



In the event of a crisis



– are you prepared?





# Are you prepared?

Have you ever thought how a long power failure, a big fire or a flood can affect you and your surroundings? Without electricity for instance, internet, mobile telephones, ATMs, petrol pumps, water and heating, or refrigerators and freezers do not work.

The risks may include extreme weather with heavy rains and storms or electric and telephone disturbances which can lead to severe consequences for the society and individuals.

If you have extra canned food, a bucket to collect water, a battery radio, some cash and extra medicine, then you can make life easier for you and your family. Maybe you already have a lot at home if you look for it?

If you adopt your social responsibility and handle 72 hours of a crisis yourself then the society's resources can be used to help the neediest.

The municipality's security unit has compiled tips on how to manage a crisis situation. You can find the resources that we have used under the heading "Here you can read more". We have borrowed some of the material from Gothenburg city and Mjölby municipality. This brochure has also been translated to several languages and is available at the Meborgarkontor (citizen offices). Contacts are provided on the last page. You can also download the brochure from:  
[www.linkoping.se/72timmar](http://www.linkoping.se/72timmar).

# Manage the first 72 hours yourself

Sweden is a modern country where most of us live a safe and secure life with all the possible comforts. However, a modern society is vulnerable. How prepared are you in the event of a crisis?

The Swedish emergency preparedness is based on the principle of everyone sharing the responsibility for our, our family's and our country's safety. Own responsibility means that you must be prepared to manage a difficult situation and take care of the immediate needs that may arise. In the event of a major disaster or a small crisis, it may take days for the social services to get back to normal. What will you do then? If you are without electricity, without heating, and if there is no food in the shops.

## Reflect in advance

Sustaining without electricity, water or food for a few days is not easy. However, most of us can manage if we reflect in advance. If we manage those first difficult days, it makes it easier for the most needy. Then the society's resources can be used to help the weak and vulnerable for example the elderly, sick people and children.

## Check-list

Here we have compiled some tips on how you can prepare and the things that are good to have at home.

Read more on: [www.72timmar.se](http://www.72timmar.se)



Illustration:  
Gothenburg city's graphics team

# Crisis box



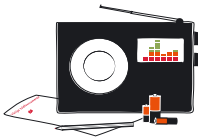
## Water and food

- Water carriers
- Food that can be stored at room temperature
- Camping stove with fuel
- You can use a grill outdoors



## Heating and light

- Alternative heating source, if possible
- Pocket torch with extra batteries
- Stearin candles, tea light and matchsticks
- Warm clothes and blankets



## Information

- Radio with battery
- A telephone list on paper with important numbers



## Other

- Medicine chest with the most important for you
- Hygiene products
- Cash

### Water

An adult should normally get three litres of fluid in a day through drink and food.

### Food storage

Most of the food supply should be storable without a fridge or freezer and should be easy to cook.

Read more on: [www.dinsakerhet.se](http://www.dinsakerhet.se)





## Risk of fire

With the change of climate, heat waves have become all the more common, globally and in Sweden. Heat waves also increase the risk of fire. The big forest fire in Västmanland in the summer of 2014 is a recent reminder that a fire can develop into a major crisis.

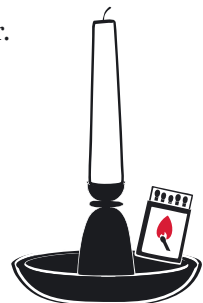
The following string of words summarises the advice for right action in the event of fire: Save - Warn - Alert - Extinguish. This means saving oneself and those who are in immediate danger. Warn others who may be threatened by fire, alert SOS Alarm on 112 and finally extinguish the fire if you think that you can manage without exposing yourself to unnecessary risks. In precisely what order this is done is not the most important; it is the situation at hand that determines this.

Here is some advice on how you should protect yourself from fire and what you should consider if you light a fire outdoors.

## Protect yourself from fire

If there is a fire in your neighbour's flat and there is smoke in the staircase, you must stay in your flat! There you are safe for up to an hour. The buildings in Sweden are built as per rules which prevent the fire from spreading between flats.

- Use a fire alarm and ensure that it is correctly located.
- Test the fire alarm regularly, and change batteries.
- Keep a fire extinguisher and a fire blanket at home.
- Install a stove guard that can cut the power if you forget to turn it off.
- Use a timer for the coffee machine and other equipment.
- Unplug the mobile chargers, computers, hair dryers and other appliances when they are not in use.
- Never smoke in bed.
- Stay at home when the washing machine, dryer and dish washer are on.
- Do not cover electric heaters.
- Make sure that the bulbs are not installed such that they are near anything combustible, or can fall.
- Change flashing tube lights.
- Unplug the computer, telephone and TV when it thunders.
- Never use broken or jammed electric cables.
- Place candles at a good distance from each other. If they are too close, the heat can be so strong that it all becomes one single powerful flame.
- Ensure that there is space above the candle and that it is stable.
- Do not use candles with embedded decorations.
- Always blow off the candle when you leave the room.



## Lighting a fire outdoors

During summer, it may be prohibited to light a fire in the nature or on your plot due to a risk of fire. Prohibition of lighting fires applies generally to all open fires. Check with the rescue service if there is a prohibition.

- Do not light a fire if it is too dry or too windy.
- Avoid lighting a fire after it gets dark.
- Think about glowing flakes and sparks.
- Light a fire on open ground where there is no risk of the fire spreading. If required, water around the fireplace.
- Light a fire against the wind and not along it.
- Be prepared with extinguishing equipment.
- You must not burn garden refuse in a detail planned area. If you live in the suburbs you must dispose the refuse at the dump.
- Light the fire at a distance of at least 15 meters from a building. For agriculture, the insurance conditions stipulate that in some cases, you are not allowed to light a fire at a distances less than 75 meters from a building and 40 meters from a forest.
- If you light a fire on a farmland, consider using rakes to control the fire and keep the fire under supervision all the time.
- If you light a fire in the nature, surround the fireplace with stones so as to prevent it from spreading. Make sure that you extinguish it properly and dig around in the ashes to prevent smouldering in the ground.
- Keep your mobile phone handy to quickly alert if necessary.
- If the fire spreads, call 112. Try to put out the fire in the direction of the wind.





For more information, check the Rescue service website of Eastern Götaland. The information is also provided in several languages.  
[www.rtog.se](http://www.rtog.se)



# Flooding

Flooding may depend on blockage in pipes, melting of snow, precipitation or leakage in pipe installations. It usually affects buildings with cellars. As a property owner, you may minimise the risks by monitoring your installations and your sewage system. Temporary barriers can prevent a small flood. The easiest is to build a sand or soil barrier and then cover it with plastic.

- Cut all electric power in the flooded premises.
- Make sure that no drainage pump stops.
- Move things that are sensitive to moisture.
- Be careful about hygiene if you come in contact with penetrating sewage water.
- Call for help for adjustment of claims and drying.
- Notify the floods to Tekniska verken.  
Disturbances, daytime, telephone: +46 (0) 771 25 26 27  
Remaining part of the day, telephone: +46 (0) 13 20 80 20
- Communicate any requirements for replacement to Tekniska verken.
- Call your insurance company.
- Find out what is applicable for your home insurance. Be prepared to document damages and save receipts.

If it rains a lot in a short time, the municipality may get struck with severe floods. If the flooded areas must be evacuated, you will be informed by Sweden's Radio P4.

In case of incidents that constitute danger to life and health, the rescue service can choose to request the Emergency Population Warning (VMA, Swedish abbreviation). More information is provided under the heading "Information in the event of a crisis".

## Contaminated water and water supply in the event of power failure

In the event of water borne infection, all water must be boiled to remove any micro-organisms. Keep this in mind also when you collect water from an adjacent sea or watercourse. Water purification tablets and filtering devices are available for purchase in outdoor shops. Note that neither water purification tablets nor boiling can remove any contamination from industries or agriculture.

In the event of a major power failure, water supply may stop for some hours if the auxiliary power supply to water pumps or the water purification plant does not work properly.

Always store water at home, in clean drums or in PET bottles in the freezer. The freezer keeps them cold for a long time even in the event of a power failure. Drinking water which is kept cool and dark holds for at least a week but can hold much longer depending on how clean the water and the storage containers are from the beginning. Also ensure that you have drums for water at home as the municipality sends tankers, hence you should have something to collect water in.



# Information in the event of a crisis

- Listen to Sweden's Radio P4.
- Read more on: [www.dinsakerhet.se](http://www.dinsakerhet.se)
- Update yourself through the municipality's Facebook page and Twitter account.
- Call +46 113 13, the number for information in the event of serious accidents and crises.
- Emergency Population Warning, important message to the public.
- In the event of, for instance, a long-term power failure, the citizen office will work as an information centre.

## Emergency Population Warning

The emergency population warning, is broadcast on Sweden's radio and is shown on Sweden's Television (SVT) and TV4. An emergency population warning may be preceded by the typhoon signal Emergency Warning. The signal consists of a seven second long signal and a 14 second silence. This is repeated for at least two minutes. When the danger is over, a 30-40 second long signal is sounded. The signal is tested on the first Monday of March, June, September and December, 15:00 The Emergency Population Warning message can also be sent as a voice message on landlines and as an SMS on mobile phones that are registered in the affected area.

If the alarm goes off:

- Go indoors
- Close doors, windows, ventilators and fans
- Listen to the radio or watch on TV
- Check [krisinformation.se](http://krisinformation.se)

You can find more information on [www.msb.se/vma](http://www.msb.se/vma)

## ICE – In Case of Emergency

ICE is an international concept which means In Case of Emergency, translated in Swedish as ”I nödfall”. If something were to happen to you, it is good to be able to reach your relatives. Write ICE as well as the name and telephone number of your closest relative as contact in the phone book of your mobile phone. Do not forget the international code +46 and leave the zero in the international number, then ICE is passable all over the world. If you want to add more contacts as ICE contacts, you can write ICE1, ICE2 and so on.

## Here you can get more information

Din säkerhet.se has tips, advice, and support on how to prepare for or prevent serious incidents.

[www.dinsakerhet.se](http://www.dinsakerhet.se)

Krisinformation.se provides compiled information on the society's crisis management. You can receive help on finding the responsible authorities. Here is a special page which compiles the different operational disturbances in the country.

[www.krisinformation.se](http://www.krisinformation.se)

Through the Civil Defence Association in Western Östergötaland, you can take courses and undergo training in crisis management.

[www.msb.se](http://www.msb.se)

At the Energy Authority, you can receive tips and advice on the consequences of a power failure and how you can manage it.

[www.energimyndigheten.se](http://www.energimyndigheten.se)

You can also read more on City of Linköpings website. There you can also find tips on how you can protect yourself from crises in daily life, for example burglary.

[www.linkoping.se/72timmar](http://www.linkoping.se/72timmar)

# Sweden's most important telephone numbers

112 – Emergency number in the event of danger to life, property and environment

1177 – Medical consultation on telephone

114 14 – The police number for non-urgent matters

113 13 – Information number in the event of accidents and crises

You must call the emergency number in the event of emergency situations when there is a danger to life, property and environment. By calling 112 you can access all of the society's help resources such as ambulance, rescue service, police, poison information, priest on call, sea rescue service and mountain rescue service. Through the SOS alarm website, the blind, deaf and mute can register themselves to be able to communicate with the emergency number 112 through SMS.

## Contact City of Linköping

Exchange: +46 (0)13-20 60 00

Open: 07.45-17.00 (June - August 07.45-16.00)

### Medborgarkontor (Citizen Office)

The citizen office helps you if you have questions or need guidance on the municipality's service. You can find us in the city library, in Skäggetorps centre and in Berga next to Berga church. In case of a crisis, the citizen office will function as an information centre.

Medborgarkontoret City

Visiting address: Östgötagatan 5

Telephone: +46 (0)13-20 66 70



Medborgarkontoret Skäggetorp  
Visiting address: Skäggetorps centre 1A  
Telephone: +46 (0)13-20 84 19 or +46 (0)13-20 89 69

Medborgarkontoret Berga  
Visiting office: Söderleden 46  
Telephone: +46 (0)13-20 55 30

### Customer Service of the Sustainable Development Administration

Telephone: +46 (0)13-20 64 00  
Open: Monday-Friday 08.00-17.00 (16.00 June-Aug)  
Visiting address: Drottninggatan 45, 581 81 Linköping

## *Risk* *linjen*

### Risk line

Telephone: +46 (0)20-93 00 00  
You can call the risk line round the clock and notify danger and risks in the surroundings, for instance, wells without cover, dangerous outdoor environments, dangerous stairwells or forgotten toxic products. The call is free. You will reach SOS Alarm, which will forward you to the municipality. We at the municipality will find out who is responsible for the problem and forward you to him/her.

### Rescue service, Eastern Götaland

Albrektsvägen 150  
602 39 Norrköping  
Telephone: +46 (0)10-480 40 00ww  
<https://www.rtog.se/>

# Can you manage for 72 hours

If you adopt your social responsibility and handle 72 hours of a crisis yourself then the society's resources can be used to help the neediest.

