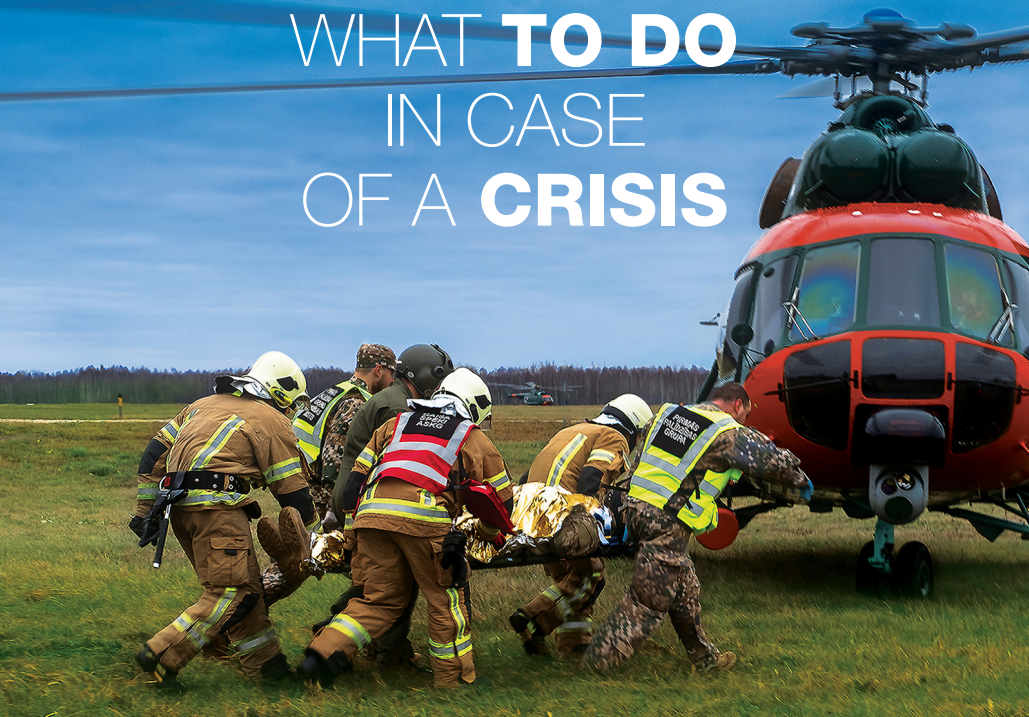




WHAT TO DO IN CASE OF A **CRISIS**



KEEP THIS
BROCHURE



THIS BROCHURE WAS PREPARED BY
THE MINISTRY OF DEFENCE OF THE REPUBLIC OF LATVIA

FOR MORE INFORMATION VISIT MILITARY NEWS PORTAL
<https://www.sargs.lv>

SARGS.LV
DROŠI IR ZINĀT!

Информацию по русски вы можете
найти на <https://bit.ly/2Ancgq9>



You can find information in Latvian on
<https://bit.ly/3bA6izn>



INFORMATION WAS PREPARED IN COOPERATION WITH



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WHY IS IT IMPORTANT FOR YOU TO KNOW?

Disasters, pandemics or military operations can cause power outages, interruptions in Internet and mobile communication services or closure of shops, fuel stations, and ATMs.



This brochure will help you and your family prepare timely to manage (survive) under these conditions for at least the first 72 hours or 3 days until the government agencies are able to restore the essential services and provide the necessary assistance.

The best way to protect yourself and your family is to be prepared for emergency situations in advance.



- 1 Discuss and agree on an **action plan** with your family.
- 2 Stock-up food, water, and essential items to last a minimum of 3-7 days.
- 3 Pack an **emergency kit/bag** (see page 9).
- 4 Write down in a notebook or memorize mobile phone numbers of your close relatives, neighbours, friends and other people important to you and urge them to do the same.



Refresh practical **knowledge** that might help you and your family under extreme conditions (first aid, water source locations, emergency numbers etc.) on a regular basis.

WARNING AND INFORMING THE POPULATION OF WHAT HAS HAPPENED AND FURTHER ACTIONS



IF YOU HEAR SIRENS OR PUBLIC ANNOUNCEMENTS THROUGH LOUDSPEAKERS:

TURN ON THE TV

TURN ON THE RADIO

**LATVIJAS
TELEVĪZIJA**



Latvijas
Radio

Keep track of the information on social media pages and websites of the government agencies:



www.mod.gov.lv, www.mil.lv; www.sargs.lv; www.iem.gov.lv;
www.vm.gov.lv



@aizsardzibasministrija; @latvijasarmija; @latvianfirefighters;
@Valsts.policija; @lekslietas; @VeselibasMinistrija; @NMPdienests



@aizsardzibasmin; @latvijas_armija; @ugunsdzeseji;
@Valsts_policija; @leM_gov_lv; @veselibasmin; @NMPdienests



**Are you following
the government agencies
in social media?**

112

Emergency
services



**Don't turn off the
TV or radio** and
wait for further
announcements.



**Check the
information** before
sharing it with others.
Don't spread unverified
news and rumours.



Call the emergency
services only when it
is **necessary** to avoid
overload.



WHAT TO DO IN THE FIRST 72 HOURS?

- 1 Keep calm.**
- 2 Try to get reliable information about what has happened.** Turn on the radio, TV, keep track of information posted by the relevant services on their social media pages and their websites. Ask the closest public or municipal authorities for information.



- 3 Follow the orders of the responsible government agencies.**

- 4 Help your loved ones.**



- 5 Check out whether your neighbours and other people nearby need help.**

- 6 Volunteer, provide support.** You can contribute in the first days by providing support with your knowledge and skills, material and technical resources, as well as psychological support to the affected and families, whose members are involved in overcoming the treat etc.



- 7 Keep working, if possible, especially,** if you work for a company or institution that provides essential services (electricity, communication, healthcare etc.).

**DON'T BE LAZY AND INDIFFERENT,
GET INVOLVED!**



**Do you know someone
who would need help in
case of crisis?**

WATER



Drinking water is the most essential element for survival. Adults need about 3 litres of water per day (4 litres in hot weather). In a situation of crisis interruptions to water supply may affect availability of tap water as well as water to flush the toilet.



ESTIMATE:

how many litres of water are needed to sustain you and your loved ones for 3 days (or preferably for a week)!



FIND OUT:

the location of natural drinking water sources (wells, springs) and how to use water purification tablets.

FOOD



Cooking during the state of emergency may be even impossible due to power outages and natural gas and water supply disruptions, hence, it is recommended to store food:

- 1 that can be kept at room temperature;
- 2 with a long shelf life (at least 6 months);
- 3 that needs less or even no water and cooking for preparation;
- 4 that is as nutritious and calorie-rich as possible.



STOCK UP:

canned food, root vegetables, pasta, cereals, dried bread, instant soups, flour, oil, hard cheese, coffee, tea, sugar, honey, jam, nuts etc.



KEEP TRACK OF:

the expiration dates of food. When they are approaching expiration, eat them and stock up on long-lasting products again.



DON'T FORGET:

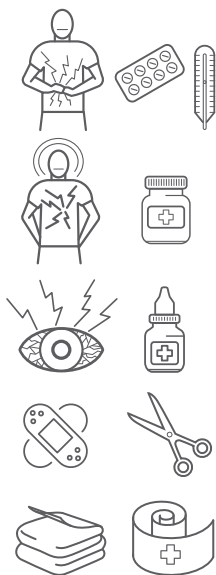
to stock up food for pets.



MEDICATION



During a national emergency, pharmacies may be closed or health-care institutions may be affected. It is important to make sure that your medicine cabinet at home contains **at least one product from the following groups of medications and the following items recommended by the State Emergency Medical Service:**



EVERY MEDICINE CABINET SHOULD CONTAIN:

- 1 A pain reliever, and fever reducer
- 2 Gastrointestinal medication (e.g. activated charcoal, anti-diarrheal)
- 3 Allergy medications
- 4 Anti-anxiety medications
- 5 Disinfectant
- 6 Bandages and scissors (band-aids, bandages, napkins etc.)
- 7 Daily medications of people in your household (pay attention to expiry date)
- 8 As well as an emergency foil blanket and a thermometer

Prepared by the Ministry of Defence based on the recommendations of the State Emergency Medical Service



Have you checked the expiry dates of your medications?

WHAT IS AN EMERGENCY KIT/ BAG AND WHAT MUST BE IN IT?

Emergency kit/bag contains things the individual or family will need in case of evacuation. Use this list to pack your kit/bag timely.

Pack the following items in your kit/bag:

DOCUMENTS AND INFORMATION

- copies of important documents (passport or ID, driver's licence) in a waterproof wrapping;
- list of important phone numbers;
- portable radio device with spare batteries;
- cash in small denominations (5, 10, and 20 EUR notes);
- waterproof notepad and pen.



FOOD AND WATER

- calorie-rich food with a long shelf life and no preparation required;
- multi-functional pocket-knife, can opener, spoon, non-fragile bowl and mug;
- drinking water in plastic bottles (for 3 days);
- spirit lamp;
- water filter, disinfectant tablets;



HEAT AND LIGHT

- spare charger, car charger, power bank;
- matches, lighter, candles, flashlight, batteries;
- warm clothes, spare underwear and comfortable shoes;
- sleeping bag or blanket, sleeping mat, and a tent if available.



OTHER:

- tape, thread, needle, scissors, stationary;
- towel, toilet paper, disposable napkins;
- disinfectant, hygiene items;
- medication you use (copies of prescriptions);
- first-aid kit (see page 8);
- spare glasses or contact lenses.





KNOW YOUR SERVICES

In case of crisis these services will perform evacuation, provide medical assistance, and be responsible for public order. These people will always carry a badge.



SOLDIER



POLICEMAN



STATE EMERGENCY
MEDICAL SERVICE
WORKER



FIREFIGHTER AND
INSPECTOR



STATE BORDER
GUARD



ELIMINATING MILITARY THREAT

If the country is threatened by an external enemy, the Cabinet of Ministers will announce a state of emergency, the armed forces and the relevant services will take protective measures.

LATVIA WILL BE PROTECTED!

ANY INFORMATION ABOUT SURRENDER OR NON-RESISTANCE IS FAKE NEWS!

TOGETHER WITH NATO ALLIES WE WILL PROTECT EACH AND EVERY ONE OF YOU!



YOUR RESPONSIBILITIES:

- 1** protect national independence, freedom and democratic political system (citizens may be enlisted)
- 2** follow the orders of the relevant agencies. Assist government efforts by supporting rescue tasks and/ or preparing for a hand-over of essential infrastructure required for national defence
- 3** keep on complying with the laws of the Republic of Latvia

BE ONE OF US – BECOME A SOLDIER, CIVIL GUARD OR RESERVE SOLDIER!

RESISTANCE

Even if control over a part of the territory is lost as a result of military operations, we will continue defending the nation by resisting until national independence is reinstated.

IF YOU ARE IN THE OCCUPIED TERRITORY:

- 1 evacuate to the part of the country controlled by the National Armed Forces
- 2 keep on complying with the laws of the Republic of Latvia
- 3 don't collaborate with the occupation forces:
 - distance yourself from their decisions and actions
 - don't participate in their demonstrations and campaigns, don't give them interviews and don't let them film you
 - don't take part in illegal elections or referendum

IF YOU CHOOSE TO RESIST, YOU HAVE THE RIGHT TO:

- 1 exercise **armed resistance** (including sabotage) against the enemy forces, thus cooperating with the NAF
- 2 exercise **civil disobedience** e.g., non-compliance with the laws passed by the occupation forces, refusal to enlist and work for them, organization and participation in mass strikes
- 3 support the resistance movement

**YOUR SUPPORT IS ESSENTIAL
FOR DEFENCE OF OUR STATE!**



EVACUATION

IF THE RELEVANT AGENCIES HAVE ANNOUNCED EVACUATION:

- 1 Listen carefully to the announcement about the process of evacuation, note down the direction, destination of evacuation, and assembly point.
- 2 Take your ID or passport with you everywhere.
- 3 Disconnect gas, electricity and water supply to your home, close the windows, lock the door before evacuation, if you can.
- 4 Use the routes recommended by the authorities and don't use unfamiliar roads.
- 5 If you don't have the possibility to use your own vehicle, go to the nearest assembly point.
- 6 Inform your family in case of evacuation.
- 7 Take your emergency kit/bag with you.



**Do you know how to disconnect
water, gas, and electricity
supply at home?**

KEEP IN MIND:

- 1 Don't try to return home before the State authorities allow it.
- 2 Don't wear paramilitary outfits, camouflage uniform or military bags unless you have been enlisted.
- 3 Don't approach, provoke, and film unidentified armed individuals, don't pick up weapons left on the ground or suspicious objects without a valid reason.
- 4 Don't disseminate information (photos, video, text) about the National Armed Forces and movement, location, and positions of the allied forces.

TEST

TAKE THIS TEST TO CHECK WHETHER YOU ARE PREPARED FOR A CRISIS SITUATION

- I have located the items for the survival kit/bag
- I have written down the phone numbers and addresses of my family members
- I have discussed the actions to be taken in case of crisis with my family
- I have checked my medication reserves and their expiration dates
- I have stocked up on food and water for 72 hours
- Children in my household recognize uniforms of soldiers, State Fire and Rescue Service, border-guards and police officers and know they can ask the responsible government agencies for help
- I have found out whether my neighbours might need help in case of crisis
- I know how to disconnect water, gas and electricity supply at home.

PEOPLE TO CONTACT IN CASE OF CRISIS

