

How to manage for 72 hours

– Be prepared!



BORÅS
STAD



Manage on your own for three days,

72 timmar

How well-prepared are you, if something were to happen?

Sweden's emergency preparedness is based on everyone taking joint responsibility for the safety of our country and for our own safety and that of our nearest and dearest. This responsibility means that you should be prepared to manage a difficult situation and meet the immediate needs that arise.

When a major catastrophe or minor crisis arises, it may take days before normal service is resumed. What would you do? If you have no electricity. No heating. If there is no food in the shops.

Be prepared

It isn't easy to manage a few days without access to electricity, water or food. But most of us can cope if we are prepared. If we manage the first couple of days of an emergency, we make things easier for those most in need of help. Society's resources can then be focused on helping the weak and vulnerable: the elderly, the infirm, children.

Checklist

In a crisis there is a risk that you may have to manage without heating, light, water and many other things. We have gathered tips as to how you can prepare and what you should have at home.

Emergency kit

Water and food



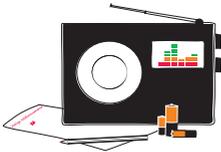
- Water containers
- Non-perishable food
- Camp stove and fuel
- Outdoors you can use a barbecue

Heat and light



- Alternative heating source, if possible
- Flashlight/torch with extra batteries
- Candles
- Matches, lighter
- Warm clothing and blankets

Information



- Radio with battery
- Telephone list of important number on paper

Miscellaneous



- First-aid kit with items you need
- Personal hygiene articles
- Cash

Water and food

Normal daily fluid intake for an adult is around three litres through food and drink. Most of the items in your emergency food cupboard should be non-perishable items not requiring fridge or freezer and easy to prepare.

Good to have in your food cupboard

Rice	Tins (fruit, meat, vegetables)	Biscuits
Pasta	Freeze-dried goods	Crackers
Flour	Dehydrated soup	Syrup/soda
Porridge oats	Candy	Instant coffee
Beans/Lentils	Chocolate	Tea
Cooking oil	Sugar	
Margarine	Crispbread	

Useful telephone numbers

Emergency number, SOS	112
National information number in a crisis	113 13
Medical advice line	1177
Police	114 14
Rescue services	033-17 29 00
Borås Stad, växel	033-35 70 00

Important Message to the General Public, VMA

(also known as hoarse Fredrik) is a warning signal for the general public. It is used to warn and inform people of major accidents and serious incidents. The warning signal sounds for 7 seconds, followed by a 14-second silence. Then the signal sounds again. When the danger has passed, a longer signal is heard for 30 seconds. The signal is tested on the first Monday of the month in March, June, September and December, at 15:00 hours.

What to do when you hear the alarm:

1. Go indoors!
2. Close doors, windows, air-regulators and fans.
3. Listen to the radio or watch TV (Sweden's' public broadcasting).
4. Check for information on www.krisinformation.se.

