

INSTRUCTIONS FOR YOUR STAY IN A SHELTER

If you plan to stay in a shelter you have to :

- Take food such as :
 - Juice and/or milk
 - Bread, biscuits
 - Energy bars, chocolate bars
- Equip yourself with useful materials such as :
 - Personal effects (toiletries : towel, soap, cream, change of clothing...)
 - Sheets or blankets
 - A first-aid kit
 - Flashlight and radio with batteries
- Think about bringing :
 - Your identity card
 - Your important documents
 - Your medication and the prescription in case of current medical treatment
 - Your health and/or vaccination card
- Provide the necessary if you have very young children :
 - Food (milk, feeding-bottle, food jars)
 - Comfort (plastic basin, cleansing products, tippers)
 - Medical (existing emergency treatment)
- If you have a heavy medical treatment or if you have important health problems, please contact your medical specialist or the hospital that will decide what to do in your case.
- When you leave your home :
 - Notify your neighbors, family and friends about your destination
 - Secure your home the best you can (cut off power, cooking gas and water supply, put your garden equipments inside the house...)

BE CAREFUL

In a shelter:

- The rules of life should always be practiced (citizenship, hygiene, cleanliness, conviviality, respect of others)
- Alcohol and tobacco are prohibited
- The use of fire, weapons or sharp objects should be avoided
- Containment rules are mandatory and applies to all
- A representative of the Collectivité is in charge of the Headquarter
- Police officers will be present for additional security and well-being of everyone.