

AFS TURKEY - SAFETY TIPS

All safety tips will be discussed with you at your arrival orientation. We recommend to you that you discuss these issues with your host family and counselor.

1. What to discuss with the host family?

Safety practices vary considerably from one family to another. Be prepared to discuss how your family copes with these issues:

- Are the doors of the house locked at all times?
- If not, when should the doors be locked?
- If you can't get into the house (nobody home, lost your key) or you're all alone in the house and there is a problem, who should you contact?
- Should you answer the phone? If yes, is there any specific information you should not give to the caller?
- When home alone should you answer the door to strangers?
- Who can you contact in school if there is a problem or something you would like to know?

2. What to know about life outside the home?

- If you feel uncertain about anything, you should first seek your host family's advice.
- Before you go to a party or an outing with friends, always ask your host parents for permission and let them know where you are going, with whom, and what time you will be back. If possible, leave a phone number where they can reach you.
- Public transportation can be safely used in most areas until midnight. You should ask your family if your bus is safe. If you need transportation after that, you should call a cab from a **registered** taxi agency and not hail a taxi on the street if you are alone. There are such agencies in almost all cities. You call the taxi company, give your address and a cab comes to pick you up.
- You should carry your passport with you until you get your residence permit. **From then onwards, you must always carry your residence permit.**
- In some parts of the country it may not be suitable to walk outside alone after dark. **Ask your host family where and when it is safe to walk alone in the city.**
- Only carry the amount of money you need, not more!!!

3. Uncomfortable Social Situations:

- It is common and appropriate to accept a ride from someone you know, but not from strangers.
- Although the legal age for alcohol consumption is 18, you may witness teenagers drinking (especially beer). Do not forget that as an AFS student, you cannot break any laws. Therefore, do not attempt to drink alcoholic beverages outside, even if your friends do.
- Under 18, you are not allowed into bars, pubs and discos un-chaperoned. In some of the bars, they would not ask for your identification, but if there is a police control (which is not very odd), you would be in trouble for being under age.
- Surprisingly (since many believe otherwise), use of drugs is not widespread among youngsters. Though it is one of the lesser dangers, if you are found carrying drugs or indulging in them, the consequences are extremely serious. **SO, JUST SAY "NO" IF THEY HAPPEN TO COME YOUR WAY.**
- **If you feel that you are being sexually harassed discuss the issue openly with your host family, AFS counselor or AFS staff.**

4. General Advice on Security

Although security is an ongoing concern in Turkey, living in Turkey is no more dangerous than living in many other parts of the world.

Usually cases of terrorist actions in big cities, take place in non-residential areas where AFS students are not placed. Schools also take serious security precautions against terror like keeping well-trained security personnel. Almost all the big shopping centers, theatres, hotels and public places as such are protected devices to a great measure.

AFS students are fully informed at the arrival orientation camp about security matters in Turkey and made sure they understand what to do and not to do.

TKV/AFS-TUR shall regularly inform AFS partners about the security and safety in Turkey

Tips for Students:

- Ask your host family to guide you in these matters.
- Keep away from large crowds like political meetings, demonstrations etc.
- If possible, avoid public lavatories.
- Keep track of daily politics through TV, newspapers etc.
- Respect people's religious feelings. Don't provoke negative reactions by your actions or attire.

5. Crimean-Congo Hemorrhagic fever

Crimean-Congo hemorrhagic fever (CCHF) is caused by infection with a tick-borne virus. Transmission to humans occurs through contact with infected animal blood or ticks. CCHF can be transmitted from one infected human to another by contact with infectious blood or body fluids.

The onset of CCHF is sudden, with initial signs and symptoms including headache, high fever, back pain, joint pain, stomach pain, and vomiting. Red eyes, a flushed face, a red throat, and petechiae (red spots) on the palate are common. Symptoms may also include jaundice, and in severe cases, changes in mood and sensory perception. As the illness progresses, large areas

of severe bruising, severe nosebleeds, and uncontrolled bleeding at injection sites can be seen, beginning on about the fourth day of illness and lasting for about two weeks.

Insect repellants containing DEET (N, N-diethyl-m-toluamide) are the most effective in warding off ticks. Wearing gloves and other protective clothing is recommended. Individuals should also avoid contact with the blood and body fluids of livestock or humans who show symptoms of infection.

If you realize you have a tick bite, do not try to remove it, please ask your host family or friend who is with you to take you to the hospital for Tick Removal and Treatment.

6. Earthquakes

Earthquakes are common in most areas of Turkey. Small earthquakes can happen daily and you probably won't feel them. Most Turkish people won't even react to earthquakes unless they are larger than 4,5 on the Richter Scale. However, if you experience one of the larger ones please remember that the most important thing during an earthquake is **to remain calm and don't rush outside.**

Protect yourself during earthquake shaking – drop, cover, and hold on.

Dropping, covering your head (*and your body by being under a strong table if possible*), and holding onto furniture (*even if it is moving*) offers the best overall level of protection in most situations. In cases where an earthquake is less violent, you might be able to move to a more advantageous position (*e.g. away from breaking windows, etc*) as you drop to the floor, cover your head, and hold on to a solid object. The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse. To stay away from this danger zone, stay inside if you are inside and outside if you are outside.



If you are...

Indoors: Drop, cover, and hold on. If you are not near a desk or table, drop to the floor against the interior wall and protect your head and neck with your arms. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. Do not go outside!

In bed: If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways.

In a high-rise: Drop, cover, and hold on. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

Outdoors: Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards.

On Subways or Other Public Transportation: Stay inside the train unless it is absolutely necessary to leave. Otherwise, you may be electrocuted or hit by another train. Hold on to a strap, handrail or anything that is fixed firmly inside the train.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs and other hazards. Stay inside the vehicle until the shaking is over. If a power line falls on the car, stay inside until a trained person removes the wire.

In a stadium or theater: Stay at your seat and protect your head and neck with your arms. Don't try to leave until the shaking is over. Then walk out slowly watching for anything that could fall in the aftershocks.

Near the shore: Drop, cover and hold on until the shaking stops. Estimate how long the shaking lasts. If severe shaking lasts 20 seconds or more, immediately evacuate to high ground as a tsunami might have been generated by the earthquake. Move inland 3 kilometers (2 miles) or to land that is at least 30 meters (100 feet) above sea level immediately. Don't wait for officials to issue a warning. Walk quickly, rather than drive, to avoid traffic, debris and other hazards.

Below a dam: Dams can fail during a major earthquake. Catastrophic failure is unlikely, but if you live downstream from a dam, you should know flood-zone information and have prepared an evacuation plan.

After the earthquake

First take care of your own situation. Aftershocks may cause additional damage or items to fall, so get to a safe location.

If you are trapped by falling items or a collapse, protect your mouth, nose, and eyes from dust. If you are bleeding, put pressure on the wound and elevate the injured part. Signal for help with your emergency whistle, a cell phone, or knock loudly on solid pieces of the building, three times every few minutes. Rescue personnel will be listening for such sounds.

Once you are safe, help others and check for damage. Protect yourself by wearing sturdy shoes and work gloves, to avoid injury from broken glass and debris. Also if possible wear a dust mask and eye protection.

Check for injuries:

- If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available.
- If a person is not breathing, administer rescue breathing.
- If a person has no pulse, begin CPR (cardiopulmonary resuscitation).

- Do not move seriously injured persons unless they are in immediate danger of further injury.
- Cover injured persons with blankets or additional clothing to keep them warm.
- Get medical help for serious injuries.
- Carefully check children or others needing special assistance.

The first days after the earthquake...

Aftershocks will continue to happen for several weeks after major earthquakes. Some may be large enough to cause additional damage. Always be ready to drop, cover, and hold on. Until you are sure there are no gas leaks, do not use open flames (lighters, matches, candles, or grills) or operate any electrical or mechanical device that can create a spark (light switches, generators, motor vehicles, etc.). Never use the following items indoors: camp stoves, gas lanterns or heaters, gas or charcoal grills, or gas generators. These can release deadly carbon monoxide or be a fire hazard in aftershocks.

Be in communication

- Your counselors and AFS Turkey staff will contact you at the earliest time they can. Depending on the transportation opportunities we will move you to the safest location possible at the time.

Food and water

- If power is off, plan meals to use up refrigerated and frozen foods first. If you keep the door closed, food in your freezer may be good for a couple of days.
- Listen to your radio for safety advisories.
- If your water is off or unsafe, you can drink from water heaters, melted ice cubes, or canned vegetables. Avoid drinking water from swimming pools or spas.
- Do not eat or drink anything from open containers that are near shattered glass.