

How prepared are you if your radiators go cold and your fridge gets warm?

If there's a serious storm, your IT connection goes down, or an armed conflict occurs, the things we take for granted can stop working. So it's a good idea to be prepared. The most important things you will need are food, drinking water, heat, and the ability to receive important information. If a crisis or war happens, we will all need to play our part.

A shared responsibility

The vast majority of us take for granted that society's facilities and services will pretty much always work. And Sweden is a safer country than many others. But threats to our security and independence do exist. And if you're prepared, you're helping ensure that we are better equipped to handle serious systemic stress.

Global warming is making storms, flooding, and forest fires more common. Disorder and unrest in the outside world can affect imports and result in shortages of foodstuffs and medicines. A serious infection that results in widespread illness can lead to a shortage of staff in important sectors of society. Disruptions to IT systems can affect electricity supplies.

Your municipality is responsible for ensuring that services – such as the water supply, care of the elderly, emergency rescue services, and schools – function, even in the midst of a societal emergency. But you need to prepare yourself for dealing with a difficult situation, too, whatever the cause. See overleaf for tips on the sort of things it's a good idea to have at home.

Plan your home preparedness

During a societal emergency, help will be provided, first and foremost, for those who need it most. The majority of us will need to be prepared to look after themselves for a while. Plan to be self-sufficient for a few days, or for a week or more if you can. Adapt your home preparedness in line with what is most appropriate for you and those close to you. Some things can be shared, so talk to your relatives and neighbours about how you can prepare together.

Tip!

The **If crisis or war comes** brochure explains how different societal emergencies could affect your everyday life and suggests things you can do and think about to ensure you're better prepared. Scan the QR code to view the brochure in English.



Swedish Civil
Contingencies
Agency

How prepared are you?

See below for some general tips on the sort of thing it's a good idea to have at home in the event of a societal emergency. Use what is appropriate for you and those close to you, and consider sharing some things or borrowing from one another.

- A radio powered by batteries, solar cells, or winding. Access to a car radio.
- A torch and head torch, with spare batteries.
- Clean buckets and bottles to store and collect water.
- Food that does not require refrigeration/freezing, and which can be eaten without preparation or prepared without water.
- A spirit stove and fuel (best used outdoors).
- Sleeping bags, blankets, and warm clothes, woollen undergarments.
- Matches.
- Candles, tealights.
- Paraffin lamp and fuel, e.g., lamp oil or paraffin. Remember to ensure good ventilation.
- Alternative heat sources that run on paraffin, LPG, diesel, or wood, for example.
- Home pharmacy and personal hygiene items (e.g., wet wipes).
- Extra batteries, charged power banks.
- Cash, in case payment systems go down.
- Paper printouts with phone numbers of family members, relatives, neighbours, the municipality, emergency rescue services, electricity providers, hospitals, etc.



Water

Clean drinking water is vital. Allow for at least three litres per adult per day. If you are uncertain about the quality of the water, you need to be able to boil it.

Food

It's important to have extra food at home to provide you with sufficient calories. Use non-perishable food that can be prepared quickly, requires little water, or can be eaten without preparation.

Heating

If the electricity goes off at a cold time of the year, your home will quickly become cold. Gather in one room, hang blankets over the windows, cover the floor with rugs, and build a den under a table to keep warm. Remember the risk of fire if you use candles.

Communication

In the event of a serious incident, you will need to be able to receive important information from the authorities, mainly via Sveriges Radio's radio station, P4, and Sveriges Television's TV channels. You can also go to the krisinformation.se website or call the information number, 113 13. In an emergency, you also need to be able to call the emergency services on 112. Remember that you also need to be able to stay in touch with your family members.