

Important information for all households
in Linköping municipality

If crisis or war comes



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Hello!

This brochure is being sent out to all households in the municipality of Linköping, as a local complement to MSB's nationally distributed brochure "If crisis or war comes".

The Swedish Civil Contingencies Agency (MSB) works to strengthen society's ability to prevent and manage accidents, crises or situations of war. If you do not have a copy of their brochure, you can order one at msb.se.

The aim of this local brochure is to give you tips and advice on what you, as a resident of Linköping municipality, can do to prepare yourself to be better able to cope with a serious societal crisis or, in the worst case scenario, a war. The steps you have taken before the crisis occurs will make life less difficult during the crisis.

You are part of Linköping municipality's ability to withstand a crisis!

Keep this brochure so that you can find it easily, and discuss the content with those around you.



How prepared are *you* if something were to happen?

Linköping is a modern city where most of us take our home comforts for granted. But imagine that you suddenly find yourself without electricity, there is no water coming from the tap and your home is no longer heated. The food in the fridge or freezer goes bad, and you can't pay with your bank card at the supermarket – if it's even open. You can't make phone calls and the internet has not been working for several days.

Managing for a week without electricity, water or food is not easy. But most of us would be able to do it if we are prepared.

Sweden's crisis preparedness is based on everyone taking joint responsibility for the safety and security of our country, ourselves and our loved ones. Our personal responsibility means being prepared to cope for at least seven days

– ideally longer. It may take some time for society to be able to function normally again. Take responsibility for yourself and your loved ones!

The help that the municipality will be able to offer will be focused on those who have difficulty coping on their own, such as the sick and the elderly. This is why the efforts you make are important!



Organise a crisis box

**Don't be afraid
– be prepared**

Don't delay
start today!

Most people can easily build up an emergency stockpile at home. How much food does your household usually need for a week?

Always keep enough food in the fridge, freezer and cupboards to last for at least a week. Not everything you might need during a crisis needs to be in your crisis box. Fill PET bottles three-quarters full with water and keep in the freezer – these can later be used for drinking or as ice packs. Will you be able to cook food during a power cut? If you have a barbecue, for example, make sure you have a supply of charcoal at home.



Good to have in your crisis box

- Canned and long-life food
- Water container, PET bottles
- Your medication – one month's supply
- Torch, headlight
- Tealights, candles
- Radio
- Batteries
- Powerbank
- Cash
- Camping stove, matches, firelighters
- First aid kit
- Toilet paper, wet wipes
- Heavy-duty plastic bags
(in case the toilet cannot be flushed)
- The *If Crisis or War Comes* brochure
- Pens and paper



Good food to have at home

- Potatoes, cabbages, carrots, eggs
- Bread with a long shelf-life
- Soft cheese or other sandwich spreads in a tube
- Cooking oil, hard cheese
- Fast-cooking pasta, rice, grain, powdered mashed potato
- Canned vegetables
- Canned chopped tomatoes to cook pasta in
- Cans of meat, fish, soups
- Rosehip soup, juice or other drinks that can be kept at room temperature
- Coffee, tea, chocolate, energy bars, nuts

It is good to choose foods that can be prepared quickly, do not require a lot of water, can be eaten without cooking and can be stored at room temperature.

**More information
about food reserves
in a crisis:**

[livsmedelsverket.se/
mattforrad](http://livsmedelsverket.se/mattforrad)



Food and warmth during a crisis

Everyone has different possibilities and needs, depending on whether they live in the countryside or the city, in a house or an apartment. Here are some general tips for dealing with the essentials when our daily lives are disrupted.

Retain heat

Heat can disappear quickly from your home if it is cold outside. Choose one room where you try to maintain the temperature.

→ Seal windows and doors. Hang blankets in front of the windows to prevent draughts and reduce heat loss from windows. Remove the blankets during the day so that the sun can help to raise the indoor temperature.

→ Briefly air the room from time to time to bring in fresh air, but without letting out too much heat.

→ If there are several of you in the home, sleep in the same room.

→ For extra warmth during the night, camp indoors and use a sleeping bag.

→ Rugs and mats on the floors provide extra insulation.

→ Dress warmly with several layers of clothing.

Cooking food

Without a working stove, fridge or freezer, it is best to start by eating the food you have at home that is at risk of going bad.

Do you have PET bottles filled with ice? Use them as ice packs to cool the fridge, if needed. But only open the freezer if you absolutely have to during the first few days. If it's cold outside, you can store food outdoors, in well-sealed containers.

Cook outdoors on a barbecue or build a simple fire pit, but be aware of the fire risk!



Make a crisis box for your pets too!
svenskablastjarnan.se/klara-krisen



Safety points

In the event of a crisis, such as disruption to the supply of water, electricity or heating, Linköping Municipality may open safety points – meeting places for people to turn to in the event of societal disruption.



You can attend a safety point to get warm and receive information about the situation, and they may also be able to provide water and an opportunity to charge your mobile phone.

The best and safest place for healthy people is usually their own home, even if things might be more complicated in the event of a societal disruption.

There are around 30 municipal schools in Linköping that could serve as safety points. Other premises may also be considered. The level of service provided at the safety points will vary depending on the nature of the premises, what has happened and the duration of the societal disruption. In some cases, it may be possible to cook food, shower and stay overnight.

If the municipality needs to open any of the safety points, this will be announced on our website linkoping.se and via Sveriges Radio P4 Östergötland 99.8 MHz and Linköpings Närradio 95.5 MHz.

In the event of a crisis, you can also visit Kontakt Linköping for more information:

- Main Library, Östgötagatan 5
- Skäggetorps centrum
- Berga slott, Herrgårdsgatan 3a

Or the municipal libraries:

- Ekholmens centrum
- Johannelunds centrum
- Lambohovs centrum
- Himnaskolan, Lingham
- Centralplan 1, Ljungsbro
- Kärna centrum, Malmslätt
- Ryds centrum
- Näckrosvägen 4a, Sturefors
- Agora, Skäggetorp centrum 18

Scan the QR code to see the current list of safety points.

Or visit: linkoping.se/trygghetspunkter



Take responsibility in a crisis and help others

If we all take responsibility for ourselves and our loved ones during a crisis, society's support can be targeted at those who really need it.

Get to know your neighbours so that you can help each other if the need arises.



Shelters and outdoor alarms

In a more serious situation, you might need to go to a shelter. You are not assigned to any specific shelter but should use whichever is closest.

Shelters are primarily useful in areas that are difficult to evacuate, such as urban areas. If you live in a rural area, you might have a cellar or something similar that could function as an alternative shelter.

In the event of an air raid warning, you should immediately go to a shelter or other protective space, such as a basement or tunnel. The air raid warning is a signal that is used to alert the public if the military detects a threat of an imminent air attack.



Find out where the nearest shelter is to where you live and where you normally are during the day.
msb.se/sv/verktyg--tjanster/skyddsrumskarta/

Good things to take with you to the shelter:

- Container or bottle of water
- Food that can withstand room temperature
- Items for personal hygiene
- Toilet paper
- Medication
- First aid equipment
- Warm clothing
- Mobile phone + charger or power bank
- Valuables: e.g., ID card, driving licence, cash, bank cards

What does the air raid warning sound like?

Air raid warning

Signal with short bursts for 1 minute.



Danger over

Unbroken signal for 30 seconds.



Water, sewers and waste

Tekniska verken is responsible for water, drains and sewers, district heating, waste collection and most of the electricity network in Linköping. Different crises can affect us in different ways, so it is important to follow the information provided by Tekniska verken and the municipality on their websites, and on information sheets posted in waste rooms and in other places. This will tell you how to act in the situation at hand.

A lack of water is much more serious than a lack of food



In the event of a major power cut, water pumps will stop working and there will be no water in your taps. Prepare in advance by filling flagons and bottles with water and storing them in a cool, dark place. Plan for at least three litres of water per person, per day.

Limited quantities of water may be available at the municipality's safety points, but you must take your own containers. Information about the location of water tanks will be announced via Sveriges Radio P4 Östergötland and Linköpings Närradio, as well as on linkoping.se and the municipality's other communication channels.

If you have your own water and waste facilities, you must think about the preparations you need to make in order to cope with a prolonged power cut.

Hygiene

You can take care of your personal hygiene with wet wipes. If there is no water to wash dishes, wipe cutlery and utensils clean with kitchen paper or a cloth.

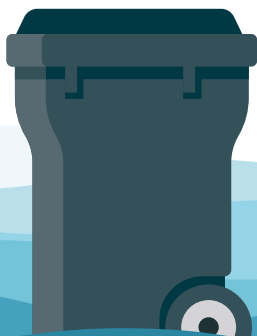
Waste

Household waste should be disposed of in the normal containers until you are informed otherwise. Keep waste bags tightly sealed and protected from pests.

Toilets and sewers

If there is no water coming out of the tap, the drains and sewers may also be out of action. You should then avoid using the toilet as usual. Neither should you use other water to flush with.

A tip is to place a sturdy bag in the toilet bowl to collect solid waste. Then place the waste in a latrine barrel or a bucket with a lid. Follow the instructions from Tekniska verken on what to do with the waste.



Communication and information

Follow the information provided by Linköping Municipality and other public authorities during a crisis. This can help make you and others more able to manage the situation.

Important channels in a crisis in Linköping

→ linkoping.se

→ facebook.com/linkopingskommun

→ tekniskaverken.se

→ krisinformation.se

Radio

You can also listen to Sveriges Radio P4 Östergötland, 99.8 MHz. They have a specific commission to provide information in the event of a societal crisis. Listen also to Linköpings Närradio, 95.5 MHz, which the municipality will use to provide information about the ongoing situation.

Safety points

Linköping Municipality can establish safety points in various locations. These will provide important information about the crisis and what people should do. *Read more on page 6.*



FRIVILLIGA RESURSGRUPPEN

One of the roles of the Volunteer Resource Group (FRG) is to manage the safety points on behalf of Linköping Municipality.

Would you like to become an everyday hero and get involved in the FRG?



Scan the QR code or visit:
linkoping.se/sakerhetsarbete

Beware of disinformation – be source-critical

When a society is in crisis, some people will try to influence others with disinformation. This involves the spreading of false or distorted information with the aim of influencing your perception of a situation and undermining trust in society.

Be critical of where the information is coming from, and do not share it with others unless you are sure that it comes from a reliable source.

You can rely on information that is provided by Linköping Municipality and public authorities.



Crisis preparedness for people with disabilities

Think about how your disability might affect you in the event of a power cut or other unexpected events. Here are a few simple ways to prepare so that you can feel more confident and secure if something unexpected were to happen.

Personal assistants

If you receive help in your daily life, make sure that these people are aware of how you might be affected by a societal disruption.

What you will need in an emergency

Let others know where to find the things that will be important for you to have in a crisis situation.

Medical equipment

Make sure that your medical equipment will also function during a power cut, if possible.

Medical ID

Always carry your medical ID, such as a necklace tag, bracelet or ID card.

Evacuation plan

Think about how you can leave your home if you need to. Be aware of where the exits are and ask someone if you are unsure. If others are aware of your disability, it will be easier for them to help in the event of an evacuation.

Guide dog

If you have a guide dog, make plans for how you will care for it during a crisis.



Important notes!

How many telephone numbers will you know if your mobile is not working? Here you can make a note of important phone numbers, agreed meeting places if your family can't contact each other, your nearest shelters and other important information.



A large white rectangular area containing horizontal dotted lines for writing notes.

→ linkoping.se/krisberedskap



112

Sweden's emergency number is to be used in acute emergencies when there is a danger to life, property or the environment. Call 112 if you need an ambulance, the fire and rescue services or the police.



114 14

The number to contact the police for non-urgent matters.



SMS112

If you are deaf or have a speech or hearing impairment, you can contact the emergency number 112 via the SMS112 service, analogue text telephone or PTS switchboard services. Read more at sosalarm.se



113 13

Sweden's national information number. Call 113 13 to provide and receive information about major accidents and crises.



013 - 20 60 00

Kontakt Linköping – your way to contact Linköping Municipality. You can also go to: linkoping.se/kontakt



tekniskaverken.se

At tekniskaverken.se/driftinformation you can see the operational status for water, electricity, district heating and broadband.



Radio

Sveriges Radio P4 Östergötland – 99.8 MHz

Linköpings Närradio – 95.5 MHz

For other languages: linkoping.se/beredskapsbroschyr

The brochure is available in easy-to-read Swedish and has been translated into Arabic, Dari, English, Persian, Somali and Tigrinya. These can be found at linkoping.se and can be collected free of charge from Kontakt Linköping's contact points (see page 6).



Buug-yaraha waxaa lagu turjumay af-soomaali. Waxaad ka heli kartaa linkoping.se/beredskapsbroschyr sidoo kale waxaad si bilaash ah uga soo qaadan kartaa meelaha booqdayaasha ee Kontakt Linköping.

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تمت ترجمة الكتيب إلى اللغة الإنجليزية. ويمكنك العثور عليه على موقع linkoping.se/beredskapsbroschyr في مناطق الزوار في Kontakt Linköping وهو متاح أيضًا مجانًا.

بروشورها به انگلیسی ترجمه شده است. شما میتونید در linkoping.se/beredskapsbroschyr جستجو کنید. و همچنین به صورت رایگان در Kontakt Linköping در دسترس هست

kontakt@linkoping.se
013 - 20 60 00

