

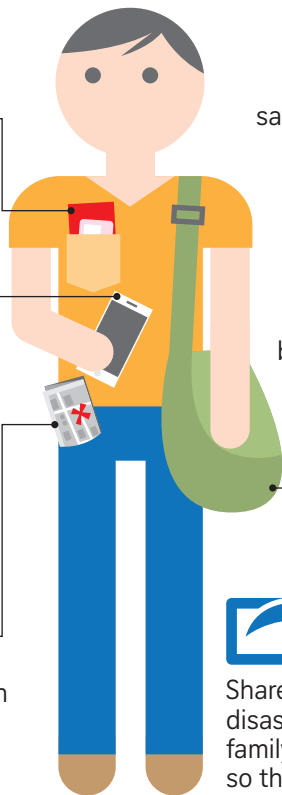
# What should you do before and during a crisis overseas

## Have a disaster plan

Keep your passport and NRIC with you at all times.

Make digital copies of these documents and save them in your mobile phones.

Make sure you and your family have decided on a place to meet up if something unforeseen happens.



Prepare a "Go Bag" that will keep you safe for at least 72 hours – include food and water, medical prescriptions, cash, radio, batteries or battery packs for your electronic devices.



Share your disaster plan with family and friends so they know how to reach you.

## What to do in a crisis (The 4 Cs)



### Calm down

Keep calm and execute your disaster plan. Maintaining your cool ensures you make safe choices for yourself and those around you.



### Check

Check yourself or anyone who is injured and in need of attention, and your surroundings for damage.



### Communicate

Call, tweet or update your Facebook to tell your family and friends as soon as possible that you are safe. Call MFA or inform your family and friends to update MFA on your status.



### Confirm and Monitor

Listen to the local news for important information, instructions and developments.

To register online with the Ministry of Foreign Affairs before travelling abroad, visit the ministry's eRegister system at <http://str.sg/4JK6>

Registration is voluntary and free. Details submitted, like your overseas phone number, allow the ministry to contact you in the event of an emergency.