

You are part of Norway's emergency preparedness

ADVICE ON PREPARING FOR EMERGENCIES



The safest in the world – yet still vulnerable

We live in a safe, stable society where we are used to most things working as they should. However, everyday life in Norway relies on things such as power, water and the internet – and that is our greatest vulnerability.

Storms, natural disasters, sabotage, technical problems, terrorism or acts of war could result in many people losing access to, for example, their electricity or water supply, and make it harder to get hold of essential goods and supplies.

When communities suffer major incidents or crises, a lot of people need help. If more of us can take care of ourselves and those around us in such a situation, that help can be focused on where it is needed most. In this way, you are part of Norway's emergency preparedness.

That is why we are asking all households in Norway to take a few simple steps to improve their own preparedness for emergencies. This brochure reviews the basic things you should think through and provides specific examples of how you can remain self-sufficient for at least three days should something happen.

You can find more information about how you can be better prepared for incidents and crises on sikkerhverdag.no/en/prepare

Keep this brochure safe.

Example household emergency survival kit:

- nine litres of water per person
- two packs of crispbread per person
- one pack of porridge oats per person
- three tinned meals or three bags of dried food per person
- three tins of sandwich spreads or fillings with a long shelf-life per person
- a few bags of dried fruit or nuts, biscuits and chocolate
- any medicines you rely on
- heater that runs on wood, gas or paraffin
- gas barbecue grill or stove for cooking
- candles, battery-powered torches or paraffin lamps
- matches or lighters
- warm clothes, blankets and sleeping bags
- first aid kit
- battery-powered DAB radio
- batteries, fully charged powerbank and mobile charger for a car
- wet wipes and disinfectant
- toilet paper
- some cash
- extra fuel and wood/gas/paraffin/methylated spirits for heating and cooking
- iodine tablets (for use in case of a nuclear incident)

What do you need?

This is an example household emergency survival kit that should ensure you are self-sufficient for at least three days. Think through what you might need where you live.

MEETING YOUR BASIC NEEDS FOR THREE DAYS

Food

You should keep enough food in your home to feed everyone in your household. Think through how you would cook your food if your power or water supply were cut off. If you have pets or special dietary needs, you need to plan for this. Here are some tips on ensuring you have enough food:

- Make sure that you have enough of the food that you usually buy and eat for a few extra days. Instead of shopping every day, you can shop for a few days at a time.
- Store a little extra food with a long shelf-life that can be kept at room temperature and eaten without being heated should you need to.
- Good examples are crispbread, tinned spreads and fillings, energy bars, dried fruit and nuts. Soup and dried hiking food are good alternatives and keep for a long time, although they often need heating.

Heating and lighting

Many homes use electricity as their main or only source of heating. Here are some options you should consider to make sure you are better prepared for power outages:

- Wood-burning stove or fireplace
 - make sure that it works properly and that you have enough wood.
- Gas or paraffin heater – check that it is in good condition and designed for indoor use, follow the instructions and ensure good ventilation.
- Warm clothes, blankets and sleeping bags.
- matches or lighters
- Agree on a plan with neighbours, family or friends about providing shelter.
- Headlamps or torches – remember batteries.



Drink

You need at least three litres of clean water per person per day for drinking and cooking. Water should preferably be stored in a cool, dark place away from direct sunlight. If you clean the containers well, water can be stored for years and still be safe to drink. To ensure you have enough fluids, you can:

- Clean bottles or containers, fill them to the brim with cold tap water and seal them.
- Buy water in bottles or containers from a shop.
- Meet some of your need for fluids with juice, soft drinks and other non-alcoholic beverages.

Storing water:

- Wash the bottles/containers with soap and water and rinse.
- Then fill with water and add two capfuls of household bleach per 10 litres of water. Let them stand for at least 30 minutes.
- Empty them and rinse them thoroughly.
- Fill the bottles or containers to the brim with cold, running tap water.
- Store the water in a cool, dark place.

You can find more information on: sikkerhverdag.no/en/prepare



Medicines and first aid

Everyone ought to know how to give basic first aid. Courses and training are available from a number of providers and range from complete beginner to refresher courses.

If you rely on medicines or special medical assistive aids, you should talk to your doctor or pharmacy about the possibility of keeping extra supplies. Check the use by date of the medicines you use and replace those that are past their use by date. You should keep the following in your home:

- Standard first aid kit
- Painkillers
- iodine tablets (for use in case of a nuclear incident)



Hygiene

If you do not have access to hot water, or – worse still – any water at all, it is important to think about personal hygiene and cleanliness when it comes to food and cooking. Poor hygiene can lead to infection and disease.

- Wash yourself every day as well as you can, especially after toilet visits and before cooking.
- You should have wet wipes and antibacterial hand disinfectant.
- Keep your home clean and tidy.
- You need to plan for alternatives in case your flush toilet cannot be used.

Tips!

You can find more information on sikkerhverdag.no/en/prepare – including tips on how to make an emergency toilet if your water supply is cut off.

Information

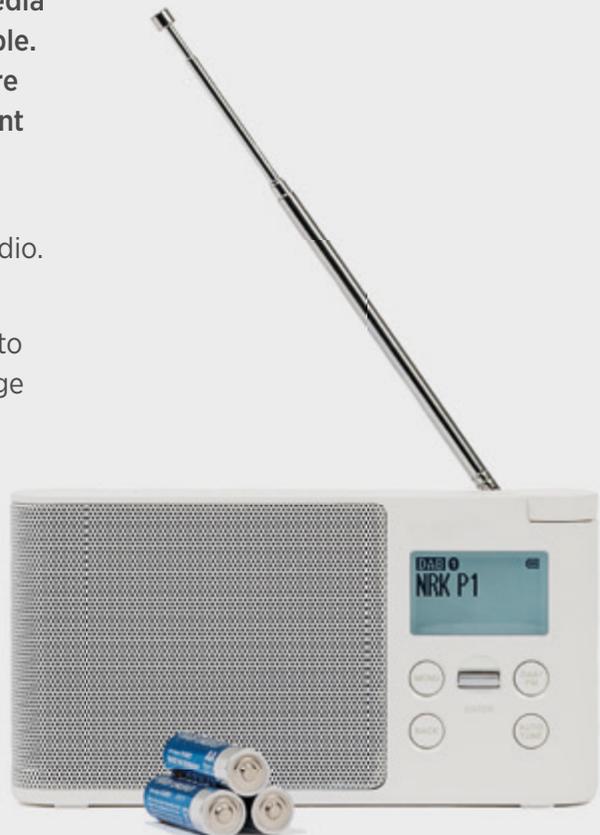
In the event of a crisis or disaster, it is important that you have access to official information about what is happening and what you should do. The public warning alarm system (air-raid sirens) may be used to warn the population of acute imminent danger. This means that you need to seek information if an alarm sounds.

Radio NRK P1 is Norway's emergency channel tasked with ensuring that information is broadcast to the general public, even if other news media and public websites are unavailable. Here are some tips on making sure you have good access to important information:

- Have a battery-powered DAB radio.
- Have extra sets of batteries.
- If you have a car, you can use it to listen to the radio and to recharge your mobile phone.

Remember!

Make extra sure that you get your information from known, reliable sources. Crisis situations are often chaotic, and it may be in some people's interests to spread misinformation.



Good emergency preparedness is not just about what you have in your cupboards, it is also about what you have in your head.

Think through what could happen where you live, how you and those around you might be affected, and how you can deal with it together. Find out whether anyone may need help and how you can contribute.

Make sure that the equipment you plan to use in an emergency is in good working order, and that you know how to use it. Learn basic first aid and find out how your municipality will keep you informed in a crisis.



Sikkerhverdag.no

You can find DSB's advice and tips on preparing for emergencies and preventing accidents in the home on sikkerhverdag.no/en.

Important phone numbers

110

Fire and rescue service

112

Police

113

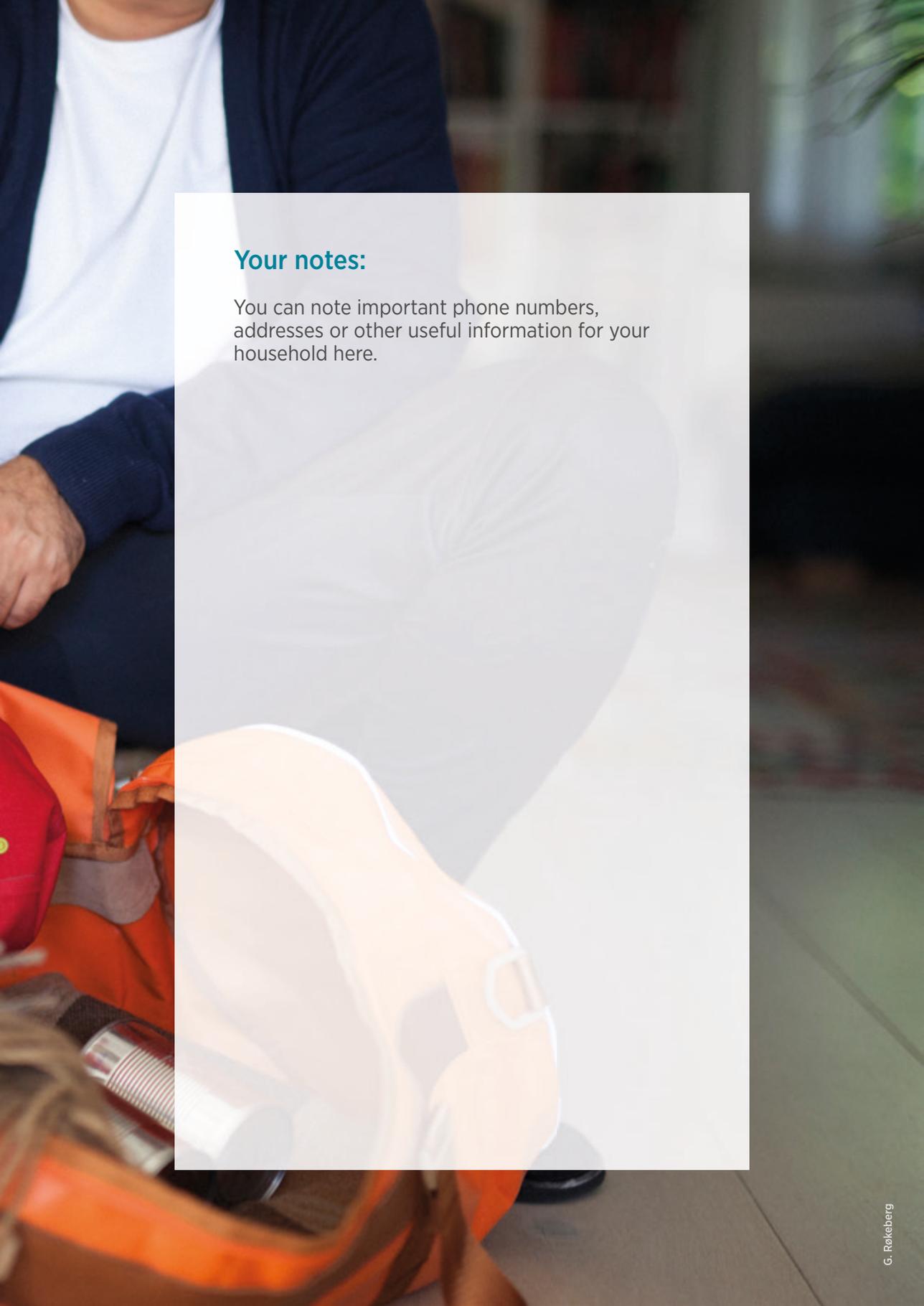
Emergency medical help

116 117

Accident and emergency department

Visit your municipality's website to read more about local conditions.



A person wearing a white t-shirt and a dark blue cardigan is sitting on the floor. In front of them is a large white bag and an orange bag containing various supplies, including a red bag and a metal can. The background is a blurred indoor setting.

Your notes:

You can note important phone numbers, addresses or other useful information for your household here.



Product photo: Gaute Gjel Dahle