RESILIAGE
Revolutionising community resilience

PREPAREDNESS TOOLKIT - NATURTEJO UNESCO GLOBAL GEOPARK

Core Lab
Naturtejo
PORTUGAL

NATURTEJO CORE LAB

www.resiliage.eu

Funded by the European Union

The **Preparedness Toolkit** helps individuals, families, and organizations plan for emergencies by providing essential resources. It includes a list of 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, as well as tourist information for those unfamiliar with the area. This toolkit ensures you're ready to respond effectively and stay safe during various crisis situations.

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1 EMERGENCY NUMBERS

Local Fire Stations:

In Portugal, local fire stations operate across all 18 districts, providing essential firefighting and emergency services.

The National Authority for Emergency and Civil Protection (**Autoridade Nacional de Emergência e Proteção Civil**) coordinates emergency response efforts, including firefighting, disaster relief, and public safety measures.

24H

Call when you see a fire starting: **112**



Gas provider:

Beiragás – Companhia de Gás das Beiras, S.A. Phone number: 800 508 800 / 808 200 339

Municipal Civil Protection Contacts

- **Proença-a-Nova**
  937 527 415 | gflorestal@cm-proencanova.pt
- **Idanha-a-Nova**
  277 200 570 | smpc@idanha.pt
- **Oleiros**
  272 680 130 | https://cm-oleiros.pt/protecao-civil/ | prociv@cm-oleiros.pt | gflorestal@cm-oleiros.pt
- **Vila Velha de Ródão**
  272 540 300 | smpc@cm-vvrodao.pt
- **Penamacor**
  277 394 106 | 926 353 266 | protecao.civil@cm-penamacor.pt | gt.florestal@cm-penamacor.pt
- **Nisa**
  961 762 333 | proteccao_civil@cm-nisa.pt
- **Castelo Branco**
  272 330 330 | 800 272 112

For national civil protection coordination, visit **Autoridade Nacional de Emergência e Proteção Civil**.

The **Guarda Nacional Republicana (GNR)** is a key force in Portugal's emergency response, providing law enforcement, civil protection, and wildfire prevention support across the country.

For regional updates and assistance in **Naturtejo Geopark**, you can contact:

Comando Territorial de Castelo Branco: Instagram

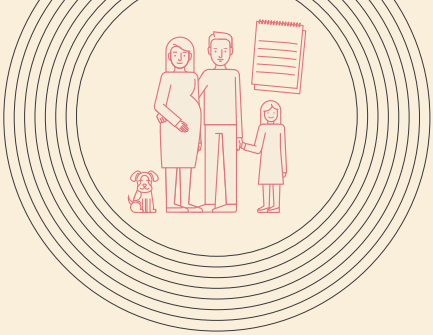
Comando Territorial de Portalegre: Facebook

For national information, visit **www.gnr.pt**.

Radios are a vital lifeline during a wildfire, providing real-time **emergency updates**, evacuation alerts, and communication when power and cell networks fail.

Local Radio Stations:

Rádio Monsanto - 98.7 FM
https://radiomonsanto.pt/
Radio Beira Interior - 92.0 FM
https://radioonline.com.pt/beira-interior-castelo-branco/
Rádio Voz da Raia - 87.7 FM
https://www.radios-online.pt/radio-voz-da-raia
Rádio Castelo Branco
https://radiocastelobranco.sapo.pt/
Rádio Condestável
https://radiocondestavel.pt/
Rádio Urbana
http://radio-urbana.pt/



2 SECURE YOUR FAMILY

Being prepared means having essential information and supplies within reach at all times. 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, allergies, and any specific health conditions.
- **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.
- **Pet safety measures:** Keep an emergency pet kit with food, water, identification tags, **animal ID (microchip or registration details)**, vaccination records, and a safe carrier for transport.

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?
- **Knowledge:** Are there individuals with experience in crisis management, navigation, or knowledge about the territory that could provide valuable insights during an emergency?
- **Capacity to mobilise:** Does anyone have the ability to mobilise teams or equipment, such as vehicles or generators, in times of need?
- **Communications network:** Who can be relied upon to communicate effectively during a crisis, keeping everyone informed and connected?
- **Evacuation plan:** Identify the relevant person responsible for the evacuation plan and the designated meeting points. For villages participating in the **Aldeia Segura** program, this information is outlined here: https://aldeiasseguras.pt/programa/

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.
- **Clean the property around homes:** Regularly clear dry vegetation, leaves, and debris from your property to minimize the risk of fire or other hazards. This helps create a defensible space around your home.
- **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:** Familiarize yourself with your community's evacuation routes and emergency procedures. Ensure everyone in your household knows how to evacuate safely.
- **Avoid risk behaviours:** Stay alert and avoid risky behaviours that could increase the danger during an emergency, such as neglecting safety equipment or disregarding official warnings.
- **Pay attention to the warnings of the authorities:** Stay informed by listening to official alerts and warnings from local authorities. Follow their instructions promptly to ensure your safety.

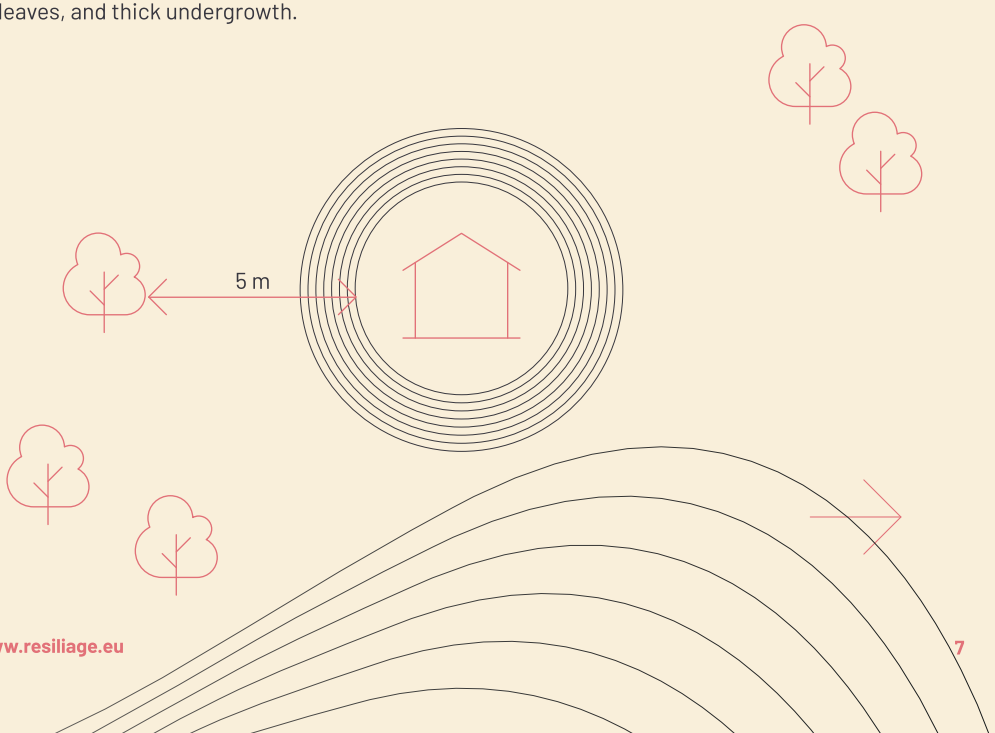
5 BURNING AND FIRE PREVENTION

Effective wildfire defense in regions like Naturtejo requires managing vegetation and following strict legal procedures for using fire as a tool.

Structural Fire Prevention
(Fuel Management)

The goal is to create Defensible Space around homes and infrastructure by reducing flammable material.

- **Fuel management strips:** Maintain a 50-meter buffer around your home or facility.
- **Clearance:** Remove dry grass, dead leaves, and thick undergrowth.
- **Tree spacing:** Ensure a minimum of 4 meters between trees (10 meters for highly flammable species like eucalyptus).
- **Proximity to home:** Clear all vegetation within 5 meters of the building's exterior walls.
- **Vertical trimming:** Trim branches up to 4 meters off the ground.
- **Landscape management:** Gradually replace highly flammable species (eucalyptus, pine, acacia) with more fire-resistant native broadleaf trees (oak, cork oak) to reduce overall risk.



Legal Burning Techniques

Using fire to manage debris is possible, but it must be done safely and legally.

Technique	Purpose	Key requirement
Piles burning (Queima)	Eliminating small piles of agricultural or forest debris (prunings, dry waste).	Mandatory authorization from your local Câmara Municipal (City Council) before burning.
Prescribed burning (Fogo controlado)	Reducing dense fuel load over large areas to prevent future wildfires.	For trained professionals only. Must be executed by certified teams under strict, controlled conditions. Do not attempt this yourself.

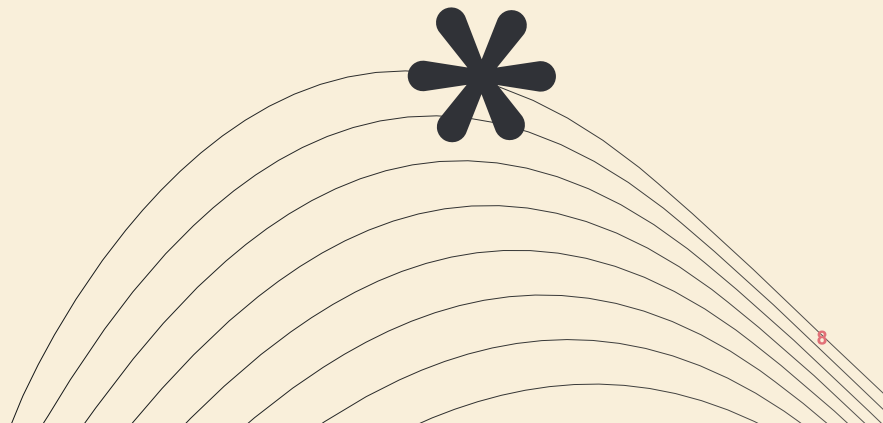
For more information, check:

https://fogos.icnf.pt/infoqueimasqueimadas/queimasqueimadas.aspx

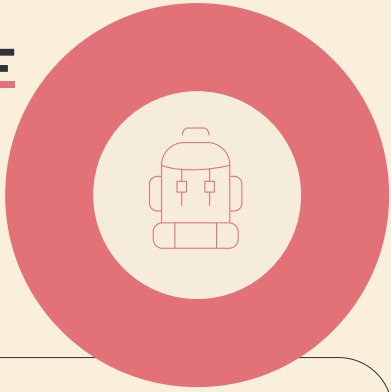
Safety Tips:

1. **Check the risk:** Always consult the IPMA daily rural fire risk before using fire.

   https://www.ipma.pt/en/riscoincendio/rcm.pt/
2. Clear a 3-meter wide strip of bare earth around the area you plan to burn (Queima).
3. Have water and tools ready, and never leave the fire unattended until it is completely extinguished.
4. **Avoid high risk:** Do not burn on days with strong winds or high temperatures.



6 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.
- ☐ **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.
- ☐ **Map:** A printed local map showing safe routes, meeting points and key services.
- ☐ **Walkie-talkie:** A battery-powered device to stay in touch when networks are down.

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

In case phone lines and the internet do not work during an emergency, it is crucial to have a clear plan for where to go and how to reunite with your loved ones. Here's what your plan should include:

Emergency assembly point: Identify a designated meeting point outside your home where you and your family can gather if communication is cut off. This could be a community center, public park, or another well-known location.	*Add here your assembly point/s*
Shelter places in the Village (AS/PS Programme): Know the designated shelters in your area as defined by the **Aldeia Segura* (AS)** or **Plano de Segurança (PS)** programmes. These are places where you can seek refuge during an emergency. * applicable for the villages taking part in the programmes.	*Add here your shelter nearby*
Lockdown in safe places: If it's unsafe to leave your home, have a plan to lock down in safe parts of your house, such as rooms with minimal windows and sturdy structures.	*Add here your safe places*
Alternative locations: If your initial meeting point isn't reachable, consider other places such as hotels, shelters, or relatives living further away. Have back-up plans in place for any possible scenario.	*Add here your notes*

By planning ahead and identifying these key locations, you'll be able to stay connected and ensure your safety, even without phone or internet access.

When a crisis hits, immediate actions can make all the difference in protecting yourself and your family. In the short term, here are essential behavioural steps to take to ensure your safety:



Stay at home: Remain indoors and close all windows and doors to protect yourself from outside hazards, such as smoke or debris.



Abandon home only when indicated by authorities: Do not leave your home unless directed by relevant authorities or emergency personnel.



Block doors and windows with wet cloths: To prevent smoke from entering, block all doors and windows with wet cloths or towels.



Stay in core rooms: If you cannot evacuate, move to the core rooms of your house—those furthest from the fire or danger zone—and stay there for protection.

7 SUPPORT IN RECOVERY

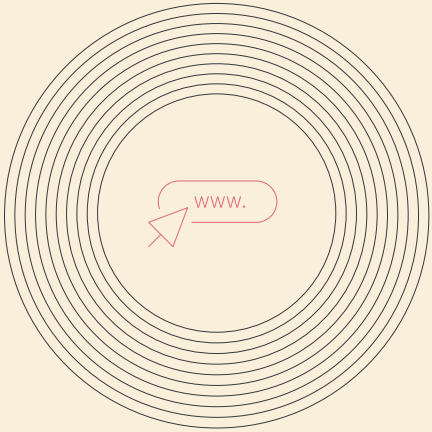
After a crisis, various sources of support are available to help citizens recover, including financial assistance from the government and organisations, as well as insurance options. Here's a breakdown of the key types of support available:

- **Individual insurance:** Home and property insurance can help cover the cost of repairs, replacements, and damages caused by the crisis. Be sure to review your policy to understand what is covered and how to file a claim.
- **National government decisions:** The national government may allocate emergency relief funds to support recovery efforts in affected areas. These funds can be used for rebuilding homes, providing temporary shelters, and assisting with other recovery needs.
- **Municipal emergency funds:** Local municipal governments often have emergency funds that can be accessed by residents for immediate recovery needs, such as home repairs, food, or temporary housing. Check with your local authorities to see what programmes are available in your area.

8 INFORMATION FOR TOURISTS

For tourists, taking proactive steps before and during their stay can ensure a safer experience, especially in emergency situations. Here are key preparatory actions to take to make your stay as safe as possible:

- **Call 112:** In case of an emergency, always dial 112, the universal emergency number in Portugal, for immediate assistance.
- **Identify existing hiking trails:** If you plan to explore the outdoors, familiarize yourself with local hiking trails and their difficulty levels to ensure you are prepared for any challenges along the way.



Register in safe communities!

You can register through the **Safe Communities Portugal** website (https://www.safecommunitiesportugal.com/)

Stay informed about safety protocols and receive notifications in case of emergencies!

COLOURING SHEET



WEBSITE
www.resiliage.eu

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