

WHAT TO DO IF THERE IS AN AIR RAID OR EXPLOSIONS

OFFICIAL UPDATES LU-Alert · RTL, 100.7 · 112

DO THIS NOW

- 1** Get inside the nearest solid building straight away, and take anyone near you with you. When the nationwide alarm sounds, the official instruction is to shelter quickly in a sturdy building with the doors and windows closed.
- 2** Go down to the lowest floor, a cellar or an underground car park if you can reach it quickly, by the stairs and never the lift. Otherwise go to an inner room such as a hallway or a bathroom.
- 3** Keep at least two walls between you and the outside, and stay away from windows, glass doors and outer walls.
- 4** If explosions start before you reach cover, drop to the ground and protect your head with your arms. Outdoors, a ditch or a dip in the ground is better than open space. Indoors, stay low and move away from the windows.
- 5** Switch on the radio, **RTL, 100.7**, and watch for LU-Alert messages. Text rather than call, and call **112** only if someone is hurt.
- 6** Stay where you are until the end-of-alarm signal sounds or an official message says it is safe. Do not go out to look or to film.
- 7** When it is over, leave a damaged building carefully by the stairs or the emergency exit. Never touch an object you do not recognise: keep away, keep others away, and call the police on **113** or **112**.

BEFORE

KNOW THE SIGNALS

- Learn what each siren signal means on **Alerts and sirens**, and what to do when one sounds on **Siren is sounding**. A siren outside the monthly test is real.
- Install the LU-Alert app and check that emergency alerts are switched on in your phone settings.
- Luxembourg's official sources do not list public shelters yet. The national resilience strategy includes plans for shelter, reception and evacuation centres. Until then, plan to take cover in the best place near you.

CHOOSE WHERE TO SHELTER

- At home: the cellar, or the room on the lowest floor with the fewest windows and the most walls between you and the outside. A windowless bathroom, hallway or stairwell works. Avoid the attic and the top floor.
- At work, at school and in places you go often: find the stairs, the lowest level and any underground car park.
- Clear the cellar so that you can use it, and check that there is a second way out.
- If your safe room has a window, tape the glass and cover it from the inside, as the

Estonian guide advises. Know how to close the shutters.

- Keep these near your shelter: water, a torch, a battery or wind-up radio, sturdy shoes, a warm layer, a first-aid kit and your medicines. See the **emergency kit checklist**.

LEARN TO HELP

- Take a first-aid course with the Red Cross or the CGDIS. To stop heavy bleeding, press hard on the wound with a bunched-up cloth and keep pressing until help takes over.

AFTER

- Stay under cover until the end-of-alarm signal or an official message, even if it has gone quiet.
- Check yourself and the people around you for injuries. Press hard on any heavy bleeding, and call **112**.
- If the building is damaged or on fire, leave it by the stairs. If you are trapped, tap on a pipe or a wall, or use a whistle, so that rescuers can find you.
- Keep away from damaged buildings and anything that looks like ammunition. See
- Unexploded ordnance.**
- Fear, shaking and poor sleep are normal for days afterwards. Talk with the people around you. If it does not ease after **1 month**, see a doctor or a psychologist.

IF YOU ARE...

LOOKING AFTER CHILDREN

- Practise the rule in simple words: "when the siren sounds, we go down to our safe spot." Keep a small bag with a favourite toy or blanket there.
- Do not go out during the alarm to collect them. Moving around puts you at risk, and schools and crèches have their own plans.

OLDER, ILL, OR LIVING WITH A

DISABILITY

- If you cannot get down the stairs quickly, take cover in an inner room on your own floor, away from the windows. Agree now with a neighbour who comes to help.
- If you are deaf or hard of hearing, set your phone to vibrate for emergency alerts.

WITH PETS

- Bring them inside with you if you can do it without delay, and keep their food and water at your safe spot.

IN A FLAT ABOVE THE THIRD FLOOR

- Go down by the stairs to the lowest floors or the cellar if you can get there quickly. If not, use the hallway or an inner room away from the windows.

OUTDOORS OR IN A CAR

- Stop the car somewhere safe, get out and go into the nearest building. If there is none, lie flat in a ditch or a dip away from the car and cover your head.

EASY-READ SUMMARY

 Go inside a solid building now.

 Go down to the cellar or to a room without windows.

 Listen to the radio and look at your phone.

 Only call for help if someone is hurt.

 Stay inside until the all-clear.

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