



One week has passed and daily life looks very different. You take a minute to reflect on everything that has happened and whether there's anything you could have done to prepare differently.

My biggest challenge in a crisis would be:

CHECKLIST

Things to keep around the house

- Battery-powered radio
- Water in plastic bottles or jugs
- Sleeping bags
- Tealight candles
- Matches or a lighter
- Camp stove
- Food for a week
- First aid kit and medicine
- Cash
- An alternate application of money transfer or payment.
- Torch
- Batteries
- A fully charged battery bank
- List of important phone numbers on paper
- Map of your local area



Swedish Civil
Contingencies
Agency



SEVEN DAYS

Practise enduring a week during a crisis or war.

The power goes out. The internet is down. And there's no running water. You try to place a call, but the line is dead. Days pass. Indoor temperatures drop. The food in your refrigerator starts to expire. And your credit card doesn't work.

What do you do?

In the case of a crisis, you need to know what to do. Being prepared can help you manage a tough situation. But it's important to be able to help others, too.

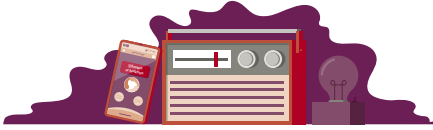
Take on this challenge using the fictive scenario in this brochure. Practise the steps outlined here and then discuss your strategy with family or friends. You can even do it on your own. Remember that a crisis can take on many forms; this is just one example.

Your choices will affect how well our country handles a crisis. You are vital to Sweden's overall emergency preparedness.

This is MSB

The Swedish Civil Contingencies Agency (MSB) is responsible for helping society prepare for major accidents, crises and the consequences of war. The MSB work in close cooperation with the municipalities, county councils, other authorities, the private sector and various organisations. Our mission is to achieve greater security and safety at all levels of society, from local to global.

DAY 1



The lights flicker, and then finally go out. The inside of your refrigerator doesn't illuminate when you open the door. You try to get more information from a news site, but the internet appears to be down. The phone lines are dead.

How do you get information about what has happened when internet and phone lines are down?

Do this

- Get a battery-powered radio and tune in to your local P4 channel.
- Decide on a meetup spot with family and friends, so you know where to go if you can't reach each other.
- Proceed to an approved municipal meeting point.



DAY 4



Since the refrigerator is down, the food inside has started to expire. You are out of fresh food, with only non-perishable products left.

How long can you last on the food you have at home?

Do this

- Learn more about non-perishable foods that can be stored at room temperature.
- Make a habit of buying one more pack or unit than you need when grocery shopping.
- Remember to take inventory of your food stores regularly, to make sure nothing has gone bad.



DAY 2



No power means that the water pressure falls rapidly. You try to turn on the faucet, but there is still no water coming out. It has been that way since yesterday, and you are starting to feel very thirsty.

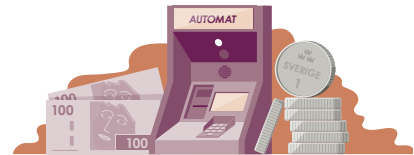
How do you get water if the faucet runs dry?

Do this

- Keep plastic bottles of water in your freezer.
- If you have pets, plan ahead for keeping them hydrated.
- Practise using your camp stove to boil water and cook food.



DAY 5



You have gone out for groceries, but at checkout the cashier tells you that the card terminal isn't working. They ask if you have any other way to pay.

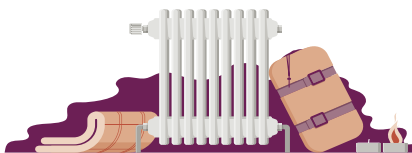
How do you pay for your groceries if you can't use your card?

Do this

- Withdraw cash, preferably smaller notes, and keep it at home for use in emergencies.
- Acquire debit or credit cards from several different banks.
- If you are on prescription medicine, make sure you have enough at home to last a month.



DAY 3



The radiators have cooled over the past few days, and the indoor temperature is now about the same as outdoors. When the sun sets, it gets especially cold.

How do you maintain heat if your home is cold?

Do this

- Practise spending a night in a sleeping bag or while wearing a jacket in place of a comforter.
- Try reducing your living space in order to conserve heat.
- Extended periods of cold can affect us mentally. Try connecting with your neighbours for emotional support.



DAY 6



You have managed decently so far, but others are struggling. You decide to provide assistance where possible.

What skills and experiences can you draw from in order to help others?

Do this

- Get to know your neighbours.
- Talk to others about what skills you both possess and that might be useful in a crisis.
- Join an organization.

