FAMILY PLAN · K72 SHEET

1. Meeting point near home: _____
2. Meeting point outside the area: _____
3. Out-of-area contact: _____
4. Who turns off gas, water, power: _____
5. Who collects the children: _____
6. Emergency: **112** · Health (Portugal): **SNS 24 — 808 24 24 24**

WATER · K72 CARD

1. Store **at least 20 L per person** (4 L a day: lasts 5 days).
2. Smells of fuel or chemicals? **Do not use.**
3. Cloudy? Settle 30 min and pour through a cloth.
4. **Boil 1 min** — or **2 drops of bleach/L** and wait 30 min.
5. After floods: filter **and** disinfect.
6. Replace stored tap water every 6 months.

HOME SUPPLIES · K72 SHEET

1. Water: **at least 20 L per person** (4 L a day).
2. Food for **3 meals a day** that needs no fridge.
3. Manual tin opener, camping stove and cartridges, matches.
4. Torches, batteries, radio, first aid, **fire extinguisher**.
5. Oldest to the front. **Always rotate.**
6. Car: tank **above half**, vest and triangle.

GRAB BAG · K72 SHEET

1. Water 1.5 L + **tablets or a filter**.
2. Medicines for 3 days + **copy of prescription**.
3. Copies of documents, **cash** and paper contacts.
4. Torch, radio, batteries, **whistle**, power bank.
5. Waterproof jacket, warm layer, emergency blanket.
6. Check in **March and October**. Always by the door.

EMERGENCY CASH · K72 CARD

1. **€70 to €100** per person — for about 72 hours.
2. **€5, €10 and €20** notes and coins.
3. Some in the **grab bag**, in a dry bag.
4. The rest at home, **somewhere discreet** the family knows.
5. If you use it, **top it up** once payments are back.
6. Check in **March and October**, with the grab bag.

BLACKOUT · K72 SHEET

1. Turn on the **radio**. Text rather than call.
2. Fridge and freezer **shut**.
3. Fridge without power **over 4 h**: meat, fish and leftovers go.
4. Generator **outdoors only**, 6 m from doors and windows.
5. No barbecues or gas oven for heating.
6. Torches, not candles. Check on older neighbours.

EARTHQUAKE · K72 SHEET

1. **Drop, cover, hold on** — under a sturdy table.
2. Don't run outside. **Never use the lift.**
3. By the sea: strong quake = **walk to high ground**.
4. After: shoes, torch, check for injuries.
5. Smell gas: shut the valve, open windows, get out.
6. Expect aftershocks. Get information by radio.

WILDFIRE · K72 SHEET

1. **50 m** cleared around the house, before summer.
2. Evacuation order? **Leave now** and don't turn back.
3. Smoke or flames on the road? **Don't flee by car.**
4. Staying: close, **wet 10 m** around, shelter on the far side.
5. Smoke: breathe close to the floor, through a wet cloth.
6. After: check the roof for embers for hours.

BLS · K72 SHEET

1. **Safe** to approach? Shake shoulders: “Can you hear me?”
2. Head back; check for **normal** breathing, up to 10 s.
3. Not breathing normally: **112 on speaker** + ask for an AED.
4. **30 compressions** (5–6 cm, 100–120/min) + **2 breaths**.
5. AED: switch on and **follow the prompts**.
6. Choking: **5 back blows** + **5 abdominal thrusts**.

BLEEDING AND BURNS · K72 SHEET

1. Severe bleeding: **112** + firm **direct pressure**, don't lift.
2. Won't stop, arm or leg: **tourniquet** 5–7 cm above; note the time.
3. Chest wound: **don't cover**. Pressure only around it.
4. Burn: **running water 20 min**, cool, not ice-cold.
5. No ice, toothpaste, butter. **Don't pop blisters.**
6. Chemical, electrical, face or large: **112**.

COMMUNICATIONS · K72 SHEET

1. Emergency: **112** · Health (Portugal): **SNS 24 — 808 24 24 24**
2. Out-of-area contact: _____
3. Radio: stations that come in clearly here: _____
4. Walkie-talkies: channel ____ · time _____
5. Civil protection alerts: **AvisoPROCIV** · 800 246 246
6. Distress: **6 blasts / flashes a minute**, pause, repeat

EMERGENCY: 112

WHAT RUNS ON ELECTRICITY · K72 CARD

Tick what you have at home and write your plan B. Do it with the family, before the next blackout.

HAVE	AT HOME	PLAN B
☐	**Fridge and freezer**	Keep them shut. Fridge up to 4 h; full freezer up to 48 h.
☐	Electric **hob, oven or microwave**	Food that needs no cooking.
☐	**Hot water and heating** (boiler with electric ignition, heat pump)	Layers of clothing and blankets. Never a barbecue or gas oven for heat.
☐	**Tap water** (pressure pump, well, upper floors)	Stored water: 4 L per person per day.
☐	**Lift, gate, garage door, electric shutters**	Know how to open them by hand. Stuck in a lift: alarm button and 112.
☐	**Internet, router and landline**	Battery radio. Texts instead of calls.
☐	**Mobile phones**	A charged power bank and cable.
☐	**Lighting**	One torch per person. No candles.
☐	**Medical device** (oxygen, ventilator) or **medicines kept cold**	Register as a customer with special needs. Make a plan with the doctor.
☐	**Generator**	Outdoors only, 6 m from doors and windows.