# Safe

Be Safe.

1. Life Threatening 2. Life Threatening to Others 3. Financial Threat 4. Reputation Threat

### US Parisian Embassy

Current Safety Advisories for Paris & France

The US State Department currently shows a Level 2 travel warning for France, corresponding to the advice “Exercise increased caution” and citing risks including Covid-19, terrorism and potential civil unrest. See the full advisory here .

# Emergency Help in France

Homer Simpson, “Hello Operator. Quick. Give me the number to 911”

Homer's 911 Call

## Remember: In France

## Visitor's Emergency Number = 112

The following is a comprehensive guide on getting help in Nice, France, for medical or safety emergencies, including important phone numbers, hospital options, and preparation tips:

## 1. Emergency Numbers in France

Homer's question about the number to 911 is hilarious but in France, Homer asks a great question. The number to 911 is not “911” it is another number, as described following.

### --> European Emergency Number: 112

- This universal emergency number works throughout the EU and connects you to local services. It is possible to use this line instead of choosing one of the other lines. They will take care of any Emergency.
- Travelers: **The one number to memorize**.
- Ideal for non-French speakers. Everyone speaks English on this line.

**Medical Emergency (SAMU) 15**

- For serious health emergencies, such as accidents, heart attacks, or life-threatening conditions

**Police (Police Secours) 17**

- For safety-related emergencies, such as crimes in progress or threats to personal safety.

**Fire Brigade (Pompiers): 18**

- For fires, accidents, or non-life-threatening medical assistance (e.g., minor injuries).

**Pharmacies on Duty (Pharmacie de Garde): 3237**

- Locate a pharmacy open outside regular hours.

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# 2. Hospitals in Nice with Emergency Services

In case of a medical emergency, these hospitals in Nice are equipped to handle urgent care:

### 1. Centre Hospitalier Universitaire (CHU) de Nice – Hôpital Pasteur 2

- **Specialties**: Comprehensive emergency services, including trauma, cardiac care, and pediatrics.
- **Address**: 30 Voie Romaine, 06000 Nice, France.
- **Google Maps**: Hôpital Pasteur 2
- **Phone**: **+33 4 92 03 77 77**

# 2. Polyclinique Saint Georges

- **Specialties**: Emergency care and specialized treatment in various medical fields.
- **Address**: 2 Avenue de Rimiez, 06105 Nice, France.
- **Google Maps**: [Polyclinique Saint Georges (https://www.google.com/maps/place/2+Avenue+de+Rimiez,+06105+Nice,+France).
- **Phone**: **+33 4 92 26 26 26**

- **3. Centre Cardio-Thoracique de Monaco**
- **Specialties**: For cardiac emergencies, this center near Nice is renowned for heart-related treatments.
- **Address**: Avenue d'Ostende, 98000 Monaco (30 minutes from Nice).
- **Google Maps**: [Cardio-Thoracic Center](https://www.google.com/maps/place/Avenue+d'Ostende,+98000+Monaco).
- **Phone**: **+377 92 16 79 79**

- **3. Preparing for Emergencies in Advance**
- 1. **Carry Emergency Information**:
  - A copy of your passport and European Health Insurance Card (EHIC) or Global Health Insurance Card (GHIC) if you're from the EU/UK.
  - Travel insurance details, including policy number and 24-hour helpline.
- 2. **Have Key Numbers Handy**:
  - Save emergency numbers on your phone, including local embassy contacts.
  - Note the number of your hotel or accommodation for quick reference.
- 3. **Understand the Language Barrier**:
  - Learn basic French phrases for emergencies (e.g., “J’ai besoin d’aide” = “I need help”).
  - Use a translation app or card with emergency phrases in French if needed.
- 4. **Know Your Medications**:
  - Bring a list of medications you take, including their generic names.
  - Have a small first aid kit with essentials.
- 5. **Locate Nearby Pharmacies**:
  - Pharmacies are marked with a green cross. For after-hours service, contact a “pharmacie de garde.”

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### **4. Steps to Follow in an Emergency** 1. **Assess the Situation**:

1. For medical emergencies, call **15** or **112** and provide your location, the nature of the emergency, and any immediate concerns.

2. **Communicate Clearly**:

1. If you don’t speak French, ask, “Do you speak English?” Most emergency operators have access to interpreters.

3. **Follow Instructions**:

1. Emergency responders will guide you on what to do while waiting for help to arrive.

4. **Transport to a Hospital**:

1. Ambulances are managed by SAMU or private services, depending on the situation. In less severe cases, consider taking a taxi to the nearest emergency hospital.

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### **5. Other Safety Resources** - **Tourist Police (Police Touristique)**: For issues involving tourists, theft, or lost property. Located near the Promenade des Anglais. - **Consular Assistance**: Contact your country’s consulate in Nice for passport issues or assistance in emergencies.

# Bad Guys in France

https://www.thebrokebackpacker.com/is-paris-safe/

Bad guys are everywhere, even in our wonderful fair cities of Paris or Nice

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# The Short Con in France

**Confidence games** or Confidence_trick are very common in France, especially Paris. It is normally the 'Short Con' or 'Small Con'. Typically an unfortunate person needs your help. You are a totally normal person, benevolent, not quite an expert in Paris but and willing to help anyone in need.

- **Con**: Oh, Mister. Do you speak English? I need help.
- **You**: “Sure, I can help you. What do you need?”
- **Con**: The Con asks you to read a letter. It is always a sad story with a typically teary-eyed innocent woman to gain your confidence. “Oh, please help. My poor sick mother is dying. Someone stole my purse yesterday. I only need five euros… and I have not eaten since yesterday.”
- **You**: “My god. Here is five euros…..”
- **Con**: “Booohooo hooo. Sob, sob, sniff.”
- **You**: “OK, let's make it 10€. Damn, I have no 10€ note. OK here is a 20€ note; you look hungry and food is expensive.”
- **You** feel really good about yourself for helping, smile and walk away. In the meantime. the needy person makes part of her daily con money that she will give the the boss man this evening.

### The Lost Gold Ring

Fix Me!

### The ATM ate my card

### Let me Help You Buy Your Train Ticket

### Do you Speak English?

Please read this letter from my aunt…

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## Petty Thefts

Fix Me!
pickpockets
grab & go
hotel theft
Automobile break-ins

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## Safety in Crowds

Fix Me! there are items mixed in several 'safety' subjects here. There are two copies of this subject. They must be consolidated.

- **Watch out for distraction techniques** – asking you to sign up to petitions, people working in groups, anything that seems off probably is.
- **Read about Scams** – like the ‘gold ring’ trick for example. There are loads out there, so do some research.
- **Don’t keep all your things in one place** – Form a “Plan B” If your purse is stolen with all your stuff in it, you’ll be screwed. Be smart! Consider keeping an emergency stash in a money belt (leave some cash in the hotel room safe).
- **Keep your belongings close to you** – don’t let your bag dangle around, or hang it on the back of your chair, anything like that. It will disappear from under your nose.
- **Be wary of your luggage** – around transit hubs and places like your hotel lobby.
- **Use the hotel safe for your belongings** – you never know when things might go missing.
- **Be smart with drugs** – make sure you know who you’re buying from, if you must partake.
- **Pickpockets are a thing** – all over the metro and at big tourist sights like the Eiffel Tower, the Louvre, Pompidou Centre, Champs Élysées.
- **Try not to look wealthy** – it may be a chic city (or seen as one) but try to blend in. Looking like a tourist makes you a target.
- **Watch when retrieving money from ATMs** – scammers and potential thieves could be lurking behind you.
- **Learn some French** – Young French people like practicing English. Approach a young person and be polite. This will really help you.
- **Steer clear of any political protests** – Actually, you could go to them if you’re like me and are interested in the things that a city find important. It’s exciting to get caught up in a moment of history. But do be alert. Don’t be caught in a big crowd, it’s best to avoid active protests with riot-police patrols.

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## Staying Safe in Crowds

## Managing Risks from Terrorist Threats to Pickpockets

Crowds can pose various safety challenges, ranging from petty theft to more severe risks like stampedes or terrorist incidents. Awareness, preparation, and a calm approach are key to staying safe. Here’s how to manage risks and protect yourself in crowded settings:

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## 1. Understanding Risks in Crowds

### Common Risks

- **Pickpockets**: Crowded areas provide cover for thieves to target valuables.
- **Physical Harm**: Stampedes, accidents, or getting trapped in tight spaces.
- **Terrorist Risks**: Crowds can be targets for malicious acts.
- **Getting Lost**: Particularly concerning for children or group travelers.
- **Overwhelming Situations**: Anxiety or panic in tightly packed spaces.

# Why Risks Are Higher in Crowds

- Distractions make it easier for threats to go unnoticed.
- Limited mobility can hinder escape during emergencies.
- Group dynamics may create confusion or panic.

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## 2. Staying Safe in Crowds

* **Preparation Before Entering a Crowd**:

- **Dress Securely**: Avoid flashy jewelry or easily accessible bags. Use cross-body bags with zippers.
- **Plan an Exit Strategy**: Know where the nearest exits are and identify less crowded routes.
- **Keep Valuables Minimal**: Carry only essentials like ID, a small amount of cash, and one payment card.
- **Use Anti-Theft Accessories**: Wear money belts, and use wallets with RFID protection.

- **Situational Awareness in Crowds**:
- **Scan the Area**: Regularly observe your surroundings and the behavior of others.
- **Be Mindful of Suspicious Behavior**:
    - People jostling without cause or unnecessarily close contact.
    - Abandoned bags or packages.
- **Stay on the Edge of the Crowd**: Avoid the densest areas where movement is most restricted.

## Protecting Your Valuables

- Keep bags in front of you, not on your back or side.

- Use inside pockets for important items like your phone, wallet, and passport.
- Avoid pulling out cash or valuables in plain view.

## Crowd Movement Safety

- Walk with the flow to avoid being pushed or trampled.
- Stay alert to shifts in crowd dynamics, like sudden surges or tension.

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## 3. Responding to Threats in a Crowd

### If You Suspect Pickpockets

- Move to a less crowded area if possible.
- Check your belongings discreetly, avoiding panic or confrontation.
- Report theft to police immediately if you discover something missing.

## If You Feel Threatened or Unsafe

- Signal distress to nearby security or law enforcement personnel.
- Look for exits and avoid staying in the densest part of the crowd.
- Use your phone to call for help (112 in Europe) or notify authorities via apps if available.

## In a Terrorist Incident

- **Stay Calm**: Avoid panic, which can worsen the situation.
- **Find Cover**: Move away from the threat and seek shelter behind solid objects.
- **Follow Instructions**: Obey police or security personnel. They are trained to manage such events.
- **Remain Low-Key**: Avoid drawing attention to yourself.

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## 4. Reaching for Help in a Crowd

### Immediate Actions

- **Call Emergency Services**: Dial **112** in Europe or the local emergency number. Clearly state your location and the situation.
- **Alert Authorities**: Notify police or event security staff if available.
- **Seek Assistance from Bystanders**: Signal others around you for help, especially those who appear calm or authoritative.

**When Communication is Challenging**

- Use visual cues, like waving your hand, to attract attention.
- Move towards marked help stations or information points at events or transportation hubs.

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## 5. Dealing with Panic or Stampedes

### During a Stampede

- Stay upright and avoid falling. If you do fall, curl into a ball to protect vital organs and wait for a chance to get back up.
- Keep your arms near your chest to create breathing space.
- Move diagonally towards the edge of the crowd.

### Avoiding Panic

- Breathe deeply to stay calm.
- Focus on a clear goal, such as moving towards an exit or locating a security officer.

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## 6. Summary of Tips for Crowd Safety

- **Preparation**: Travel light, dress smart, and plan ahead.
- **Awareness**: Keep alert to your surroundings and your belongings.
- **Action**: Know how to seek help quickly and respond to threats calmly.
- **Communication**: Always have emergency contacts and numbers on hand.

By staying vigilant and proactive, you can significantly reduce risks and enjoy crowded events or public spaces safely.

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# Summary

With advanced preparation, such as saving emergency numbers and knowing nearby hospitals, you can handle emergencies confidently in Nice. Local emergency services are well-organized and accessible, ensuring timely and efficient assistance.

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