RESILIAGE
Revolutionising community resilience

PREPAREDNESS TOOLKIT - KARSIYAKA

Core Lab
Karsiyaka
TURKEY

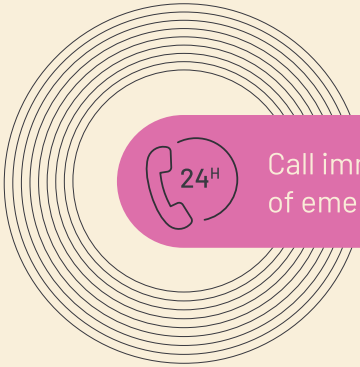
KARSIYAKA CORE LAB

www.resiliage.eu

Funded by the European Union

The **Preparedness Toolkit** helps individuals, families, and organisations plan for emergencies by providing essential resources. It includes emergency contacts, guidelines to secure your family and home, strategies for identifying your network's strengths, and tips for preparing to evacuate. It also offers support for recovery after an emergency. This toolkit ensures you're ready to respond effectively and stay safe during various crisis situations within Karsiyaka with a particular focus on behaviour during heatwaves.

1 EMERGENCY NUMBERS & INFORMATION SOURCES



Call immediately in case of emergency: **112**

Visit the **official website of the Disaster and Emergency Management Authority** (AFAD) for national-level updates and guidance:

https://en.afad.gov.tr/

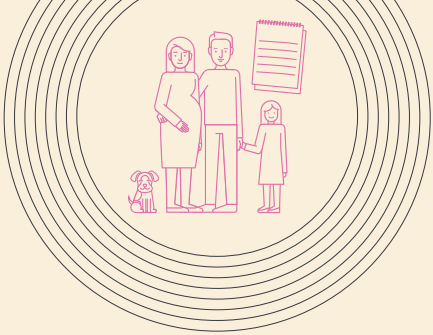
https://www.mgm.gov.tr/Meteouyari/il.aspx?id=93501&Gun=1

https://www.izmir.bel.tr/tr/Projeler/acil-izmir/2630/4

Designated assembly areas: During a disaster, knowing where to go is critical. You can locate safe, pre-designated assembly areas in your neighborhood (mahalle) using the official AFAD map locator.

Local Assistance: The Izmir Metropolitan Municipality (Izmir Büyükşehir Belediyesi) and local NGOs, like GEA (Search and Rescue, Ecology Group), are involved in disaster preparedness and response efforts in the Karşıyaka area.





2 SECURE YOUR FAMILY

Being prepared means having essential information and always supplies within reach. Make sure to have the following ready and within reach in case of an emergency:

Emergency contacts: Names, phone numbers, and addresses of household members and close relatives.

Medical information: Medication plans, healthcare provider details, allergie and any specific health conditions.

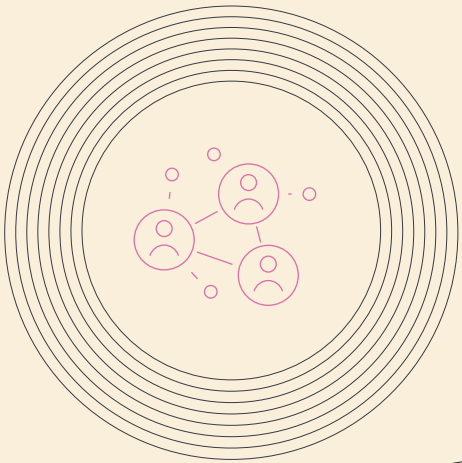
Paper list of telephone numbers: In case your phone or internet connection fails, keep a printed list of key contact numbers in your emergency kit.

Protective actions for vulnerable individuals: Ensure elderly, pregnant individuals, children, and those with disabilities have an emergency plan, necessary medications, mobility aids, and a way to communicate their needs.

3 IDENTIFY YOUR NETWORK'S STRENGTHS

By **identifying the strengths within our network,** such as skills, knowledge, and the ability to mobilise, we can leverage the **collective power of our community** to better prepare for any situation. Consider the following useful information to identify within your personal network:

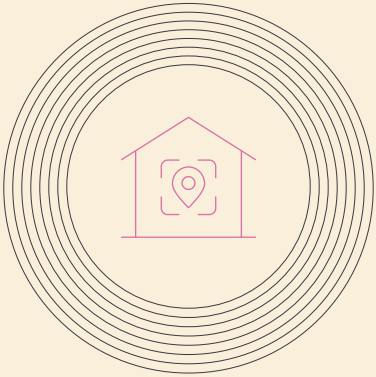
- **Skills:** Who in your network has expertise in first aid, firefighting, or other emergency-related skills?
- **Engage with your local muhtar:** Identify and establish contact with the **Muhtar** (elected neighbourhood head) for your district in Karsiyaka. The Muhtar is a vital local authority with deep knowledge of the territory, community needs and mobilisation capacity, serving as a key communication link and resource during an emergency.
- **Establish support for vulnerable residents:** Create a list of neighbours (particularly the elderly, those with chronic illnesses or those without cooling) who cannot safely leave their homes during a heatwave. Identify volunteers or services that can perform **essential errands** (e.g., bringing groceries, medication, or bottled water) to ensure their needs are met without risking heat exposure.
- **Identify green cooling zones:** Map and communicate the location of local parks, shaded public areas, community centers, or other designated cooling areas within your Karsiyaka neighbourhood that offer shade and significantly cooler temperatures during a severe heatwave.
- **More resources:** https://keos.karsiyaka.bel.tr/keos/ and https://www.bizizmir.com/tr/harita/yesil alanlar/8



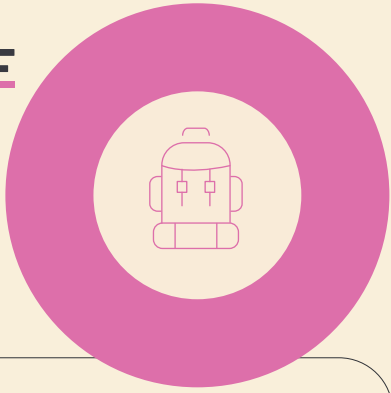
4 PREPARE YOUR HOME

Preparing for an emergency involves taking proactive steps to ensure your safety and the safety of those around you. By implementing a few key protective actions, you can significantly reduce risks and be ready to respond effectively when needed. Here are some essential measures to consider:

- **Establish a meeting point:** Choose a safe, easily accessible meeting point outside your home where all family members can gather in case of an emergency.
- **Emergency kit:** Assemble an emergency kit with essentials like food, water, medications, first aid supplies, and important documents. Keep it in an easily accessible location.
- **Know the evacuation plan:** Familiarise yourself with the emergency exits in your office and rental properties. Ensure everyone in your household knows how to evacuate safely.
- **Check and use cooling systems:** Ensure your cooling system (like AC or fans) is functional. **Use it safely** during extreme heat, and **be aware of energy consumption.** Check with your local **municipality or utility provider** about any programmes for **assistance with electricity bills** or cooling center locations.
- **Optimise home reflection:** If you have control over exterior colours (e.g., during renovation), choose **light, reflective colours** for the building façade or roof. Reflective surfaces help **deflect sunlight** and significantly **reduce heat absorption,** keeping the interior cooler.
- **Maintain emergency water supply: Store a sufficient amount of potable water** at home for all household members and pets. Aim for at least **4 liters per person, per day, for several days** to cover drinking and sanitation needs in case of utility disruption or extended isolation.



5 PREPARE YOURSELF TO LEAVE



Being prepared means having the right tools and essentials ready to ensure your safety and well-being during a crisis. A personal toolkit stored at home can make all the difference in an emergency.

Here are the key items to include in your personal emergency kit:

- ☐ **Medication:** A week's supply of prescription and over-the-counter medications.
- ☐ **Flashlight:** A reliable flashlight with extra batteries for power outages.
- ☐ **Extra clothes:** Weather-appropriate clothing, sturdy shoes, and rain gear.
- ☐ **Cellphone and charger:** Fully charged phone with an extra charger; a powerbank is also recommended.
- ☐ **Relevant personal documents:** Important documents like IDs, insurance, and medical records in a waterproof bag.
- ☐ **Cash:** Reserve cash (ATMs/ banks may be non-operational)
- ☐ **Store digital copies of important documents in the cloud** (e.g. ID, insurance, medical records) so they can be accessed from anywhere.
- ☐ **Battery radio:** A portable radio to stay informed through emergency broadcasts.
- ☐ **Hygiene kit:** Essentials like soap, hand sanitiser, toothbrush, toothpaste, and wipes.
- ☐ **Food and water:** Enough non-perishable food and water for at least 72 hours.
- ☐ **First-aid kit:** Basic medical supplies to address minor injuries and health needs.
- ☐ **Whistle:** A compact whistle to signal for help in emergencies and attract attention when needed.
- ☐ **Multi-tool pocket knife:** A versatile tool for basic repairs, cutting, opening cans, and other practical survival tasks.
- ☐ **Children's essentials:** Nappies, wipes, formula, and comforting toys or familiar items to support infants and children during emergencies.

In case of evacuation, the location of the assembly point will be announced by the municipality: follow their instructions.

COLOURING SHEET



6 BEHAVIOUR DURING HEATWAVES



Stay hydrated: Drink plenty of fluids, such as water, even if you do not feel thirsty. Avoid sugary or alcoholic drinks, as they can lead to dehydration.



Avoid peak heat: Limit outdoor activity, particularly during the hottest part of the day (usually 10:00 AM to 4:00 PM). Schedule activities for the morning or evening.



Stay indoors: Spend time in the coolest parts of the house or stay in public buildings with A/C (e.g., libraries, shopping malls).



Wear appropriate clothing: Wear lightweight, light-coloured, and loose-fitting clothing. Use a wide-brimmed hat if you must go outside.



Check on vulnerable people: Regularly check on elderly relatives, young children and neighbours who may be ill or live alone, as they are most vulnerable to heat-related illnesses.



Never leave children or pets in cars: Temperatures inside a parked car can rise rapidly to dangerous levels, even with windows slightly open.



Watch out for symptoms: Be aware of the signs of heat-related illness (like heat exhaustion or heat stroke), including heavy sweating, paleness, muscle cramps, dizziness, or confusion. Seek medical help immediately if symptoms are severe.

7 SUPPORT DURING RECOVERY

After a crisis, various sources of support are available to help citizens recover. Here's a breakdown of the key types of support available:

- **Aid collection and coordination** are mainly carried out by **AFAD,** the **Turkish Red Crescent, municipalities,** and **non-governmental organisations** such as AKUT, Ahbap, IHH, and GEA. Local authorities (governorates and municipalities) provide logistical support, while NGOs and volunteer groups organise and distribute humanitarian aid.

Central government aid mechanisms:

- **AFAD** (Disaster and Emergency Management Authority): https://en.afad.gov.tr/

  Turkish Red Crescent (Türk Kızılay): https://www.kizilay.org.tr/en

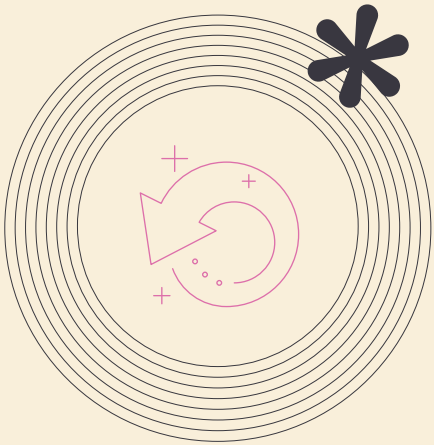
  GOVERNORATE: http://www.izmir.gov.tr/

NGOS:

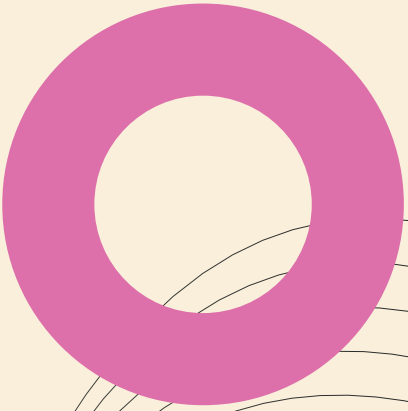
- AKUT Search and Rescue Association: https://www.akut.org.tr/en
- Ahbap Association: https://ahbap.org/en
- IHH Humanitarian Relief Foundation: https://ihh.org.tr/en
- GEA Search and Rescue, Ecology and Humanitarian Aid Association: https://gea.org.tr/en/home-en

Earthquake Insurance: If you have DASK (mandatory earthquake insurance in Turkey), you can call **125** to open a case file for damage assessment and compensation.

Private insurance schemes: Ensure you are familiar with the coverage your home, travel, or health insurance provides. These schemes often play a key role in financial recovery and compensation following damage or loss.







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