

Do you know how to protect yourself?

Protection guidelines in case of natural disasters
and technological accidents

GENERAL SECRETARIAT FOR CIVIL PROTECTION

www.civilprotection.gr



EUROPEAN EMERGENCY
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112



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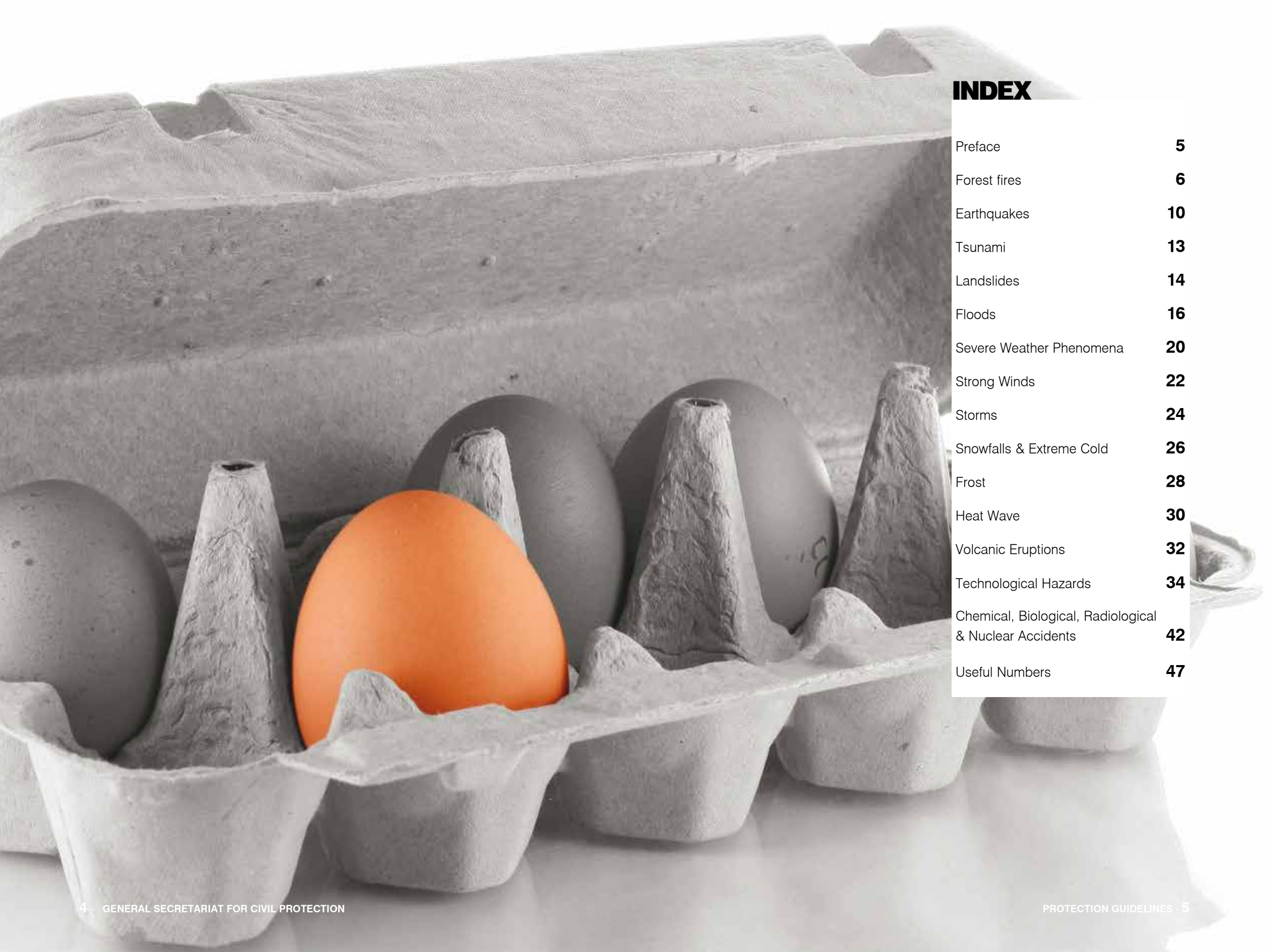
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PREFACE

The current guide deals with the protection from natural and technological hazards. Information contained herein is based on scientific knowledge, research results and experience gained from disasters.

This short publication on protection guidelines is easy to handle in order to get reliable information in case of emergency or even better before a disaster occurs.

There was an effort to include all potential hazards that could affect Greece. The disasters mentioned in this guide are not always frequent or dangerous. It is suggested that it is of your benefit to study this guide in detail. Studying this guide, will help you to plan, and decide on emergency response situation, and get an estimate on potential outcome due to those unexpected phenomena.

Discuss the general guidelines contained in this booklet and get yourself familiar with the instructions how to protect your life and property.

The guide entitled "Do you know how to protect yourself?" is one tool of information available by the General Secretariat for Civil Protection of Greece. The guidelines are also available at the web page:

www.civilprotection.gr

FOREST FIRES



GETTING PREPARED

If you are in the countryside

- Don't burn litter or dry vegetation and small branches (twigs) during the summer.
- Don't use open-air barbecues in forests or places close to dry vegetation during the summer.
- Avoid open-air activities that may cause fire (i.e. torch weld, wheel or other instruments that create sparks).
- Never throw lit cigarettes in open-air places.
- Don't leave rubbish in the forest. There is danger of ignition.
- Respect the signs prohibiting access in periods of high risk.

If your home lies inside or near a forest or a forest area

- Create a fire break around your home by clearing dry leaves and vegetation, pine-needles, branches etc at least within a 10 meter radius of your house.
- Prune the trees up to the height of 3 meters, according to their age and condition.
- Remove all dry branches from the trees and the bushes.
- Prune the trees within a 5 meter radius from your home so that their branches don't lean on the walls, on the roof or the balconies.
- Space out around the building the woody vegetation so that the branches of one tree are at least 3 meters apart from another. For

greater protection, remove the woody and bushy vegetation around the building at a distance of at least 10 meters, provided that the clearing of natural vegetation for the necessary protection of buildings is not contrary to the forest legislation provisions.

- Don't install plastic drain spouts or pipes to the walls of the building.
- Protect the windows and the glass doors by installing shutters from non-flammable materials.
- Cover the chimneys and the ventilation pipes with non-flammable material so that the sparks will not penetrate the interior of the building.
- Don't store flammable objects close to the house.
- Keep the fire-wood in closed and protected places.
- Don't build uncovered fuel tanks close to the house.
- Be equipped with the appropriate fire-extinguishers and take care of their maintenance.
- Be equipped with a water hose with length proportional to the area you want to protect.
- Be equipped with a water tank, a simple non-electric powered pump and a water hose.

IF YOU NOTICE FIRE

- Call IMMEDIATELY the Fire Service call center (199) and give clear information about:
 - the location and the exact point where you are,
 - the location, the exact point and the direction of fire,
 - the kind of vegetation that is burning.

FOREST FIRES



GETTING PREPARED

If fire is approaching your home

- Stay calm.
- Remove all the flammable materials from around the building to closed and protected places.
- Close all the passages (chimneys, windows, doors etc) to prevent sparks entering the building.
- Shut off all the gas and liquid-fuel supplies inside and outside the building.
- Close the awnings on the balconies and the windows.
- Open the gate of the garden to facilitate the fire fighting vehicle access.
- Put a ladder outside the building so that someone is able to climb immediately on the roof. The ladder should be placed at the opposite side of the fire direction.
- Connect the water hoses with the taps outside the building and spread them so that the perimeter of the building is covered.
- If visibility is reduced, switch on the interior and exterior lights of the building in order to be more visible through smoke.

If fire has reached your home

- Do not abandon the building unless your escape is completely secured.
- Do not take shelter in a car. The possibility of survival in a building constructed by non flammable materials is greater than that inside a vehicle close to smoke and fire.

• If you stay indoors:

- Close firmly all the doors and windows.
- Block up all the cracks with wet clothes, in order to prevent smoke penetration.
- Remove the curtains from the windows.
- Move any furniture into the center of the residence away from windows and exterior doors.
- Close all interior doors to slow down the fire spreading in the building.
- Fill up the bathtub, wash-basins and buckets so that you have spare water.
- Gather all together in one room.
- Keep a torch and spare batteries at hand in case of electric power failure.
- If your home is made of wood, seek shelter in a fire-resistant building.
- If evacuation is ordered, strictly follow the instructions and the routes suggested by the Authorities.

After the fire is extinguished

- Get out of the house and at once put out the remaining hot spots.
- Inspect for at least 48 hours, at regular intervals, the perimeter and the exterior of the building for possible re-ignitions.

EARTHQUAKES

GETTING PREPARED

If you are indoors

- Fasten shelves and bookcases to the walls. Remove from the doors tall furniture that could be overturned and block the exit.
- Screw well fuel and water tanks and heaters to the walls.
- Place heavy objects on lower shelves.
- Remove heavy objects from above beds and sofas.
- Fix well all lights and ceiling fans.
- Locate safe spots in each room of the house:
 - under sturdy desks or tables,
 - away from glass surfaces and bookcases,
 - away from exterior walls.
- Check the correct function of the electric and gas network.
- Inform family members how to turn off electricity, water, gas and on the emergency numbers (112, 199, 166, 100, etc).
- Be equipped with a portable radio with batteries, a torch and a first aid kit.

If you are outdoors

- After the earthquake, agree to meet outdoors at a specific place that is safe and away from:
 - buildings and trees,
 - electric and telephone cables.

DURING THE EARTHQUAKE

If you are indoors

- Stay calm.

- Take cover under sturdy furniture (table, desk), kneel and hold its leg with your hands.
- If there is no sturdy furniture around, kneel in the middle of the room, lower your height as much as possible and protect your head and nape with your hands. Move away from large glass surfaces (windows, glass dividers), furniture or objects that could injure you.
- Do not attempt to go out of the house.
- Do not go out on the balcony.

If you are in a tall building

- Move away from glass and exterior walls.

If you are in a recreation place, store or mall

- Stay calm.
- Stay indoors until the earthquake stops.
- Stay away from the panicked crowd moving disorderly toward the exits because of risk of being trampled.

If you are outdoors

- Move away from buildings, electric or telephone cables.
- Cover your head with a briefcase or a purse available.

If you are in a moving vehicle

- Drive to an open space and stop the car carefully so as not to obstruct traffic.
- Avoid tunnels, bridges or pedestrian overpasses.

EARTHQUAKES



AFTER THE EARTHQUAKE

If you are inside

- Be prepared for aftershocks.
- Check if you or anyone around you is injured.
- Do not move seriously injured persons.
- Evacuate the building using the stairs (do not use the elevator), after switching off the electricity, gas and water.
- Go towards an open and safe space.
- Follow the instructions of the authorities and do not pay attention to rumors.
- Do not drive unless there is an emergency, so as not to block the work of the rescuers.
- Use your land line or mobile telephone only in emergency to avoid network overload.
- Avoid entering your home if you notice damages, gas leakage or any cables destroyed.

IN CASE OF A TSUNAMI

If you are close to a seaside with low altitude

- Not all earthquakes cause a tsunami. However, when you feel an earthquake, stay alert.
- Observe if there is a significant rise or fall of the water level. This phenomenon is a physical warning for an oncoming tsunami.
- After a strong earthquake leave the seashore and go towards mainland areas of higher altitude. A relatively

small-sized tsunami at parts of the coastline could be transformed into an extremely dangerous one in a distance of several kilometers.

- Stay away from seaside areas until you are informed by the competent authorities that the danger is over. A tsunami is not a single wave but a series of waves with different time of arrival at the seashore.
- Do not approach the shore in order to watch a tsunami coming. When you see the tsunami coming, it will probably be too late to avoid it.

LANDSLIDES

PREPAREDNESS FOR LANDSLIDES AND SOIL SUBSIDENCE

Areas with greater risk of landslide

- In areas of previous landslides.
- On top or at the base of steep slopes or hillsides.
- At the base or on top of embankments and excavations.
- Strong shaking of the ground caused by earthquakes can cause landslides or intensify their impact.

Before the onset of the landslide

- Landslides usually occur in areas where they have happened in the past. Ask for information on landslides in your area, and possibly seek a detailed expert opinion on the area where your property is located.
- If your home is within an area with an increased risk for the occurrence of landslide, minimize the risk by planting the slopes within your property and constructing retaining walls.

If you suspect an imminent risk of landslide

- Contact the local authorities, the Fire Service, the Police or the Technical Works Directorate. Local authorities are best placed to assess a potential risk.
- Inform your neighbors. They may not be aware of the possible risks.
- If you are in dangerous areas for landslides and mudslides, inquire about the possible escape routes. Remember however that driving during heavy rain is very dangerous.
- Stay informed from the media and the Internet about warnings related to phenomena of intense or prolonged rainfall. After periods of prolonged rainfall the risk of landslides is increased.

During the landslide

- Move as quickly as possible away from the event area of the landslide.
- If you stay at home, move to higher floors.
- If you cannot leave, sit on the floor in a fetal position and protect your head.
- Be prepared to move quickly. Give priority to your own safety and not to your possessions.
- Stay alert and vigilant while driving. The curbs along the roads are particularly susceptible to landslides and rockfalls. Pay attention to the road for possible signs of soil subsidence, collapse, rockfalls etc.

After the landslide

- Stay away from the area of the landslide. There may be a risk of new landslide event.
- Monitor local radio or television stations for the latest information on dealing with emergencies arising from the onset of the landslide.
- Check for injured and trapped people around the event area of the landslide, without entering the actual area of the landslide. Direct rescue teams to the positions of the trapped.
- Check for damage to utility networks, roads, railways and report damage to the competent authorities.
- Check for damage to the critical points for the statics of your home.

FLOODS



GETTING PREPARED

If you live in an area with flood problems in the past

In case of severe rainfall warning:

- Make sure that the water drains and rain spouts outside your house are not blocked and operate properly.
- Limit traveling as much as possible and avoid working or living in underground places.

DURING THE FLOOD

If you are indoors

- Avoid underground places and move to a secure higher point.

If you are outdoors

- Do not cross torrents on foot or by car
- Stay away from electric wires.
- Abandon your car if it gets immobilized as it might be swept away or flooded.
- Avoid areas where landslides have occurred.

AFTER THE FLOOD

If you are outdoors

- Stay away from flooded areas or areas dangerous to flood in the next hours.
- The flood is likely to have changed the known area characteristics and waters might have swept away parts of the streets, the pavements etc.
- Dangers are imminent from broken pavements, areas with dangerous slope, mudslides etc.
- The water is likely to be polluted from rubbish, dead animals or other materials.
- Be careful not to obstruct rescue crews.
- Don't approach areas where landslides and rock falls have occurred.
- Check if your house or place of work runs the risk of a possible fall of rocks.

FLOODS



If it's absolutely necessary to walk or to drive in flooded areas

- Try to find solid ground.
- Avoid moving waters.
- If you see a flooded street, stop and change direction.
- Avoid stagnant waters that could be electric-current conductors if there are underground power cables or leaks.
- Follow the authorities' instructions.

WHAT TO DO DURING RESTORATION OF DAMAGES

Before you begin restoration works

- Remember: Even when flood waters recede danger still exists.
- Contact the Authorities to ensure that the location of your home or your place of employment is safe to return, particularly if there was prior evacuation.
- Switch off the electric supply even if the power company has switched off the whole area.
- Turn off the water supply in case of potential damage to the water supply.

To inspect a flooded building

- Wear protective shoes so as not to get injured from objects or irregularities of the ground hidden by water.
- Examine the walls, doors, stairs and windows.
- Check the networks of electric power, water and drainage systems.

SEVERE WEATHER PHENOMENA

GENERAL INSTRUCTIONS

- Be constantly informed by radio and television on the progress of the phenomena. The General Secretariat for Civil Protection and the National Meteorological Service are the formal sources of information.
- In case of emergency call alternatively: the Police (100), the Fire Service (199) the National Center for Emergency Care/ EKAB (166) or the European Emergency Call Number (112).
- Place the above mentioned phone numbers in a visible position inside the house and make sure that your children are informed of them, if they are able to use them.
- Help your children learn important family data such as their last name, the address and the phone number of your home.
- Explain to all family members when and how to switch off electric power, natural gas and water supply, how to use the fire-extinguisher and how to call for help.
- Be equipped with emergency equipment, such as a first aid kit, fire extinguisher, torch and batteries, a portable radio etc.
- Take special care of children and the elderly.

After the bad weather

- Be constantly informed by radio and television for formal warnings or advice.
- Check the house and the rest of your property to draw up a list of eventual damages.

If you are going to travel

- Be informed of the weather and the condition of the roads.
- Be prepared, according to your destination, for any weather phenomena you may encounter (snow, ice, hail, rainfall, etc.)
- Plan your movement in a way not to coincide with the peak of the weather phenomena.
- Travel during the day and prefer highways avoiding deserted and difficult to access roads.
- Inform all your relatives of the itinerary you intend to follow.
- Don't ignore the instructions of the General Secretariat for Civil Protection, the weather forecasts and the instructions of the Authorities, such as the Traffic Police, the Port Authority, the Fire Service, etc.
- Check the condition of your car before attempting any movement.
- Equip your car with all necessary equipment in order to face any heavy weather phenomena (tire chains, anti-freeze, umbrellas, raincoats, rubber boots, a torch, first aid kit etc).
- If you have to move on foot, put on suitable clothes and shoes.
- Be careful when walking in order to avoid being injured due to the slipperiness of the roads and pavements or due to objects falling by the wind or hail.
- Prefer public transport.
- Remain calm and be patient. Panic makes the situation worse.
- Facilitate the work of the Authorities.



STRONG WINDS

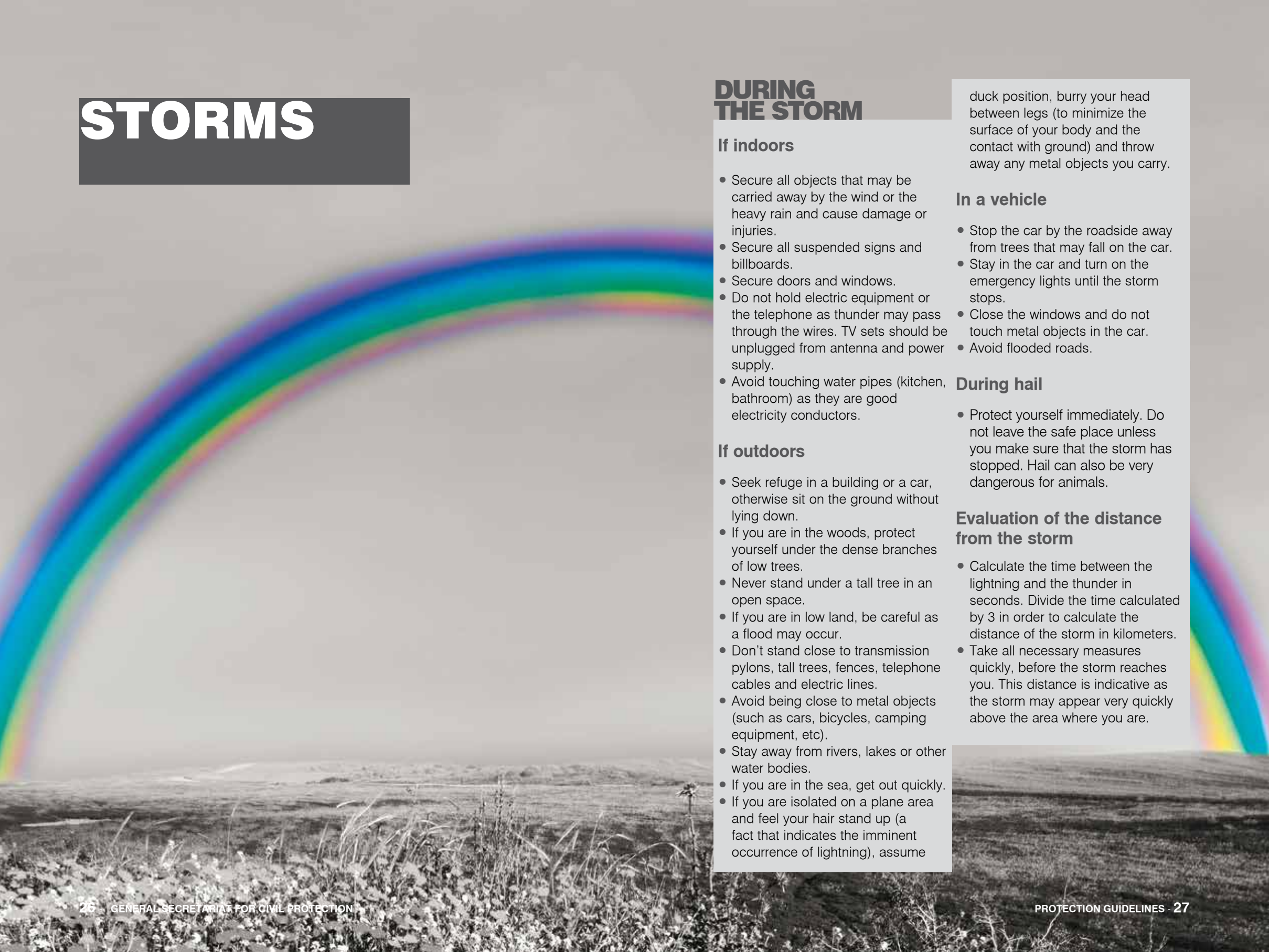
A black and white photograph of two children running through tall grass, flying a large, colorful rainbow kite. The sky is filled with dramatic, grey clouds. The kite is large and diamond-shaped, with vibrant rainbow colors and long, flowing tails. The children are in motion, running towards the right side of the frame.

GETTING PREPARED

Before and during gale force winds

- Secure all objects that may be swept along by the wind causing damages or injuries.
- Secure any billboards you may have installed.
- Secure doors and windows in your home or workplace.
- Avoid activities at shore and coastal areas.
- Avoid passing under big trees, under suspended signs and generally near areas where light objects (such as flower pots, broken glasses etc) may fall on the ground (i.e., under balconies etc).

STORMS



DURING THE STORM

If indoors

- Secure all objects that may be carried away by the wind or the heavy rain and cause damage or injuries.
- Secure all suspended signs and billboards.
- Secure doors and windows.
- Do not hold electric equipment or the telephone as thunder may pass through the wires. TV sets should be unplugged from antenna and power supply.
- Avoid touching water pipes (kitchen, bathroom) as they are good electricity conductors.

If outdoors

- Seek refuge in a building or a car, otherwise sit on the ground without lying down.
- If you are in the woods, protect yourself under the dense branches of low trees.
- Never stand under a tall tree in an open space.
- If you are in low land, be careful as a flood may occur.
- Don't stand close to transmission pylons, tall trees, fences, telephone cables and electric lines.
- Avoid being close to metal objects (such as cars, bicycles, camping equipment, etc).
- Stay away from rivers, lakes or other water bodies.
- If you are in the sea, get out quickly.
- If you are isolated on a plane area and feel your hair stand up (a fact that indicates the imminent occurrence of lightning), assume

duck position, burry your head between legs (to minimize the surface of your body and the contact with ground) and throw away any metal objects you carry.

In a vehicle

- Stop the car by the roadside away from trees that may fall on the car.
- Stay in the car and turn on the emergency lights until the storm stops.
- Close the windows and do not touch metal objects in the car.
- Avoid flooded roads.

During hail

- Protect yourself immediately. Do not leave the safe place unless you make sure that the storm has stopped. Hail can also be very dangerous for animals.

Evaluation of the distance from the storm

- Calculate the time between the lightning and the thunder in seconds. Divide the time calculated by 3 in order to calculate the distance of the storm in kilometers.
- Take all necessary measures quickly, before the storm reaches you. This distance is indicative as the storm may appear very quickly above the area where you are.



SNOWFALL

BEFORE THE SNOWFALL OR THE SNOWSTORM

If you live in a mountainous or difficult to access area facing problems by snowfalls

- Be equipped with heating materials and food provisions for several days.
- Be equipped with the necessary equipment to remove the snow (i.e. shovels).

DURING THE SNOWFALL OR THE SNOWSTORM

If you are indoors

- Keep your house warm and stay indoors, as much as possible.
- Do not let children go out unaccompanied.
- Put on suitable clothes and shoes.
- Inspect the water supply as well as the pipes and solar heater panels.

In a vehicle

- Avoid driving in rough mountain areas.
- Change your itinerary if there is a strong snowfall and you are in a rough road.
- Keep a safe distance from the vehicles in front of you.
- Stay in the car if it has stopped. Put a bright colored cloth on the radio antenna or other visible spot so that the rescue teams can locate you. Start the engine for 10 minutes per

hour and remove snow from the exhaust.

If outdoors

- Go to a safe place without exposing yourself to the snowstorm.
- Dress in layers of light and warm clothing instead of one heavy layer. Put on warm and waterproof boots. Prefer waterproof overcoat.
- Be extremely careful when moving in areas where snowfalls are expected to occur.
- If it is absolutely necessary to drive, use tire chains. Prefer to travel during the day. Use highways and inform your relatives of your itinerary.
- If you need to travel in the city, prefer public transport.

FROST



GETTING PREPARED

- Special attention is required in the areas where frost has been created when you drive. Be informed in advance, for the road network situation and make sure that you carry tire chains.
- If you are on foot wear suitable shoes and be careful so as to avoid injury because of slippery roads, pavements etc.

HEAT WAVE

DURING A HEATWAVE

- Avoid sunbathing and remain in shaded and cool places avoiding crowded places.
- Avoid heavy physical work, particularly in places with high temperature, no wind and great humidity. Avoid walking for a long period of time or running under the sun.
- Prefer light, comfortable and light colored clothing from porous material in order to facilitate the airing of the body and the vaporization of sweat. Wear a hat or other head gear from natural material that permits the good airing of the head. Wear black or dark colored glasses with special layer which protect the eyes from the reflection of the sun.
- Prefer small and light meals, with emphasis on fruits and vegetables. Limit fatty foods.
- Drink large amounts of liquids (water and fruit juices). If sweating is intense, add salt to your food. Avoid alcoholic drinks.
- Have many lukewarm showers during the day and place wet washcloths on your head and neck.
- Take care of family members suffering from chronic diseases (respiratory, cardiovascular etc). Consult their doctor for the application of special instructions. For those who take medicines also consult their doctor if they must continue them and in what dosage as some of them increase the temperature of the body.
- Avoid long travels with public transport when the heat is at very high levels.

Care for newborn babies

- Dress them as lightly as possible. Make sure that their hands and feet are free and not covered by nappies.
- Make sure that they don't stay under the sun after swimming in sea and they wear hats.
- It is advisable that, apart from milk, other liquids such as chamomile, water, etc are offered.
- Especially for infants and older children make sure that more vegetables and fruits and less fatty foods are consumed.

Care for elderly persons

- Move them to cooler places or areas (seaside or mountain), as a very hot and damp environment becomes dangerous. Alternatively, take care that they stay in lower apartments of multi-storey houses.
- During nighttime keep the house open so that it is cooled and during daytime keep it hermetically closed.
- Don't leave elderly persons alone during summer vacations or during many days' absence from home. In the opposite case, make sure that a person takes care of them.

VOLCANIC ERUPTIONS

PREPAREDNESS FOR VOLCANIC ERUPTIONS

The volcanic risk in Greece is limited to the active volcanoes of Santorini and Nisyros and within a few tens of kilometers from these.

BEFORE THE ERUPTION

- Be prepared for the phenomena that accompany volcanic eruptions, such as ejection of rock, pyroclastic flows (condensed volcanic ash moving at high speeds), mudflows, landslides, earthquakes, emission of toxic gases, volcanic ash fall and tsunami.
- If you live in an area near a volcano have a family evacuation plan and select an appropriate escape route according to the instructions of the authorities.



DURING THE ERUPTION

If you find yourself in close proximity to the eruption

- Withdraw immediately and move to areas with relatively high altitude, since there is a high probability of ejection of rock, lava flows and pyroclastic flows, as well as emission of toxic gases.
- Carefully follow the instructions for evacuation of the area given by the authorities.

If you find yourself at a good distance from the eruption but there is fall of volcanic ash

Indoors

- Stay informed from the media and the Internet about whether to evacuate the area or remain in covered spaces.
- Close all doors and windows. Place wet towels under the doors and seal with duct tape doors and windows that do not close airtight.
- If you suffer from chronic respiratory problems, stay inside and avoid unnecessary exposure to volcanic ash. Wear disposable mask to protect yourself from volcanic ash that may have penetrated the interior.
- If you experience irritation to the eyes, nose or throat immediately leave the area because the irritation is probably due to the presence of toxic gases. When you find yourself in an area without high concentration of toxic gases the

irritation ceases.

- If you can, avoid driving. Volcanic ash creates problems for internal combustion engines and makes the roads especially slippery. If driving is necessary, drive at a reduced speed, with elevated windows and no air conditioning. Use fog lights and plenty of liquid on the windshield wipers.
- If you are in a coastal area move to areas with higher altitude as various phenomena that accompany a volcanic eruption can cause water gravity waves (tsunamis).

Outdoors

- Wear full coverage clothing, protective safety glasses and disposable mask to protect yourself from volcanic ash.
- Try to take cover indoors. If this is not possible, cover your head to protect yourself from falling volcanic materials of larger size.
- If you can, avoid driving, otherwise drive according to the instructions given above.

AFTER THE ERUPTION

- Stay indoors, especially if you have a chronic respiratory problem.
- Continue to wear protective safety glasses and disposable mask.
- Continue to wear full coverage clothing.
- Remove the volcanic ash from your roof since it may become too heavy and cause a collapse.
- Remove the volcanic ash from the exterior and the interior of your home.

TECHNOLOGICAL HAZARDS

If you reside or are often found in an area with technological hazards there are two choices: staying/ taking shelter in a closed space or evacuation. The competent authorities will decide as to the appropriate solution.

For this reason it is important to

- Follow the instructions given by the competent authorities.
- Study, become familiar and follow the below general instructions, until specific instructions are given in the case of an accident.

GETTING PREPARED

- Have available in the same space or make provisions so that is easy to bring together the following quickly:
 - Adhesive duct tape.
 - Scissors.
 - Sheets of plastic (cut in appropriate size) and plastic rubbish bags.
 - Towels and cloths.
 - Battery radio (with the batteries not inside the radio but beside the radio, otherwise they should often be checked).
 - Battery torch (with the batteries not inside the torch but beside the torch, otherwise they should often be checked).
 - New batteries.
 - Bottled water in small quantities.
 - Packed up food in small quantities.
 - Soap.
 - First aid kit.
 - Necessary medicine for the family members.
- Choose a room that offers the greatest possible protection. Factors to be taken into account: room in the center of the house, with the minimum number of airtight doors and windows, communicating with the bathroom or the WC, windows not to face the side of the danger, without any openings for circulation of air from the environment (fireplaces, air-conditioning systems, etc) and if the house has more than one floors, choose a room on the last floor.
- Drive with great care when near industrial plants or near vehicles transporting dangerous material.
- After reading the instructions discuss them with all family members.

DURING THE ACCIDENT

Stay or take shelter in an enclosed area

- Your aim is to protect your health from dangerous chemicals that could enter your home and to protect yourself against possible explosions (primary and secondary fragments) and exposure to thermal radiation.

If in your car

- Close and keep the windows closed, turn off the air conditioning and the ventilators.
- Look for a building where you can take refuge and stop your car carefully. Otherwise stay in the car.
- Have the radio on, listen to the announcements and follow the instructions given by the authorities.

If you are indoors and there's available time

- Stay calm.
- Keep the radio and/or the TV on, watch the announcements and follow the instructions of the Authorities.
- Close all the windows and the

TECHNOLOGICAL HAZARDS



outside and inner doors of your home without locking them.

- Do not use the elevator.
- Turn off all the air conditioning devices either they belong to the central system or not, and turn off ventilators and fans.
- Cover the cracks (all four sides) in doors and windows using adhesive duct tape. Damp towels or blankets can also be used.
- Cover the lock with the tape as well as door handle.
- Cover tightly the entry of fireplace using adhesive duct plate and plastic sheets, all heating systems, ventilation systems' intakes, the doors and the windows.
- Do not use bottles of liquid gas.
- Close the inner doors of your home.
- Go to the chosen room.
- Stay away from the windows.
- Do not use the phone (land line or mobile).
- If, despite all actions taken, dangerous gases get in the building, roll up a towel or a cloth several times, cover your mouth and nose and draw small breaths.

In case of evacuation order by the Authorities

- Stay calm.
- Follow the advised escape routes.
- Have the radio on, listen to the announcements and follow the instructions given by the authorities.
- If you have enough time, close the doors, the windows and turn off the air conditioning devices of your home to limit its pollution.

If outdoors and close to the place of accident

- Stay calm, try to protect primarily yourself.
- Offer your help to those in need only if you know how you must act.
- Move away from the place of the accident as soon as possible.
- Do not walk or touch unnecessarily places having leakage of chemicals.
- Do not smoke.
- Try to cover your body as much as possible.
- "Filter" the air you breathe from dangerous gases, dust or droplets by rolling up a towel or a cloth and covering your mouth and nose and draw small breaths.

If in another building

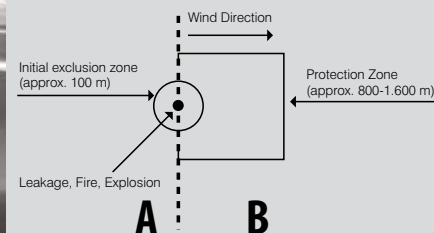
- Stay calm.
- Contribute to the implementation of the building emergency plan.

If you are

- Downwind the place of the accident (place B, below) move away vertically to the direction of the wind.

TECHNOLOGICAL HAZARDS

- Upwind the place of accident (place A, below) move away against the direction of the wind or the flow of waters.



- In general, move to higher areas of the region since many toxic substances are heavier than the air.

The safety distance from the place of the accident depends on many factors (quantity and type of the chemical substance, day or night, weather conditions, etc). During the initial stages of an accident the following distances could be considered safe:

- 800 meters (in case of leakage)
- 1600 meters (in case of fire or explosion)

In special cases (great quantity, extremely dangerous chemical substance, adverse weather conditions) safe distances may be much greater.

If you notice an accident first move to a safe distance and then call one of the following:

- **European Emergency Call Number 112**
- **Fire Service 199**
- **National Center of Emergency Care (EKAB) 166**

- Give accurate details (place, your distance from the place of accident, your name, a phone number, etc) and describe the event. You should notice:
 - if there are any victims, estimate the number of persons (number of dead, injured) the symptoms they present (dizziness, headache, irritation of the eyes, etc).
 - the color of the leaked smoke or liquid.
 - any odors or strange sounds.
 - the cloud characteristics, if present, (direction, going down or up etc) or the liquid characteristics.
 - if there is any information/ labels on the packing, the containers (barrels, cans and palettes) or on the tanker (company name etc).

TECHNOLOGICAL HAZARDS

In particular, notice the existence of

- Orange plates (informing on the chemical substance transported) and try to remember the two numbers (one two-digit/ three-digit and one four-digit) the so-called UN numbers e.g.

33
1114

- Danger plates in rhombus, colored (red, yellow, blue, etc), carrying some sign (explosion of bomb, black or white flame, skull and crossbones, etc) and a number in the lower corner (1.1, 3, 4 etc) e.g.



- Places in the vicinity of the accident (installations, buildings, school, nursery school, Open Care Centers for Seniors (KAPI), public transport station, squares, rivers, lakes, manholes, etc)
- Do not hang up unless the operator tells you to do so. Further information might be needed.

If exposed to a chemical substance

- Call for medical assistance immediately
- **Poison Control Center 210 7793777**
- **National Center of Emergency Care (EKAB): 166**

General instructions for every case of exposure to a dangerous chemical substance (poisoning, chemical burn) cannot be given. Nevertheless if you take some appropriate steps you can reduce the possibility of pollution and its consequences.

- If a dangerous substance comes in contact with your eyes it is important that you act IMMEDIATELY. Any delay increases the possibility of serious harm. Unless informed that water can't be used for the particular chemical substance, you should:

- Rinse out your hands quickly
- Remove contact lenses
- Rinse out each eye without much pressure using warm water moving from the nose to the exterior part of the eye for at least 15 minutes. Continue until you feel relief from the discomfort.

- Ask for medical treatment

- If you have sound suspicions that you have been exposed to a dangerous substance:
 - Take off any clothing you think may be contaminated immediately
 - Take them off in a way not to come in contact with your face. If this is not possible tear them or cut off with scissors
 - Put the clothing in plastic bags or in a bin and close it firmly
 - Wash yourself using water
 - Wait for medical assistance

CHEMICAL BIOLOGICAL RADIOLOGICAL & NUCLEAR ACCIDENTS



GETTING PREPARED

Actions during a CBRN accident depend on many factors (type, quantity and purity of the CBRN factor, method of dispersion, space, weather conditions etc). Therefore they are not the same for each case.

Nevertheless the general actions recommended are summarized below:

- Limit your presence in the dangerous environment and therefore your exposure to the CBRN factor.
- Remove the CBRN factor from your body.
- Move away from the place of the accident and stay in a safe place.
- Follow the instructions given by the competent authorities and collaborate with their staff.

Listed below you will find the general instructions which should be followed until specific instructions are given by the authorities. You can also take a look at the technological hazards instructions.

If you find yourself in a place where a CBRN factor is released

- Stay calm. Do not panic.
- If the accident takes place outdoors, move away on foot without touching anything. Do not get off too far and do not make use of public or private transport (buses, metro, tram, taxi, cars, bicycles etc). Such behavior could result in a broader dispersion of the dangerous factor to the public transport means and the general public. The spread of the problem could make it more difficult for you to get help.

- If the accident takes place indoors, turn off ventilation and heating systems, and the central ones, get out of the building and wait for the authorities.
- Seek shelter in the nearest undamaged building. In case of an outdoor explosion, staying or finding shelter indoors reduces your CBRN exposure.
- Once in a "safe" place, take off your clothes as soon as possible. Take the clothes off carefully in a way that you don't expose more to the CBRN factors the sensitive parts and reception organs of your body (the eyes, nose and mouth). Shower with plenty of water by yourself or, even better, in couples in order to clean the difficult parts of the body (behind the ears, eyes, armpits etc). Put the clothes in a plastic bag that closes tightly.
- If it is not possible to take off as many clothes as possible (and if weather permits), wait for the authorities who will take care of your decontamination.

Be prepared that

- 1) You or someone else will take off your clothes (by tearing or cutting some of them). You will have to stand naked in front of strangers or people that you are familiar with. This is necessary for your best possible health protection.



CHEMICAL BIOLOGICAL RADIOLOGICAL & NUCLEAR ACCIDENTS

2) If you wear jewelry or carry with you objects with personal value, be prepared to give them to the decontamination staff.

- If you have children or babies they will be allowed to be with you during the decontamination procedure.
- Cooperate with the authorities' staff tasked with the response to the incident for the best possible outcome (the best condition of your health). Follow the instructions given and don't disagree.
- Do not be surprised to see that the decontamination staff wears protective uniforms you don't have. Their protection is necessary to ensure the best possible assistance to you.
- Do not forget to report to the authorities anything that you have observed.

If you have been exposed to a CB factor without being aware of it

- It is possible that you have symptoms as if you had the flu or caught a cold, such as fever, cough, stomach or muscle pains etc (i.e. biological factor) or as if you exposed yourself to a toxic chemical substance (e.g. mustard gas, pesticide).

- Follow carefully the competent authorities' information - if there was any- and see if you meet the requirements mentioned in the bulletins. Otherwise inform the authorities.
- Call your personal doctor or the medical services and do not show up in any medical help centre (hospital, private practice) without informing first.



**BE INFORMED IN
TIME, PROTECT
YOURSELF
EFFECTIVELY**

**DO NOT THROW AWAY
THIS GUIDE - OTHERWISE
RECYCLE!**
Read more:
www.civilprotection.gr

Useful Numbers	Prefectural or Municipality Civil Protection Office
European Emergency Call Number 112	
Fire Brigade 199	Emergency Medical Services
Hellenic Police 100	
National Center for Emergency Care (EKAB) 166	Hospital
Public Power Corporation (DEH) 10500	
Poison Control Center +30 210 7793 777	Family Doctor
Hellenic Center for Disease Control & Prevention (HCDCP) +30 210 5212 000	
General Secretariat for Civil Protection (GSCP) +30 210 3359 002-3	Water company
	
	Gas company
	
	Plumber
	
	Electrician
	
	Contact Person in case of emergency
	

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Emergency Telephone Numbers

European Emergency
Call Number
112

Fire Brigade
199

Hellenic Police
100

National Center
for Emergency Care (EKAB)
166

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