

BE PREPARED FOR A CRISIS

PREPARE – FOR YOUR OWN AND SOCIETY’S SAKE

YOU ARE PART OF DENMARK’S CRISIS MANAGEMENT

Denmark is fundamentally a safe and secure country. We live in one of the world's most advanced and digitalised societies with a well-developed and integrated infrastructure, which means we have stable access to basic necessities such as electricity, water, heating, communications and food.

But our modern society is also vulnerable.

This is especially true in crisis situations. A power outage in one area can have major consequences in others. This includes access to electricity, water and basic necessities for any length of time.

Whatever the cause of a crisis, you can play an active role in ensuring that you, your household and society get through it.

THREE DAYS

The authorities recommend that you and your household should be able to manage for three days if a crisis strikes.

If you are prepared and able to take care of yourself and your loved ones, the authorities can focus their efforts where the need is greatest and work to stabilise the situation. The more people able to take care of themselves and help others around them during and immediately after a crisis, the stronger we are as a society.

Some simple advice will help you to take care of yourself. This advice has been developed in collaboration with a wide range of Danish authorities. They represent a common opinion on how we can all prepare for a crisis.

You may not need to put all the advice into practice. But it's good to be prepared. Do what you can and help your family, neighbours and friends. Fortunately, we're good at that in Denmark. I hope this advice will help us to be even better prepared for future crises.

Laila Reenberg
Director, Danish Emergency Management Agency

GETTING THROUGH A CRISIS

There are many factors that can trigger a crisis. Extreme weather events are set to become more frequent and severe, which could affect all or parts of the country. The threat of man-made incidents, such as cyber attacks and sabotage, is serious due to the deteriorating security situation in Europe. Finally, accidents, technical issues or other incidents with a wide impact on society can occur.

The most direct consequence of a crisis for private individuals can be the loss of utilities. Imagine there is no power at the switch or water in the tap. Your fridge and oven won't work. You may not be able to shop, make calls or go online for a while

By following some simple advice, you can manage on your own if a crisis situation arises. We recommend that you and your household should be able to manage for three days. That will give the authorities time to stabilise the situation and help where the need is greatest.

DRINKING WATER

3 LITRES PER PERSON PER DAY

Calculate on 3 litres of water per person per day for drinking and food preparation. So if you need water for three days, you need 9 litres of water per person. Make sure you have water for everyone in your household – including any pets

Find more information on the websites of the Danish Veterinary and Food Administration and the Danish Environmental Protection Agency.

HOW TO STORE WATER FOR LONG PERIODS

- Buy bottled drinking water, store it in a cool, dark place and only for as long as the expiry date on the bottle states. Replace it regularly.
- Drinking water from the tap should be as fresh as possible, but it will keep for several months in a sealed bottle/container if stored in a cool, dark place.
- Only use drinking water containers that are approved for food use and clean them according to the manufacturer's instructions before use.
- Water kept in containers should be changed regularly. Use the old water for watering plants, for example, then wash and refill the container.

FOOD

FOOD FOR THREE DAYS

Make sure you have enough food for your household for three days. It should be food that can last for a long period outside the fridge or freezer. Choose foods that do not require cooking in the oven or on a hob (e.g. tinned food, crispbread). Choose foods that you and your household use on a daily basis and like.

SHELF LIFE AND PREPARATION

SHELF LIFE

You don't have to buy everything all at once. You can buy a few extra non-perishable items when doing your usual food shop. Make sure you use and replenish your stocks on a regular basis so that items don't get too old. Store food in a cool, dry, dark place.

PREPARATION

If you have food that requires preparation (e.g. rice, pasta), make sure you can boil water without access to electricity or mains gas. You could use a barbecue grill or camping stove, for example. Never use outdoor grills etc. indoors or in fully or partially enclosed spaces. There is a risk of smoke and/or carbon monoxide poisoning.

There's more advice on storage, hygiene, etc. on the Danish Veterinary and Food Administration's website.

MEDICINE, HYGIENE AND OTHER NECESSITIES

MEDICINE AND FIRST AID

Make sure you have at least three days' worth of medications and a first aid kit. A first aid kit can include plasters, dressings (compresses, elastic bandages, gauze, etc.) and products for cleaning and disinfecting wounds. In the event of a nuclear accident, the most important advice is to stay indoors. It is recommended that iodine tablets should be available for people under the age of 40 as well as pregnant and breastfeeding women. Read more on the Danish Health Authority's website. In the event of a nuclear accident, follow the recommendations of the authorities.

HYGIENE

Make sure you have hygiene items such as toilet paper, hand sanitiser, wet wipes, sanitary pads and tampons.

HEAT

If you have no heating and it is cold outside, you can use your household's blankets, duvets, warm clothes, etc. If it is cold for a prolonged period, keep your household warm by staying mainly in one room. If you use candles or other heat sources, place them on a solid surface away from flammable materials such as curtains and carpets.

OTHER NECESSITIES

In most crisis situations, a mobile phone is essential. You can keep in touch with family members and get information about the incident. Use a power bank/battery pack to keep your mobile and other devices powered in the event of local power outages. During major or prolonged power outages, telephone networks and internet may be affected or go down.

Other useful items to have on hand are a torch, candles, matches and batteries. Have one or more physical payment cards that you can use if the internet is down or you can't pay with your phone. Make sure you can remember your PIN codes. In addition, consider having a small amount of cash in coins and small denomination notes.

THINK ABOUT YOUR SITUATION AND ANY SPECIAL NEEDS

- Special needs

Are there infants, elderly or sick people in the household with special needs such as baby formula, nappies or care items? If so, it's a good idea to keep extra supplies in your home. You may also have pets that need food and water.

- Your neighbourhood

How exposed you are can depend on where you live. For example, if you live close to the coast or in a low-lying area, you could be affected by flooding. It's a good idea to find out where you can get hold of such items as sandbags, for example.

- Transport

Take stock of the modes of transport you rely on and consider alternatives. Keep an eye on communications via e.g. the Rejseplanen transport website, apps and the Danish Road Directorate's traffic information. If you live in a remote location and/or need help with transport, make arrangements with neighbours, family members and friends who can help if needed.

- Neighbours, friends and family

Be aware of whether people in your neighbourhood or social circle need help. Consider writing down important phone numbers and keeping them on the fridge, for example.

WARNINGS AND ALARMS

WARNINGS

In emergency situations, the authorities may issue warnings via the physical warning sirens, SIRENEN (Denmark's mobile-based public warning system) and emergency messages. If you hear a warning siren, go indoors and seek information from the authorities through DR or TV 2. Should other systems be down, DR will broadcast emergency announcements from the authorities. With a battery-operated/wind-up/solar-powered FM radio, you can stay up-to-date if other information channels fail. Many people have an FM radio in their car.

MAKING AN EMERGENCY CALL

If you need the ambulance, police or fire service, call 1-1-2. You should only call 1-1-2 if it is an emergency. Using it for other reasons may block the line for life-or-death calls. If there are problems with 1-1-2, the authorities will announce alternative contact details.

THINK BEFORE YOU SHARE INFORMATION

Keep an eye on government social media and websites. Sharing verified information during a crisis and helping to prevent the spread of rumours and disinformation or misinformation is a big help. Always double-check the credibility of the source before sharing information on your network.

ABOUT THIS ADVICE

WHY SHOULD YOU BE ABLE TO TAKE CARE OF YOURSELF IN CRISIS SITUATIONS?

If you can manage by yourself for three days, the authorities can focus on helping the most vulnerable and stabilising the situation. You and your family are also better off in crisis situations if you're prepared. If you want and can – i.e., have the time, space and resources – building up a small stockpile of necessities for an extended period of time is a good idea, especially if you live in a geographically exposed area or have special needs such as essential medicines.

WHY THREE DAYS?

The recommendation to be able to manage for three days in a crisis situation and the specific advice given here have been compiled by the Danish Emergency Management

Agency in collaboration with a number of authorities. The recommendations and advice given here are based on the National Risk Assessment and other official assessments of threats, security and vulnerability, as well as professional review of realistic and relevant possible situations, their duration and potential consequences.

YOUR SITUATION

Not everyone is equally able to prepare themselves – and sometimes it makes more sense to prepare with family, friends or neighbours. You may live in a small space, have a tight budget or have difficulty walking, for example. Do what you can and what makes sense for you in your situation and household. Some preparation is better than no preparation.

THIS ADVICE IS FOR GUIDANCE ONLY

This advice is for guidance only and can be adapted to the needs and circumstances of each household.

CHECKLIST

TO FOLLOW IS INSPIRATION FOR A CHECKLIST. THE CHECKLIST CONSISTS OF SUGGESTIONS COVERING MOST BASIC NEEDS.

DRINKING WATER

- 3 litres per person per day
- Water for pets if needed

FOOD

- Food for three days with a long shelf life and easy to prepare

MEDICINE AND FIRST AID

- Necessary medicines for the household
- First aid kit
- Iodine tablets for people under 40 as well as pregnant and breastfeeding women

HYGIENE PRODUCTS

- Toilet paper
- Hand sanitiser
- Nappies, sanitary pads/tampons or anything else relevant to your household

HEAT

- Blankets, duvets, warm clothes

OTHER NECESSITIES

- Power bank or battery pack for e.g. your mobile phone
- Torch
- Batteries
- Physical payment cards (remember PIN codes) and cash in coins and small denomination notes if relevant
- Candles and matches if needed

SPECIAL NEEDS

- Are there children or elderly people in the household?
- Do you live in a location exposed to e.g. flooding?
- Do you have alternative transport options in the event of flooding, for example?
- Can you help or get help from family, neighbours and friends?

COMMUNICATION

- Battery-operated/wind-up/solar-powered FM radio (or your car radio may suffice).