



Macaronesian Region

The islands of Azores, Madeira, Salvajes, Canarias, Cabo Verde and part of the African northwest coast (mostly Mauritania) form the region of Macaronesia (in Greek makárôn nêsoi "Fortunate Islands" the heroes dwelling-place, according to the mythology). Macaronesian climate is determined by the prevailing winds ("alisios"), the oceanic currents and its geographical latitude. It ranges from the warm moist oceanic climate of Azores and Madeira, to the mild tropical low rainfall of Cape Verde.

Some natural phenomena given in this area oblige to take necessary precautions. Earthmoving and occasional eruptions –as it is a volcanic area-; seaward hazards, heat waves, fires, days of Calima and heavy rain are not very frequent situations and they can be prevented sufficiently in advance by public agencies and communication media.

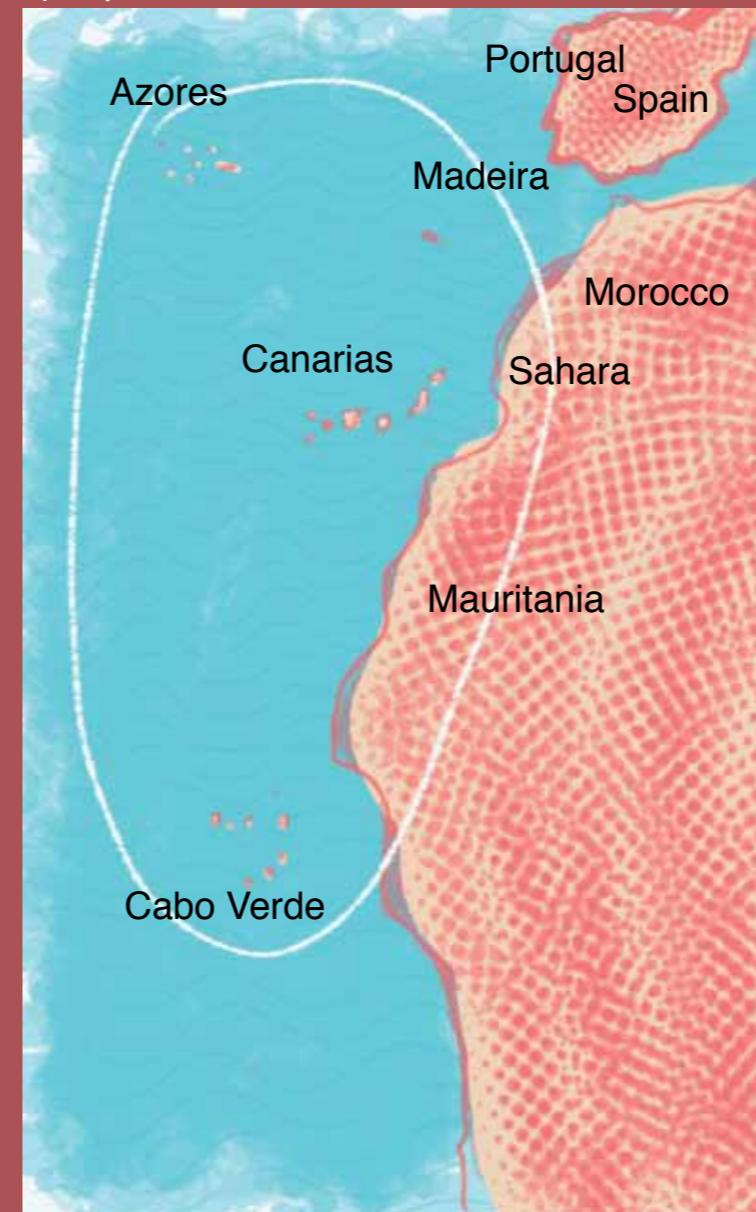
The geography of the region of Macaronesia determines the areas and the most risky activities: on coasts, mountains and maritime and air transport. Cities and road transport obligate to keep caution.

While we are talking about territories linked to the ocean, we have to be specially carefull with anything related with activities on the beach: Drowning, muscle cramps, digestion cuts, heat strokes, dehydration...

On mountain areas we must be careful on the excellent road and trail networks, since the Macaronesian territory has plenty of deep gullies through which tracks many vehicles and people run.

Territory	Area	Population	Nº of islands and istes
Azores Islands (Portugal)	2,333,00 km	246.772	9
Madeira Archipelago (Portugal)	828,00 km	267.785	5
Islas Salvajes (Portugal)	2,73 km	2	3
Canary Island (Spain)	7.446,95 km	2.126.769	13
Cabo Verde (República)	4.033,00 km	491.875	12
Mauritania	1.040.900 km	3,291,000	

Macaronesia



Happy Holidays,
if for sure!



See the Macaronesia
 (Azores, Madeira, Canarias and Cape Verde) and relax to enjoy your star with the
best climate in the world.

Turistic paradise

Macaronesian Region has become one of the principal tourist destination in Europe, for its excellent climate condition and as exotic islands with unique landscapes and natural resources in the world. This group of archipelago, along side a costal zone of Mauritania, has touristic equipments much in demand by europeans from all over the continent, specially for the Autumn/Winter, due to its climate and spring-like temperature all year long, guaranteed by its location in the Tropic of Cancer area and the freshness of Trade winds (Vientos Alisios).

Excellent airport infrastructures allow link by air with most european countries and the developement of a winter cruise route with the most important shipping companies.

Canárias

nd same for SPAIN)

Internacional phone code: +34

Emergency service (Police, firefighters, medical assistance...): 112

Specific numbers:

National Police: 091.

Spanish Guardia Civil: 062.

Local and urban policing: 092.

Firefighter: 080 ó 085.

Medical emergency: 061.

To inform about a car crash, climatic conditions and road traffic : 900 123 505.

Spanish Red Cross: 901 222 222.

National Institute of toxicology: 91 562 04 20.

Gender-based Violence: 016 ó 900 116 016.

Directorate-General for Traffic: 011 ó 900 123 505.

National Civil Protection: 1006.

Meteorological Information: www.aemet.es

Marine Savety Agency:

900 202 202

Chanel16 VHF

2.182 Khz Medum wave

www.gobcan.es/dgse/alertas/alerta_2mar.html

-Volcanological information centre: 112

Mauritania Cape Verde

Internacional phone code:

+223.

Emergency

Police:17

Firefighters:18

Mobile Operators Code:

Mattel- 630

Mauritel Mobiles- 640

Red Cross / Red Crescent

Avenue Gamal Abdel Nasser

BP 344 Nouakchott

Tel.:

(222) 525 12 49/659 24

10/525 12 49

www.ifrc.org/

Internacional phone code:

+238

Emergency numbers:

Hospital: 130

Firefighters: 131

Police: 132

First Aid

Definition and objetives

To be able to act, we must do a first assesment of situatios indentification that may constitute any immediate life-threatening for people

Always process in this order:

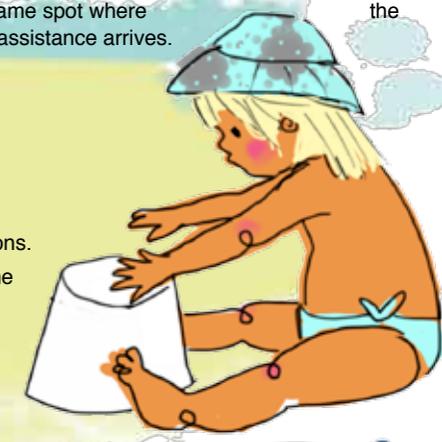
1. Assesing conciousness on responding or not to a stimulus. If it is concious, we can assume that it is breathing and circulatory system is functioning.

2. Assesing respiration (if it is breathing, we can assume that heart is beating): if breathlessness, we can try to restore it by cardiopulmonary resuscitation.

3. After ensuring the vital functions, we should try to detect other possible lesions. To do so, we shall practice a complete and organized exploration from head to limbs, looking for injuries, fractures, bleeding, burns, abnormal thoracic motios, etc. to deliver the necessary cares.



Emergency contact list



Golden rules

To protect both injured and ill patient and also ourselves or the rest of the people we need to make a safe place of the site of the accident. If this was not possible, only then we should proceed to remove the victim from danger.

Warning EMERGENCY SERVICE 112 and informe about the facts as accurately as possible.

How to act?

- Identified yourself.
- Inform about the exact location.
- Tell about the kind of accident and the situation (intoxication, burns, etc.).
- Tell about the number of injuries and apparent condition (conscious, bleeding, breathing, etc.).
- It is important to keep telephone line available for the accident communicating.
- While waiting for help, you can start assisting the victims.

Priorities protocol.

1. Save lifes.
2. Avoid aggravate injury.
3. Keep calm.
4. Avoid crowds.
5. Do not move the injured untill you make sure that there is no risk to make these injuries worst.
6. Examine the injured and assesing.
7. Transmit calm to the injured.
8. Keep it warm.
9. Alerting medical/sanitarian personnel.
10. Guarantee appropriate transportation.
11. No medicating.

First-Aid refers to those actions or measures taken with an injured or sudden ill person at the same spot where facts have taken place untill expert assistance arrives.

The priorities are:

- Avoid death.
- Avoid aggravate injury.
- Avoid more lesions.
- Alleviate pain.
- Avoid infections or secondary lesions.
- Help or facilitare the recovery of the injured person.