

## **Emergency Plan and Safety Tips In-Country**

### **Individuals:**

1. Carry health insurance card, id, phone, money with you at all times
2. Know how to contact ambulance, which hospital is recommended
3. How to report criminal activity to police
4. How to report incident to the organization (Incident Report Form)
5. Who else needs to be contacted?

### **Natural Disasters**

1. Get to know your neighbors to help and be helped
2. Gather emergency supplies (water, flash lights, etc)
3. Be sure to take medications and documents

### **Safety Tips**

1. Notify someone in country if you will be away from home as to how long you will be gone and where you are going and how to communicate with you
2. Find out best means of travel if you will be out at night (taxi, private car)
3. Use of alcohol- when and where appropriate- be careful- do not overindulge
4. How to respond to beggars or robbers
5. Public transportation tips for the country

### **Group:**

1. Have a contact and secondary contact person for group members to report to in case of an emergency
2. Have a place to meet for natural disasters

3. Have a plan for how to contact and report to the organization
4. Organization to have a plan on how to let other members and families know what is happening