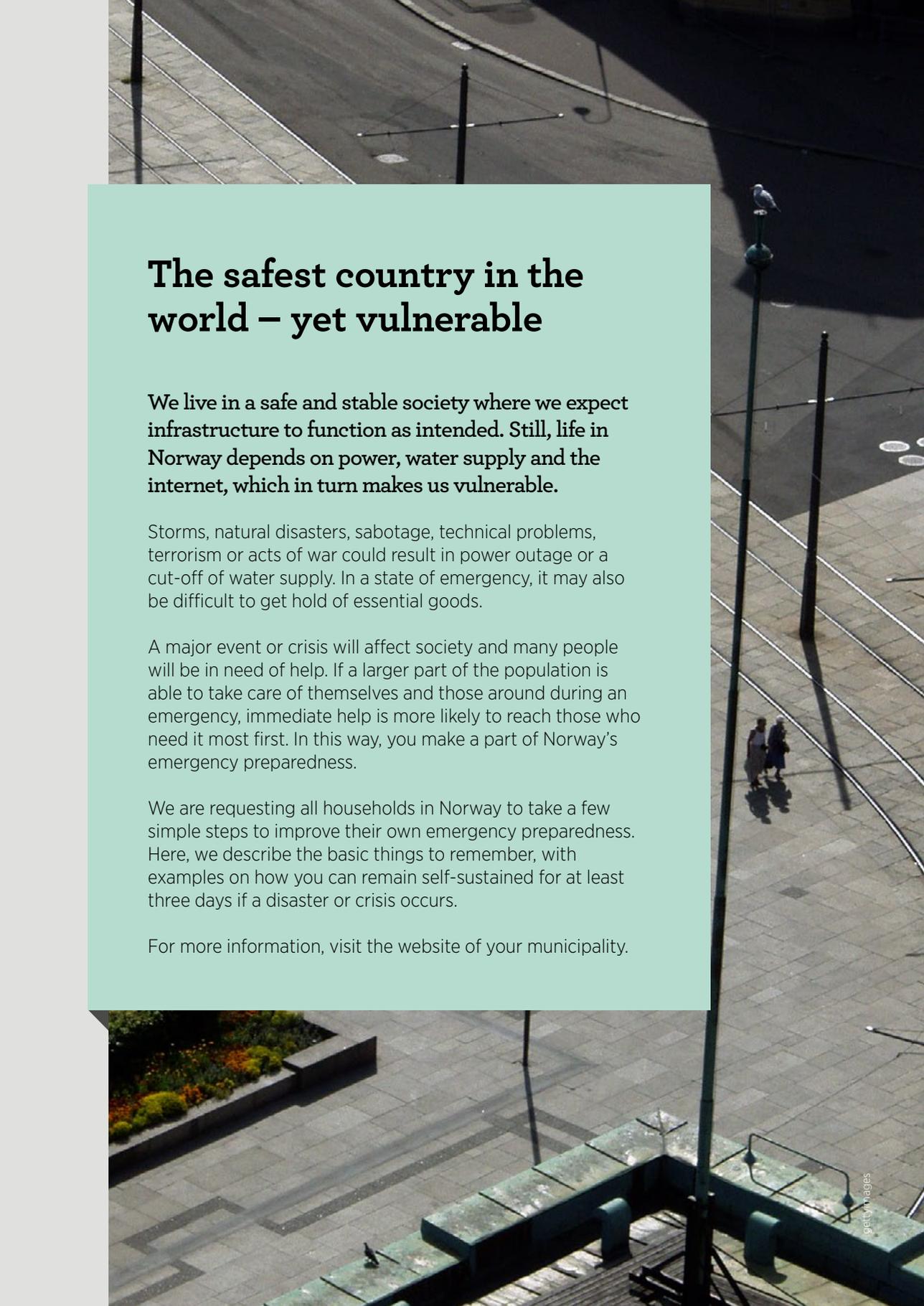


You are part of Norway's emergency preparedness

ADVICE ON EMERGENCY PREPAREDNESS





The safest country in the world – yet vulnerable

We live in a safe and stable society where we expect infrastructure to function as intended. Still, life in Norway depends on power, water supply and the internet, which in turn makes us vulnerable.

Storms, natural disasters, sabotage, technical problems, terrorism or acts of war could result in power outage or a cut-off of water supply. In a state of emergency, it may also be difficult to get hold of essential goods.

A major event or crisis will affect society and many people will be in need of help. If a larger part of the population is able to take care of themselves and those around during an emergency, immediate help is more likely to reach those who need it most first. In this way, you make a part of Norway's emergency preparedness.

We are requesting all households in Norway to take a few simple steps to improve their own emergency preparedness. Here, we describe the basic things to remember, with examples on how you can remain self-sustained for at least three days if a disaster or crisis occurs.

For more information, visit the website of your municipality.

Your own emergency storage

Below is an example of a list of items for your household in order to keep yourself self-sustained for three days.

- Nine litres of water per person
- Two packs of crispbread per person
- One pack of oat porridge per person
- Three boxes of canned food or three bags of dried food per person
- Three boxes of sandwich spreads or jam with long shelf life per person
- A few bags of dried fruit or nuts, biscuits and chocolate
- Any medication that you are dependent on
- Stove for heating (wood, gas or paraffin)
- Gas fuelled grill or cooker
- Candles, flashlight with batteries, paraffin lamp
- Matches or lighter
- Warm clothes, blankets and sleeping bags
- First aid kit
- Battery powered DAB radio
- Batteries, battery bank and mobile charger for the car
- Wet wipes and disinfectant
- Paper towels and toilet paper
- Cash
- Extra fuel and wood/gas/paraffin/denatured alcohol for heating and cooking
- Iodine tablets in case of a nuclear event.

HOW TO COVER BASIC NEEDS FOR THREE DAYS

Food

You should have enough food in your house to feed everyone. Think about how you can prepare your food if the power or water supply is down. If you have pets or have special dietary needs, you will need to plan extra for this. For example, you can:

- Make sure the food you usually buy and eat is sufficient to last for some extra days. Instead of shopping every day, you can shop for a few days at a time.
- Keep some extra food with long shelf life, which can be stored in room temperature, and possibly eaten without being heated. Examples are crispbread, canned spreads and fillings, soups, hiking food, canned dinners, energy bars, dried fruit and nuts.

Drink

You need at least three litres of clean water per person per day for drinking and cooking. Water should be stored in a cold, dark and frost free place such as a shed, garage or outhouse. Replace the water once a year, preferably on a fixed date. To make sure you have enough fluids, you can:

- Clean bottles or cans, fill them to the brim with cold tap water, and seal.
- Buy bottled or canned water from the store.
- Cover some of your need for fluids with juice, soft drinks and other non-alcoholic beverages.

Heat

Many homes have electricity as the main or only source of heating. To be better prepared for power outages, here are some options to consider:

- Wood burning stove or fireplace – make sure that it functions correctly and that you have enough wood.
- Gas or paraffin stove – check that it is in good condition and designed for indoor use.
- Warm clothes, blankets and sleeping bags.
- Matches or lighter.
- Agreement with neighbours, family or friends to give you shelter.



Medicine and first aid

Everyone should be able to provide basic first aid. If you rely on medication or medical aid, you should talk to your doctor or pharmacy about the possibility of having a reserve, but remember to check the shelf life of the medication. You should have this at home:

- Standard first aid kit.
- Painkillers.
- Iodine tablets in case of a nuclear event.

Hygiene

Without hot water, or worst case without any water at all, it is important to consider personal hygiene and cleanliness concerning food and cooking. Poor hygiene can lead to infection and disease.

- Clean yourself daily to the extent possible and wash your hands after toilet visits and before cooking.
- You should keep wet wipes and antibacterial disinfectant.
- Keep your home clean and tidy.
- Make a plan for alternatives to WC.

Information

In the event of crises or accidents, it is important that you have access to public information about the situation and advice on what to do. The warning systems (often called typhoon or air raid sirens) warns the population of acute danger. When the alarm goes off, it means that you need to seek information.

NRK P1 is the emergency channel on which broadcasts information to the population, even when other news media and public websites are unavailable. Here are some tips to ensure access to important information:

- Keep a portable DAB radio that runs on battery power.
- Extra set of batteries.
- If you have a car, you can use it to listen to the radio and to recharge your mobile phone.

Remember!

Emergencies are chaotic and unpredictable. Hostiles may have interest in spreading misleading or false information. You should therefore make sure you obtain information from reliable sources.



Being prepared for an emergency is not only about what you have. It is about what you know, too.

Think about what could happen where you live. Think about what might affect yourself and those around you in case of an emergency. Make a plan for how you can handle an emergency together. Find out whether anyone around you needs help, and how you might 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 during a crisis.



Are you prepared?



Jannecke Nordskog (43)

MOTHER OF TWO, LIVES IN A FLAT

I have not thought about this at all. We have a lot of dry food in the house, but I have not thought about the need to consider this as a real issue. So I don't know. We should have some water and wood stored in the shed.



Eva Vige (71)

LIVES BY HERSELF IN A TERRACED HOUSE

I am not worried about terror or disasters and if anything should happen I've got plenty of food and clothing. What is important to me is to have an extra source of heat for cooking and a fire. I like listening to the radio and I have a DAB radio, so I just need to make sure that I have batteries for it.



Olav Evang (20)

LIVES IN A SHARED FLAT WITH FOUR
OTHER PEOPLE

I guess I'm not very well prepared. We don't have a lot of storage space in our flat, so we can't store much. I've been in the army, so I think I could manage pretty well. I have camped in tents a lot and I'm experienced with preparing food out in the open. My roommate has arthritis, so it would be tough for him to be without his medicine.



Mohammedi Saaliti (41)

FATHER OF THREE, LIVES IN A HOUSE

You think that nothing can happen here in Norway, but you never know when natural disasters and so on can strike. As a parent, you want your children to stay healthy, so it's important to keep medication at home and to be able to provide first aid. I also need to take care of my mother. Her Norwegian is not very good, so in a crisis situation it would be hard for her to get the right information.

Emergency information in English

Emergency information provided by the authorities and media is mainly in Norwegian. If you do not understand Norwegian, please consider the following:

- The authorities publish emergency information on their website, through media, and on social media.
- Access to information in English may at first be limited, but normally it will improve over time. Check webpages and social media again later.
- The municipality (kommunen) will publish information about local emergencies, crises and accidents affecting citizens or visitors.
- If there is something you do not understand or need to have explained, ask someone to help you. Most Norwegians will be willing and able to assist.
- If available, use online translation tools to translate from Norwegian to English.
- Avoid spreading false or unconfirmed information.



Important telephone numbers and websites

- 110** Fire and rescue services
- 112** Police
- 113** Ambulance
- 116 117** Emergency room

Visit the website of your municipality and read more about local conditions.

sikkerhverdag.no



The campaign is a cooperation between the Norwegian Directorate for Civil Protection (DSB) and Oslo Municipality.