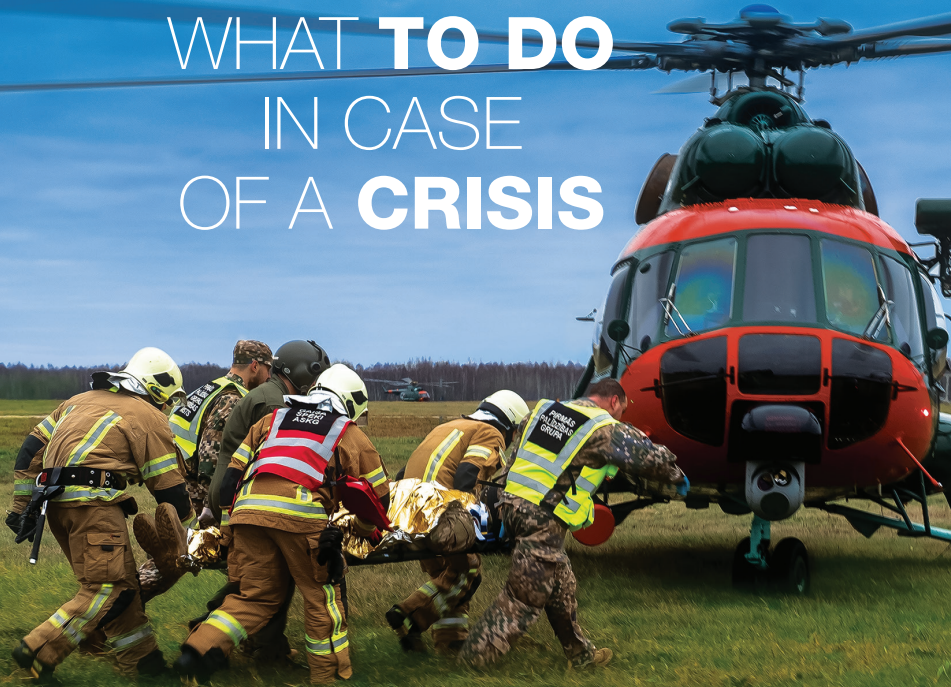




WHAT TO DO IN CASE OF A **CRISIS**



KEEP THIS
BROCHURE

UPDATED EDITION
2022



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 10).
- 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.vugd.gov.lv; www.vm.gov.lv



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



@aizsardzibasmin; @latvijas_armija; @ugunsdzeseji;
@Valsts_policija; @IeM_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.

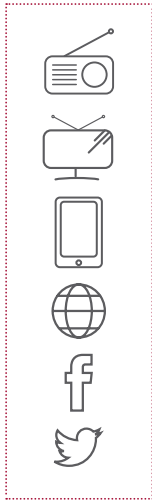


DISINFORMATION RISKS

Fight against disinformation is a collective responsibility, you can do your share by:

- 1** not spreading unverified facts: always fact-check any information you intend to share with others;
- 2** reacting and, as much as possible, responding to false narratives about Latvia through dialogue and offering counterarguments to misinformation.

Here is how you can verify whether news about Latvia you are getting are reliable:



You can ask yourself the 4 W's questions:

- 1 Who is the author?**
Can I trust the author and the source?
- 2 When was the article/video content published/posted?**
Is information up to date?
- 3 What is the objective of the news piece?**
Is it an informative or manipulative?
- 4 Where did background information come from?**
Does the article/video mention sources and contain references?
Can they be verified?

If possible, try to help media and NGOs spread reliable information.



Be vigilant! Aggressor may use misinformation against your country.

WHAT TO DO IN THE FIRST 72 HOURS?

- 1 Keep calm.
- 2 Follow the orders of the responsible government agencies.
- 3 Help your loved ones.
- 4 Check out whether your neighbours and other people nearby need help.
- 5 Volunteer, provide support.
- 6 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

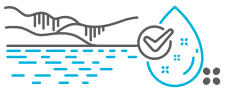


Drinking water is the most essential element for survival. Adults need about 3 litres of water per day (4 litres in hot weather). In a situation of crisis interruptions to water supply may affect availability of tap water as well as water to flush the toilet.



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.



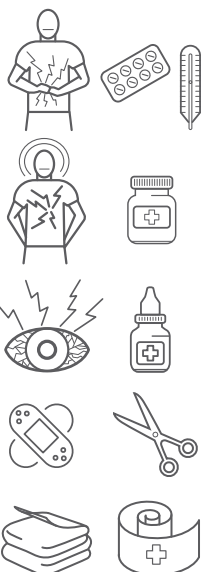
DON'T FORGET:

to stock up food for pets.

MEDICATION



During a national emergency, pharmacies may be closed or healthcare 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, education certificates) 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;
- first-aid kit (see page 9);
- spare glasses or contact lenses.







SUPPORT NATIONAL DEFENCE

- ❑ join National Armed Forces or any of the nearest National Guard battalions, or apply for army reserve combat training;
- ❑ report about any movement of aggressor's military units, sightings of saboteurs, suspicious individuals, all kinds of suspicious banners, marks and transmitters;
- ❑ offer National Armed Forces and NATO forces all kinds of practical support;
- ❑ help build fortified defence structures, counter-mobility obstacles and civil defence infrastructure;
- ❑ use deception (take off road signs or street plates) to mislead the enemy or delay vehicle movement across territories controlled by enemy;
- ❑ help salvage peace and motivate your colleagues, family members and friends to support national defence;
- ❑ support your company's/organisation's continuity planning and uninterrupted delivery of essential services;
- ❑ initiate or suggest your company's/organisation's management to create a local unit of National Guard.

BECOME ONE OF US!

<p>FIND YOUR CAREER IN THE LATVIAN ARMY</p> 	<p>BASIC ARMY RESERVE TRAINING</p> 	<p>BASIC NATIONAL GUARD TRAINING</p> 
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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** defend your family, relatives and your state, its freedom, independence and democracy;
- 2** support national defence and resistance if you are in the National Guard or army reserve, or have been called to active duty;
- 3** follow the orders of the relevant agencies. Assist government efforts by supporting rescue tasks and/ or preparing for a handover of essential infrastructure required for national defence;
- 4** keep on complying with the laws of the Republic of Latvia.

KEEP CALM!

**AGGRESSOR MAY LAUNCH
PSYCHOLOGICAL AND CYBER ATTACKS
THROUGH OUR MEDIA. RESIST THEM!
FOLLOW THE INSTRUCTIONS OF
AUTHORITIES!**



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 Do not try to move unexploded ordinance, bombs and mines or any improvised explosive devices yourself.
- 5 Don't disseminate information (photos, video, text) about the National Armed Forces and movement, location, and positions of the allied forces.

AIR RAID AND ARTILLERY ATTACK SAFETY GUIDELINES

INDOORS

- 1 If you can, hide in the basement.
- 2 If you have no basement or it is inaccessible, find a safe space in the building, stay away from windows (to avoid flying pieces of glass).
- 3 Follow the "two-wall" principle: when indoors, hide in a place that is at least two walls from the outside wall (for extra protection and safety against shockwaves and flying debris).

OUTDOORS

- 1 Lie down on the ground, cover your head, move slowly, try to crouch or make short dashes to get to safety.
- 2 Look for something to shield yourself from explosion debris, hide behind cars, buildings or other objects.
- 3 If possible, hide in the nearest house basement or brick building.
- 4 If you see enemy aircraft, best hiding place will be behind a building or similar objects.



**If you hear attack sirens, proceed to
the nearest shelter immediately!**



Please follow the instructions and alerts from responsible authorities warning about potential chemical and nuclear attacks.

CHEMICAL ATTACK SAFETY GUIDELINES

Signs of chemical attack may include suspicious smoke, gasses or droplets in the air, trouble breathing or mild respiratory irritation. If you or other people around you have these symptoms, **do not hesitate to ACT:**

- 1 If you are indoors, close all windows, natural ventilation and air conditioning inlets. If possible, hide in rooms with no windows.
- 2 Cover your mouth and nose with a damp cloth whenever going outside.
- 3 Leave the contaminated area immediately, stay in the crosswinds (with wind blowing from the side).
- 4 Help other but **do not go back** into contaminated area.
- 5 Get rid of your clothes, wash your body with soap and water.
- 6 Wait for help and follow the instructions of authorities. Do not go to hospital or home without permission.

NUCLEAR ATTACK SAFETY GUIDELINES

- 1 If you are outdoors when the strike hits, hide behind anything that can shelter you as quickly as possible once you hear the blast.
- 2 Go to the nearest building. It is best to hide in concrete block or brick house.
- 3 Close the windows, do not ventilate rooms, do not use air conditioner.
- 4 When inside, proceed to basement. If there is no basement, stay away from top floors and outside walls.
- 5 Follow the same instructions as in the case of chemical attack: get rid of clothes, wash your body with soap and water.
- 6 Stay inside for at least 24 hours. Follow the radio announcements if communication networks are down.
- 7 Use only packages food, do not smoke, do not use water from open reservoirs.

First couple of hours after the chemical attack or radioactive contamination are the most critical. If you can, remain indoors!




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


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