions are available digitally at

→ poradnikbezpieczenstwa.gov.pl.

Keeping each other safe together

Population protection and civil defence

In peacetime, Poland has a system of population protection. Its objective is to protect the people, their health and property, as well as important infrastructure, the environment, animals and cultural heritage.

In the event of martial law or a declaration of war, this system automatically shifts into civil defence, and the Polish Armed Forces are tasked at the same time with defence against the outside threat. Civil defence is not a part of the Armed Forces – its goal is to protect us all from threats resulting from the war, and their consequences.

The responsibility to survive and limit the effects of a crisis does not fall just on the authorities – **it is our shared obligation.**

Prepare yourself and your loved ones by using this Handbook.

The role of public administration

Mayors of villages, towns and cities, country governors, voivodes and the Minister for Internal Affairs prepare evacuation and shelter plans, manage infrastructure and coordinate the actions of emergency services.

The role of the Armed Forces and emergency services

The Armed Forces guard the country's sovereignty and independence, as well as its security and peace. In the event of an attack on Poland, they will launch appropriate procedures and plans, both domestic and allied, which will allow effective management of the country's defence, guarantee its survival and lead to victory.

The Fire Service, Police, medical rescue and other services and specialist entities save lives, health and property, conduct evacuations and provide shelter.



The role of community organizations

They support the country in its relief activities or organize them themselves. Their strong points are experience, swiftly reaching those in need and flexibility.

Humanitarian aid is always free – no one can demand money or favours from you for it.

Your role

You can support the population protection system today.
Choose the forms of support that best suit you.

-
- ☐ Get in touch with those living close to you. It is useful to know who might need assistance, and who can offer it.
 - ☐ Neighbourhood initiatives, informational groups or contact lists can increase your efficiency in difficult conditions.
 - ☐ Use existing tools supporting local communities, like participatory budgeting.
 - ☐ Engage, e.g. with a volunteer fire department, humanitarian organization, sports club, association or another group.
 - ☐ Become a volunteer and provide assistance where it is needed most. You can also encourage your friends or neighbours to become volunteers.
-
- During armed conflict you will still work in your profession, unless you are assigned other duties.
 - If you are mobilized for civil defence, you will be assigned tasks that will help protect people, property, infrastructure or cultural heritage.
 - You can also volunteer for civil defence and say where you want to serve. Ask for details in a voivodeship office.
-

Do you want to know more?

Visit  gov.pl/obrona-cywilna



Compulsory military service

Every citizen of the Republic of Poland has a constitutionally-mandated duty to defend the Country. Poland's security doesn't depend only on the military, but is founded on mass involvement of our country's citizens.

During an outside threat, in crisis situations or after declaring martial law, the country can summon you to participate in defence activities or support public safety. It can mean being assigned a number of tasks bolstering defence, duties connected to the mobilization assignment or active military service.

Military service

You will learn of mobilization from the media and announcements placed in public places. You can also be summoned individually

If you have a mobilization card, read it carefully – you will find the address and date on which you need to appear. If you have lost your card or your information are out of date, contact the nearest Military Recruitment Centre.

During a crisis, mobilization and war you can be required to hand over your property (buildings, vehicles) to the country. It will be returned later, or you will be compensated.

Military exercises for the reservists

If you receive a military exercises call-up card, remember – these are not war manoeuvres! They are routine peacetime activities of the Polish Armed Forces, preparing the country's defence. You can also volunteer for the exercises – contact your nearest Military Recruitment Centre.

You can get involved today

The Polish Armed Forces offers voluntary defensive training to everyone interested. You can find out more at ➡ wojsko-polskie.pl or in a Military Recruitment Centre.

If you are interested in military service, you can choose from:

- voluntary basic military service – up to 12 months;
- territorial military service – rotational and performer on-call, lets you reconcile your job or studies with serving;
- active reserve, i.a. for those professionally active – with flexible times of service;
- professional, full-time military service.

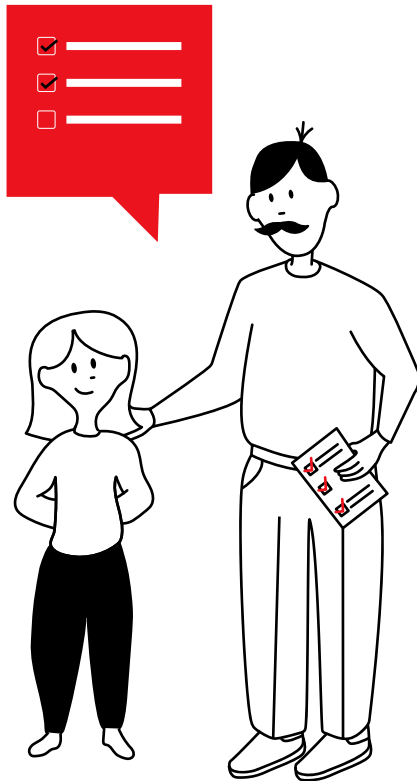
Are you a student in school or university? Choose from the Ministry of National Defence's educational projects: military preparation units, vocational military units, Cyber.Mil. with class or the Academic Legion. If you want to become a professional soldier after your university studies, you can apply for a military scholarship while you're studying.

THE POLISH ARMED FORCES ARE READY TO PERFORM THREE KINDS OF MISSIONS: 

-
- Defending the country and countering aggression within the allied framework,
 - Participating in the process of stabilizing international, crisis, humanitarian situations,
 - Supporting internal security and helping society.

⚠ Remember! If you are avoiding military service, you will face legal consequences, whether you are in Poland or abroad.

Preparation



Prepare yourself and your loved ones

How well you will deal with a crisis depends on whether you will prepare in advance.

- Eat healthily, take care of an appropriate amount of sleep and physical activity.
- Protect your mental health. your emotions are greatly affected by the news that reach You – analyse them critically.
- Keep your medicine and medical devices close. Inform your loved ones of your illnesses and allergies. Keep your medical documents in one place.
- Stay in touch with the people you can rely on and who can support you.
- Do not hesitate to seek professional psychological help.
- If you can, donate blood regularly. Try to get a card with information on your blood type – you can request it from a Blood Donor Centre or a medical laboratory, even if you are not a donor. Carry the card with you.
- Use preventive health programmes. You can find the list at [→ pacjent.gov.pl](https://pacjent.gov.pl).
- Remember that some vaccinations need to be repeated – for example, those for diphtheria, pertussis or tetanus are valid for 10 years.

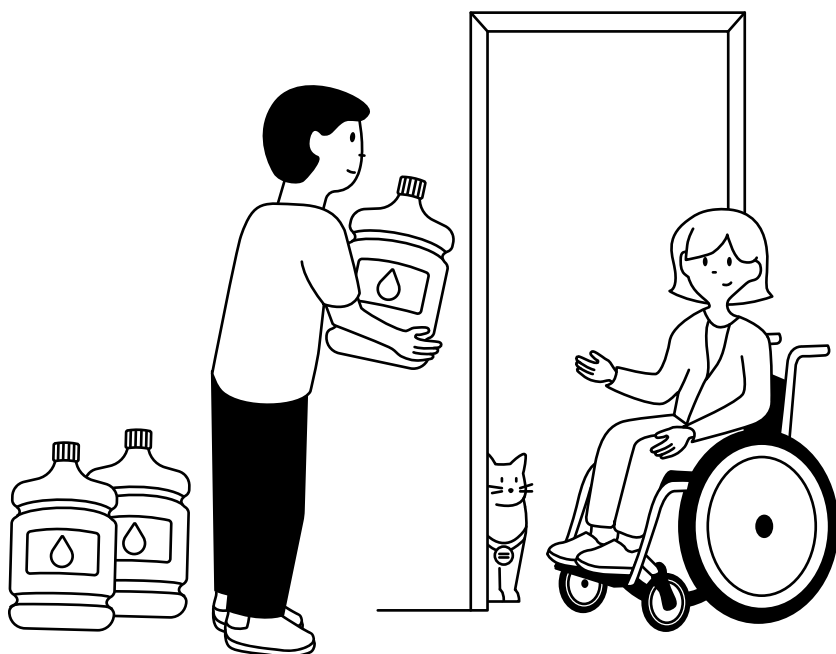
[→ p. 3](#) Where to seek help

People with special needs

In crisis situations, **help the seniors, the sick or people with disabilities.** Not all of them may be aware of the coming threat, so share the most important information with them and explain what to do.

- ☐ Discuss a plan of action in a crisis with the supported person.
- ☐ Help with preparations, e.g. pack the evacuation backpack for the supported person, make sure that they are stocked up on the necessary medicine and batteries for medical devices (hearing aids, crutches, glucose monitor, etc.)
- ☐ In the event of sudden danger, inform the emergency services of the person requiring special assistance during evacuation.

You can find out more about how to support those in need of special assistance in your town or city hall or commune office.

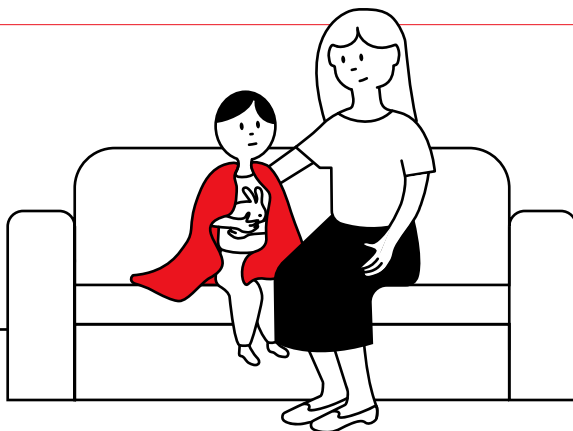


Discuss danger with the children

Children can feel the nervousness of adults and can be scared by information reaching them from different sources. Talk to your children in a manner appropriate to their age and level of understanding.

- Prepare for the discussion and ensure **a calm atmosphere**. Learn what the child already knows and how they feel.
- Answer questions **honestly, but without drastic details**. If you do not know the answer, you can search for it together.
- Watch the child's behaviour and **react to their emotions**.
- Stress that even in a difficult situation **you can count on the help and support** of your family and other people: neighbours, firefighters, policemen, rescue workers.
- Explain to the child their **tasks in a crisis situation**, and practice them together. Knowing their role, the child will feel safer.

Be close, listen and show support. Your presence and calmness will help the child in a difficult situation.



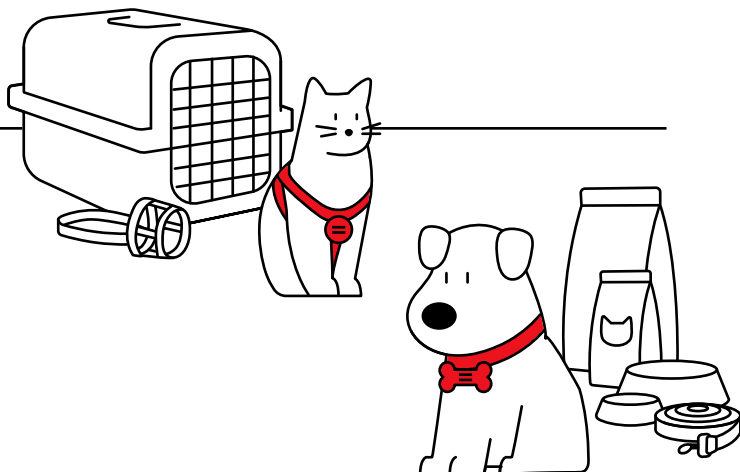
→ p. 3 Where to seek help

Take care of animals

Pets

In crisis situations, keep in mind the pets under your care.

- ☐ Store the **medical documents**, proof of vaccinations and information on medicine used by the pet in one place.
- ☐ Prepare the necessary **transportation equipment**: muzzle, collar / harness, transporter or cage.
- ☐ Prepare a **reserve of pet food, drinking water and medicine** for a few days.
- ☐ Implant your pet with a **microchip and register** it in a database.
- ☐ Place **owner contact information** on the collar / harness.

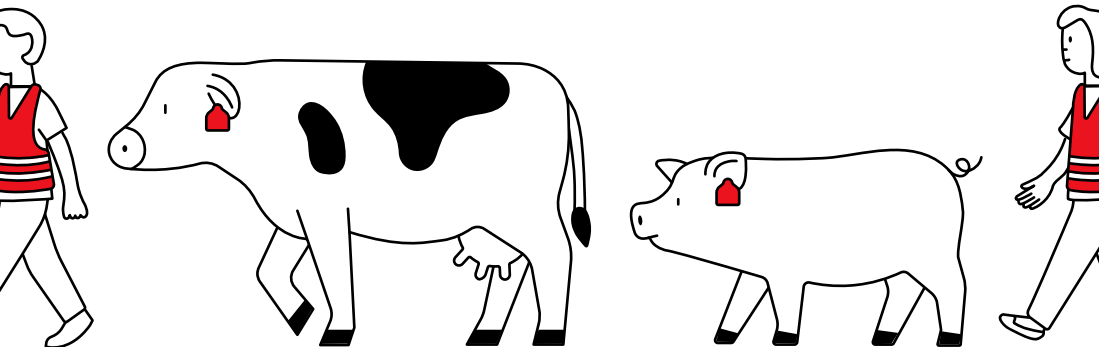


Farm animals

If you own farm animals, prepare them for crisis situations such as natural disasters or disruptions in water or electricity supply.

- ☐ Prepare a reserve of fodder and water for 14 days. Install rainwater collectors.
- ☐ Check whether farm buildings are resistant to severe weather. Stock up on materials for repairs.
- ☐ Mark your animals, e.g. with ear tags. In an emergency, paint a mark on the animal.
- ☐ Prepare the animals for transport immediately after an evacuation order is given by the authorities.
- ☐ If evacuation is impossible, inform emergency services of animals left behind.

The owner of the animals is responsible for their evacuation, which is coordinated by the district veterinarian. For detailed information on the animal evacuation plan in your region, contact the commune office.

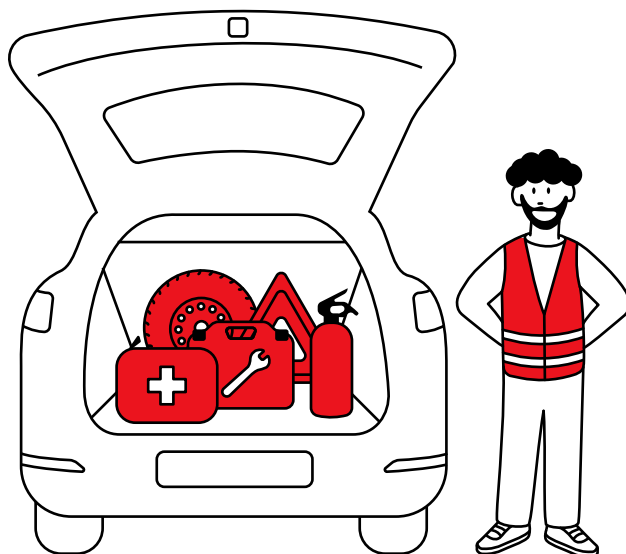


Prepare your surroundings

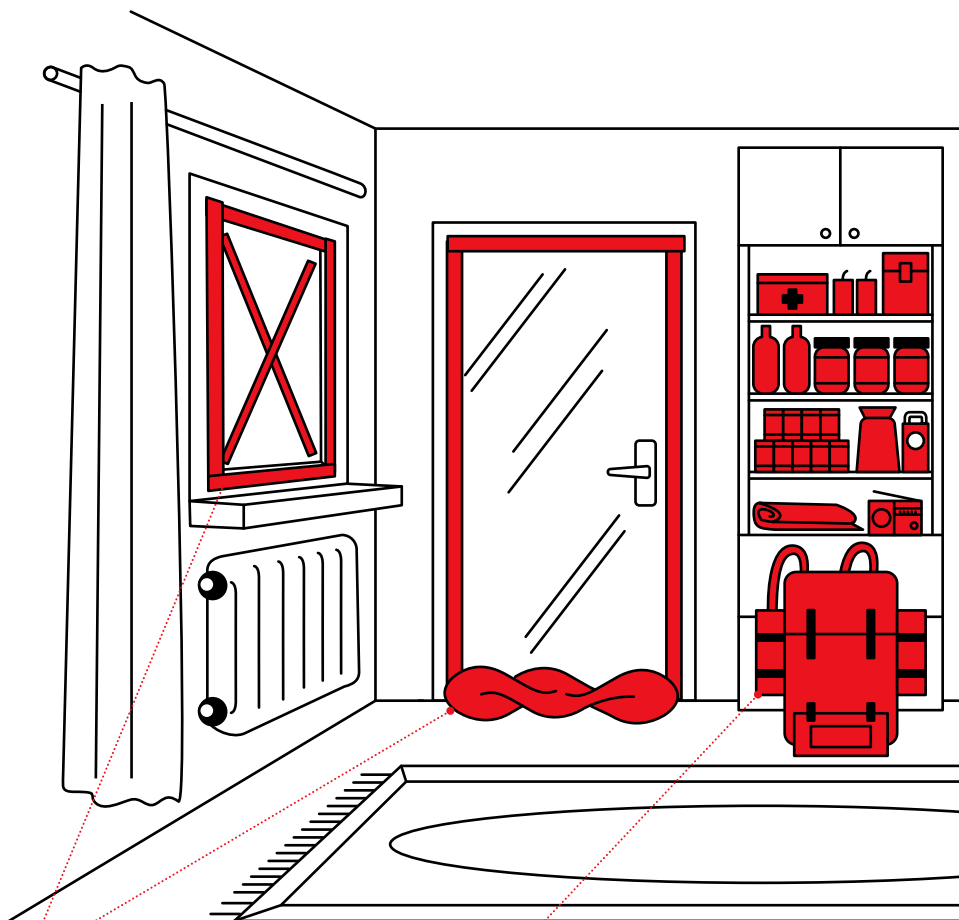
Transportation

- ☐ If you are using a car, make sure it is in good condition and with a full fuel tank. Make sure you have a first aid kit, a fire extinguisher, a warning triangle, a spare tire, a set of tools for changing tires and the vehicle's rescue sheet.
- ☐ Prepare additional means of communication, such as a CB radio or a walkie-talkie.
- ☐ Keep a paper map or a roadbook near you. The GPS may not work.

In crisis situations, limit the use of your car. The roads should be navigable for the emergency services and military transports.



Home



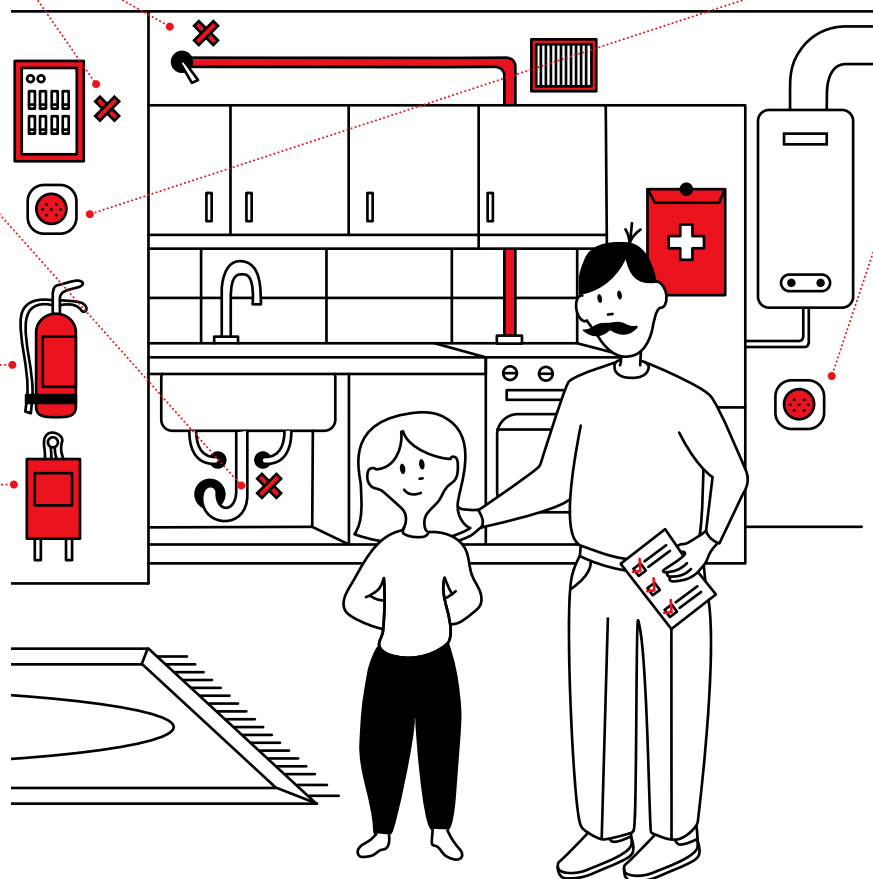
- ☐ Prepare items for sealing and securing windows and doors, e.g. blankets, towels, tapes.
- ☐ Remove unnecessary items from hallways and stairwells.

- ☐ Prepare for interruptions in the supply of water, electricity and gas, and in phone and internet services. → p. 20–22 Basic list of supplies and equipment for 3 days

Prepare your surroundings

- ☐ Visibly mark the switch-off points for gas, electricity and water, e.g. with coloured tape. Practice switching them off with your loved ones.

- ☐ Install a detector of smoke, carbon monoxide and gas. Regularly check their technical condition.



- ☐ Equip your home with a fire extinguisher and fire blanket.
- ☐ Ensure regular checkups of chimney, ventilation, gas and electrical installations, and insure your house/apartment.

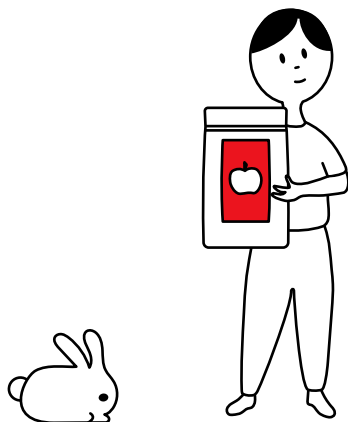
- ☐ See which place in your home is the safest: far away from windows, near load-bearing walls, in central rooms.

School

- If you are attending school, take part in alarm exercises. Inform your teachers of suspicious behaviour.
- If your child is a school student, note the contact information of the person assigned by the school to be contacted if the children need to be picked up in an emergency.

Workplace

- Check the locations of emergency exits, assembly points, fire extinguishers, AEDs and first aid kits.
- Immediately report noticed abnormalities, such as a damaged electrical installation, blocked evacuation routes, out of order lifts.
- Practice emergency plans and evacuation with your coworkers. Make sure you know how to spot, prevent, note and react to threats at your workplace.
- If you can be mobilized for military service or summoned for other duties connected with defending the country, notify your employer.
- If you are an employer, learn your duties with regards to employees in the event of states of emergency or war.



HOME STOCKPILE FOR A MINIMUM OF 3 DAYS

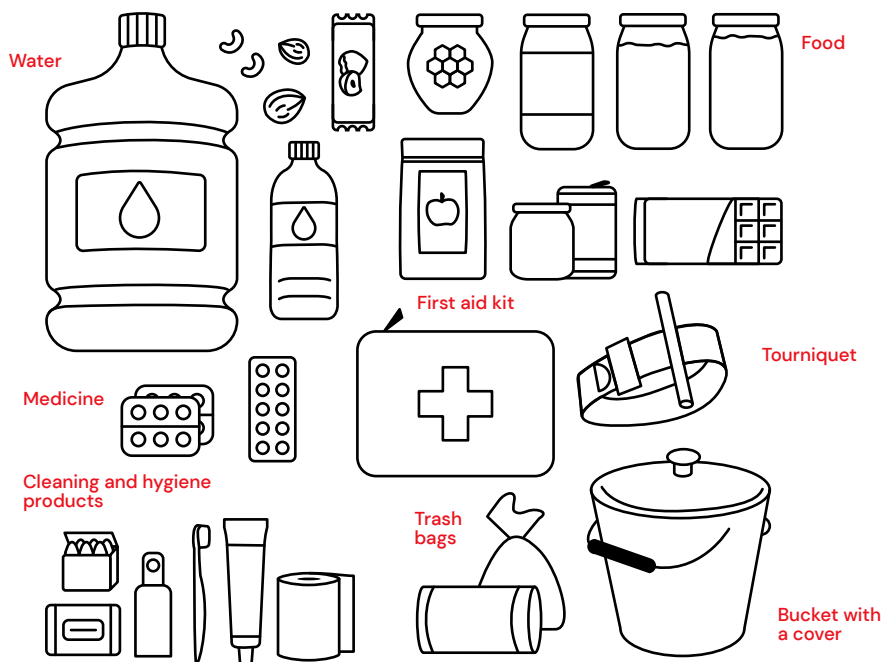
You can collect non-perishable supplies (products with an extended expiration date) and those that you will partially use and regularly restock on. Check your supplies every few months and keep in mind their expiration dates.

For more on this subject visit

→ gov.pl/rcb/poradnik-bezpiecznych-zachowan



HOME STOCKPILE FOR A MINIMUM OF 3 DAYS

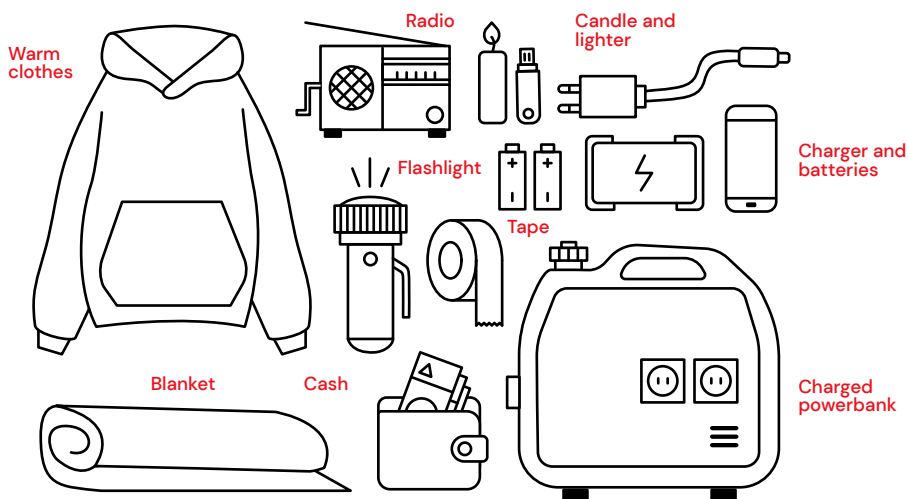


- ☐ Food and water: a minimum of 3 litres per person, per day, food ready for consumption.
- ☐ First aid kit: regularly used medicine, analgesics, anti-inflammatory, anti-nausea, anti-diarrhoeal drugs, gauze, bandages, burn dressing, single-use gloves, antiseptics, tourniquet, thermometer and scissors, FFP3 masks, thermal blanket.
- ☐ Cleaning and hygiene products: toilet paper, wet wipes, disinfectants, trash bags, bucket with a cover.

HOME STOCKPILE FOR A MINIMUM OF 3 DAYS



- ☐ Lights and communication: flashlight and battery-powered or wind-up radio, charged phone, charger, charged powerbank, fitting cables and batteries, candles for use at home.
- ☐ Blankets, sleeping bags and warm clothes.
- ☐ Cash in various denominations.
- ☐ Tools and gear: tapes, foils, sealing kits.
- ☐ Alternative heat source.



Reaction



Alarms and warning signals

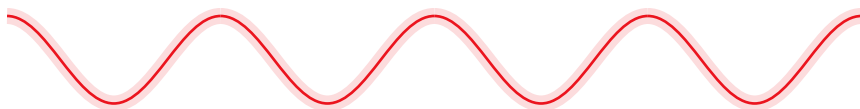
Emergency services use alarms and warning signals in the event of a real threat or during exercises. You will be notified of exercises in advance.

To inform of danger, emergency services use:

- sirens,
- megaphones,
- the media – radio, television, the Internet,
- the Regional Warning System (RWS),
- Government Centre for Security (GCS) alerts sent directly to cell phones,
- direct contact.

Remember! There are only two types of alarm signals in Poland now:

alarm **start** – ongoing, **modulated** sound of a siren for 3 minutes,



alarm **end** – ongoing, **steady** sound of a siren for 3 minutes.

If you hear the alarm, turn on television or radio and comply with the announcements.

Evacuation

If you are somewhere, where a direct threat to your life or health appeared, do not delay the evacuation.

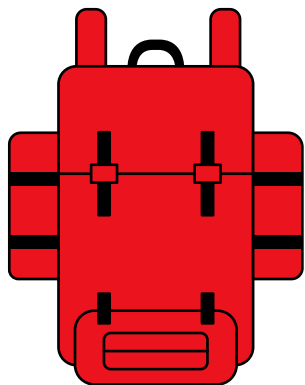
If the authorities and emergency services order an evacuation, **comply fully with their instructions**. You will be updated regularly by alert messages, government websites, GCS alerts, the RWS and the media.

- ☐ Close the windows, switch off water, turn off electrical and gas-powered devices, extinguish all sources of fire (stove, fireplace, cooker).
- ☐ Dress appropriately for the weather.
- ☐ Make sure children have contact information of their caretaker with them.
- ☐ Take your evacuation backpack with you.
- ☐ Make sure your neighbours know about the alarm. If possible, assist the elderly people and persons with disabilities.
- ☐ Use organized transportation or walk to the designated spot.
- ☐ If you are using a car, do not block evacuation routes.
- ☐ Keep your animals in mind, and if their evacuation is impossible, secure them and provide them with food and water.
- ☐ Notify your loved ones that you are evacuating and to where.

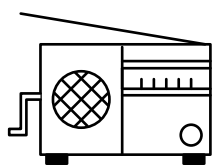
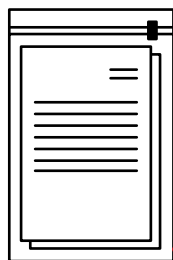
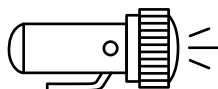
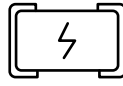
⚠ Do not give your documents to people offering help or transportation. If you want to use transportation, send your loved ones the registration number of the vehicle you are using and the address of your current location.

Evacuation backpack

Prepare a handy kit of essential items. Use our list and adapt it to your needs. **Everyone in the household should have an evacuation backpack, even children.**



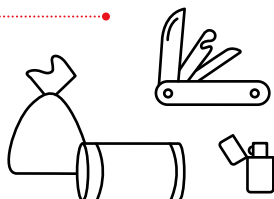
- ☐ Bottled water. Water purifiers or water purification tablets.
- ☐ First aid kit and personal medicine, hygienic products and disinfectants.



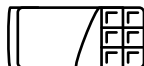
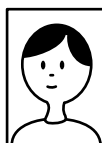
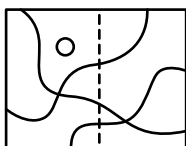
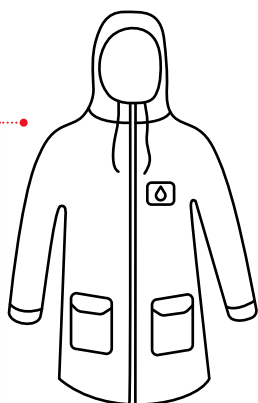
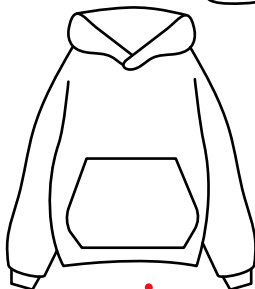
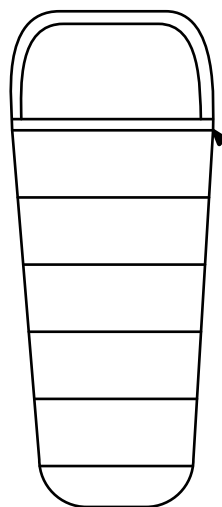
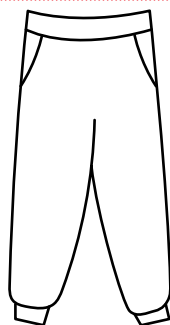
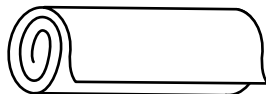
- ☐ Documents, copies uploaded on a flash drive and cash in various denominations.
- ☐ Flashlight and a battery-powered or wind-up radio, charged phone and powerbank, charger, fitting cables and spare batteries.

Evacuation

- ☐ Pocket knife or multitool, lighter, trash bags, printed maps.



- ☐ High-calorie food ready for consumption (energy bars, dried fruit, and nuts, etc.).
- ☐ Important personal items, e.g. a photograph, family heirloom.



- ☐ Season-appropriate clothing, rain-proof clothing, sleeping bag, roll mat, thermal blanket.

- ☐ Alternative means of communication (e.g. walkie-talkies).

Crowd safety

- If you are going to a sports game or a concert, or take part in another mass gathering inside a building, check the location of emergency exits.
- In the event of panic, move with the crowd and avoid sudden changes of direction. If you are in the middle of a group, try to move towards the edge.
- Avoid narrow passages, glass surfaces, walls and fences.
- Do not try to pick up items from the floor, e.g. a phone you dropped.
- If you fall, try to stand up as quickly as possible – grab stable things or people nearby. If you cannot stand up, assume a foetal position.

If your loved one is missing, contact local security or the Police. Prepare a detailed description of the missing person.

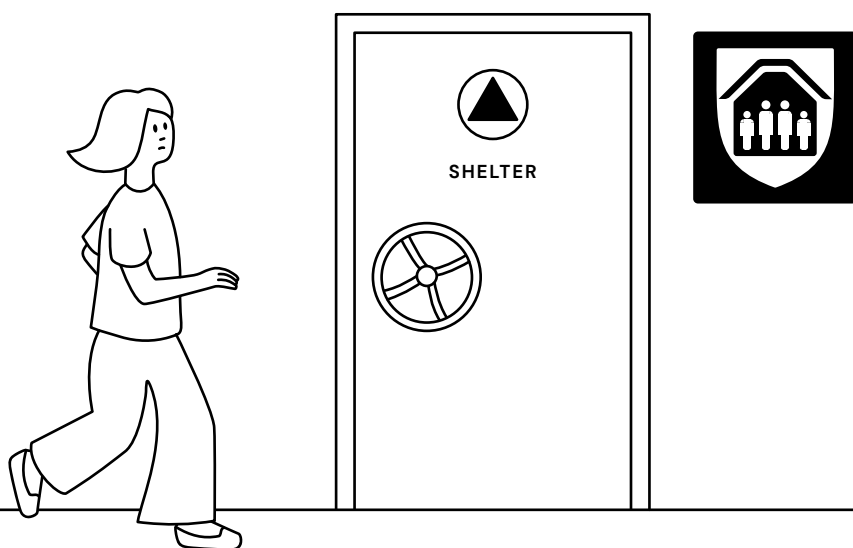


Shelter

You can find information regarding the locations of shelters at your commune office, local State or Volunteer Fire Service, and on the website:

→ gov.pl/kgpsp.

Shelters are marked with a special sign:



- If you cannot hide in the marked shelter, remain at home – away from the windows, near load-bearing walls, in central rooms.
- If you are away from home, look for places that provide at least minimal amount of cover (lowest floors of buildings, including basements, underground garages, tunnels, underground passages). Even simple holes in the ground provide greater protection than remaining in the open.

Fire

HOW TO PUT OUT FIRES USING BASIC EQUIPMENT



**What is
burning**

**What extinguisher
to use**

**How to
extinguish**



Solid bodies
e.g. wood, paper,
coal, fabric, hay



Cover it with a fire blanket
or pour water on it



**Flammable
liquids**
e.g. kerosene,
gasoline, alcohol,
paint, varnish,
paint thinner



**DO NOT
use blankets or water**



Gases
e.g. municipal
gas installation,
methane, propane,
hydrogen,
acetylene



**DO NOT
use blankets or water**

Cut off the flow of gas,
turning off the valve



Fats
e.g. oil in a pan



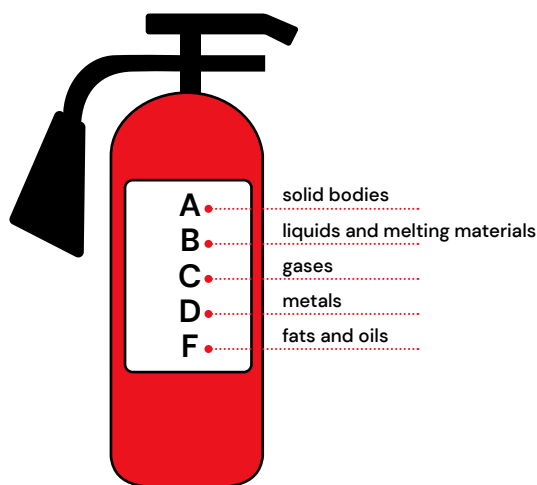
**DO NOT
use water!**

Cover the pot or pan
tightly with a lid, a blanket
or wet rag

Do not use the lift during a fire! Use the stairs instead.

- When you see a fire or smoke, call the fire service. Call the emergency number: 112.
- If the fire is small, try to extinguish it.
- If it is safe to do so, turn off the main gas valve and switch off electricity.
- Do not open windows or doors. Restricting access to air will slow the spread of fire.
- Protect your airways. Cover your mouth and nose, ideally with wet fabric.
- Inform the emergency services if anyone is left in the building and disclose their exact location.
- Remember: do not try to extinguish electrical fires, burning oils or fat with water.

Take note of the markings on the fire extinguisher – what materials it can be used for.



Flooding

-
- ☐ Prepare your evacuation backpack.
 - ☐ Check if your neighbours need assistance.
 - ☐ Secure your home, prepare sandbags. Seal doors and windows.
 - ☐ Move your valuables and electrical devices to the top floors of the building.
 - ☐ Switch off electricity and gas installations, secure the inlets and outlets of the sewage system.
 - ☐ Park your vehicles in a safe place, do not block roads.
 - ☐ Prepare your animals for evacuation.
-

Do not ignore weather alerts and calls for evacuation.

If an evacuation is called, do not remain in the endangered area because of your belongings. The area will be secured by emergency services.

If evacuation is impossible, hoist a flag in a visible spot, so that rescuers know what you need.

- **White flag** – I have to evacuate.
- **Red flag** – I need medical assistance.
- **Blue flag** – I need food and water.

The flag can be made of clothes, for example.

Follow these websites for information on the levels of water:

- wody.gov.pl
- isok.gov.pl
- hydro.imgw.pl

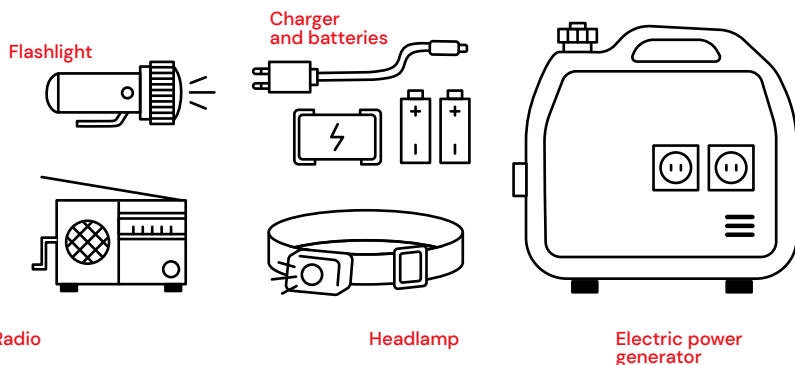
Blackout

Blackouts – caused by natural disasters or deliberate actions – can last as long as several days. **In that time, you will lose access to water, heating, the Internet and telephone service, as well as the ability to pay by card.**

- ☐ Prepare alternatives for: light source (flashlights with spare batteries), heating (gas heater or oil burner, fireplace), communications (battery-powered radio, walkie-talkies, CB radio).
 - ☐ Consider buying an electric power generator.
 - ☐ Charge your powerbanks. Turn on battery saver mode in your phone.
 - ☐ Prepare reserves of food ready for consumption (e.g. canned food, crackers, energy bars) and water (min. 3 litres per person per day).
- p. 20–22 Home stockpile for a minimum of 3 days
- ☐ Have a reserve of cash in different denominations.

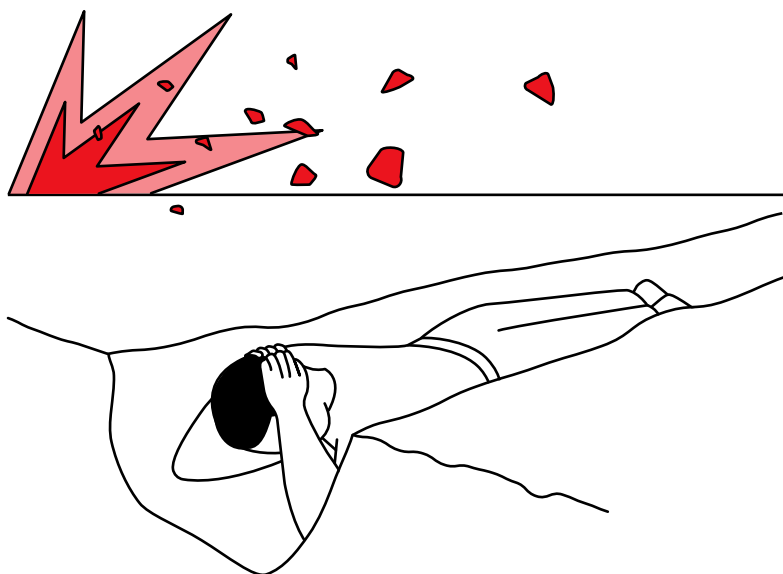
In the event of disruption in the supply of electricity

- Conserve heat, gather everyone in one room.
- Limit the number of times you open the fridge and freezer – they will hold low temperatures for longer.
- Disconnect all electrical devices.



Air raid

When you hear the alarm signal, follow the previously established evacuation route to a shelter. Take the evacuation backpack with you. Avoid lifts, use the stairs. your shelter should have no windows, a thick ceiling and walls, access to air and an emergency exit.



-
- If you hear an explosion when out in the open, **fall to the ground**
 - ideally into a depression
 - and cover your head.
 - **Do not exit the shelter** prematurely.

-
- Do not overburden phone lines – use **texts**.
 - **Help** others – see who around you needs assistance.

Chemical, biological, radiological and nuclear threats

When you hear an announcement of the threat:

- ☐ Alert the people in the danger zone and leave the threatened area.
- ☐ If you remain indoors: close and seal the windows, ventilation, locks on stoves and fireplaces. Turn off air conditioning.
- ☐ If you are in a car: close the windows, turn off air conditioning / ventilation, drive away from the danger zone.
- ☐ When you come in from the outside, take off the contaminated clothes. Do not eat food that might have been contaminated.
- ☐ Do not touch your face. Wash yourself with soap under running water, start with your hands and continue to your face. Take a shower. If you cannot do so, clean your skin and hair with a wet wipe.
- ☐ Throw every item that might have been contaminated, e.g. clothing and food, into plastic bags – close them tightly and mark them.

When there is a danger of radiation, you need to be ready to remain inside a sealed building for at least a few days.

The radiation level after a nuclear explosion falls significantly after a few days.

Markings of the CBRN dangers



chemical



biological



radiological



nuclear

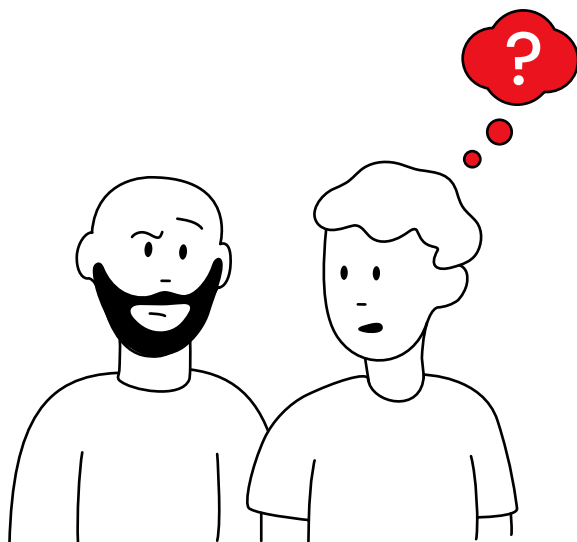
Suspicious behaviour

In your surroundings, be wary of:

- unexplained contact from people offering an easy way to make money;



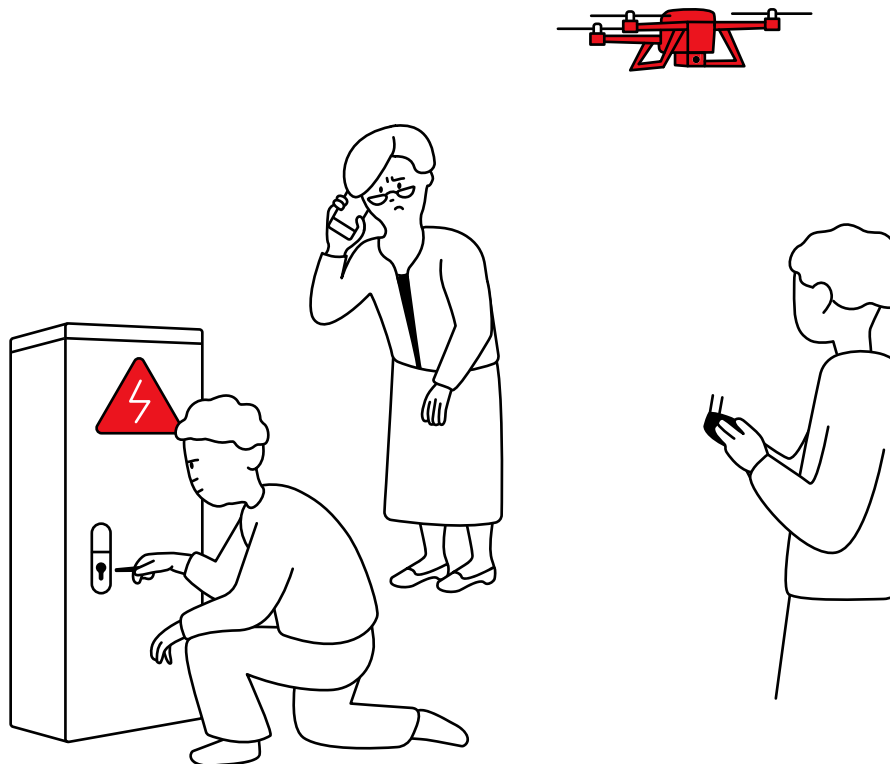
- changes in behaviour of people in your surroundings that cannot be logically explained, such as unwarranted attempts to collect personal data, building floor plans and other sensitive information;



- suspicious markings – graffiti, signs made with paint, chalk or tape – in places where they should not be. For example, unusual signs on electric or telecommunications boxes, on walls, roads and lampposts;

- people watching, taking photos of or filming (e.g. with drones) structures such as airports, shopping centres, logistical hubs, train tracks, military installations, hospitals.

Remember that notifying the Police or the Internal Security Agency does not carry any risk for you. If your worries are warranted, the authorities will take appropriate action.



If you suspect that someone is planning to commit a crime, contact the authorities by calling the emergency number: 112. You can prevent a tragedy.

State Map of Threats to Security on the website [→ policja.pl](https://policja.pl)

Terrorist threats

Both people and important structures (e.g. electric power plants, water treatment plants, logistical hubs, music venues or shopping centres) can be a target for attacks.

- If you witness an attack, do not approach! **Run!** Warn others. Notify the authorities – do not assume that others already have. Do not return to the scene of the attack.
- **Hide away** from the crowd. Find cover – barriers, steel structures, thick walls. When inside, barricade the doors, cover the windows, turn off the light. Put your phone on silent.
- If you cannot run or hide – **fight**. Use anything that you have close to hand.

Do not be passive!

IMPORTANT



Use the phone only if you really must – **do not block the network**. Do not call people in danger – you could reveal their hiding place.

Do not share photos and videos from the scene.

Do not fuel panic – don't spread unverified information.

Digital threats

Disinformation

Disinformation is the deliberate spreading of false or manipulated information.

- Verify your information (e.g. announcements that seem believable) in several independent sources.
- Do not spread unverified information.
- Do not believe any information on the collapse of the country and surrender.
- Do not share any information on the location and movement of the Polish Armed Forces or allied troops. Do not take photos, do not film, do not send and publish pictures of troops and important structures such as bridges, train stations, warehouses.

Verify all information in trustworthy, public sources, such as Polskie Radio and its regional stations, Telewizja Polska, government websites and the authorities.



Cybercrime

Criminals can steal your data, impersonate you on the Internet, take a loan in your name or deceive your friends.

- Did you receive a suspicious message with a link or attachment?
Do not click on them without thinking.
- **Check the sender's address** and the content of the message. Errors or lack of Polish diacritics can indicate a scam.
- **Protect your login data** and your payment card numbers.
- **Regularly update** your antivirus software and apps on your PC and smartphone.
- Use only software **from legal sources**.
- Do not install software from unverified sources.
- **Set strong passwords**, e.g. by using a password manager.
- Use **two-factor authentication** (texts, e-mails).
- **Create backups** of important files and documents.
- **Be wary** when you use public Wi-Fi networks.

Report attempts at deception or scams at
 incident.cert.pl or through the  **mObywatel** app.

Forward suspicious texts containing
links to the number: **8080**.

First aid

Performing first aid is your duty. Do not be afraid – when you are helping, you are not responsible for unintentional mistakes.

- ☐ Take care of your and the victim's safety.
Do not move them, if it is not necessary.
- ☐ **Assess the victim's state.** Shake them by the arm and ask: "Can you hear me?"
- ☐ If they react, **ask** what happened.
- ☐ **Call 112** or ask someone nearby to do it – in that case, ask a specific person.

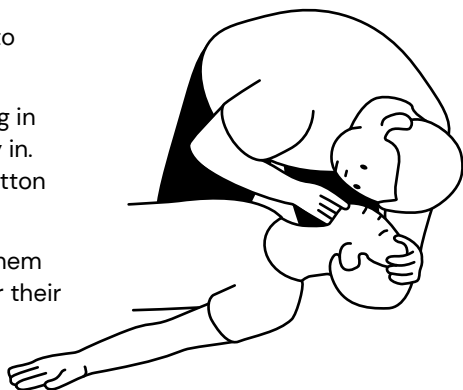


⚠ Remember! In a crisis, hospitals will be overwhelmed. In non-life-threatening situations, you will have to take care of yourself.

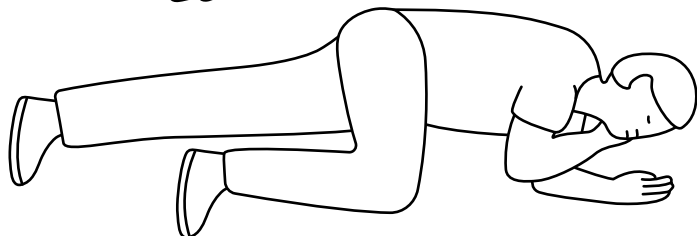
→ Do you want to know more? **Register for a first aid course.**

If there is no contact with the victim

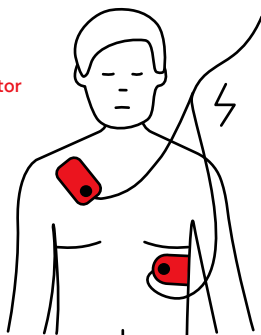
- 1 Ask a specific person nearby to bring a **defibrillator** (AED).
- 2 Check if the victim is breathing in the position they are currently in. Watch chest movement. Unbutton clothes if you need to.
- 3 If they are breathing – place them in recovery position. Watch for their breath until rescuers arrive.



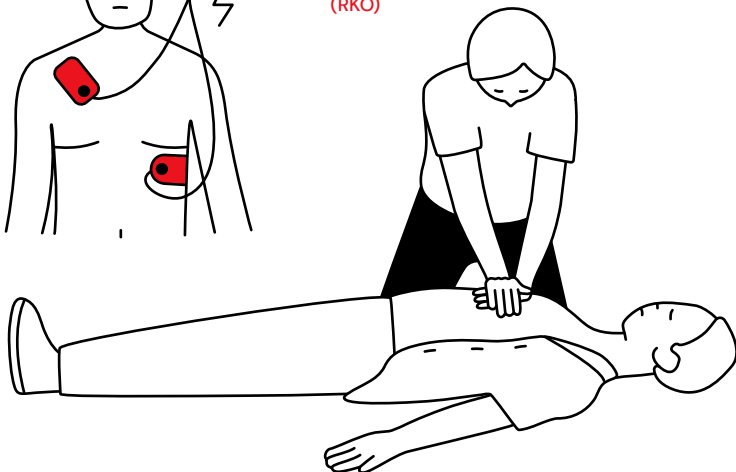
pozycja boczna
ustalona



defibrylator
(AED)



resuscytacja krążeniowo-oddechowa
(RKO)



If the victim does not breathe

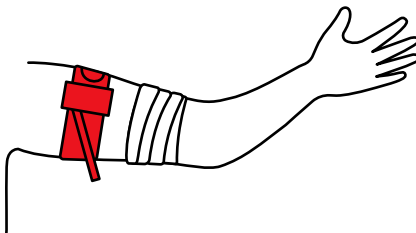
- 1 Place the victim on their back, on hard and flat ground.
 - 2 Kneel next to their chest.
 - 3 Unbutton or cut the victim's clothing so that the chest is exposed (this applies to women as well).
 - 4 Place one hand on the victim's forehead, the other on their chin. Pull their head back.
 - 5 Open their mouth for a moment and remove visible foreign objects.
 - 6 Lean over the victim for 10 seconds and check if they are breathing:
 - Watch their breast, if it rises and falls,
 - Listen for breath near the victim's nose,
 - Wait for breathing – you will feel it on your cheek.
 - 7 If they do not breathe – place your hands, one on top of the other, in the middle of the victim's chest. Keep your arms straight.
 - 8 Push rhythmically, strongly and rapidly:
 - Depth of pushes: 5–6 cm,
 - Frequency: 2 pushes per second,
 - After every push, remove your hands from their sternum, while keeping fingers in contact with the chest.
 - 9 After 30 pushes, decongest their airways again and slowly breathe air into the victim's mouth 2 times. If you do not want to do this, push the chest without interruptions.
 - 10 When someone brings a defibrillator (AED), use it. The device will tell you what to do.
 - 11 Perform CPR until:
 - emergency services arrive,
 - you notice clear signs of circulation (e.g. breath, movement, cough),
 - performing first aid becomes dangerous for you.
- If you become tired, assign someone to replace you.**

You can find defibrillators in public areas: government offices, shopping malls, at train stations and bus terminals, airports and metro stations. Download an application to show you the placement of nearby AEDs.

If there was a massive haemorrhage

- 1 Use pressure dressing (made out of e.g. bandage, a piece of fabric, a shawl).
- 2 If bleeding from the limb does not stop, place the pressure dressing around 5–7 cm above the wound (not over a joint) – on the arm or thigh. Note down the time of using the dressing.
- 3 If you do not have pressure dressing or another type of ligature, put pressure on the wound directly with your hand or fabric.
- 4 If the victim is pale and sweating – pull up their legs around 30 cm upwards.
- 5 Cover the victim. Wounded people cool down faster.
- 6 Monitor their state until emergency services arrive.

⚠ A massive haemorrhage can lead to death in a few minutes! Act quickly!



Hygiene in a crisis

Maintaining hygiene is important for your health and preventing epidemics. How to take care of it when there's no running water, electricity or heating?

Toilets

When there's no running water, you can create a makeshift toilet by covering a bucket with a plastic bag. After use, throw out the bag with its contents to a separate container. You can neutralize unpleasant odours with earth, sawdust, grit, etc.

-
- Municipal services will inform You how to dispose of waste.
 - You can still urinate to your normal toilet, even if there is no running water.

Personal hygiene

If you do not have access to running water, use wet wipes and disinfectants.



Crisis preparation plan



Create a family preparation plan for a crisis.

Discuss necessary contact information and places and times of meetings – both nearby, and outside of your hometown. It is important in case you get separated and can't communicate.

You can use pre-made columns in the Handbook, or create a plan yourself.

Update the plan regularly and practice with people in your home.



CRISIS CONTACT INFORMATION

[illegible]

WHERE WE WILL MEET IF WE GET SEPARATED



Nearby

Location 1	Address	Point of contact	Phone
_____	_____	_____	_____
Location 2			
_____	_____	_____	_____
Location 3			
_____	_____	_____	_____

Outside of hometown

Location 1	Address	Point of contact	Phone
_____	_____	_____	_____
Location 2			
_____	_____	_____	_____
Location 3			
_____	_____	_____	_____

Notes

ILLNESSES, ALLERGIES, REGULARLY TAKEN MEDICINE



First and Last Name

Illnesses

Allergies

Medicine

NECESSARY ITEMS AND WHERE WE KEEP THEM



IMPORTANT PHONE NUMBERS



e.g. family doctor, caregivers of children, seniors or people with disabilities, neighbours, friends, school, workplace, local clinic.



- 1 Use trustworthy sources of information (especially those maintained by the government)
- 2 Create and practice a family plan for a crisis (for different dangers, in the event of an evacuation and possible separation).
- 3 Prepare home supplies for a minimum of 3 days and inspect them regularly.
- 4 Get a first aid kit with medicine. Learn how to perform first aid.
- 5 Regularly check or have someone check your electrical wiring, gas fittings, ventilation and chimneys.
- 6 Prepare identity cards/bracelets for children and seniors, containing the first and last name, phone number and address of their caregivers.
- 7 If you have animals, equip them with a microchip or mark them.
- 8 Check where the nearest shelter is.
- 9 Create a complete evacuation backpack.
- 10 Comply with the instructions from the authorities and work together with others.



Alarm start

ongoing, modulated sound of a siren for 3 minutes



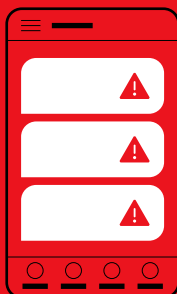
Alarm end

ongoing, steady sound of a siren for 3 minutes



Download the RWS app

The Regional Warning System is a free mobile app that will inform you about dangers present in Poland.



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**Ochrona ludności
i obrona cywilna**

Ministerstwo Spraw
Wewnętrznych i Administracji

Ministerstwo
Obrony Narodowej

| RCB |