

FOR YOUR SAFETY & WELL-BEING

DURING HARDSHIPS WE ALL EXPERIENCE STRESS. THE BEST WAY TO COPE IS TO MAKE SURE YOU STAY CALM, ALERT, HEALTHY & SAFE.

Drink water and try to eat regularly



Stay away from drugs & alcohol



Avoid separation from your group/family



Write your phone number on your child's arm.

Always supervise your children



Never leave them with strangers

Speak to loved ones



Keep in touch

Show others that you care



Especially those with special needs e.g. older people, those disabled & marginalized groups

Don't trust strangers too easily



Rely on official sources for information



REMEMBER THAT HUMANITARIAN AID IS ALWAYS FREE



SCAN THE CODE FOR MORE INFORMATION IN (RELEVANT COUNTRY)

Look for a Red Cross volunteer

