

How prepared are you in a crisis?

Suddenly there is a power outage. You turn on the faucet but no water trickles out. The internet connection is poor and various rumours are starting to circulate on social media. You try to call but the signals are not going through. The days pass and it is getting colder inside. The food in the refrigerator goes bad and your debit card stops working.

What we normally take for granted can stop working and everyday life can become difficult.

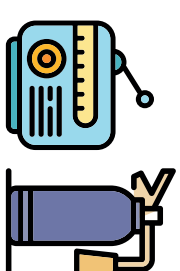
In this folder you will find tips on things which are important to think about and which are good to have at home. You will find exercises you can perform with your relatives, neighbours and friends.

If you are prepared, you will be able to handle the crisis better and support others. Then society can focus on helping others who have the hardest time to making it on their own, such as the sick and the elderly.

You are part of the preparedness in Gotland!

Plan and practice your home preparedness

Fill in your details and save the folder in an easily accessible place. Talk to relatives, friends and neighbours so that you can help each other when needed.



Review the list from time to time so that it is always up to date.

Important phone numbers and information channels

Emergency number in acute situations	112	www.gotland.se
To the police in cases where it is not acute	114 14	www.lansstyrelsen.se/gotland
Leave or receive information in the event of a serious accident	113 13	www.krisinformation.se
Healthcare advice	1177	www.msbs.se/sv/rad-till-privatpersoner/forbered-dig-for-kris
Regional information	0498-26 90 00	www.gotlandsenergi.se/elnat/stramavbrott
Emergency channel	P4 Gotland	www.gotland.se/kollektivtrafiken www.bibliotek.gotland.se

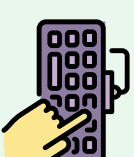
My own important contact information



FAMILIES AND FRIENDS:	OTHER IMPORTANT PEOPLE:	NEIGHBOURS:
	PRESCHOOL, SCHOOL:	NURSING HOME:
HEALTH CENTER:	VETERINARY:	PEOPLE WHO TAKE CARE OF MY ANIMALS:
IMPORTANT MEETING PLACES:		BLOCK MY BANK CARDS:

Information

In the event of a disruption to society, you need to be able to get your hands on important information about what is taking place, how you should act and what the responsible authorities are doing.



You receive information mainly via the emergency channels P4 Gotland and SVT. Make sure that your radio have charged batteries or can be powered by solar cells, crank or power bank. If you have a car, you can listen to the radio as long as the car battery is charged.

Remember to be critical of the source of information available on social media and websites. Keep in touch with those close to you.

Water

Lack of potable water is much more serious than lack of food. Therefore, it is important that you have a plan to be able to arrange water both for yourself, the household and your animals.

Barrels and bottles filled with water will go a long way. It is important that you can boil your water if needed. One tip is to freeze juice for the children.

Expect at least three to five litres of potable water per adult per day. Don't forget the animals. A cat drinks circa 0.5 decilitres and a horse about 25 litres per day.

Food

In the event of a power outage, a large part of the equipment in a modern kitchen stops functioning. You need to have a supply of food which will allow you to get by without doing any shopping for about a week.

Use sustainable foods which can be stored at room temperature, and can be prepared quickly or eaten without cooking, and which require very little water. Start from foods which you usually consume so that you can periodically use your food supply and replenish.

Have in mind that you need intakes of energy-rich food to feel well. At www.gotland.se/beredskap you will find menu suggestions and a list of food supplies that you can print.

Good things to have at home

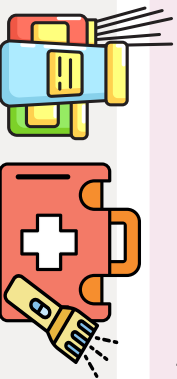
- | | | |
|--|--|---|
| <input type="checkbox"/> Radio with battery, solar cell, crank | <input type="checkbox"/> Camping or spirit stove, fuel | <input type="checkbox"/> Hygiene products |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Alternative heat source
– wood-burning stove, wood stove, candles, kerosene stove, | <input type="checkbox"/> Sleeping bag, warm blankets, warm clothes |
| <input type="checkbox"/> Batteries, charged power bank | <input type="checkbox"/> gas stove | <input type="checkbox"/> Medicines (1 month's supply), first aid |
| | | <input type="checkbox"/> Comfort items such as toys, stuffed animals, games, decks of cards |

Heat

Most heating systems are dependent on electricity and during a cold part of the season, a home quickly cools

- Water in a plastic bottle or canister
- Heat candles, matches
- Food for a week
- Cash
- Important telephone numbers on paper
- Karta över närområdet på papper

Make an inventory of what you need in your household in the event of a disruption of society



FOOD THAT I LIKE:

IN THE EVENT OF A POWER OUTAGE, I CAN COOK ON:

MY MEDICINES AND HOME PHARMACY:

THIS IS HOW MUCH WATER IS CONSUMED PER DAY IN MY HOUSEHOLD:

FOOD FOR MY PETS AND ANIMALS:

MEDICINES FOR MY PETS AND ANIMALS:

THIS IS HOW MUCH WATER IS CONSUMED BY MY PETS AND ANIMALS:

HERE I KEEP MY BATTERIES, CANDLES, MATCHES, FLASHLIGHTS:

MY HEAT SOURCES ARE:

HERE ARE MY WATER BARRELS AND WATER BOTTLES:

THIS IS HOW I CAN PAY:

down. It's good trying to think creatively about how you can keep yourself warm in your home. For example, you can choose a room to keep warm, sleep in warm clothes, build a hut under a table and some extra rugs and blankets on the floor.

Hygiene

When there is a scarcity of water, it is good to have access to wet wipes and hand sanitizer. Important to keep in mind is that the toilet stops working if there is no water or electricity. Use a bucket of water to flush the toilet.

Payment option

If a payment method or checkout system suffers interruptions, it can be difficult to purchase food, fuel, medicines and more.

You need a plan for how to pay in different ways. See to it that you always have cash at home, preferably mobile payment solutions such as Swish and bank cards from several banks.

Neighbourly cooperation

If you know your neighbours on a daily basis, you will have a better chance of dealing with a crisis together. Socializing, sharing each other's knowledge and making joint efforts increases security even in times of calmer periods.

Your pets and animals

You also need to plan to have food at home for your pets and animals for a period. Keep in mind that they also need fresh water, warmth and perhaps medicine.

If you need to transport your pets and animals, a cage or similar may be necessary. If something should happen to you, it is good to have a plan in place for who can take care of your pets and animals

Make an effort

Join a voluntary defence organization to be able to help others. Read more at www.starkaregotland.se.

You will find more information about the preparedness work and all the exercises at www.gotland.se/beredskap.

Practice your preparedness

Challenge yourself, relatives and neighbours. Use the exercises here to make yourself more prepared. How prepared are you? Practice and discuss with others or on your own.

Good luck!

Water

Without electricity the pressure in the faucet will drop. You turn it and no water trickles out. You haven't had water in the faucet since yesterday and you're getting very thirsty.



How do you get hold of water when its tap is drying up?

- Make a plan for how you can get a hold of water for yourself and your pets and animals. Could your neighbour perhaps have a well which is not dependant on electricity or is there a stream near you with running water? Remember to boil this water before using it.
- Freeze water. For the children, it can also be good to freeze juice.
- Make an inventory of your water barrels and water bottles, and decide where you want them stored.

Groceries

With the refrigerator having stopped functioning, the food starts to go bad. The fresh produce has been consumed and all that remains are dry goods.



How long can you survive on the food that you have at home?

- Learn more about prepared foods which can be stored at room temperature.
- Create a supply of prepared food, so that you can cook the meals you enjoy.
- Use the food at regular intervals and replenish with new food items, so that the food does not become too old.

Cooking without electricity

There is no electricity and you cannot cook food as you normally would.



- Try cooking a meal outdoors on a spirit or storm kitchen, an outdoor grill or at a barbecue area.
- Make a check-list for foods which are easily prepared to cook without electricity or for outdoor cooking.

At www.gotland.se/beredskap you will find menu suggestions and a list of food supplies which you can print.

Heat sources

The radiators are cold. It is now roughly the same temperature indoors as outside.



How do you keep warm when it gets cold?

- Practice by sleeping one night in a sleeping bag or with a jacket instead of a blanket.
- Choose the room that is easiest to heat. Practice getting up the heat in the room.
- Get in touch with your neighbours so that you can support each other if needed.

Power outage

A significant amount of time has passed without electricity. It's getting boring and difficult in finding something to do.



What can you do to keep yourself and your loved ones busy?

- Make suggestions for activities you can do when there is no power.
- Find something you can do together with others who are in the same situation.

Get to know your neighbours

You've made it this far, but there are others in your neighbourhood who are having a hard time.



What can you do to help?

- Practice making meals together outdoors.
- Can you together organize a joint emergency storage of supplies with, for example, dry goods, water barrels, spirit stove and battery radio?
- Can you have a meeting room where there is always a radio powered by batteries, solar cells or crank?
- Take time and see who needs extra help.

Information

You are trying to access a news site, but the internet is not working. No signal is coming through when you call.



How do you find out what has happened if the internet or phone is out of commission?

- Tune in a radio powered by battery, solar cells or crank at P4 Gotland.
- Decide on a meeting place with relatives or friends.

Evaluate your exercises

A week has now passed. Think through everything that has happened and if there is anything you would have done differently.

My greatest challenges in a crisis are:
