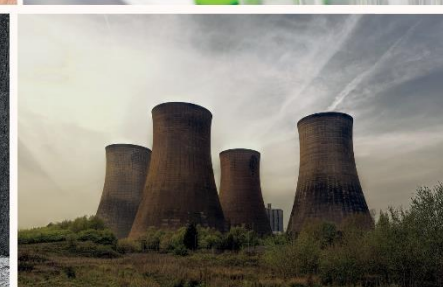
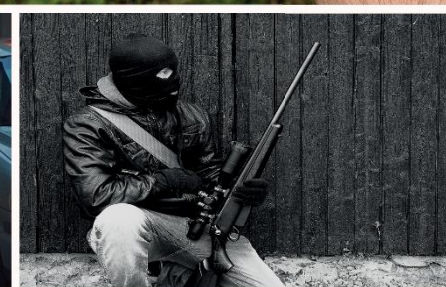
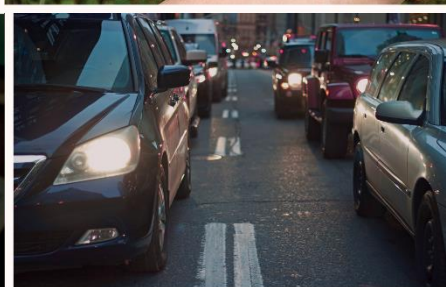


PROTEZIONE CIVILE COMUNE DI PARMA



FAMILY

SELF - PROTECTION

MANUAL

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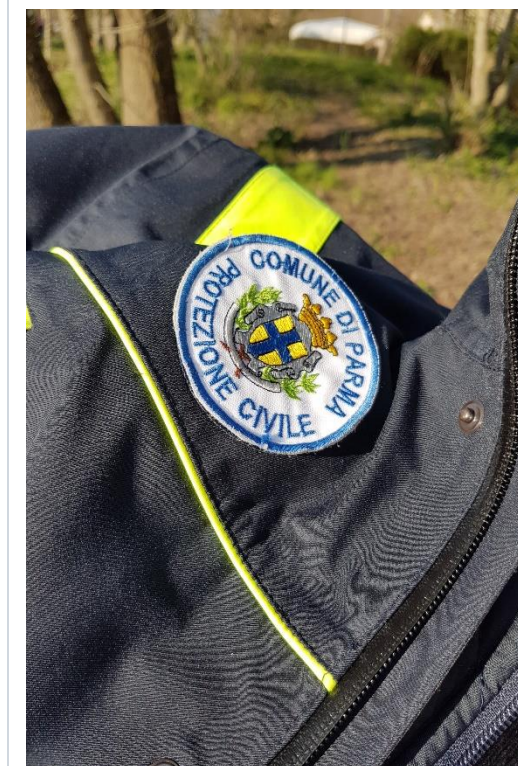
Family Self-Protection Manual: Civil Protection

If you are aware of the possible hazards concerning the territory where you live, if you know how and where to get information, if you know how to get organized in order to face a critical moment, you live in a safer way; because by knowing how to be vigilant, to give warning, to cooperate with rescue services you become the main actor of the Civil Protection which can thus function to the best of its abilities. When an emergency occurs – nearly always in a sudden and unpredictable way – you and your family may have to confront difficult and dangerous situations on your own, even if only for the response time needed by rescue workers to reach you and assist you, depending on the size of the emergency itself.

The purpose of this handbook is to help each member of your household (from children to grandparents) to perform his/her Civil Protection role to the best of his/her ability.

Read it carefully: it provides suggestions and answers; it explains what to do and how; and, above all, it points out both dangerous and proper actions for you and those around you.

REMEMBER: WE ALL ARE THE CIVIL PROTECTION.





FAMILY EMERGENCY PLAN: HOW TO ORGANIZE YOURSELF

In addition to knowing well the risks that can affect the area where you live, work or go on vacation, to organize a good "Civil Protection Family Emergency Plan" you need to know how to obtain precise information to be updated in any emergency situation and on useful information to follow during a calamitous event.

Some useful information for your family can be found in the Municipal Civil Protection Plan including:

- Mapping risk scenarios;
- Information on the safe areas of the municipal territory to be reached in case of emergency;
- The behaviors to be followed to ensure safety;

Communications on the forecasting, prevention, alerting and emergency activities of the Civil Protection can be found by accessing the following specific sections:

- <https://www.comune.parma.it/protezionecivile/>
- <https://allertameteo.regione.emilia-romagna.it/>

In addition, to receive all communications on alerts, it is recommended to register for FREE Alert System of Comune of Parma by accessing the site <https://registrazione.alertsystem.it/parma>.

All the information necessary to proceed with the registration can also be found in the Municipal Civil Protection Plan in chapter 4.1: [information to the population](#).

REMEMBER DURING AN EMERGENCY, WHEN FACED WITH A TRAGEDY OR DISASTER, EVERYONE FEELS THE NEED TO ANALYSE, TO MAKE COMMENTS AND CONJECTURES, OR TO GIVE EXPLANATIONS. AND IT IS NORMAL FOR THE MEDIA TO RELATE EVERYTHING AND GIVE SPACE TO ALL OPINIONS. HOWEVER, IN ORDER NOT TO BE MISLED BY MISTAKING AN EXPERT'S PERSONAL OPINION FOR AN OFFICIAL DIRECTIVE OR INSTRUCTION, IT IS IMPORTANT TO LEARN TO RECOGNIZE THOSE WHO SPEAK ON BEHALF OF THE CIVIL PROTECTION; THESE OFFICIALS ARE THE ONLY RELIABLE SOURCE OF INFORMATION REGARDING THE SEGMENTS OF THE POPULATION INVOLVED IN AN EMERGENCY SITUATION. MOREOVER, THEY ARE THE ONLY ONES WITH SPECIFIC RESPONSIBILITIES TOWARDS YOU.

It is a good rule to prepare – without getting frightened pointlessly – for a possible emergency, so as to face it while keeping the inevitable discomforts to a minimum. When we go on holiday, we all take time to pack our luggage, to check that we have not forgotten our documents, money, medications or anything else we may need during our trip or vacation. It is important for you and your household to devote as much attention to a few preparations for emergency situations, during which it could become necessary to leave your home. You would certainly not wish for or look forward to such “departure”, which is much more difficult to deal with than leaving on holiday, especially since you may have to leave in a great hurry or even immediately. In the same way,



it is wise and judicious to prepare for the opposite situation, i.e. being forced to stay in your home without going outside for a longer period of time than usual.

FAMILY ORGANIZATION

Good family planning for emergencies can be summarised in four points:

PREPARE AN INFORMATION LIST ON ALL THE MEMBERS OF YOUR HOUSEHOLD

In an emergency, it can be very useful for each family member to carry a list of all the other people in the household, including personal data, telephone or mobile phone numbers where they can be reached, as well as basic medical information (blood type, diseases, allergies, medications they are taking, etc.). This kind of list can be of great help to rescue workers to find missing persons, reunite family members during or after evacuations, and provide medical assistance when necessary.

MAKE OUT A LIST OF ESSENTIAL MATERIALS FOR AN EMERGENCY

In case of evacuation, you will have to gather everything that your family members (including children) may need in great haste. It is a good idea to make a list of the most important materials during an emergency, to be kept in a place known by all, which includes all the bare essentials. From time to time check that all the items mentioned on the list are in your home, easy to find and in working order. This will make it easier, in case of an emergency, to fill a bag for each family member, containing what is needed, without forgetting anything. At the very least, the list should contain the following items:

- clothing: at least 1 change of clothes per person, which should be comfortable, suited to the season, and should always include a raincoat and windbreaker
- food and drink: water (at least 1 litre/day per person) and non-perishable foods.
- basic equipment: see paragraph "SAFETY BAG"
- any tools to close the supply taps of your utilities;
- PREPARE A STOCK OF FOOD AND PRIMARY GOODS

Remember that, for a longer period of time than normal, the house becomes a shelter that needs to be equipped.

- A small supply of basic necessities must not be missing that makes the family self-sufficient as much as possible. In addition to the normal food supplies, ensure that there is plenty of drinking water, either bottles of mineral water or tanks. In fact, drinking water is the most important item to have at home in the event of an emergency: the water system could be damaged, or the waterworks could become contaminated. Before starting to use tap water again, inquire with the Civil Protection authorities in charge of the emergency about possible restrictions and necessary treatments.



DESIGNATE A CONTACT PERSON FOR EMERGENCIES

The family contact person for emergencies is a person who lives outside your area and each family member can contact during an emergency to obtain information on the development of the ongoing situation or on other family members that may have been separated from the rest of the family. It is useful to refer to a person living outside of the area affected by the emergency because it may be easier to communicate with someone away from the area involved in the disaster than with people in your own area.

LOCATE IN ADVANCE A PLACE WHERE YOU CAN STAY TEMPORARILY

Deciding with family members of a place where, in the event of an evacuation, the family can spend a few days (for example with friends or relatives) is useful.

BY FOLLOWING THESE FOUR SIMPLE STEPS, YOU CAN BE CERTAIN THAT YOUR FAMILY UNIT IS A SMALL, WELL-ORGANISED CIVIL PROTECTION TEAM, READY FOR ANY EMERGENCY!





KNOWING HOW TO ASK FOR HELP

In any emergency situation, the first enemy to beat is time: all the efforts of those who manage emergencies are aimed at reducing the time of intervention and first aid. Those who know how to ask for help correctly contribute to reducing the time needed to intervene.

For this reason, remember to call the short number that corresponds to the rescue specialization best suited to the situation if you are able to accurately identify the type of emergency (115 FIRE FIGHTERS; 118 HEALTH EMERGENCIES); otherwise you can refer to 112 SINGLE EMERGENCY NUMBER.

During the call it is necessary to tell whoever answers your call only the essential things: do not keep the line engaged for more time than just the bare minimum because this can make it impossible for other people in the same situation to call for assistance.

When you ask for help, try to remain calm and let yourself be guided by the operator who answers you, providing him/her with all the information requested. In the heat of the moment it may seem that what is requested of you is long and useless, in reality the operator is trained in this type of event and is collecting the information necessary to intervene in the most appropriate way possible. If you are unable to communicate (it may happen that the telephone lines are interrupted, or that an overload of calls on the mobile phone network makes the cell phone unusable) you must make your position clear in every possible way, compatibly with the situation in which you are, and wait for help while staying safe without losing your temper.

Numero Unico Emergenza



SAFETY BAG

Following a critical event, it is essential to have an emergency kit (safety bag) available that can provide for the immediate needs of the family for the first hours following the event. Most of the items are cheap and easy to find, and any of them could save your life.

SAFETY BAG COMPOSITION:

The emergency kit is in fact a backpack that should contain everything you need in case the family has to evacuate quickly, to be kept always ready in a place easily accessible and known to all members of the family:

- ☐ Copy of the documents of the whole family (identity card and health card);
- ☐ Spare house keys and spare car keys;
- ☐ Medicines that you usually use and that cannot be suspended;
- ☐ Medicines used for life-saving therapies;
- ☐ A small supply of water and energy foods, non-perishable foods;
- ☐ Battery-powered radio (and spare battery) or powered by hand crank;
- ☐ Flashlight (and spare battery);
- ☐ First aid kit;
- ☐ Multipurpose knife;
- ☐ Whistle for help;
- ☐ Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter on-site;
- ☐ Wet wipes / antibacterial soap;
- ☐ Plastic ties;
- ☐ Mobile phone charging cable and power bank;
- ☐ Small stash of cash

It may also contain (based on the specific needs of the family):

- ☐ Eyeglasses, hearing aids, etc ...
- ☐ Copy of medical prescriptions
- ☐ Specific items (sanitary napkins / baby diapers, etc ..)
- ☐ Pen and paper

REMEMBER, AFTER AN EMERGENCY, YOU MAY FIND YOURSELF IN THE CONDITION OF HAVING TO BE AUTONOMOUS UNTIL THE RESCUE ARRIVES.





DOMESTIC ANIMALS

Always pay attention to the news and take civil protection recommendations seriously.

WHAT TO DO WITH A PET BEFORE AN EMERGENCY

- Make sure your pet wears collars and tags with up-to-date contact information and other identifying information.
- Always make sure you register the microchip and keep your contact information updated with the microchip company: this is one of the best ways to ensure that you and your pet reunite if you separate.
- Keep a leash and / or a carrier near the exit.
- Make sure you have the appropriate equipment for pets to drive in the car (transporters, harnesses, safety belts for pets).
- Emergency kit: food and water, plastic bags for droppings, drugs, medical records.
- Plan where you and your pet will stay in case you need to evacuate your home.
- Identify out-of-town shelters or friends or relatives where your pets and other animals can stay.
- Create a friendly system if you are not at home during an emergency. Ask a trusted neighbor who can check or evacuate your pets.
- Locate a veterinarian or animal hospital in the area where you may be seeking temporary shelter and add the veterinarian's contact information to your emergency kit

WHAT TO DO WITH A PET DURING AN EMERGENCY

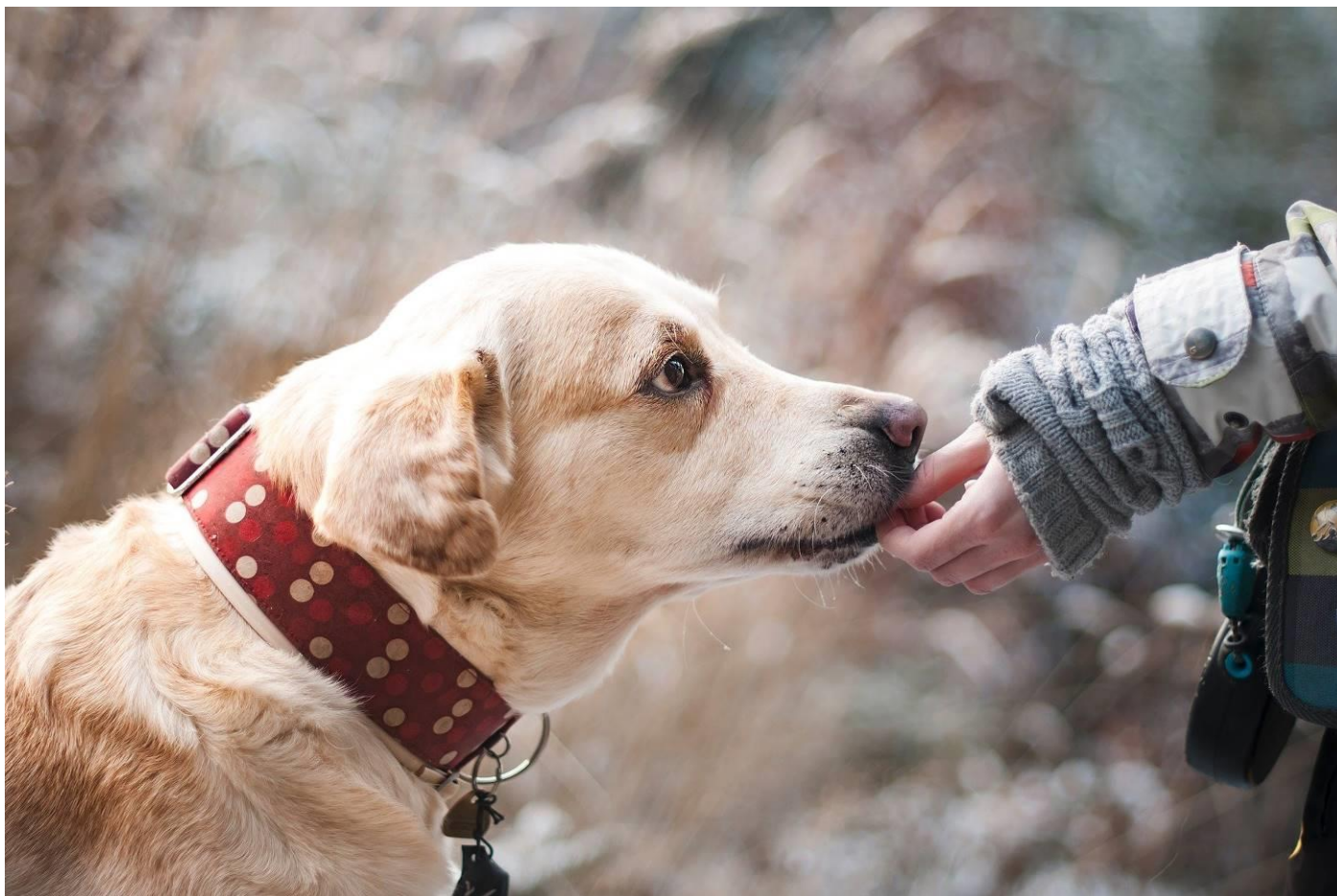
- Keep calm and, in the event of an evacuation, it is recommended that you keep your pet tied up. Animals often get nervous and tend to flee instinctively. With collar and leash you will prevent it from escaping or getting lost, putting itself in worse trouble.
- When it comes to small animals, such as rabbits or hamsters, it is advisable to keep them in their cages. In this way, they will take the situation normally and calm their anxiety.
- if the pet has difficulty walking, it must be transported safely.
- Once it's safe, it's important to try to calm your pet down, make sure it's okay. Embrace it, offer it food and water, always turning to it with a calm and quiet voice, to help it overcome fear.

WHAT TO DO WITH A PET AFTER AN EMERGENCY

Immediately after an emergency, the family group must remain united and, logically, wait for the help of rescuers, qualified professionals for these situations.

Animals should be prevented from drinking stagnant water or consuming spoiled food. You must also be careful not to let them near electrical sockets or energy sources.

Once the emergency is over, the main thing to do is take your pet to your veterinarian.





EXTREME CLIMATE EVENTS

The term includes all those extreme climatic conditions in which the rapid development of dangerous situations can endanger the safety of the community. BEING AS INFORMED AS POSSIBLE ABOUT THE RISKS YOU RUN, AND PREPARED TO DEAL WITH RAPIDLY EVOLVING EMERGENCY SITUATIONS INDEPENDENTLY, CAN SAVE YOUR LIFE.

FLOODS

By flood we mean the flooding of an area where there is usually no water, it can be caused by the overflow of a flood above the embankments, by the breaking of the embankments themselves or, in urban centers due to the intensity of the rains where the sewer system is unable to dispose of all the water, thus causing widespread flooding and road traffic problems.

HOW TO DEFEND OURSELVES:

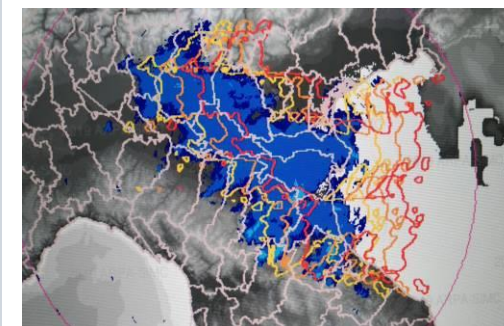
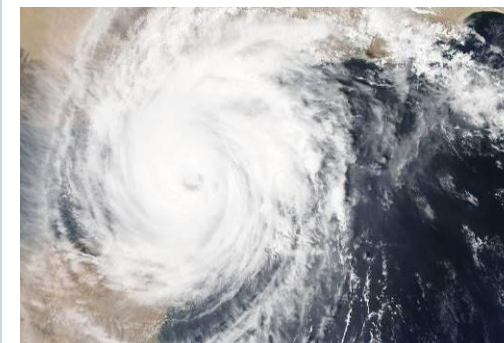
During periods of heavy rain or following the issue of a weather alert, it is of fundamental importance to keep up to date on the intensity of rainfall and on the levels of the waterways (check with particular attention what happens on the mountain stretches). The Emilia Romagna region in collaboration with ARPAE provides a specific site (<https://allertameteo.regione.emilia-romagna.it/>) where it is possible to check the progress of the event in real time.

Knowing if the area you live in is at risk of flooding helps to prevent and better deal with emergency situations. It is important to know which are the typical floods of the area and the hydraulic danger of the places that you usually visit. In this regard, it is possible to consult the tables of the Municipal Emergency Plan (if there have been floods in the past it is likely that there will also be in the future);

REMEMBER THAT IN SOME CASES IT IS DIFFICULT TO DETERMINE PRECISELY WHERE AND WHEN FLOODS WILL OCCUR AND YOU MAY NOT BE ALERTED IN TIME, WATER MAY RISE SUDDENLY, EVEN ONE OR TWO METRES IN A FEW MINUTES AND YOU MUST ALSO BE PREPARED TO ACT QUICKLY AND INDEPENDENTLY; SOME PLACES FLOOD BEFORE OTHERS.

IN THE HOUSE, THE MOST DANGEROUS AREAS ARE THE CELLARS, BASEMENT AND GROUND FLOORS; AVOID STORING VALUABLE ASSETS IN THE CELLAR OR IN THE BASEMENT AND MAKE SURE THAT IN CASE OF NEED IT IS EASY TO REACH THE HIGHEST FLOORS OF YOUR BUILDING QUICKLY;

OUTDOORS, THE UNDERPASSES, THE SECTIONS NEAR THE EMBANKMENTS AND BRIDGES, THE STREETS WITH STRONG SLOPES AND IN GENERAL ALL THE LOWER AREAS THAN THE SURROUNDING AREA ARE MORE AT RISK; THE FORCE OF WATER CAN ALSO DAMAGE BUILDINGS AND INFRASTRUCTURES (BRIDGES, LANDS, EMBANKMENTS) AND THE MOST VULNERABLE AREAS COULD SUDDENLY GIVE OR COLLAPSE. IF YOU SEE ABANDONED BULKY WASTE, CLOGGED MANHOLES, PARTIALLY CLOSED WATER COURSES, ETC. REPORT IT TO THE CIVIL PROTECTION SECTOR OF THE MUNICIPALITY OF PARMA.





To find out which areas can be flooded, escape routes and safe areas, you can consult the flood risk maps on the site:

<https://www.comune.parma.it/protezionecivile/home-protezione-civile.aspx>.

IF THERE ARE PEOPLE IN YOUR FAMILY WHO NEED SPECIAL ASSISTANCE IN CASE OF DISASTER, REPORT IT TO THE CIVIL PROTECTION SECTOR SO THAT SPECIFIC MEASURES CAN BE PROVIDED IN THE MUNICIPAL EMERGENCY PLAN.

PREVIOUSLY ORGANIZING A SAFETY BAG AND THE FAMILY EMERGENCY PLAN CAN HELP REDUCE THE RISK OF FLOOD

SUBSCRIBE FOR FREE TO THE SERVICES THAT THE CIVIL PROTECTION SECTOR USES TO ISSUE THE ALERT:

<https://registrazione.alertsystem.it/parma/>

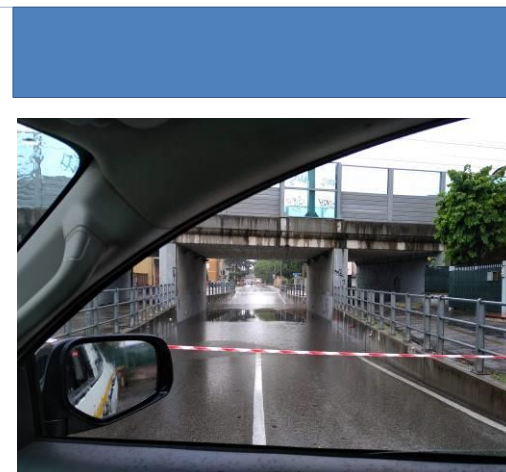
WHAT TO DO BEFORE A POTENTIAL FLOOD:

- KEEP INFORMED ABOUT THE CRITICALITIES FORESEEN ON THE TERRITORY, THE MEASURES ADOPTED BY YOUR MUNICIPALITY AND THE DEVELOPMENT OF THE EVENT ALSO THROUGH THE LINK OF THE EMILIA ROMAGNA REGION: [HTTPS://ALLERTAMETEO.REGIONE.EMILIA-ROMAGNA.IT/](https://allertameteo.regione.emilia-romagna.it/).
- DO NOT SLEEP IN THE BASEMENTS AND AVOID STAYING THERE.
- PROTECT PREMISES ON THE GROUND FLOOR WITH BULKHEADS OR SAND BAGS AND CLOSE THE DOORS OF CELLARS, BASEMENTS OR GARAGES ONLY IF YOU ARE NOT EXPOSED TO DANGER.
- IF YOU HAVE TO MOVE, EVALUATE THE ROUTE FIRST AND AVOID FLOODABLE AREAS.
- MAKE A GOOD ASSESSMENT WHETHER TO SECURE THE CAR OR OTHER GOODS: IT CAN BE DANGEROUS.
- SHARE WHAT YOU KNOW ABOUT THE ALERT AND CORRECT BEHAVIOR.
- CHECK THAT YOUR CHILD'S SCHOOL IS INFORMED OF THE ALERT IN PROGRESS AND IS READY TO ACTIVATE THE EMERGENCY PLAN.

WHAT TO DO DURING A FLOOD:

If you are outdoors

- STAY AWAY FROM THE FLOODED AREA: DUE TO THE SPEED WITH WHICH THE WATER FLOWS, EVEN A FEW CENTIMETERS COULD MAKE YOU FALL.
- STAY AWAY FROM BRIDGES, RIVERS AND OTHER WATER COURSES;
- AVOID DEPRESSED AREAS AND TRY TO QUICKLY REACH THE NEAREST HIGHER AREA BY AVOIDING HEADING TOWARDS ARTIFICIAL SLOPES OR ESCARPMENTS THAT COULD COLLAPSE. PAY ATTENTION TO WHERE YOU WALK: THERE MIGHT BE SINKHOLES, HOLES, MANHOLES OPEN ETC.
- IF YOU ARE IN AN URBAN ENVIRONMENT AND THE WATER STARTS TO GO UP, RING THE BELL OF THE FIRST HOUSE YOU FIND AND ASK TO GO UP TO THE UPPER FLOORS;
- AVOID USING THE CAR, USE IT ONLY IF STRICTLY NECESSARY AND IN ANY CASE DO NOT DRIVE ALONG ROADS WHICH HAVE ALREADY BEEN FLOODED (BE CAREFUL EVEN WHERE THE WATER HAS WITHDRAWN). EVEN A FEW INCHES OF WATER COULD MAKE YOU LOSE CONTROL OF THE VEHICLE OR CAUSE IT TO SHUT DOWN;
- AVOID THE UNDERPASSES, THE WATER LEVEL COULD BE HIGHER THAN IT APPEARS AND YOU COULD BE TRAPPED INSIDE THE VEHICLE;
- ALSO AVOIDS EMBANKMENTS AND BRIDGES: STOPPING OR PASSING IN THESE PLACES CAN BE VERY DANGEROUS.
- IF YOU ARE ALREADY TRAVELLING AND THE WATER HAS ALREADY BEGUN TO INVADE THE ROAD SITE (AND YOU CAN NOT GO BACK SAFELY) YOU NEED TO SLOW DOWN, AVOIDING TO STOP BECAUSE YOU RUN THE RISK OF NOT RESTARTING AGAIN. IT IS APPROPRIATE TO AVOID CROSSING BRIDGES OVER FILLED RIVERS. IF THE CAR IS BROKEN BY WATER AND FALLS INTO THE RIVER, YOU MUST CLOSE THE WINDOWS AND THE AIR VENTS AND WAIT FOR IT TO BE SUBMERGED; ONLY THEN WILL IT BE THE SUITABLE TIME TO GET OUT OF THE CAR. FOR THIS PURPOSE, YOU SHOULD NOT TRY TO OPEN THE DOOR, BECAUSE IT WOULD BE VERY DIFFICULT DUE TO THE OPPOSITE PRESSURE OF THE WATER, BUT LOWER (OR BREAK) THE WINDOWS, AND EXIT THE CABIN THROUGH THEM, IN THE EVENT THAT YOU ARE NOT SUCCESSFUL, THE FRONT OR REAR GLASS MUST BE FORCE PUSHED WITH YOUR FEET TOWARDS THE OUTSIDE.
- LIMIT THE USE OF MOBILE PHONES: KEEPING LINES FREE FACILITATES RESCUE.
- PAY ATTENTION TO ROAD SIGNS AND TO THE AUTHORITIES THAT ARE MANAGING THE EMERGENCY
- KEEP INFORMED ON HOW THE SITUATION IS DEVELOPING AND FOLLOW THE DIRECTIONS PROVIDED BY THE AUTHORITIES.
-





WHAT TO DO DURING A FLOOD:

IF YOU ARE INDOORS

- **KEEP CALM**
- **DO NOT GO DOWN TO CELLARS, BASEMENTS OR GARAGES TO SECURE YOUR CAR OR OTHER GOODS: YOU RISK YOUR LIFE.**
- **IF YOU ARE IN A BASEMENT OR ON THE GROUND FLOOR, GO UP TO THE UPPER FLOORS OR, IF NECESSARY, ON THE ROOF AND WAIT FOR HELP. AVOID THE LIFT: IT CAN BE BLOCKED. HELP THE ELDERLY AND PEOPLE WITH DISABILITIES WHO ARE IN THE BUILDING.**
- **CLOSE THE GAS, DEACTIVATE THE ELECTRICAL SYSTEM AND CLOSE THE DOORS AND WINDOWS. DO NOT TOUCH ELECTRICAL EQUIPMENT WITH WET HANDS OR FEET.**
- **LIMIT THE USE OF THE MOBILE PHONE OR LANDLINE: KEEPING LINES FREE FACILITATES RESCUE.**
- **WEAR (OR KEEP READY) CLOTHES AND FOOTWEAR THAT PROTECT YOU FROM WATER IT IS IMPORTANT TO KEEP YOUR BODY WARM AND DRY**
- **KEEP INFORMED ON HOW THE SITUATION IS DEVELOPING AND FOLLOW THE DIRECTIONS PROVIDED BY THE AUTHORITIES**
- **KEEP THE SAFETY BAG ALWAYS WITH YOU.**

WHAT TO DO AFTER A FLOOD:

FOLLOW THE INSTRUCTIONS OF THE AUTHORITIES BEFORE TAKING ANY ACTION, SUCH AS RETURNING TO THE HOUSE, SHOVELING MUD, EMPTYING WATER FROM THE CELLARS ETC... BESIDES:

- **DO NOT PASS ALONG FLOODED ROADS: THERE MAY BE SINKHOLES, HOLES, OPEN MANHOLES OR ELECTRIC SHEARED CABLES. IN ADDITION, WATER COULD BE POLLUTED BY FUELS OR OTHER SUBSTANCES.**
- **ALSO PAY ATTENTION TO AREAS WHERE WATER HAS WITHDRAWN: THE ROAD SURFACE MAY BE WEAKENED AND GIVE UP.**
- **CHECK IF YOU CAN REACTIVATE THE GAS AND THE ELECTRICAL SYSTEM. IF THE HOUSE HAS BEEN AFFECTED BY FLOOD, BEFORE REACTIVATING THE SYSTEMS, IT IS NECESSARY TO HAVE A VERIFICATION BY A QUALIFIED TECHNICIAN;**
- **BEFORE USING THE DRAIN SYSTEMS, GET INFORMED THAT THE SEWAGE NETWORKS, SEAPPATHES AND WELLS ARE NOT DAMAGED.**
- **BEFORE DRINKING THE WATER FROM THE TAP MAKE SURE THAT THE AQUEDUCT TECHNICIANS HAVE VERIFIED ITS DRINKABILITY; IN CASE OF DOUBT CALL THE WATER NETWORK MANAGER TO GET INFORMED YOU ABOUT IT;**
- **DO NOT EAT FOOD THAT HAS COME INTO CONTACT WITH THE FLOOD WATER: IT MAY BE CONTAMINATED.**
- **CLEAN AND DISINFECT SURFACES IN CONTACT WITH WATER AND MUD: MAY BE CONTAMINATED.**

STORMS

In general, it is necessary to take into account the rapidity with which the storm clouds develop and increase, and therefore lead the storm to reach the moment of its maximum intensity without leaving much time available to gain shelter. Thunderstorms are intense, often rapid and sudden phenomena that can occur all year round and at any time with more frequency between the months of April and October. They can be associated with heavy rain, hail, lightning, gusts of wind. Some thunderstorms can cause tornadoes.

BEFORE A STORM

When planning an outdoor activity, such as a picnic, a day dedicated to fishing or an excursion, it is good to check by reading in advance the forecast bulletins issued by the regional civil protection agency (<https://allertameteo.regione.emilia-romagna.it/>), which among its information also indicates whether the development of thunderstorms in the area and during the day will be more or less favorable; very often, in fact, the location and timing of these phenomena are impossible to determine in detail sufficiently in advance: the general picture drawn by the forecast bulletins, therefore, must always be integrated with observations in real time and at a local level.

SUBSCRIBE FOR FREE TO THE SERVICES THAT THE CIVIL PROTECTION SECTOR USES TO ISSUE THE ALERT: <https://registrazione.alertsystem.it/parma/> (finding the necessary information in the municipal civil protection plan in chapter 4.1: information to the population)

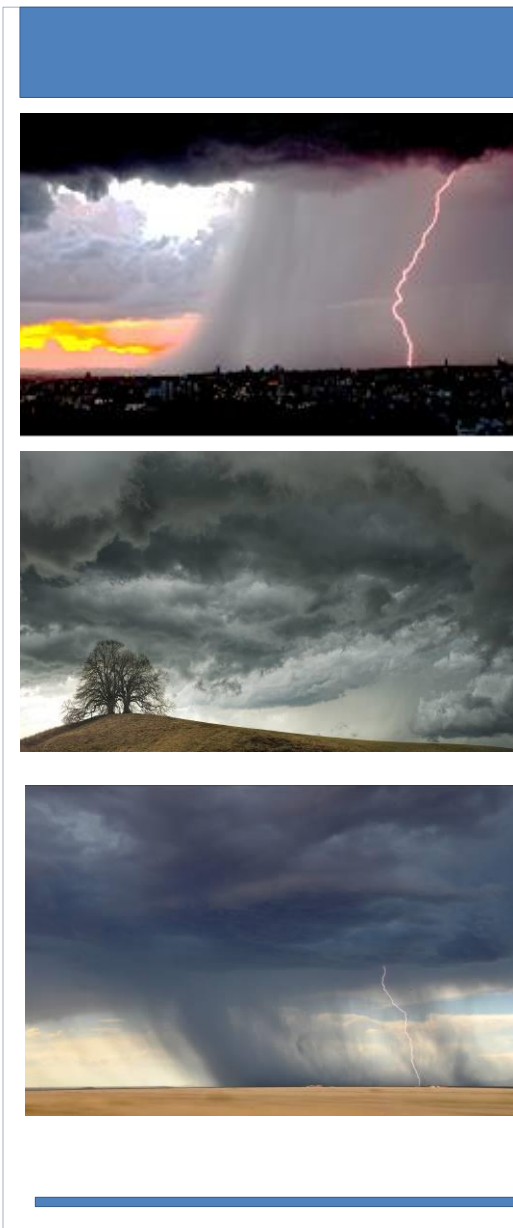
Given the unpredictability of these phenomena, it is good to:

- prune or cutting trees that could fall on houses or public areas;
- purchase surge protectors or a lightning protection system to protect household appliances and electronic devices.

DURING A STORM

The constant observation of atmospheric conditions, in particular the possible presence of precursor signals of the imminent arrival of a storm, can promptly give indications on what to do:

REMEMBER: DO NOT HESITATE TO REVIEW THE PLANS FOR YOUR DAY: IN SOME CASES THIS PRECAUTION MAY - IN RETROSPECT - PROVE TO BE AN EXCESSIVE CAUTION, SINCE A PRECURSOR SIGNAL DOES NOT PROVIDE THE ABSOLUTE CERTAINTY OF THE IMMINENCE OF A THUNDERSTORM, OR MAYBE THE LATTER WILL DEVELOP A FEW KILOMETERS AWAY WITHOUT INVOLVING THE PLACE WHERE YOU ARE. WITH THESE PHENOMENA, HOWEVER, GIVEN THE SPEED WITH WHICH THEY EVOLVE, IT IS ALWAYS PREFERABLE AN EXCESS OF CAUTION THAN A LACK OF PRUDENCE.





During a storm the most typical criticalities are in the open and are linked to the inability of the sewer system to dispose of considerable quantities of water that fall to the ground in a short time resulting in sudden flooding of roads and sudden reductions of visibility.

FOR THIS, REMEMBER THAT WHEN PASSING UNDERWAYS OR UNDERPASSES, THERE IS THE RISK OF FINDING YOURSELF WITH THE VEHICLE SEMI-SUBMERGED OR SUBMERGED BY WATER; AVOID GOING TO OR STAYING ALSO IN ENVIRONMENTS SUCH AS BASEMENTS, LOW FLOORS, GARAGES; THEY ARE AT A STRONG RISK OF FLOODING DURING INTENSE RAINING AND IN PARTICULAR IF YOU ARE DRIVING EVEN IN THE ABSENCE OF FLOODING, ASPHALT CAN BE MADE SUDDENLY SLIMY BY RAIN, REDUCING ROAD GRIP AS WELL AS THE EFFICIENCY OF THE BRAKING SYSTEM; MOREOVER, DURING THE MOST INTENSE PHASE OF RAIN, VISIBILITY IS ALSO GREATLY REDUCED; LIMIT YOUR SPEED OR STOP YOUR CAR, WAITING FOR THIS PHASE OF THE THUNDERSTORM TO SUBSIDE, WHICH IS UNLIKELY TO LAST MORE THAN HALF AN HOUR. IT IS SUFFICIENT TO BE PATIENT FOR A BRIEF TIME IN A REST AREA. IF YOU HAVE ANY ACTIVITY NEAR A STREAM, ITS LEVEL CAN RISE VERY QUICKLY; MOVE AWAY AND FIND A SAFE RAISED POSITION.

In the event of hail, regarding the consequences of the slippery state of the road surface and of the significant reductions in visibility apply the traffic warnings already seen for rain showers.

OUTDOORS IN THE EVENT OF LIGHTNING

Outdoors, no place is safe, so the first thing to do is to quickly reach an enclosed place or in the absence of a building, the interior of the car with the doors and windows closed and with the radio antenna possibly down, and before resuming outdoor activities wait at least 30 minutes after the last thunder.

To understand where electric discharges will hit most frequently, we need to consider the shape of the objects, not the material they are made of. The privileged targets are those high (trees, poles, pylons) or in any case protruding from a lower surrounding environment (even a single person in a large and flat place, such as a lawn or a beach), and those with a pointed shape (umbrella, fishing rod, etc.).

SO: IF YOU ARE FORCED TO STAY OUTDOORS AND DO NOT HAVE THE POSSIBILITY TO REACH A SAFE SHELTER QUICKLY, STAY AWAY FROM THE POINTS THAT STAND OUT SUBSTANTIALLY, SUCH AS POLES OR TREES, AND DO NOT SEEK SHELTER, ESPECIALLY IF THEY ARE INSULATED AND FURTHER. TRY YOURSELF NOT TO CONSTITUTE THE HIGHEST PRESENCE OF THE PLACE THAT SURROUNDS YOU. METAL DOES NOT ATTRACT LIGHTNING, SO IT IS NOT DANGEROUS TO WEAR OR HOLD SMALL METALLIC OBJECTS (WATCHES, KEYS, NECKLACES, EARRINGS, ETC.).

HOWEVER, METAL IS A GOOD ELECTRICITY CONDUCTOR: IT IS THEREFORE IMPORTANT TO STAY AWAY FROM PARTICULARLY EXTENDED METALLIC OBJECTS (NETS OR FENCES, RAILINGS, STEPS OR CEILINGS, ROPES OR STAIRS, ETC.). IF A STRUCTURE LIKE THIS IS STRUCK BY LIGHTNING, THE METAL CAN CONDUCT THE CURRENT TO THE PERSON IN CONTACT OR IN THE IMMEDIATE VICINITY. FOR THE SAME REASON, IT IS APPROPRIATE TO STAY AWAY FROM THE WATER (MOVING AWAY FROM THE SHORE OF THE SEA OR A LAKE) IF A THUNDERSTORM IS TRIGGERED NEARBY.

A STORM CLOUD CAN CAUSE LIGHTNING EVEN WITHOUT RAIN; IN ADDITION, LIGHTNING CAN STRIKE A FEW KILOMETERS AWAY FROM THE CENTER OF THE STORM. THEREFORE, EVEN IF THERE ARE NO CLOUDS OVER HEAD, BUT WE SEE OR HEAR A STORM NEARBY, WE RISK BEING TARGETED BY ELECTRIC CHARGES.

IF A PERSON IS THE VICTIM OF LIGHTNING, REMEMBER THAT HIS BODY DOES NOT REMAIN ELECTRICALLY CHARGED AND THEREFORE CAN BE RESCUED IMMEDIATELY, WITHOUT ANY RISK.

IN A CLOSED PLACE

THE RISK OF LIGHTNING IS STRONGLY REDUCED, HOWEVER FOLLOW SOME SIMPLE RULES DURING THE STORM, BEARING IN MIND THAT A BUILDING IS A SAFE PLACE, PROVIDED YOU DO NOT COME IN CONTACT WITH ANYTHING THAT CAN CONDUCT ELECTRICITY:

- **AVOID USING EQUIPMENT CONNECTED TO THE ELECTRICAL NETWORK AND THE LANDLINE. IF YOU NEED TO COMMUNICATE, YOU CAN USE YOUR MOBILE PHONE OR A CORDLESS PHONE. KEEP ELECTRICALLY POWERED APPLIANCES OFF (IT IS BETTER STILL NOT TO TOUCH THE METALLIC ELEMENTS CONNECTED TO THE OUTSIDE, SUCH AS PIPES, CABLES, PIPES AND ELECTRICAL SYSTEM);**
- **AVOID CONTACT WITH WATER (WAIT TILL THE END OF THE STORM FOR ACTIVITIES SUCH AS WASHING DISHES OR SHOWERING, IN MOST CASES IT IS SUFFICIENT TO WAIT FOR ONE OR TWO HOURS);**
- **DO NOT STAY UNDER CANOPIES, BALCONIES, SHEDS, PAVILIONS, GAZEBOs AND VERANDAS WHICH ARE NOT SAFE PLACES. TAKE REFUGE INSIDE THE BUILDING AND KEEP AWAY FROM DOORS AND WINDOWS, ENSURING THAT THEY ARE CLOSED.**





SNOW AND FROST

When temperatures are approaching zero, rain can take on the shape of snow which, if very intense and persistent, can cause damage to the territory and can cause road traffic problems.

If temperatures fall below zero after a snowfall, they can cause ice sheets on roads and footpaths, posing a risk to vehicles and people.

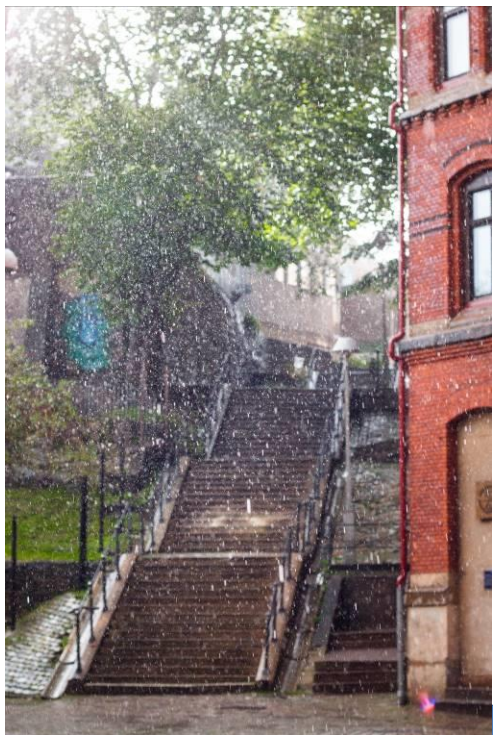
BEFORE

- WHEN WINTER IS CLOSE, IT IS IMPORTANT TO FIND OUT ABOUT THE EVOLUTION OF THE WEATHER SITUATION BY LISTENING TO THE LOCAL NEWS OR RADIO NEWS.
- IN THE CASE OF TEMPORARY/PERMANENT DISABILITIES, OR IF YOU HAVE DIFFICULTY MOVING ON SNOW OR ICE, PREPARE A SMALL SUPPLY OF FOOD/MEDICINES AND WATER SUPPLIES WHICH CAN GUARANTEE A LONG STAY AT HOME, PREVENTING YOU FROM GOING OUT AND RISKING FALLS OR ACCIDENTS;
- CHECK WHETHER PEOPLE LIVING ALONE NEAR YOU MAY NEED HELP;
- IT IS GOOD TO GET THE NECESSARY EQUIPMENT AGAINST SNOW AND FROST OR TO CHECK ITS CONDITION OF IT: A SHOVEL AND A STOCK OF SALT ARE INDISPENSABLE TOOLS FOR YOUR HOME OR BUSINESS;
- PAY ATTENTION TO YOUR CAR BECAUSE, IN WINTER MORE THAN EVER, IT MUST BE READY TO FACE SNOW AND ICE
- PUT ON SNOW TIRES, RECOMMENDED FOR THOSE WHO TRAVEL IN WINTER IN AREAS WITH LOW TEMPERATURES, OR BRING SNOW CHAINS ON BOARD, PREFERABLY QUICK TO ASSEMBLE
- DO SOME PRACTICE IN ASSEMBLING THE CHAINS: BETTER LEARN TO USE THEM FIRST, RATHER THAN BEING IN DIFFICULTY UNDER A DENSE SNOW
- CHECK THAT THERE IS ANTIFREEZE IN THE WATER OF THE RADIATOR
- CHECK THE STATE OF THE BATTERY AND THE EFFICIENCY OF THE WIPER BRUSHES
- DO NOT FORGET TO KEEP THE CABLES FOR FORCED IGNITION, CALIPERS, TORCH AND WORK GLOVES IN THE CAR

DURING

- PAY ATTENTION TO THE ACCUMULATION OF SNOW ON THE COVERING OF YOUR BUILDING (HOUSE, SHED OR OTHER STRUCTURE) AS IT COULD CAUSE COLLAPSE.
- CLEAR THE SNOW FROM YOUR PRIVATE ACCESS OR FROM YOUR DRIVEWAY. DON'T THROW IT IN THE STREET, YOU COULD HINDER THE WORK OF THE SNOW SWEEPERS
- IF YOU ARE FORCED TO LEAVE ON FOOT, MAKE SURE THAT YOU ARE WELL COVERED WITH MULTI-LAYERED CLOTHING, HEADPHONES, GLOVES AND WATERPROOF FOOTWEAR;
- IF YOU CAN, AVOID USING THE CAR WHEN IT SNOWS AND, IF POSSIBLE, LEAVE IT IN THE GARAGE. BY REDUCING TRAFFIC AND THE NUMBER OF VEHICLES PARKED ON ROADS AND IN PUBLIC AREAS, YOU WILL FACILITATE SNOW CLEARING OPERATIONS
- IF YOU ARE FORCED TO TAKE THE CAR, FOLLOW THESE SIMPLE COMMON SENSE RULES:





- CLEAR THE CAR ENTIRELY FROM THE SNOW AND NOT ONLY THE WINDOWS
- KEEP THE LIGHTS ON TO MAKE YOURSELF MORE VISIBLE ON THE ROAD
- KEEP YOUR SPEED LOW, USE LOW GEARS TO AVOID THE USE OF BRAKE AS MUCH AS POSSIBLE. PREFER TO USE THE ENGINE BRAKE
- AVOID HARD MANEUVERS AND SUDDEN STEERING
- ACCELERATE GENTLY AND INCREASE THE SAFETY DISTANCE FROM THE VEHICLE BEFORE YOU
- REMEMBER THAT UPHILL IT IS ESSENTIAL TO PROCEED WITHOUT EVER STOPPING. ONCE STATIONARY IT IS DIFFICULT TO RESTART AND THE FORCED PARKING OF YOUR CAR CAN HINDER THE TRANSIT OF OTHER VEHICLES
- PARK YOUR CAR CORRECTLY IN A WAY THAT DOES NOT HINDER THE WORK OF THE SNOW PLOWERS
- PAYS PARTICULAR ATTENTION TO SLABS OF SNOW WHICH CAN BE DETACHED FROM ROOFS ESPECIALLY DURING THAWING
- DO NOT USE TWO-WHEELED MEANS OF TRANSPORT

AFTER

REMEMBER THAT AFTER THE SNOWFALL, ICE FORMATION IS POSSIBLE ON BOTH ROADS AND SIDEWALKS. THEREFORE PAY ATTENTION TO THE ROAD SURFACE, DRIVING WITH PARTICULAR CAUTION

IF YOU MOVE ON FOOT, CHOOSE YOUR SHOES CAREFULLY TO AVOID FALLS AND SLIDES AND MOVE WITH CAUTION

Freezing rain is a phenomenon that occurs due to the presence of warmer air (temperatures greater than 0 ° C) on top of a cushion of colder air (temperatures below 0 ° C) located at ground level. The rain that starts in the form of a snowflake melts into the warm layer and as it descends and reaches the ground it freezes on the surfaces it encounters: trees, asphalt, wires of light, cars. The result in the streets is very dangerous ice glass as it is invisible and very slippery.

It is therefore necessary to be very careful when walking on crystallized raindrops and even more so when you are behind the wheel, where the dangers multiply and require the utmost caution.

REMEMBER:

IF YOU ARE FORCED TO TAKE THE CAR GET INFORMED, THROUGH THE CHANNELS AT YOUR DISPOSAL, ABOUT THE RISK OF EPISODES OF FREEZING RAIN THAT MAY OCCUR ON YOUR ROUTE OR IF IT'S ALREADY IN PROGRESS. IF SO, SERIOUSLY CONSIDER GIVING UP ON DRIVING. IF THIS IS NOT POSSIBLE:

- AVOID HARD MANEUVERS AND SUDDEN STEERING.
- KEEP YOUR SPEED LOW, USE LOW GEARS TO AVOID THE USE OF BRAKE AS MUCH AS POSSIBLE
- KEEP A SAFETY DISTANCE FROM VEHICLES AHEAD OF YOU MUCH GREATER THAN RUNNING ON DRY ROAD.

WIND

Strong wind gusts associated with a cyclone can cause objects and structures to rise and fall, even the large ones, and to break plants and branches, windows and shop windows.

Before, during and after the event you must follow the directions of the local authorities through internet, radio and TV.

OUTDOORS

- Find a sheltered position with consideration to the possible detachment of exposed or suspended objects and their consequent fall;
- Avoid particularly green areas and tree-lined streets. The most frequent injury associated with gusts of wind concerns the breaking of branches, even large ones, which can both directly affect the people and fall and occupy the roads dangerously, creating a serious risk even for motorcyclists and motorists;
- Avoid standing near structures and objects that could fall (such as lampposts, scaffolding, etc.) In general, all mobile structures are particularly at risk, especially those that require the presence of sheets or awnings, such as scaffolding, gazebos, exhibition structures or commercial temporary open spaces, whose tightness and safety must be tested.
- if you are driving a car or motor vehicle, pay particular attention because the gusts of wind could cause the vehicle to skid. Slow down and go to the nearest safe place
- pay particular attention to exposed road sections, the vehicles most subject to danger are vans, tarpaulins and caravans, which expose a large surface to gusts and can literally be moved by the wind, even when the intensity does not reach very high peaks
- Detachments of electrical cables are also possible. If you are in a car and are hit, stay inside the vehicle and wait for help.
- Restricts the use of mobile phone. Keeping lines free facilitates rescue;

INDOORS

- SET AND FIX APPROPRIATELY ALL OBJECTS IN YOUR HOME, OR PLACE OF WORK, IN OPEN AREAS EXPOSED TO THE EFFECTS OF WIND AND LIKELY TO BE TRANSPORTED BY GUSTS (JARS AND OTHER OBJECTS ON WINDOWSILLS / BALCONIES, AERIALS OR ROOFING/COVERING ROOFS FIXED IN A PRECARIOUS MANNER, ETC.).
- DO NOT GO OUT AT ALL, NOT EVEN TO SECURE YOUR GOODS OR VEHICLES.
- CLOSE YOUR DOORS, WINDOWS AND SHUTTERS.
- IF POSSIBLE, AVOID GOING TO THE LAST FLOOR. STRONG WIND GUSTS COULD DAMAGE THE ROOFS OF THE MOST VULNERABLE BUILDINGS.
- LET YOUR PETS INTO THE HOUSE.
- RESTRICTS THE USE OF MOBILE PHONE. KEEPING LINES FREE FACILITATES RESCUE.
- EVEN IF THE PHENOMENON SEEMS TO BE ATTENUATING DO NOT LEAVE THE HOUSE BUT WAIT FOR INFORMATION FROM THE AUTHORITIES.





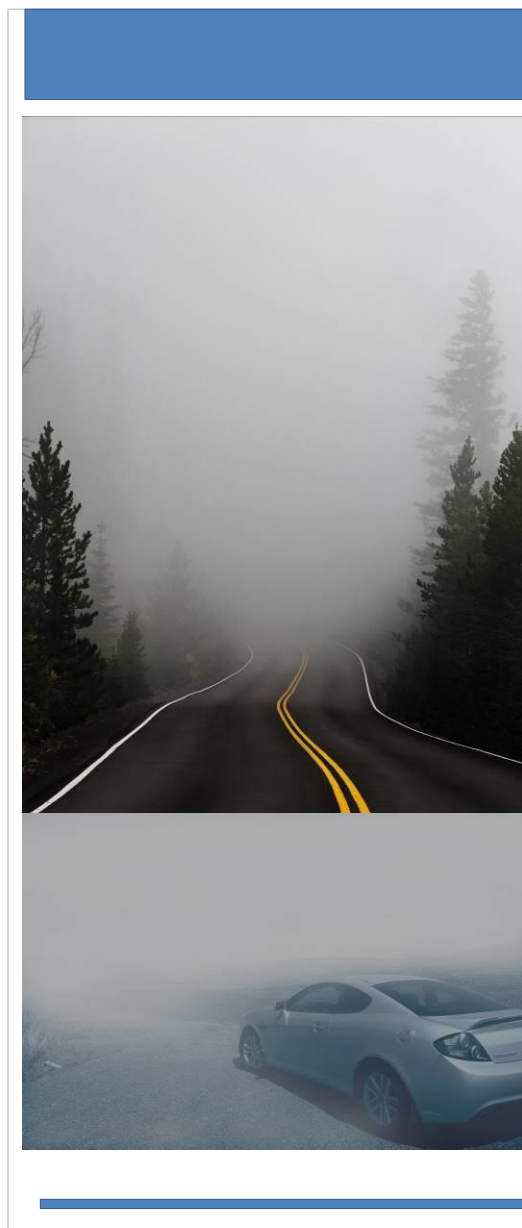
FOG

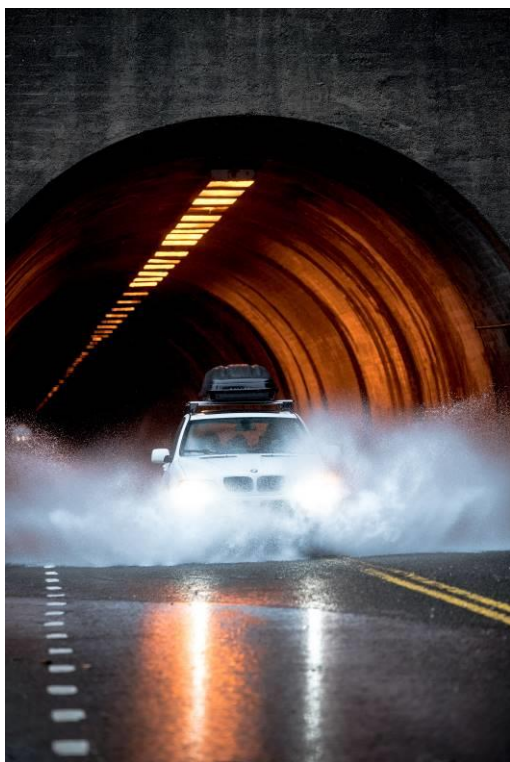
In the presence of fog or in forecast, it is advisable to avoid driving, or at least to assess objectively the actual needs of getting around by car; if you may prefer the train to the car.

In the presence of this meteorological phenomenon, in fact, personal safety is conditioned not only by one's own behavior, but above all by that of others. The technology offers devices, some still experimental, capable of assisting or informing us while driving in the fog even if it is better not to rely entirely on them; there is always the risk of accidents for those who are not provided with one, or of malfunctions or non-responses of the device due to abnormal situations.

REMEMBER:

- **DECREASE THE SPEED OF YOUR VEHICLE, SINCE EVEN NORMALLY VISIBLE OBJECTS COULD SUDDENLY APPEAR, AT THE LAST MOMENT, WITHOUT YOU BEING ABLE TO AVOID THEM. THIS ASPECT IS FURTHER WORSENERD BY ROAD SURFACE CONDITIONS WHICH, IN CASE OF FOG, ARE USUALLY RATHER SLIPPERY. IN ADDITION, THE EVALUATION OF THE SPEED DIFFERENCE WITH THE VEHICLE IN FRONT OF YOU BECOMES MUCH MORE DIFFICULT WITH THE FOG. FOLLOW THE INDICATIONS ON THE VARIABLE MESSAGE ON THE LIGHT PANELS AND THE SIGNS ALONG THE ROAD. IN PARTICULAR, FOLLOW THE SPEED LIMITATIONS WHICH VARY ACCORDING TO THE VISIBILITY AVAILABLE.**
- **INCREASE THE SAFETY DISTANCE. IN CASE YOU FOLLOW A VEHICLE THROUGH THE FOG, YOU DON'T JUST HAVE TO FOCUS ON ITS SPEED AND TRY TO "STAY BEHIND" IT IN THE BELIEF THAT THE VEHICLE IN FRONT OF YOU HAS BETTER VISIBILITY THAN YOURS. IT IS ALWAYS BETTER TO KEEP YOUR SPEED ACCORDING TO THE RECOMMENDATIONS ON VARIABLE MESSAGE SIGNS AND ABOVE ALL TO DRIVE IN SUCH A WAY THAT YOU FEEL SAFE. IF THE VEHICLE IN FRONT OF YOU SEEMS TO BE PROCEEDING AT A SPEED THAT DOESN'T MAKE YOU COMFORTABLE, SLOW DOWN AND DRIVE AS CAUTION SUGGESTS.**
- **MAKE YOURSELF VISIBLE, EVEN BY DAY, BY TURNING ON THE LOW BEAMS, FOG LIGHTS AND FOG REAR LIGHTS, NOT THE HIGH BEAMS. IN THE FOG, THE MOST IMPORTANT THING IS TO SEE AND BE SEEN. A POWERFUL AND CONCENTRATED LIGHT AS THAT OF HIGH BEAMS IS COMPLETELY COUNTERPRODUCTIVE, SINCE THE MIST REFLECTS IT, CREATING A KIND OF "BRIGHT WALL" AND FURTHER REDUCING THE ALREADY REDUCED VISIBILITY. THE FOG HEADLIGHTS ARE ASSEMBLED LOWER THAN THE LOW BEAM HEADLIGHTS AND ARE DESIGNED TO HAVE A VERY LIMITED EMISSION UPWARDS, SO AS TO PROJECT THEIR LIGHT BEAM TOWARDS THE GROUND, WHERE THE FOG IS MOSTLY THIN AND SPARSE. THE FRONT FOG LIGHTS ARE EXCELLENT FOR IMPROVING THE VISIBILITY OF THE ROAD MARKINGS (THE LANE DIVIDERS OR THE SIDE DIVIDERS), BUT THEY MAY NOT BE SUFFICIENT TO SHOW ANY OBSTACLES ON THE ROAD, SUCH AS OTHER VEHICLES. KEEP THE REAR FOG LIGHTS ON AT ALL TIMES TO HELP THOSE WHO FOLLOW YOU TO FIND YOUR VEHICLE.**
- **FOCUS YOUR ATTENTION ON THE ROAD AND ON DRIVING. WHEN TRAVELLING ALONG A LONG STRETCH WITHOUT TRAFFIC IN THICK FOG, THE EYE - IN THE ABSENCE OF STIMULI - TENDS TO FOCUS ON A "RESTING DISTANCE" OF ABOUT 3 METRES: KEEP YOUR ATTENTION MUCH FURTHER ON.**
- **AVOID OVERTAKING ON ROADS WITH A TWO-WAY TRACK. YOU MUST AVOID OVERTAKING OTHER VEHICLES WHEN DRIVING ON DUAL-TRACK ROADS WITHOUT A CENTRAL TRAFFIC DIVIDER. IN FACT, WITH THE FOG, AN EVENTUAL VEHICLE THAT ARRIVES ON THE OPPOSITE TRACK IS VISIBLE ONLY AT A SHORT DISTANCE.**





- IF YOU NEED TO STOP, DO IT OUTSIDE THE ROADWAY, SLOWING DOWN GRADUALLY; IN ANY CASE, ACTIVATE THE WARNING LIGHT (SIMULTANEOUS DIRECTION INDICATORS) AND KEEP ON THE REAR FOG LIGHTS. IF IT IS AN EMERGENCY STOP, TAKE FURTHER PRECAUTIONS.
- NEVER TRAVEL ON THE SIDE STRIP OF THE ROADWAY. THE RISK OF OVERWHELMING ANOTHER VEHICLE SUCH AS A MOPED OR A PARKED CAR IS IN FACT VERY HIGH.
- STAY CONSTANTLY INFORMED. IF YOU TRAVEL BY A MAJOR TRANSPORT ROUTE OR ON A HIGHWAY, IT IS A GOOD PRACTICE TO KEEP THE RADIO TUNED ON TRAFFIC INFORMATION. IN THIS WAY IT IS POSSIBLE TO FIND OUT ABOUT POSSIBLE SECTIONS CONCERNED BY REDUCED VISIBILITY OR BY QUEUES, AND IF POSSIBLE CHOOSE AN ALTERNATIVE ROUTE.

HEAT WAVES

Heat causes health problems when it alters the body's temperature regulation system. Normally the body cools down by sweating, but in certain environmental conditions this mechanism is not enough. For example, if the humidity is very high, the sweat evaporates slowly and therefore the body does not cool down efficiently and the body temperature can rise to values so high as to damage vital organs. A person's ability to thermoregulate is conditioned by factors such as age, health conditions, medication intake. People at risk are: the elderly or non self-sufficient people, people who regularly take medications, infants and young children, those who exercise or do intense work in the open air.

During the summer, on the website of the Civil Protection (<http://www.comune.parma.it/protezionecivile>) are published alerts relating to heat waves and all bulletins with forecasts of bioclimatic distress both for the current day and for the following days.

FOR THIS REASON, DURING THE DAYS ON WHICH A HIGH HEAT WAVE RISK IS EXPECTED, AND FOR THE NEXT 24 OR 36 HOURS, WE ADVISE YOU TO FOLLOW THESE SIMPLE RULES OF CONDUCT:

- **DO NOT GO OUT IN THE HOTTEST HOURS, FROM 12 TO 18, ESPECIALLY TO THE ELDERLY, VERY YOUNG CHILDREN, PEOPLE NOT SELF-SUFFICIENT OR CONVALESCENT;**
- **IN YOUR HOME, PROTECT YOURSELF FROM THE HEAT OF THE SUN WITH CURTAINS OR BLINDS AND KEEP THE AIR CONDITIONER AT 25-27 DEGREES. IF YOU USE A FAN DO NOT POINT IT DIRECTLY ON THE BODY;**
- **TRY TO FRESHEN UP BY TAKING BATHS OR TAKING SHOWERS WITH FRESH WATER;**
- **DRINK A LOT (EVEN IF YOU ARE NOT THIRSTY), EAT A LOT OF FRUIT AND AVOID ALCOHOLIC BEVERAGES AND CAFFEINE. GENERALLY, HAVE LIGHT MEALS.**
- **IN THE OPEN AIR WEARS LIGHT AND LIGHT-COLOURED CLOTHES AND HATS, AVOIDS SYNTHETIC FIBRES WHICH PREVENT PERSPIRATION AND HENCE HEAT DISPERSION.**
- **IF YOU HAVE A SICK PERSON IN THE HOUSE WITH YOU, BE CAREFUL THAT HE IS NOT TOO COVERED.**
- **MAKE SURE ABOUT THE HEALTH CONDITIONS AND OFFER HELP TO RELATIVES, NEIGHBORS AND FRIENDS WHO LIVE ALONE.**





WATER CRISIS

Here are some useful information to save water.

- SUPPLY TAPS WITH FLOW RESTRICTORS TO SAVE WATER;
- VERIFY THAT THERE ARE NO LEAKS. IF, WITH ALL THE TAPS CLOSED, THE METER TURNS, CALL A SPECIALIST FIRM THAT CAN CHECK FOR FAULTS OR LEAKS IN THE PLUMBING AND SANITARY EQUIPMENT;
- DO NOT ALLOW TAP WATER TO FLOW USELESSLY, BUT OPEN IT ONLY WHEN NECESSARY, FOR EXAMPLE WHEN BRUSHING TEETH OR SHAVING BEARD;
- DO NOT USE RUNNING WATER TO WASH FRUIT AND VEGETABLES: IT IS SUFFICIENT TO SOAK THEM WITH A PINCH OF BAKING SODA;
- WHERE POSSIBLE, REUSE THE USED WATER: THE COOKING WATER OF THE PASTA, FOR EXAMPLE, FOR DEGREASING DISHES, THAT USED TO WASH FRUIT AND VEGETABLES FOR WATERING PLANTS AND FLOWERS;
- USE WASHING MACHINES OR DISHWASHERS, POSSIBLY AT NIGHT, ONLY AT FULL LOAD, AND REMEMBER TO INSERT THE ECONOMIZER PROGRAM IF THE LINEN OR THE DISHES TO BE WASHED ARE FEW;
- USES DOUBLE-FLOW TANKS IN TOILETS; SAVES ABOUT 60% OF THE WATER CURRENTLY USED WITH FIXED AND HIGH VOLUME TANKS;
- PREFER THE SHOWER TO THE BATHTUB: IT IS FASTER AND REDUCES CONSUMPTION BY A THIRD;
- WHEN YOU GO ON HOLIDAY OR ARE ABSENT FOR LONG PERIODS FROM HOME, CLOSE THE CENTRAL WATER TAP;
- DO NOT USE DRINKING WATER FOR WASHING CARS.

IN CASE OF SUSPENSION OF WATER SUPPLY

- BEFORE SUSPENSION, MAKE A MINIMUM STOCK OF BATH AND KITCHEN WATER AND STOCK UP DISPOSABLE DISHES, CUTLERY, GLASSES, WADDING AND DENATURED ALCOHOL;
- USE WATER STOCK STRICTLY FOR ESSENTIAL NEEDS;
- TURN OFF THE ELECTRIC WATER HEATER AND TURN IT ON AFTER THE POWER IS BACK TO AVOID DAMAGE TO THE HEATING RESISTORS;
- AS SOON AS THE WATER SUPPLY HAS BEEN RESTORED, AVOID USING A WASHING MACHINE, A DISHWASHER AND A WATER HEATER UNTIL NORMALITY HAS RETURNED, AS DARK WATER MAY OCCUR.
- BEFORE DRINKING THE TAP WATER ALWAYS CHECK THE SMELL AND THE COLOR, IF THESE ASPECTS DO NOT SEEM NORMAL TO YOU REPORT THE SITUATION TO THE NETWORK MANAGER.

EARTHQUAKES

INTRODUCTION

In the last thousand years, about 3,000 earthquakes have caused more or less serious damage. Almost 300 of these (with an "intensity" greater than 5) have had destructive effects and even one every ten years has had catastrophic effects, with an energy comparable to the L'Aquila earthquake in 2009. All Italian municipalities can suffer damage from earthquakes, but the strongest earthquakes are concentrated in some very specific areas: in North-Eastern Italy (Friuli Venezia Giulia and Veneto), in Western Liguria, in the Northern Apennines (from Garfagnana to Rimini), and above all along the whole Central and Southern Apennines, in Calabria and Eastern Sicily. You too live in a dangerous area, where earthquakes have already occurred or their effects have been felt in the past. And this may happen again in the future.

WHAT IS AN EARYHQUAKE?

In geophysics, earthquakes (from the Latin: terrae motus, which means "movement of the earth"), also called seismic shock or telluric shock (from the Latin Tellus, Roman goddess of the Earth), are vibrations or sudden settlements of the earth's crust, caused by sudden displacement of a rocky mass in the subsoil: the displacement of the two blocks causes vibrations in the whole surrounding area that propagate in the form of seismic waves. The vibrations are nothing more than the release of the elastic energy accumulated during the deformation that is suddenly released causing the earthquake.

What happens to a building?

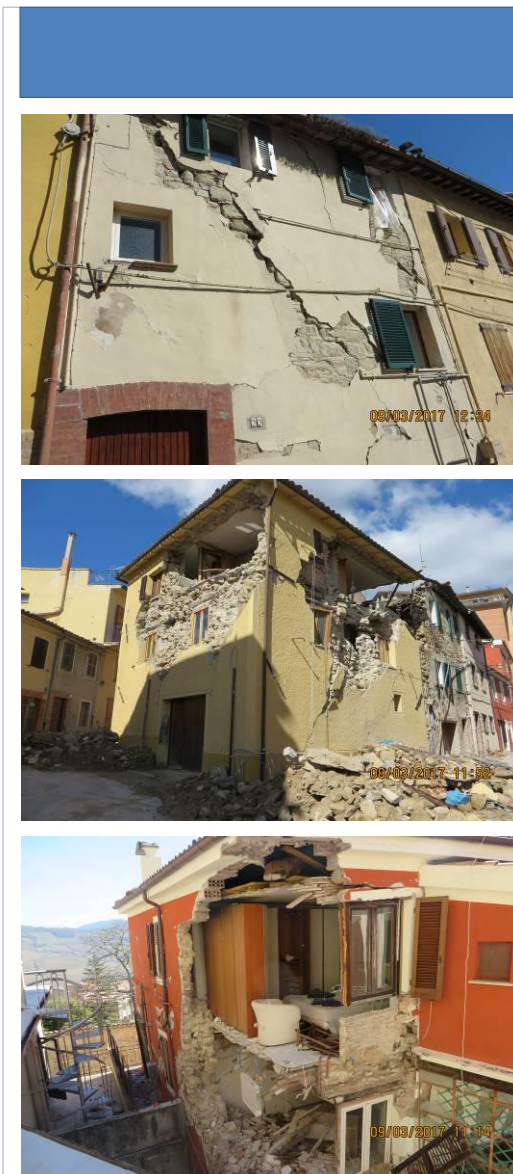
A seismic shock causes complex oscillations, more or less strong, which shake buildings in various ways and which can generate injuries or real collapses especially in older buildings and in those not designed to resist horizontal forces. What is a danger to people is the potential collapse of homes, not the earthquake itself. Today, all new buildings must be built in compliance with seismic regulations. Will the next earthquake do damage too?

It mainly depends on the vulnerability of the buildings as well as on the strength of the earthquake (thousands of them occur every year, but most of them of modest energy).

IN THE AREA WHERE YOU LIVE, HAVE EARTHQUAKES CAUSED ANY DAMAGE TO THINGS AND PEOPLE?

This is why it is very important to get information, to make prevention and to be prepared for a possible earthquake.

When will the next earthquake happen? Nobody knows, because it could happen at any time. We know many things about earthquakes, but it is not yet possible to predict with certainty when, with what force and precisely where they will occur. We know,





however, which are the most dangerous areas and what we can expect from an earthquake: being prepared is the best way to prevent and reduce the consequences of an earthquake.

Are the effects of an earthquake the same everywhere? The intensity of the shaking caused by the earthquake depends on the conditions of the territory, in particular on the type of land and the shape of the landscape. Generally, the shaking is greater in areas where the soils are soft, less on rigid soils such as rock; the position also has an effect on the intensity of the shaking, which is greater at the top of the hills and along the edges of the slopes.

WHICH AREA DO YOU LIVE IN? ITALY IS AN ENTIRELY SEISMIC COUNTRY, BUT ITS TERRITORY IS CLASSIFIED IN AREAS WITH DIFFERENT HAZARDS. WHOEVER BUILDS OR MODIFIES THE STRUCTURE OF THE HOUSE IS REQUIRED TO COMPLY WITH THE SEISMIC REGULATIONS OF THEIR AREA, TO PROTECT THE LIFE OF THOSE WHO LIVE THERE. TO KNOW THE SEISMIC AREA IN WHICH YOU LIVE, CHECK THE CIVIL PROTECTION PLAN AT THE LINK: <https://www.comune.parma.it/protezionecivile>

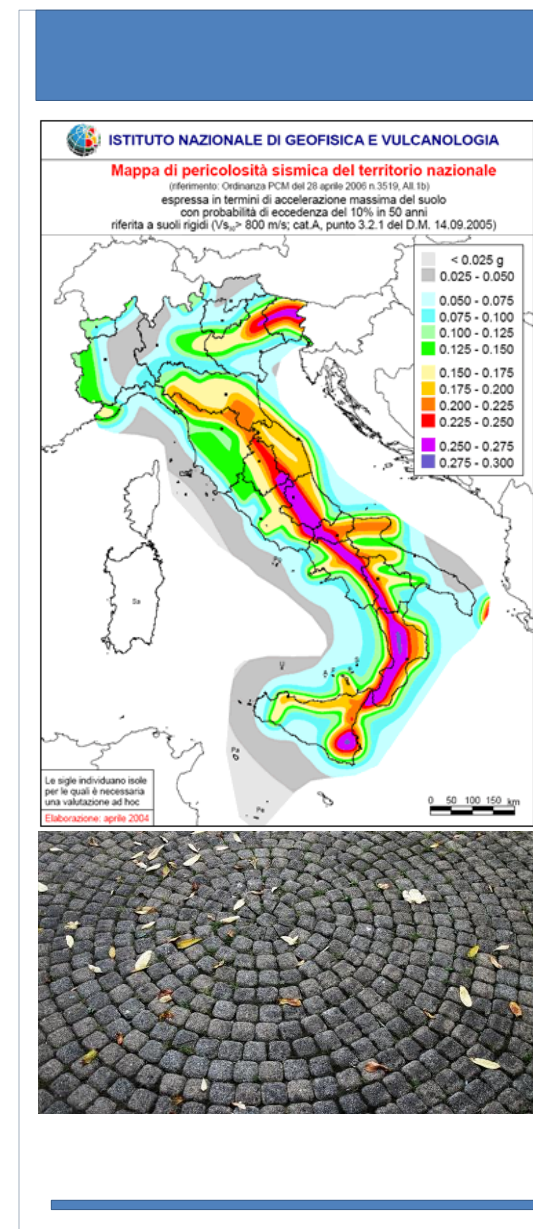
HOW TO PROTECT OURSELVES: THE SECURITY OF YOUR HOME:

Especially in earthquake-prone areas it is necessary for the population to adopt adequate preventive measures and behavioral rules. It is important to know when and how your house was built, on what type of ground, with what materials and especially if it was subsequently modified in compliance with the seismic regulations.

IF YOU HAVE SOME DOUBTS OR IF YOU WANT TO KNOW MORE, YOU CAN CONTACT THE CIVIL PROTECTION SECTOR OR, FOR A SEISMIC CERTIFICATION OF YOUR BUILDING, ASK A QUALIFIED AND TRUSTED TECHNICIAN (SURVEYOR, ENGINEER, ARCHITECT).

BEFORE AN EARTHQUAKE:

- HAVE A VERIFICATION CARRIED OUT BY A TECHNICIAN SPECIALIZED IN SEISMIC ENGINEERING AND GET RECOMMENDED AN INTERVENTION STRATEGY.
- MOVE AWAY HEAVY FURNITURE FROM BEDS OR SOFAS. MAKE SURE THAT FURNITURE, APPLIANCES AND HEAVY OBJECTS ARE ALL WELL FIXED TO THE WALLS IN ORDER TO REDUCE THE RISK OF FALLS OR OVERFLOWING;
- GET FIXED TO THE WALLS SHELVES, BOOKCASES AND OTHER HIGH FURNITURE; HANG PICTURES AND MIRRORS WITH CLOSED HOOKS, WHICH PREVENT THEM FROM DETACHING FROM THE WALL
- PLACE HEAVY OBJECTS ON THE LOWER SHELVES OF THE SHELVES; ON HIGHER SHELVES, SECURE OBJECTS WITH DOUBLE-SIDED TAPE.
- IN THE KITCHEN, USE A LOCK TO SECURE THE DOORS OF THE CABINETS CONTAINING THE PLATES AND GLASSES, SO THAT THEY DO NOT OPEN DURING THE SHOCK.
- GET TO KNOW WHERE THE GAS, WATER TAPS AND THE MAIN LIGHT SWITCH ARE AND HOW TO CLOSE THEM, SO YOU CAN INTERRUPT THE SUPPLIES FOLLOWING A SHOCK.
- IDENTIFY THE SAFE POINTS OF THE HOUSE, WHERE TO TAKE COVER IN THE EVENT OF AN EARTHQUAKE: DOOR COMPARTMENTS, WALL CORNERS, UNDER THE TABLE OR BED.
- PREVIOUSLY ORGANIZES A FAMILY EMERGENCY PLAN AND A SAFETY BAG;
- GET TO KNOW IF THERE IS ANY CIVIL PROTECTION PLAN OF YOUR MUNICIPALITY AND WHAT IT PROVIDES, SO YOU KNOW HOW TO BEHAVE IN CASE OF EMERGENCY. IN PARTICULAR CHECK THE LOCATION OF EMERGENCY AREAS, HOSPITALS AND THE BEST ROUTES TO REACH THEM;
- AT SCHOOL OR AT THE WORKPLACE, CHECK THE PREPARATION OF THE INTERNAL EMERGENCY PLAN AND LEARN ITS CONTENT SO YOU KNOW HOW TO BEHAVE IN THE EVENT OF A SEISMIC EVENT
- ASSESS THE SUBSCRIPTION OF AN INSURANCE POLICY AGAINST EARTHQUAKE DAMAGES
- TAKE PART IN CIVIL PROTECTION EXERCISES ORGANIZED BY LOCAL AUTHORITIES.





DURING AN EARTHQUAKE:

An earthquake can strike unexpectedly at home, at work, on the street, while traveling by car; the main rule is to stay calm and avoid panic.

AT HOME:

- TAKE COVER UNDER THE MOST SOLID POINTS OF THE BUILDING (SUPPORTING WALLS, LINTEL, DOOR OPENINGS) OR IF IT IS IMPOSSIBLE TO REACH SUCH STRUCTURES, YOU CAN FIND SHELTER UNDER RESISTANT FURNITURE (BED, TABLE); IN ANY CASE, STAY AWAY FROM FURNITURE OR OBJECTS THAT MAY FALL, FROM GLASSES THAT MAY BREAK AND FROM FLYING ELECTRICAL SYSTEMS;
- BEWARE OF THINGS THAT COULD HIT YOU WHILE FALLING (PLASTER, FALSE CEILINGS, GLASSES, FURNITURE, OBJECTS, ETC ...);
- PAY ATTENTION TO THE USE OF STAIRS: THEY ARE OFTEN NOT VERY RESISTANT AND CAN BE DAMAGED. IF YOU HAVE TO LEAVE THE BUILDING AFTER THE SHOCK, CHECK THE SOLIDITY CAREFULLY;
- AVOID THE USE OF LIFT, IT CAN GET STUCK AND YOU CAN REMAIN TRAPPED IN IT ;
- PAY ATTENTION TO THE OTHER POSSIBLE CONSEQUENCES OF THE EARTHQUAKE (EX. GAS LEAKS)

OUTDOORS:

- THE MAJOR DANGER IS CONSTITUTED BY THE COLLAPSE OR FALLING OF MATERIALS FROM ABOVE, STAY AWAY FROM BUILDINGS, TREES, LAMPS, ELECTRICAL LINES.
- AVOID NARROW STREETS AND GO TOWARDS SPACIOUS PLACES.
- STAY AWAY FROM INDUSTRIAL PLANTS;

IF YOU ARE DRIVING:

- NEVER TRANSIT OVER BRIDGES OR FLYOVERS OR PLACES SUBJECTED TO LANDSLIDES;
- STAY IN YOUR CAR AND REACH AN OPEN PLACE WITHOUT HINDERING THE TRAFFIC.

AFTER AN EARTHQUAKE:

- PUT OUT ALL LIGHTED FIRES AND DO NOT LIGHT UP MATCHES OR CANDLES THERE MIGHT BE GAS LEAKS;
- CLOSE THE WATER, GAS AND ELECTRICITY TAPS;
- MAKE SURE ABOUT THE HEALTH OF THE PEOPLE AROUND YOU AND, IF NECESSARY, GIVE FIRST AID;
- DO NOT USE THE WATER IT MAY HAVE BEEN POLLUTED;
- DO NOT KEEP THE PHONE LINES BUSY,
- GO OUT CAREFULLY, WEARING YOUR SHOES: ON THE STREET YOU COULD HURT YOURSELF WITH BROKEN GLASSES OR RUBBLE;
- ALWAYS BRING THE SAFETY BAG AND THE NECESSARY WITH YOU TO COVER YOURSELF AND SHELTER YOURSELF UNTIL THE RESCUE ARRIVES;
- REACH THE WAITING AREAS PROVIDED BY THE MUNICIPAL EMERGENCY PLAN;
- IF NOT ESSENTIAL, AVOID USING THE CAR IN ORDER NOT TO HINDER THE PASSAGE OF RESCUE VEHICLES;
- IF YOU NOTICE DAMAGES / CRACKS, DO NOT RE-ENTER THE BUILDING UNLESS SAFETY HAS BEEN VERIFIED BY A QUALIFIED TECHNICIAN.

FIRES

Fire (from the Latin Incedere Bruciare) is the manifestation of the start of an oxidative reaction of a combustible material in the presence of an adequate temperature.

A fire can be caused by various reasons, both natural (lightning, gasses resulting from the decomposition of organic matter subjected to high temperatures, etc.) and related to human action (through accidental, deliberate or malicious acts)

AT HOME (DOMESTIC FIRE)

HOW TO PREVENT A FIRE

It is necessary to put into practice some small measures that can be summarized as follows:

- DO NOT SMOKE, IF YOU DO, DO NOT SMOKE IN BED;
- DO NOT LEAVE POTS UNATTENDED ON LIT STOVES AND KEEP COMBUSTIBLE MATERIAL AWAY;
- PROVIDE A PERIODIC CHECK BY A QUALIFIED TECHNICIAN OF THE HEATING SYSTEM, CHIMNEY AND KITCHEN;
- DO NOT KEEP MATCHES AND LIGHTERS WITHIN THE REACH OF CHILDREN;
- DO NOT KEEP FLAMMABLE LIQUIDS CLOSE TO HEAT SOURCES;
- DO NOT USE GAS OR OPEN FLAME APPLIANCES (INCLUDING FIREPLACES) IN ROOMS WITHOUT ADEQUATE AERATION.

HOW TO INTERVENE IN CASE OF FIRE

To deal with a fire beginning, it is enough to put a few simple tips into practice:

- IF A POT CATCHES FIRE, TO EXTINGUISH THE FIRE, JUST PLACE A LID ON IT, TO SMOTHER THE FLAMES;
- IF THE CLOTHES YOUR WEARING CATCHES FIRE, YOU SHOULD NOT RUN (THE AIR FEEDS THE FIRE), YOU MUST TRY TO UNDRESS OR TO SMOTHER THE FLAMES BY ROLLING ON THE GROUND OR COVERING YOURSELF WITH A BLANKET;
- IF AN ELECTRICAL APPLIANCE OR A PART OF THE ELECTRICAL SYSTEM CATCHES FIRE, YOU MUST DISCONNECT THE POWER BEFORE ATTEMPTING TO PUT IT OUT.

REMEMBER NOT TO USE WATER TO EXTINGUISH A FIRE OF ELECTRICAL ORIGIN: YOU COULD GET A STRONG SHOCK! WATER SHOULD NOT BE USED EVEN TO PUT OUT FIRES ON OIL OR PETROL, BECAUSE SUCH SUBSTANCES FLOAT ON THE WATER AND CAN SPREAD THE FIRE IN OTHER PLACES.





HOW TO BEHAVE DURING A DOMESTIC FIRE

- IF POSSIBLE, GET OUT OF THE HOUSE OR TRY TO REACH A SAFE PLACE. IN THIS WAY YOU WILL AVOID INHALING SMOKE AND BEING CAUGHT UP IN THE FIRE.
- IF THERE IS SMOKE IN THE ROOM, FILTER THE AIR BY BREATHING THROUGH A CLOTH (PREFERABLY WET) AND LIE DOWN ON THE FLOOR. THE AIR IS MORE BREATHABLE AT GROUND LEVEL.
- IF THE FIRE IS OUTSIDE THE DOOR, TRY SEALING ALL SLITS WITH CLOTHS, PREFERABLY WET ONES, YOU WILL PREVENT THE SMOKE FROM SEEPING INTO THE ROOM AND HELP THE DOOR CONTAIN THE FIRE;
- IF YOU LIVE IN A BLOCK OF FLATS, REMEMBER NEVER TO USE THE LIFT IN CASE OF FIRE. THE LIFT COULD GET STUCK AND TRAP YOU INSIDE;
- LOOK AFTER PEOPLE WHO ARE NOT SELFSUFFICIENT AND, IF POSSIBLE, HELP THEM REACH A SAFE PLACE
- IF YOU ARE IN A CROWDED PLACE, MOVE TOWARDS THE CLOSEST EMERGENCY EXIT WITHOUT SHOVING OR SHOUTING.

AFTER A FIRE

- IF YOU FEEL UNWELL, CALL **118** IMMEDIATELY. YOU MAY HAVE BEEN INTOXICATED BY SMOKE OR OTHER SUBSTANCES PRESENT IN THE ROOM.;
- BEFORE GOING BACK INTO YOUR FLAT CHECK WITH THE FIRE BRIGADE. THERE COULD STILL BE POTENTIALLY DANGEROUS SITUATIONS.
- ENTER THE ROOMS INVOLVED IN THE FIRE ONLY AFTER THEY HAVE COOLED DOWN AND HAVE BEEN VENTILATED. IT IS FUNDAMENTAL TO THOROUGHLY VENTILATE THE ROOMS FOR A FEW HOURS.
- FOOD PRODUCTS THAT HAVE COME INTO CONTACT WITH HEAT OR SMOKE FROM THE FIRE ARE NO LONGER EDIBLE. THEY MAY HAVE BEEN SPOILT OR CONTAMINATED.

FOREST FIRES

A forest fire can be defined as “a fire which tends to spread over wooded and bushy areas or over farmland, wild country and pastures in proximity to those areas”. In order for a fire to develop, three elements known as the “fire triangle” must be present: combustible (dry grass, leaves, wood), comburent (oxygen) and heat (necessary for the combustible to reach lighting temperature). Special weather conditions (e.g. very hot and windy days in a period of low precipitations) can facilitate the swift spreading of a fire. The causes of a fire can be:

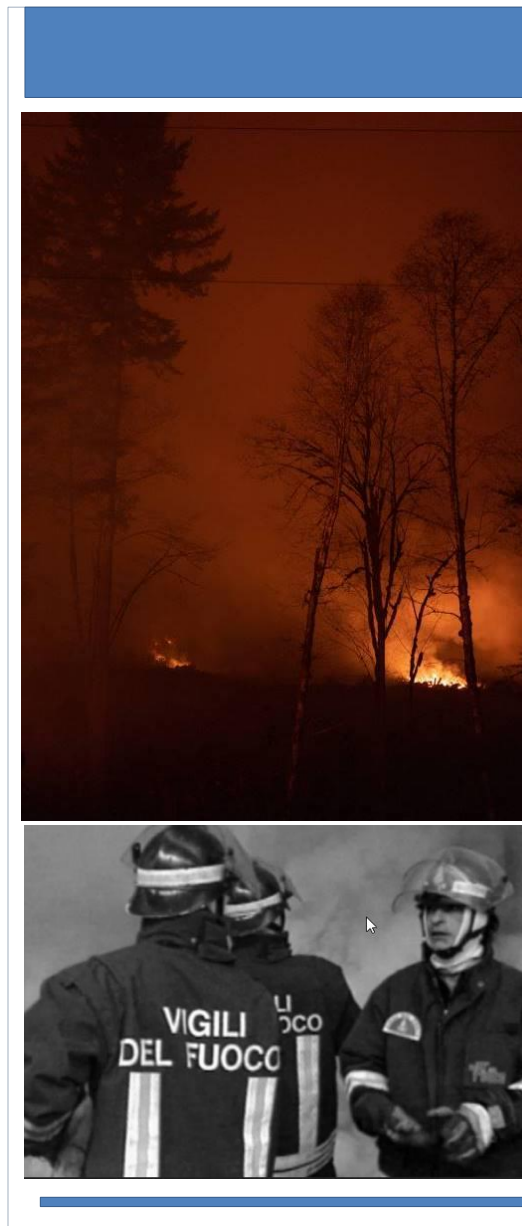
- NATURAL: such as lightning. These are the least frequent of all.
- MAN-MADE, caused by human activities (accidental, for example in the case of a short-circuit, overheated engines, sparks from work tools, etc...; unintentional, such as some farming and pastoral activities, irresponsible conduct in tourist areas, incautious tossing of burning material (matches, cigarettes, etc.) arson, when the fire is set deliberately by humans in order to cause damage).

HOW TO AVOID A FOREST FIRE

- DO NOT THROW AWAY CIGARETTE BUTTS OR MATCHES THAT ARE STILL LIT—THEY CAN SET FIRE TO THE DRY GRASS AND DRY LEAVES
- DO NOT LIGHT FIRES IN THE WOODS (IT’S FORBIDDEN AND DANGEROUS) – USE ONLY SPECIALLY-EQUIPPED AND DESIGNATED AREAS. NEVER LEAVE THE FIRE UNATTENDED AND MAKE SURE IT IS COMPLETELY OUT BEFORE LEAVING
- IF YOU NEED TO PARK YOUR CAR, MAKE SURE THAT THE EXHAUST PIPE DOES NOT TOUCH ANY DRY GRASS. A VERY HOT EXHAUST PIPE COULD EASILY SET THE DRY GRASS ON FIRE
- DO NOT LEAVE YOUR RUBBISH IN THE FOREST OR IN ILLEGAL DUMPING GROUNDS. IT COULD CONTAIN DANGEROUS COMBUSTIBLE MATERIALS

WHAT TO DO DURING A FOREST FIRE

- IF YOU SEE FLAMES OR EVEN JUST SMOKE CALL **1515** IMMEDIATELY TO RAISE THE ALARM - DO NOT ASSUME THAT OTHERS HAVE ALREADY CALLED. PROVIDE ALL NECESSARY INFORMATION TO LOCATE THE FIRE
- LOOK FOR A SAFE ESCAPE ROUTE: A ROAD OR WATERCOURSE. DO NOT STOP IN PLACES LOCATED DOWNWIND FROM THE FIRE - YOU COULD GET TRAPPED BY SURROUNDING FLAMES AND BE UNABLE TO ESCAPE
- LIE DOWN IN A PLACE WHERE THERE IS NO VEGETATION THAT COULD CATCH FIRE - SMOKE TENDS TO RISE. IN SUCH A POSITION YOU CAN AVOID INHALING IT
- IF YOU HAVE NO OTHER CHOICE, TRY TO PASS THROUGH THE FIRE WHERE IT IS LESS INTENSE IN ORDER TO REACH THE AREA THAT WAS ALREADY BURNT> YOU WILL THEN BE IN A SAFE PLACE. BUT REMEMBER: ONLY IF YOU HAVE NO OTHER CHOICE!!!
- A FIRE IS NOT A SHOW. DO NOT STOP ALONG THE ROADS - THIS WOULD HINDER RESCUE OPERATIONS AND COMMUNICATIONS THAT ARE ESSENTIAL TO MANAGE THE EMERGENCY.





BLACK OUT

A blackout is a power outage. It can either be local, if it only concerns a very limited area, or widespread, if it affects one or more Municipalities or much wider areas, even reaching regional or national dimensions. It may be caused by a cut or sudden overload of the electric system, brought about by a failure in a power plant or in the grid.

WHAT TO DO BEFORE A BLACKOUT

- IF YOU, ANY OF YOUR FAMILY OR SOMEONE YOU KNOW USES LIFE-SAVING ELECTROMEDICAL DEVICES, DEFINE WITH THE HEALTHCARE A PLAN TO BE IMPLEMENTED IN THE EVENT OF A PROLONGED BLACK-OUT. ALWAYS KEEP THE TELEPHONE NUMBER OF THE EMERGENCY HEALTH SERVICE (118) AND THE SINGLE NUMBER FOR EMERGENCIES (112) HANDY;
- DEFINE EXACTLY HOW LONG YOUR MEDICINES THAT REQUIRE REFRIGERATION CAN STAY AT ROOM TEMPERATURE. PLAN EXACTLY WHAT TO DO WITH LIFE-SAVING DRUGS;
- GET EQUIPPED WITH BUFFER BATTERIES OR OTHER TOOLS TO MEET YOUR BASIC ELECTRICAL NEEDS WHEN THE ELECTRICITY IS FAILED;
- INSTALL SENSORS, WITH BACK-UP BATTERY, TO IDENTIFY THE POSSIBLE PRESENCE OF CARBON MONOXIDE;
- ALWAYS KEEP AN ELECTRIC TORCH FOR EVERY COMPONENT OF THE FAMILY AND A BATTERY RADIO IN EFFICIENCY
- ALSO MAKE SURE YOU HAVE ADEQUATE EXTRA BATTERIES, WATER AND NON-PERISHABLE FOOD.
- KEEP ONE THERMOMETER IN THE REFRIGERATOR AND ONE IN THE FREEZER, IN THIS WAY, WHEN THE ELECTRICITY IS RESTORED, YOU WILL BE ABLE TO KNOW THE TEMPERATURE REACHED BY THE FOOD AND DECIDE WHETHER TO DISPOSE OF IT OR USE IT;
- REGISTER YOUR MOBILE PHONE (AND THAT OF ALL YOUR FAMILIES) TO THE LOCAL TELEPHONE ALERT SYSTEM TO RECEIVE ANY COMMUNICATIONS OR ALERTS. THE SERVICE IS PROVIDED BY THE MUNICIPALITY OF PARMA AND IS FREE.

WHAT TO DO DURING A BLACKOUT

- IF YOU, ANY OF YOUR FAMILY OR ANY PERSON YOU KNOW USES MEDICAL EQUIPMENT THAT DEPENDS ON THE SUPPLY OF ELECTRICITY, REPORT THE NEED FOR SUPPORT;
- IMPLEMENT ALTERNATIVE PLANS THAT YOU HAVE PREVIOUSLY DESIGNED FOR THE STORAGE OF MEDICINES THAT NEED REFRIGERATION;
- DO NOT OPEN THE DEEPFREEZER AND REFRIGERATOR UNNECESSARILY - FOODS CONTAINED INSIDE MAY GET SPOILT AND BECOME A HEALTH HAZARD, MONITOR THE TEMPERATURE WITH A THERMOMETER. A REFRIGERATOR CAN KEEP FOOD FRESH FOR ABOUT 4 HOURS, A FREEZER ABOUT 48 HOURS;
- USE FOOD AND DRINKS THAT DO NOT REQUIRE REFRIGERATION;
- TO AVOID THE RISK OF CARBON MONOXIDE POISONING, REMEMBER THAT GENERATORS, FIELD STOVES OR CHARCOAL GRILLS MUST ALWAYS BE USED OUTDOORS AND AT LEAST 8 METERS FROM WINDOWS. NEVER USE A HOB OR A GAS OVEN TO HEAT YOUR HOME;
- BE CAREFUL WHEN USING CANDLES AND OTHER TYPES OF LIGHTING SUCH AS GAS LAMPS, OIL LAMPS, ETC. > IF THE OPEN FLAME COMES INTO CONTACT WITH FLAMMABLE MATERIALS IT CAN PROVOKE A FIRE;
- CHECK THE STATUS OF YOUR NEIGHBORS; ELDERLY AND CHILDREN ARE THE MOST VULNERABLE SUBJECTS IN THE EVENT OF CRITICAL EVENTS;





- IF IT IS SAFE AND POSSIBLE, ASSESS THE POSSIBILITY OF MOVING TO ANOTHER STRUCTURE WHERE THE PROBLEM IS NOT PRESENT (EX. A PUBLIC STRUCTURE EQUIPPED BY CIVIL PROTECTION), IF YOU CANNOT MOVE BY YOURSELF CALL **112** FOR THE EMERGENCY NUMBER TO GET HELP;
- DISCONNECT YOUR ELECTRICAL DEVICES; THE CURRENT COULD COME BACK SUDDENLY WITH VOLTAGE PEAKS AND DAMAGE YOUR EQUIPMENT;
- AVOID USING YOUR TELEPHONE UNLESS IN AN EMERGENCY. IT IS GOOD TO AVOID OVERLOADING TELEPHONE LINES WHEN THEY ARE USEFUL FOR AID
- DO NOT USE THE LIFT. THERE IS A DANGER OF GETTING TRAPPED INSIDE
- IF YOU ARE STUCK IN A LIFT, DO NOT TRY TO GET OUT AT ALL COSTS. THERE IS PLENTY OF AIR BECAUSE LIFT CARS ARE NOT AIRTIGHT.
- IF YOU ARE ON THE STREET, PAY ATTENTION TO TRAFFIC LIGHT JUNCTIONS. IF THE TRAFFIC LIGHTS ARE OFF, SOME DRIVERS CAN MAKE INCORRECT OR UNEXPECTED MANEUVERS

WHAT TO DO AFTER A BLACKOUT

- WHEN THE POWER IS BACK, DO NOT USE YOUR HOUSEHOLD ELECTRICAL APPLIANCES ALL AT ONCE. NOT TO OVERLOAD THE POWER LINES.
- ELIMINATE ALL FOOD THAT HAS NOT BEEN CORRECTLY PRESERVED, IF YOU HAVE DOUBTS ABOUT IT, IT'S SAFER TO DISPOSE OF IT.
- DISPOSE OF ALL MEDICINES THAT HAVE NOT BEEN CORRECTLY REFRIGERATED, UNLESS THE DRUG LABEL SAYS DIFFERENTLY. IF A LIFE DEPENDS ON REFRIGERATED DRUGS, CONSULT A DOCTOR OR PHARMACIST AND USE THE MEDICINE ONLY UNTIL A NEW STOCK IS AVAILABLE.

INDUSTRIAL HAZARDS

An industrial hazard entails the possibility that, due to an accident in an industrial plant, there may be subsequently a fire, an explosion or a toxic cloud, involving one or more dangerous substances with potentially harmful effects on the population or the environment. These effects are mitigated by the implementation of suitable contingency plans, both internal (drawn up by the industry to cope immediately with the accident) and external (drawn up by the Authorities to face the possible consequences on the surrounding areas). The external plans provide for adequate self-protection measures and for the appropriate actions that the population must take.

DIRECTIONS

If in the area where you live or work there are plants at risk, it is necessary to check in the Civil Protection plan whether there is an emergency plan in the event of an accident. It is possible to obtain the information by consulting the ARPAE website.

The list of industrial plants at risk of a major accident can be found at:

<https://www.arpae.it/index.asp?idlivello=111>

For cases of fire and / or explosion, please refer to the recommendations provided in the respective chapters.

WHAT TO DO IN CASE OF AN EVENT

- FOLLOW THE INSTRUCTIONS CONTAINED IN THE INFORMATION SHEETS FOR THE POPULATION PRESENT IN THE CIVIL PROTECTION PLAN;
- IF THE PLANT IS EMITTING TOXIC SUBSTANCES, TAKE SHELTER INDOORS;
- TO REDUCE EXPOSURE TO SUBSTANCES, CLOSE DOORS AND WINDOWS BLOCKING ALL NARROW OPENINGS WITH WET CLOTHS, SWITCH OFF AIR CONDITIONERS AND VENTILATORS IN ORDER TO PREVENT THE OUTSIDE AIR TO FILTER INSIDE;
- IF YOU ARE OUTDOORS, COVER YOUR NOSE AND MOUTH WITH A HANDKERCHIEF TO AVOID BREATHING THE SMOKE OR THE TOXIC VAPORS;
- TAKE A SHOWER AS SOON AS POSSIBLE TAKING PARTICULAR CARE IN WASHING THE FACE, THE EYES AND ALL THE EXPOSED PARTS;
- CONTAMINATED CLOTHES MUST BE ELIMINATED;
- PAY ATTENTION TO THE INFORMATION GIVEN BY THE AUTHORITIES THROUGH SPEAKERS, OR OTHER MEANS OF COMMUNICATION (RADIO, TV, SMS ALERT FOR THOSE WHO WERE REGISTERED) ON THE MEASURES TO BE ADOPTED AND ON THE SITUATION UNTIL THE ALARM CEASES
- AFTER THE ALL-CLEAR SIGNAL, VENTILATE ALL ROOMS AND STAY TUNED TO THE LOCAL RADIO STATION. TO ENSURE A PROPER EXCHANGE OF AIR AND TO FOLLOW POST-EMERGENCY DEVELOPMENTS
- IF YOUR HOME IS EQUIPPED WITH A WELL, DO NOT USE THE WATER FOR DRINKING OR FOR ANY OTHER PURPOSE.
- DURING THE EVENT (BUT ALSO AFTER) AVOID EATING FRUIT AND VEGETABLES, AS WELL AS PRODUCTS EXPOSED TO THE AIR, PREFER VACUUM PACKAGED FOODS AND DRINK WATER FROM SEALED BOTTLES; FOR A CERTAIN PERIOD (ESTABLISHED BY THE HEALTH AUTHORITIES) IT MAY BE NECESSARY NOT TO CONSUME MEAT AND PRODUCTS DERIVED FROM ANIMALS RAISED IN CONTAMINATED AREAS.



EVACUATION

WHEN THE RISK OF CONTAMINATION IS HIGH, THE AUTHORITIES RESPONSIBLE FOR THE EMERGENCY MAY ORDER THE EVACUATION ACCORDING TO THE PRE-ESTABLISHED EXTERNAL EMERGENCY PLAN, WHICH ALSO PROVIDES INDICATIONS ABOUT THE METHODS OF REMOVAL AND THE PLACES OF COLLECTION.



FLU EPIDEMICS/PANDEMICS

The flu is an acute respiratory disease caused by an infection from influenza viruses; it develops primarily in the wintertime. It represents a significant public health problem due to its omnipresence and infectiousness, its possible complications, and given the presence of animal reservoirs. The virus responsible for the flu enters the body through the respiratory system and is highly contagious.

In Italy, some flu epidemics occur, infecting on average 5 million people. Influenza viruses are characterised by a marked propensity to change in such a way as to bypass the protective barrier of people's resistance to infection. This entails that the defences designed to fight against the influenza virus spreading during a given year may prove ineffective against the virus circulating the following year. For this reason, the composition of the flu vaccine needs to be updated every year, and the vigilance of healthcare services is fundamental to prepare an effective vaccine for the following winter.

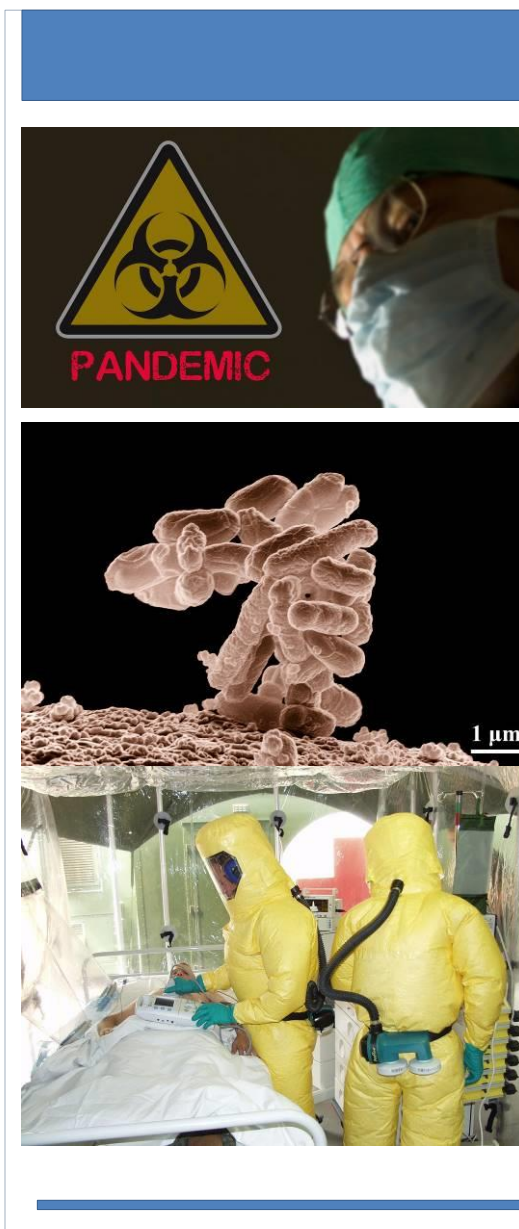
A flu pandemic is the spreading of a new influenza virus throughout the world population.

HOW TO PREVENT IT

Getting vaccinated, especially for people at risk, is the best way to prevent and fight against the flu because you decrease significantly the probability of catching the disease and because, in case flu symptoms develop, these will be less serious and the risk of complications will decrease.

HOW TO ACT IN CASE OF AN EPIDEMIC/PANDEMIC

- **CONSULT YOUR FAMILY DOCTOR OR THE PREVENTION DEPARTMENT OF YOUR LOCAL HEALTH AUTHORITY (ASL) TO OBTAIN RELIABLE AND UPDATED INFORMATION ON THE VACCINE AND THE DISEASE**
- **INQUIRE IF YOU FIT IN THE CATEGORIES AT RISK FOR WHOM VACCINATION IS RECOMMENDED: SOME PEOPLE ARE MORE VULNERABLE THAN OTHERS TO THE VIRUS**
- **GET VACCINATED ONLY AFTER HAVING CONSULTED YOUR DOCTOR OR LOCAL HEALTH AUTHORITIES (ASL). THE VACCINE PROTECTS FROM THE VIRUS; HOWEVER, IT MAY BE UNADVISABLE FOR SOME PEOPLE**
- **CHECK THE INSTITUTIONAL WEBSITES AND READ THE OFFICIAL BULLETINS. TO KEEP UP TO DATE WITH THE ONGOING SITUATION**
- **FOLLOW THE HEALTH AUTHORITIES' INSTRUCTIONS SCRUPULOUSLY BECAUSE, IN CASE OF A PANDEMIC, SOME SPECIAL MEASURES MAY BE NECESSARY TO ENSURE YOUR SAFETY**
- **IF YOU HAVE THE SYMPTOMS SEE YOUR DOCTOR IMMEDIATELY. A PROMPT DIAGNOSIS HELPS YOUR RECOVERY AND REDUCES THE RISK OF CONTAGION FOR OTHERS**
- **TAKE CARE OF YOUR PERSONAL HYGIENE AND KEEP YOUR HOME AND WORK ENVIRONMENTS CLEAN. TO REDUCE THE RISK OF INFECTION**
- **IF YOU ARE LIVING WITH A SICK PERSON, DO NOT SHARE PERSONAL OBJECTS. TO AVOID CONTAGION.**





NUCLEAR RISK

It should be noted that not all accidents that occur in nuclear plants cause a release of radiation outside. The nuclear event could be contained within the plant and pose no risk to the population. For this reason, in the event of an accident, it is important to listen to local televisions and radio stations. Local authorities will provide specific information and instructions. The warnings issued will depend on the nature of the emergency, on how rapid its evolution will be and on the possible amount of radiation that should be close to spreading.

IN CASE OF EVACUATION

If an order is issued to evacuate your home or workplace, it is important to adopt the following behaviors:

- Before leaving, close the doors and windows;
- keep the windows of your car closed and the ventilation system turned off;
- listen to the radio for information on evacuation routes and other useful information.

IN CASO OF STAY INDOORS ORDER

- The public health authorities can issue the order addressed to citizens residing in the affected area, to take shelter in a closed place, eg. at home or in the office.

It is advised to:

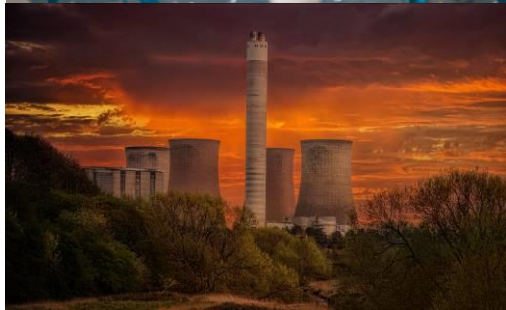
- Stay indoors;
- Close the doors and windows;
- Turn off the air conditioning systems and all external air intake systems;
- Move if possible to basement or underground areas.

BEHAVIORS TO BE ADOPTED

Immediately it is recommended to:

- not to use your car: you would risk greater exposure to radiation and hinder the transit of emergency vehicles;
- bring pets inside the building;
- stay updated via radio or tv
- reduce the use of mobile phones in order to ensure free telephone lines;
- use tap water unless expressly advised against by the public health authorities
- change clothes before entering the place where you have found shelter, and put clothes and shoes in sealed plastic bags away from the frequented places; take a shower with hot water and liquid soap.
- take shelter in case of rain, and leave the umbrella, raincoat and wet clothing outside the house.





CONSUMPTION OF CONTAMINATED FOOD AND WATER

The consumption of contaminated food can lead to an increase in radiation exposure, with consequent health risks, especially if taken for a prolonged period of time.

The competent authorities can therefore recommend the consumption of packaged foods which, as long as sealed, are protected from radioactivity.

In the case of contaminated drinking water, however, the authorities may suggest the consumption of bottled water..

INDIVIDUAL PROTECTION MEASURES

In the case of dangerous amounts of radioactive iodine in the atmosphere, public health authorities may recommend the intake of potassium iodide (iodoprophylaxis), in tablet form, which protects the thyroid from the absorption of radioactive iodine.

In the case of pregnant or breastfeeding women, potassium iodide tablets can be taken in accordance with the regulations of the public health authorities.

TRANSPORT RISK

Users travelling by different means (by road, railway, air, watercourse, intermodal) can be exposed to dangers or serious trouble caused either by events connected to transport activities themselves (accidents, prolonged road blocks, traffic jams etc.), or by particularly unfavourable weather conditions (snow, fog, heavy precipitation, etc.). At present, in Italy, passengers and goods travel mainly by road. Over the past thirty years in particular, car and lorry traffic has more than tripled, and the trend for the immediate future shows further increase.

TRAVEL WELL-INFORMED:

It is a good idea for road users to inquire about weather and/or road conditions, both prior to setting out on a journey and during the journey itself. To that end, it is advisable to tune in to radio stations that broadcast news and updates: ISORADIO, pertaining to the Italian motorway authorities, RAI stations broadcasting the “Onda verde” news bulletin, and local radio stations. Most motorway companies provide real-time news about road conditions on their websites and, in some cases, even allow access to web cams placed along roads; some companies also have a toll-free number. Another important source of information comes from the Traffic Police’s Departmental Operations Centres and from the Motorways Operations Centres, managed by ‘Polstrada’ together with road companies.

IN CASE OF ADVERSE WEATHER CONDITIONS:

- **ALL TRAFFIC REGULATIONS ARE DESIGNED FOR YOUR SAFETY: THEY INDICATE THE PRECAUTIONARY AND COMMON SENSE BEHAVIOUR NECESSARY FOR SAFE TRAVEL**
- **ROAD CONDITIONS CAN WORSEN AND EVEN BECOME CRITICAL DUE TO HEAVY RAIN, SNOW AND FOG: ALWAYS REMEMBER THAT YOUR GOAL IS FOR YOU AND OTHER TRAVELLERS TO REACH YOUR DESTINATION SAFELY**
- **INQUIRE BEFOREHAND ABOUT WEATHER AND TRAFFIC CONDITIONS BY LISTENING TO THE RADIO: ROAD CONDITIONS CHANGE CONSTANTLY**
- **IF NOT STRICTLY NECESSARY, POSTPONE YOUR DEPARTURE UNTIL THE CRITICAL SITUATION TAKING PLACE HAS IMPROVED: IT IS BETTER NOT TO TAKE UNNECESSARY RISKS**
- **DURING HEAVY SNOWFALLS DO NOT DRIVE WITHOUT SNOW CHAINS OR SNOW TYRES: THERE IS A HIGH RISK OF LOOSING CONTROL OF YOUR CAR**
- **MAKE SURE YOU HAVE ENOUGH FUEL TO COPE WITH POSSIBLE PROLONGED STOPS: WITHOUT FUEL THE CRITICAL SITUATION WOULD BECOME EVEN MORE DANGEROUS**
- **IF YOU ARE TRAVELLING WITH CHILDREN, AGED OR SICK PEOPLE, BRING WHAT CAN MAKE THEM MORE COMFORTABLE DURING STOPS CAUSED BY TRAFFIC JAMS: BECAUSE YOUR PASSENGERS MAY REQUIRE SPECIAL ATTENTION**
- **MAKE SURE YOU HAVE USEFUL NUMBERS TO ASK FOR INFORMATION AND/OR HELP: YOU COULD NEED IMMEDIATE ASSISTANCE**
- **TAKE GREAT CARE OVER THE PROPER SEATING OF CHILDREN AND MAKE SURE THEIR SEAT BELTS ARE FASTENED: THEIR SAFETY DEPENDS ON YOUR CARE**



- **PLACE PETS IN CAREFULLY PRE-ARRANGED SPACES: IN CASE OF SUDDEN BRAKING OR ACCIDENT THEIR REACTION COULD BE UNPREDICTABLE AND THEREFORE VERY DANGEROUS.**



TERRORIST ATTACKS

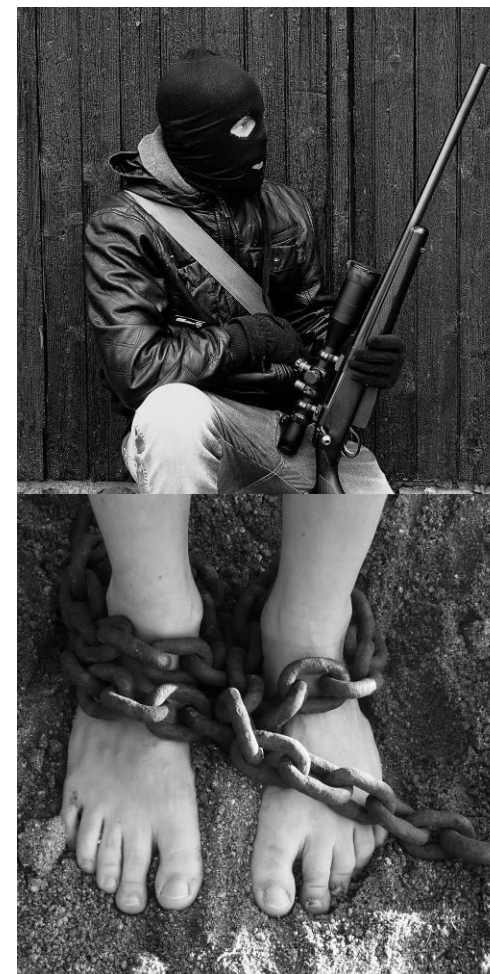
The international events of the past few years have raised the attention level towards a possible risk deriving from terrorist attacks. This problem concerns primarily our national security system, which is involved mainly in the prevention of such risk (Difesa Civile).

Although it is not a field of Civil Protection it is important to at least know the basic concepts pertaining to the actions we can take to protect ourselves and others should an event of this type occur. It is a complex and delicate problem. Nevertheless, though we do not intend to replace the experts on this matter, we believe it is useful to provide a few elements that are by now agreed upon at an international level. In this context, we will only refer to events involving a large number of people, without the slightest claim to cover all aspects and with the awareness that it is in any case better to talk about them and be aware of some simple precautions, which can be decisive for our safety.

BIOLOGICAL AGENTS

Biological agents (viruses, bacteria, fungi, toxins) are commonly present in nature. However, some can be spread deliberately and with criminal intent by diffusing them in the environment or by contaminating food and water. Biological agents can infect people or animals through the skin (via abrasions and wounds), by inhalation, or through food and drink (by ingesting contaminated food or water). Among the biological agents that may be used for terrorist attacks some are contagious (e.g. plague and smallpox), while others are not (e.g. anthrax and toxins). For certain agents there are specific treatments that can be administered in case of exposure to the infection or when the contagion has occurred; specific vaccines are available only for a few agents.

A biological attack may not be immediately noticeable since the symptoms become manifest at different times depending on the incubation period of the disease. It is therefore possible that the Local Health Authorities, with the aid of their surveillance systems, may detect the sudden appearance of diseases with unusual or rare symptoms, among small or large groups of people, and consequently raise the alarm. However, establishing exactly which disease it is, how to treat it and who is in danger may require a certain amount of time. Therefore, it is fundamental to follow the official news broadcast on the radio and TV or published on institutional websites. Do not give credence to rumours that cannot be verified, or be influenced by conjectures that could be manipulated by anybody seeking publicity.





What matters is giving and getting answers to the following questions:

- Have you been or are you still in the dangerous area?
- What are the signs and symptoms of the disease?
- where to find medical assistance in case of discomfort?
- Are there medicines or vaccines available?
- Who should provide them and where?

CHEMICAL SUBSTANCES

Unlike biological attacks, the release of chemicals usually produces immediate effects. For many chemical agents there are specific antidotes which can eliminate or reduce the symptoms. It is important to bear in mind that some chemicals require decontamination. If a contaminated person comes into contact with other people, he/she could in turn contaminate them. In a context of real risk, it can be assumed that a chemical attack has occurred when several people suffer from excessive lacrimation, tremors or contractions, choking, have difficulty breathing and/or lose motor coordination. Remember that the effects are not always preceded by an explosion and that many chemical agents are colourless and odourless.

TREATMENT: IN THE EVENT OF AN ATTACK, RESCUE WILL BE IMMEDIATE AND THE HEALTHCARE TEAM SENT TO THE SITE WILL ADMINISTER THE SPECIFIC ANTIDOTE.

For any further information or if you have any doubts, please contact the Poison Control Centre closest to your city.

RADIOACTIVE MATERIALS

Radioactive material can be dispersed intentionally in two ways:

- 1) by releasing radioactive sources in public places
- 2) by using conventional explosives mixed with radioactive material (“dirty bomb”).

Radioactivity cannot be perceived through our 5 senses. Radiations rarely cause immediate symptoms, except in case of strong exposure at close range from the source. Health risks derive from the possibility of developing diseases in the years following the exposure. In the event of deliberate release of radioactive substances, only the actual finding of the source or a specific claim can lead to determine the event. With a “dirty bomb”, an explosion occurs just like in a conventional attack: rescue workers will determine whether any radioactivity is present in the area concerned. As with any emergency, the Local Authorities may not be able to provide immediate information on the ongoing situation. In any case, it is important to watch TV, listen to the radio and check institutional websites.

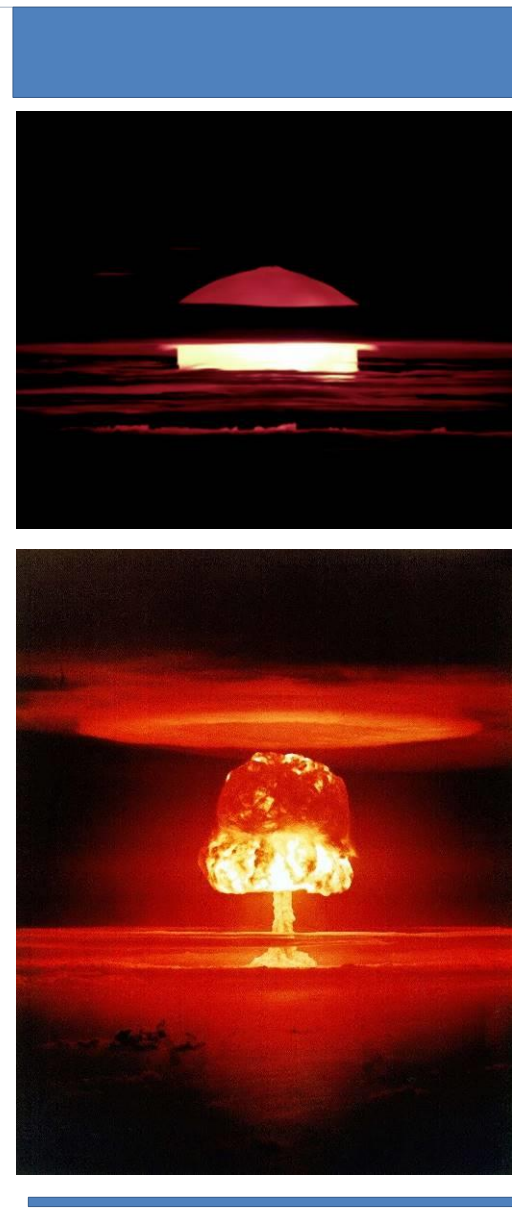
TREATMENT: THERE ARE NO ANTIDOTES FOR RADIOACTIVITY. IF YOU ARE CERTAIN OR IF YOU SUSPECT THAT YOU HAVE BEEN EXPOSED TO RADIATIONS, YOU MUST CONTACT YOUR FAMILY DOCTOR AND YOUR LOCAL HEALTH AUTHORITIES (ASL) FOR PERIODICAL CHECK-UPS. IN THE EVENT OF CONTAMINATION BY RADIOACTIVE IODIUM, THE HEALTH AUTHORITIES WILL DETERMINE WHETHER TO CARRY OUT THE IODOPROPHYLAXIS.

EXPLOSIVE SUBSTANCES

Explosions are characterised by a sizeable release of energy in a relatively short time, following which a pressure wave is generated. The greatest damage is caused by an explosion occurring in closed-in places, where it will probably bring about fire, smoke emissions, the collapse of whole structures or parts of buildings. You should take similar measures to those recommended in case of a fire or earthquake.

Explosions taking place in crowded and/or closed-in locations always create a lot of panic. In consideration of this, let us remind you that the majority of public places that are often crowded (underground, theatres, etc.) have emergency plans, and the staff is trained to cope with such situations. In case of an attack, the first operations units to intervene (the Police Force, Fire Brigade, and Health Emergency Service “118”) carry out a coordinated response to manage the event.

THE EFFECTIVENESS OF THE RESPONSE DEPENDS BOTH ON A PROMPT INTERVENTION, AND ON THE ACCURACY AND COMPLETENESS OF THE INFORMATION GIVEN TO RESCUE WORKERS ON SITE. THEREFORE, IT IS IMPORTANT THAT ALL THOSE PRESENT AT THE EVENT COOPERATE, IF POSSIBLE, WITH THE COMPETENT AUTHORITIES.





HOW TO DEFEND YOURSELF AGAINST ATTACKS

IN CASE OF A DECLARED BIOLOGICAL EMERGENCY

- ASSESS WHETHER YOU BELONG TO THE CATEGORY CONSIDERED AT RISK OR IF YOU HAVE BEEN OR STILL ARE IN THE AREA THAT AUTHORITIES CONSIDER UNSAFE. TO IMPLEMENT APPROPRIATE SAFETY MEASURES
- ASK YOUR FAMILY DOCTOR OR THE PREVENTION DEPARTMENT OF YOUR LOCAL HEALTH UNITS (ASL) FOR ADVICE. TO CLEAR ANY DOUBTS AND GET ASSISTANCE FROM THE COMPETENT HEALTH FACILITIES
- IF YOUR SYMPTOMS ARE THOSE DESCRIBED AND YOU FALL WITHIN THE CATEGORY DEEMED AT RISK, SEEK IMMEDIATE MEDICAL ASSISTANCE: TO PROTECT YOURSELF AND THOSE WITH WHOM YOU COME INTO CONTACT
- TAKE CARE OF YOUR PERSONAL HYGIENE AND DISINFECT YOUR HOME AND WORK ENVIRONMENTS. TO PREVENT GERMS FROM SPREADING

IN CASE OF EXPOSURE TO BIOLOGICAL AGENTS

FOLLOW THE ADVICE OF YOUR FAMILY DOCTOR AND OF THE LOCAL HEALTH AUTHORITIES. THESE CASES ALWAYS REQUIRE SPECIALIST MEASURES

IN CASE OF A SUSPECTED ATTACK WITH CHEMICAL SUBSTANCES

- IF YOU FEEL ANY SYMPTOMS, REMOVE YOUR CLOTHES IMMEDIATELY WHILE TOUCHING THEM AS LITTLE AS POSSIBLE. SOME CHEMICALS ACT WHEN IN CONTACT WITH THE SKIN FOR A CERTAIN AMOUNT OF TIME. CHEMICAL AGENTS CAN CONTAMINATE SKIN EVEN THROUGH CLOTHES
- WHILE WAITING FOR RESCUE WORKERS STAY IN THE AREA BUT MOVE AWAY FROM THE SOURCE EMITTING THE TOXIC SUBSTANCE. IT IS ESSENTIAL THAT QUALIFIED PERSONNEL TAKE CARE OF YOU
- USE THE DECONTAMINATION FACILITY PROVIDED BY RESCUE SERVICES; IF NONE IS AVAILABLE, WASH YOURSELF THOROUGHLY BUT WITHOUT SCRUBBING. THIS HELPS TO REMOVE OR AT LEAST TO DILUTE THE CHEMICAL AGENTS CONTAMINATING THE SKIN

IN CASE OF A CONFIRMED ATTACK WITH RADIOACTIVE MATERIALS

- IF YOU ARE OUTDOORS, COVER YOUR MOUTH AND NOSE, TRY TO PROTECT YOUR SKIN AND FIND A SAFE SHELTER IN A CLOSED-IN PLACE. THE EXPOSURE LEVEL INCREASES AS YOU GET CLOSER TO THE SOURCE AND DECREASES IF YOU ARE IN A PROTECTED LOCATION
- REMOVE THE OUTER LAYERS OF YOUR CLOTHES AND PUT THEM IN A PLASTIC BAG IF POSSIBLE. THIS CAN HELP REDUCE THE LEVEL OF CONTAMINATION SIGNIFICANTLY
- USE THE DECONTAMINATION FACILITY PROVIDED; IF NONE IS AVAILABLE, WASH YOURSELF THOROUGHLY. TO GET RID OF THE CONTAMINATED DUST FROM YOUR SKIN
- IN CASE OF EMISSION INSIDE THE BUILDING WHERE YOU ARE, COVER YOUR MOUTH, NOSE AND SKIN, AND GET OUT IMMEDIATELY. THE LEVEL OF CONTAMINATION DECREASES IF YOU COVER THE PARTS OF YOUR BODY THAT CAN COME INTO CONTACT WITH THE SUBSTANCE (NOSE, MOUTH, SKIN)
- IF THE RELEASE OCCURRED OUTSIDE AND YOU ARE IN A CLOSED-IN SPACE, SWITCH OFF ALL AERATION SYSTEMS AND TRY TO SEAL ALL OPENINGS. IF YOU ARE IN A PROTECTED SPACE, THE LEVEL OF EXPOSURE AND THE RISK OF CONTAMINATION DECREASE.

IN CASE OF AN ATTACK WITH EXPLOSIVES

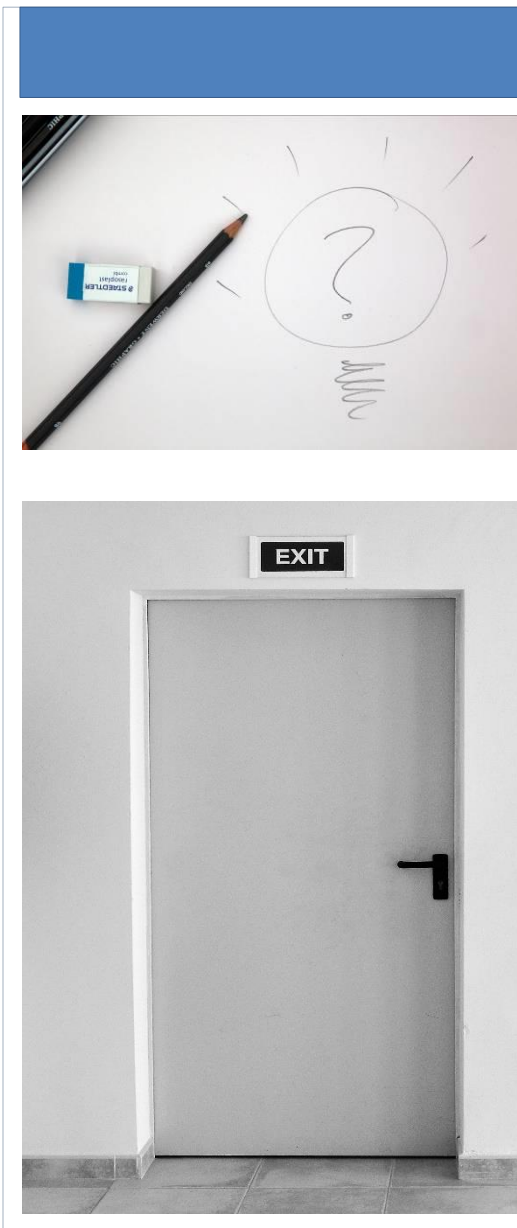
- USE THE EMERGENCY EXITS IMMEDIATELY. THEY ARE THE BEST ROUTES TO REACH A SAFE PLACE
- DO NOT USE LIFTS. THE EXPLOSION MAY HAVE DAMAGED THEM
- DO NOT SCREAM OR SHOVE. IF POSSIBLE, HELP THOSE AROUND YOU (ESPECIALLY ELDERLY PEOPLE AND CHILDREN). YOU HELP TO REDUCING THE PANIC EFFECT
- DO NOT CALL RESCUE SERVICES UNLESS YOU ARE SERIOUSLY INJURED. TO HELP RESCUE WORKERS FOCUS ON THE MOST SERIOUS CASES
- FOLLOW THE INSTRUCTIONS GIVEN BY RESCUE WORKERS. RESCUE WORKERS WILL PROVIDE YOU WITH INSTRUCTIONS AND ASSISTANCE TO COPE WITH THE SITUATION

IN CASE OF FIRE AND/OR SMOKE

- DO NOT OPEN THE DOOR IF IT IS VERY HOT; INSTEAD, LOOK FOR ANOTHER EXIT. HOT DOORS INDICATE THAT THERE IS A FIRE INSIDE, WITH A SIZEABLE EMISSION OF GAS AND VAPOURS
- IF THERE IS SMOKE, GET DOWN ON YOUR HANDS AND KNEES AND CRAWL. SMOKE IS HOT AND THUS TENDS TO RISE
- IF THERE IS SMOKE AND/OR DUST, COVER YOUR MOUTH AND NOSE WITH CLOTHES, BETTER IF WET. IN THIS WAY, YOU INHALE A REDUCED AMOUNT OF SMOKE AND/OR DUST

IF YOU ARE TRAPPED

- IN CASE OF DUST, COVER YOUR MOUTH AND NOSE WITH ANYTHING AVAILABLE. IN THIS WAY YOU WILL INHALE A REDUCED AMOUNT OF DUST
- ALERT OTHERS OF YOUR PRESENCE BY KNOCKING ON A PIPE OR WALL. TO GET THE RESCUE WORKERS' ATTENTION
- ONLY SHOUT AS A LAST RESORT TO GET THE RESCUE WORKERS' ATTENTION. BY SHOUTING, YOU COULD INHALE AN EXCESSIVE AMOUNT OF DIRTY AIR AND INCREASE THE FEELING OF PANIC AND ANXIETY



USEFUL LINKS

Below are the most important links to use both before, during and after an emergency.

<https://www.comune.parma.it/protezionecivile/home-protezione-civile.aspx> (main page of the municipal civil protection)

<https://registrazione.alertsystem.it/parma>. (Page for FREE registration to the SMS mobile alert service)

<https://www.arpae.it/index.asp?idlivello=111> (reference page for INDUSTRIAL Risk in Emilia Romagna)

<http://www.ingv.it> (reference page for national geophysics)



In any case...

COOPERATE WITH THE AUTHORITIES. TELL THE COMPETENT AUTHORITIES WHAT YOU HAVE WITNESSED AND REMEMBER TO LIMIT THE USE OF MOBILE PHONES TO FACILITATE EMERGENCY COMMUNICATIONS.

IF YOU GO TO AN EMERGENCY ROOM ON YOUR OWN, FOLLOW THE SIGNS AND INDICATIONS CAREFULLY. HOSPITALS SET UP SPECIFIC PROCEDURES IN ORDER TO RECEIVE PEOPLE INVOLVED IN AN EMERGENCY.

COLLABORATE, GIVE INFORMATION, HELP KEEP CALM: THE INFORMATION AND ASSISTANCE THAT THEY WILL GIVE YOU CAN BE VERY USEFUL AND YOU CAN CONTRIBUTE TO A MORE EFFECTIVE EMERGENCY MANAGEMENT.





CIVIL PROTECTION SECTOR CONTACTS

To contact the Civil Protection of the Municipality of Parma the telephone numbers are:

tel.: **0521.218591 / 0521.031084**

em@il: **protezionecivile@comune.parma.it**

link: **<http://www.comune.parma.it/protezionecivile>**



A special thanks to Geol. Gianluca Piola for the content review and the graphic reworking