

## **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, changes)
  - 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 and gas, put your mobile equipments inside the house...)

### **BE CAREFULL**

**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
- The representative of the Collectivité is in charge of the Headquarter

- Police officers will be present for additional security and well-being of everyone.