

# Prepared people cope better

See this guide for basic instructions on how to prepare for disruptions and crises and act during them.

## Table of contents

- 2** Do you know how you prepare for disruptions and crises and how to act during them?
- 2** There are many ways to prepare
- 3** Emergency supplies are the basis for preparedness
- 4** How to act when something exceptional happens
- 5** How do disruptions affect your everyday life?
- 7** How are you warned about hazards?
- 8** Learn necessary skills and do things together with others

# Do you know how you prepare for disruptions and crises and how to act during them?

Preparedness means preparing in advance for different disruptions, crises and emergency conditions.

**Different situations requiring preparedness include:**



long power and water outages



long disruptions in Internet or telephone connections



natural phenomena, such as storms or floods



a situation that requires seeking shelter indoors due to a dangerous substance



long-term crises, such as a pandemic.

If a disruption occurs, it may have a major impact on everyday life. However, disruptions are not common in Finland. We prepare for exceptional situations even though threats are unlikely to materialise.

When something exceptional happens, the authorities and other responsible parties take care of the situation. However, the authorities cannot do everything on their own. How everyone prepares and what they do matters.

## There are many ways to prepare

We can all prepare for disruptions even though everyone has different starting points. Think about how you could promote your coping.

### Preparedness involves

- **emergency supplies** for at least 3 days
- **an ability to act** when faced with an abnormal situation
- **functional capacity**, including both physical and mental capacity
- **a sense of community**, which means trust and connection with other people and an ability to help.

Preparedness does not mean that you think something bad will happen. However, unlikely things can also sometimes happen.

# Emergency supplies are the basis for preparedness

Emergency supplies mean that you have food, water and other essential supplies at home for at least 3 days.

We all have different needs for emergency supplies. Prepare based on your specific situation. Check that you have enough emergency supplies for everyone in your household.

## Emergency supplies checklist:

	Food you can eat as is		Batteries and a charged backup power supply
	At least 2 litres of drinking water for each person for every day		Clean containers with lids for water storage
	Essential medications		Wet wipes and hand sanitiser
	Radio operating on batteries or otherwise without mains power		A small amount of cash
	A flashlight operating on batteries or otherwise without mains power		Iodine tablets as recommended
			Duct tape



# How to act when something exceptional happens

Each sudden disruption and crisis is different.

## You will be able to cope with many situations when you:

- Keep calm.
- Think about what the situation is like, which operating instructions you know it involves and how the situation is going to affect you, your loved ones and local people.
- Follow the authorities' communications and act according to the instructions.
- List the most important things to do in the situation and take action.
- Help others to the best of your ability and ask for help as needed.

You can find reliable information on the situation on the websites of the authorities and on the Finnish Broadcasting Company's website and radio channels.

Do not stay alone if you are feeling uncomfortable. Talk to people close to you or your neighbours. If necessary, seek assistance from the help services of the municipality or organisations.

If you need urgent help, call 112. Emergencies include fires, injuries to people or some other situations where you need immediate help from the fire brigade, an ambulance or a police officer. For information available in multiple languages on how to call for help in an emergency, visit the InfoFinland website.



# How do disruptions affect your everyday life?

Disruptions can cause many kinds of difficulties. Everyday life becomes difficult, especially when the situation lasts for a long time.

Use the questions below to think about how you could prepare better.

## Emergency supplies

**How can you cope with the food at home if you cannot access a grocery shop?**

### How to prepare

- Get food you can eat as is as your emergency supply for at least three days.
- Think about how you can cook if your electricity is out.

**How can you cope if there is no water for several days?**

### How to prepare

- Keep bottled water at home: at least 2 litres for each resident of your household for three days.

## Getting information

**How to get information if the Internet and telephone connections are out for a long time?**

### How to prepare

- Think in advance about who or which place locally you could ask for more information.
- Get a battery-powered radio. YLE provides information about disruptions on its radio channels.

## Coping at home

**How will you cope if heating at your home is not working and your home gets cold?**

### **How to prepare and act**

- Think about one space in your home that you can keep warm for the longest.
- Only stay in that one space.
- Make sure you have warm blankets at home.

**How do you light up your home if your electricity is out for a long time?**

### **How to prepare**

- Get a flashlight or a headlamp.
- Make sure you have suitable batteries for the light/lamp.

**What would help you cope and keep up your spirits during a difficult situation?**

### **How to prepare and act**

- Think about what kinds of activities would help you keep your spirits up. For example, make sure you have games, books, and paper and pens at home.
- Think about the positive actions that have previously made you feel better in difficult situations. For example, support from other people helps you cope with extraordinary situations.

Did you notice any areas where you could improve your preparedness? You have now taken an important step towards better preparedness!

# How are you warned about hazards?

When a disruption or accident occurs, the authorities will give you instructions on how to act. In most accidents and incidents, the rescue department of your locality will be the first to notify people of the situation.

An emergency warning and a general alarm signal will be used to warn people of sudden outdoor hazards. The reason for the warning may be smoke from a fire, a storm or some other dangerous situation.



## Emergency warning

An emergency warning is read on the radio and displayed on television if necessary.

It explains what has happened and provides instructions on what to do to protect yourself.

Follow the instructions given in the warning.

Download the 112 Suomi app for your phone. You will receive the emergency warnings in your area directly to your phone when you turn on app notifications.



## Alarm signal

A rising and falling signal that lasts for one minute is used to alert of a danger.

When you hear the alarm signal, you should go indoors.

An emergency warning will give you more information about the situation. Follow the instructions given by the authorities.

The warning signal is tested with a short sound on the first Monday of each month at 12 o'clock. You do not have to do anything when you hear the test signal.

## How to seek shelter indoors

When there is a threat, you typically should seek shelter indoors. You should seek shelter indoors, for example, if harmful smoke is released into the air. The authority will use an emergency warning to inform you if you need to seek shelter indoors.

### Follow these steps when you are instructed to seek shelter indoors:

- Go indoors.
- Stop ventilation. Tightly close and seal any doors, windows and ventilation holes.
- Follow the authorities' emergency warnings and act according to their instructions.
- Remain indoors until the authority informs you that the situation is over.

# Learn necessary skills and do things together with others

## Participate

It is important to do things together and help others. For example, you can participate in activities organised by an association or become a volunteer. A sense of community also helps you cope better when something exceptional happens.

Finland has many associations, such as sports clubs, cultural associations and friendship clubs. Information about associations and volunteering is available on the InfoFinland website.

## Learn

To prepare for disruptions and crises, it is a good idea to learn more about preparedness. It is good to have first aid skills.

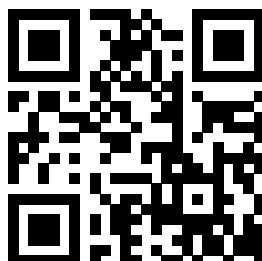
For example, the National Defence Training Association of Finland ([mpk.fi](http://mpk.fi)) organises training on preparedness and safety skills. The training is open to everyone.

The Finnish Red Cross ([spr.fi](http://spr.fi)) organises first aid courses.

---

This summary was created to help you prepare for situations where everyday life is not working as normal. We hope it will help you to notice which areas of your preparedness are in order and which you would like to improve.

For more information on disruptions and crises in Finnish, Swedish and English, see the Suomi.fi Guide: [suomi.fi/preparedness](http://suomi.fi/preparedness)



This summary is also available in other languages in the online guide.

arabia | somali | dari | farsi | venäjä | ukraina | sorani | pohjoissaame | inarinsaame | koltansaame | selkosuomi | selkoruotsi | englanti | ruotsi | suomi

The summary was produced by the Ministry of the Interior together with the Digital and Population Data Services Agency and the authorities and organisations involved in preparedness and operational capability.

Year of publication 2024