

Denk vooruit

You might prefer not to think about it, but an emergency can happen to anyone.

Are you better prepared than you think?

Check it out!

In the Netherlands, we are well prepared for disasters and incidents, which is why the right help arrives quickly when needed. Yet, something unexpected can always happen, and then you can also take action yourself. A major power failure, flooding, extreme heat, or storms can have consequences for you and the people around you. Be aware of this and prepare yourself. How would you react in an emergency? What do you have at home to sustain yourself and your household for a while?

You probably already have most items at home

For example, think of bottles of water, long-lasting food, blankets to keep warm, and a flashlight. Scan the QR code and check it out!

Create a kit

You can easily put all items into a kit. Store the kit in a convenient, easily accessible place at home. Use waterproof packaging such as a backpack, which you can also easily carry if you suddenly have to leave your home.

Check the emergency stock every six months. Is the stock still complete? Do the products still have a shelf life? Also look at your personal situation, think about baby food, medicines and food and drink for your pets/animals. Does your personal situation change? Then update your kit accordingly.

Are you better prepared than you think?



Are you worried?

It is normal to sometimes worry about everything that's going on in the world. Following the news about threats and disasters can make you feel powerless, possibly causing you to experience stress or anxiety. It is good to know that most people find a way of dealing with their worries. If you notice that you remain worried over a longer period of time or find that this hinders you in your daily life, you can do something about this. On the Think Ahead (Denk vooruit) website, you'll find practical tips:

www.english.denkvooruit.nl



**Scan the QR code
and check it out!**

*Check which items you
already have at home.*