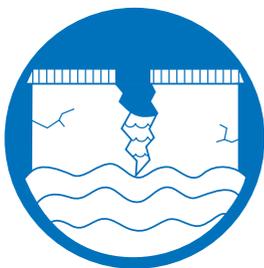


# Are you ready?

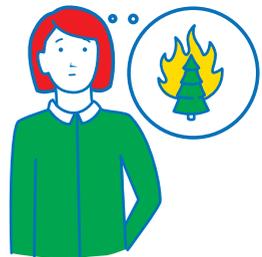
Risks and threats in the county of Västerbotten



## Are you ready? - Risks and threats in the county of Västerbotten

Västerbotten Country Administrative Board

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## Prepare to manage on your own

Sweden is a modern country, but a modern country is also vulnerable. If we are without electricity for a longer period, much of what we take for granted will stop working. You may experience problems cooking, getting water from the taps, taking out cash from the ATM or making calls from your mobile phone.

During a social crisis, society's resources will, in the first instance, go to the ones who are most vulnerable, such as the elderly, children or the sick. If you manage by yourself during normal conditions, you therefore have a responsibility to manage on your own for one week during a serious crisis. Make sure that you have water, heating and something to eat. It is also important to be able to communicate with others and to obtain important information from the media and the authorities.

### In this brochure you can read about

- the greatest risks and threats we encounter in the county of Västerbotten
- how you can prepare yourself for a social crisis
- what it is best to keep in your crisis store
- what to do when a social crisis occurs
- where to find information and important phone numbers
- how the Swedish crisis preparedness system is organised
- what municipalities, county councils, county administrative boards, other organisations and companies in the county do prior to, during and after a social crisis.



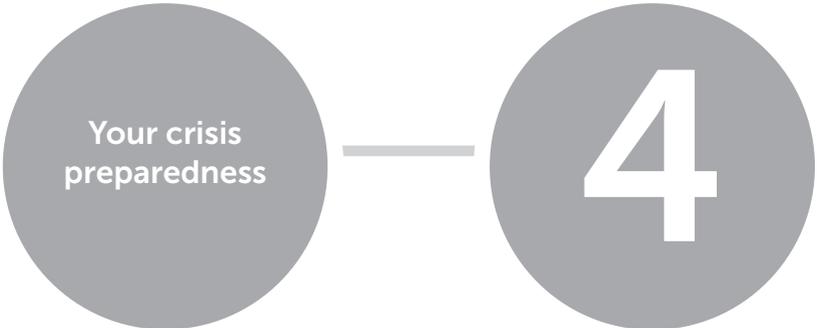
“Are you ready?” is a test found on page 15. Here you can see if you have got what you need in your crisis store.

## What is a social crisis?

When something happens affecting many people and large parts of society it is called a social crisis or a social disturbance. A social crisis may, for example, involve a forest fire, flooding or a major power failure.

## Preparing for the unexpected

Emergency preparedness is about preparing to take care of the unexpected. Being able to manage, for example, a storm, a forest fire or other social crisis is the task of the municipality or the authorities. As a private individual you need to know how to prepare yourself to handle a social crisis. Understand that a crisis can affect you and securing access to food, water, heating and information is important. Everyone needs to help. That is preparing for the unexpected.



Your crisis preparedness

4

Your crisis preparedness means that you as a private individual prepare yourself to manage a social crisis as far as this is possible.

Make sure you have access to water, food, heating and information. You need to understand that a crisis may occur that affects individuals and what you can do to prepare yourself and that we all need to help.

The four greatest risks and threats we encounter in the county of Västerbotten are:

- flooding and high water flow
- dam breaches
- forest fires
- power, telephone or broadband failures.

Read more about how you can prepare for and act on the various risks in this brochure and at [DinSäkerhet.se](http://DinSäkerhet.se).

## Before the crisis



### 1. HOME READINESS

Pack a crisis store with supplies so that you have food, water, warmth and the opportunity to receive social information.



### 2. KNOWING ABOUT RISKS

Find out what special risks and threats apply to your neighbourhood, so you can pack the crisis store in the best way.



### 3. SAFETY POINTS

Find out if/where your local authority opens security points in the event of a social crisis.

## During the crisis



### 1. STAY INFORMED

Receive information about the crisis position via radio/TV/internet.



### 2. COMPLY WITH DIRECTIVES

It is important that you follow the instructions given by the responsible authority, for example when evacuating vulnerable areas.



### 3. COOPERATE

It is important to help each other! People in your neighbourhood who cannot take care of themselves may need your help.





## Flooding and high water flow

When the snow melts in the mountains, large volumes of water gather in our rivers and water-courses. This is normally called the spring flood and might lead to flooding. This happens every year in Västerbotten, but to varying degrees. High water flows can also occur during other times of the year.

High water flows and floods can damage buildings, roads and other infrastructure. The risk of avalanches, landslides, power cuts and problems with transport increases; drinking water and sewage might also be affected.

Climate change also means that the risk of flooding and high water flow becomes greater. It is believed that the climate change will cause increased precipitation in the future. Rain, snow and hail in large quantities might lead to problems even in our large cities, where there are currently no major problems.

### Prepare yourself for flooding

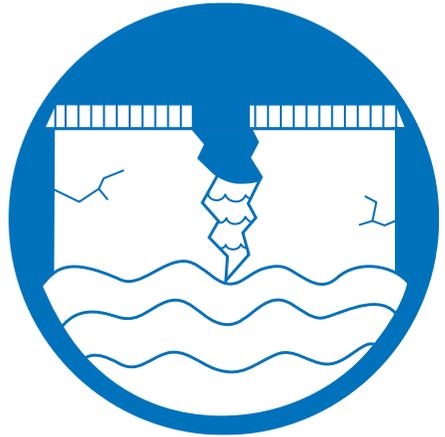
- Contact your local authority to find out what the risk of flooding is in the area where you live.
- Follow the weather forecasts from SMHI.
- If you live in a risk area, you can buy or rent a water pump. Don't forget to test it before you need to use it.
- On page 14 you can see what is recommended to keep at home in order to manage in a crisis.

### In the event of a flood

- Avoid walking or driving in a flooded area. You can easily miss kerbs, traffic islands etc. Flowing water might also pull you under or drag your car along.
- If you are unable to leave the place you are at, stay in a high and secure place until you are collected by rescue personnel.
- Listen to Sweden's Radio P4 to receive necessary information.

# Dam breaches

In Västerbottens large rivers, Skellefteälven, Umeälven and Ångermanälven, there are power plants and dams. If there is too much water in the river, the dam might get damaged and in worst case be breached.



If a dam breaks, it means that water flows out in an uncontrolled manner. Such a dam breach causes great damage to buildings, roads, electricity and telephone lines among other things. The risk of a dam breach is still very slight.

High water flow, sabotage or landslides might cause a dam breach to occur. A dam breach might mean that important functions in society are knocked out for a long time. It is therefore essential to have a store packed with things that are necessary for fending for oneself during a crisis; see the checklist on page 14.

## Prepare yourself for a dam breach

- Contact your local authority to find out what the risk of a dam breach is in the area where you live. This is especially important for you if you live close to a large water course or river.
- Keep a bag or a backpack that contains the essentials handy so that you can quickly evacuate your home if it should be necessary.

## In the event of a dam breach

- You may need to evacuate in the event of a dam breach. Listen to Sweden's Radio P4 and make sure you can get away quickly.
- Pack and bring the essentials.
- Follow the instructions of the local authority, the rescue services and the police.
- If you can, arrange your own transport and help others.
- When you have evacuated, register at the municipal reception site or with the police.



## Forest fires

The combination of dry ground and high winds increases the risk of fires in forests and land. At such times there might be a prohibition on lighting fires in the open.

You will be notified by the rescue services in the municipality where you live when lighting fires outdoors is prohibited. Information is also available on the municipality's website.

Burning, felling trees, sparks from trains or lightning strikes can cause forest fires. The risk of forest fire is greater in large areas of forest with very few inhabitants.

A large forest fire causes major damage to society, people can be injured and buildings can be damaged. There is also a great financial cost for the owners of the forest.

### If you intend to make up a fire outdoors

- Find out if there is a prohibition on lighting fires and what rules apply in your municipality.
- Pay attention to the weather, follow SMHI's forecasts for forest and grass fire risks. Fire spreads quickly if it is dry and there is a high wind.
- Always have access to water and extinguish the fire properly.
- Call 112 if the fire spreads.
- Find out where you are, so that the rescue services can quickly reach your location.

### In the event of a forest fire

- Can you smell smoke or can you see smoke from a fire? Close windows and ventilation and stay indoors.
- You may need to evacuate. Listen to Sweden's Radio P4 and make sure you can get away quickly.
- Follow the instructions of the local authority, the rescue services and the police.

# Electricity and telephone problems

Major power failures do not just affect electronic devices and lighting in your home. If you are without power for a longer period of time it affects your heating, the water, the telephone and the possibility of withdrawing cash. During the winter, when it is cold and dark, it becomes even more difficult to exist without power.



When your telephone stops working, you are unable to call 112 if you or someone close to you is injured or becomes ill. Safety alarms are also at risk of malfunction.

Disturbances and disruptions to electricity, telephony and broadband can be caused by bad weather, but may also be due to sabotage.

## Prepare for disruptions to electricity and telephone services

- Think about how you would cope during a longer period of time without electricity and telephones. You will therefore not be surprised and will be prepared when it actually happens.
- One tip is to have both a landline and a mobile phone. You can have different operators for the internet and telephones. A wireless charger for your mobile phone is also a good thing to have.
- Obtain a battery powered radio.
- On page 14 you can see what is recommended to keep at home in order to manage in a crisis.

## In the event of a telephone failure

- Listen to Sweden's Radio P4 local radio.
- If the telephone network is not working, or if it is otherwise not possible to make an alarm call, it is normal for the rescue services to place their vehicles in the relevant areas. You can contact SOS Alarm via 112 from there. The fire station is sometimes used for this purpose.
- Keep in touch with your neighbours to make sure they are coping, especially those with security alarms.

## Other risks or threats that we can envisage happening

There are many other threats and risks that it is advisable to be aware of. Risks and threats that can seriously affect human life, health and the environment. This may mean:

- major accidents on roads, railways, at sea or in the air
- emissions/spills of hazardous substances such as oil, radioactive emissions and industrial accidents
- drinking water problems
- problems with the district heating transported to our homes
- shortage of food and fuel
- storms and snowstorms
- infectious diseases affecting both humans and animals
- violent extremism and terrorism.

It is always important to keep informed and to follow the advice and instructions given by authorities when crises occur in society.



### If there is a long-term power failure

- Listen to Sweden's Radio P4 local radio.
- With major power failures, you can obtain information from the municipality, rescue services and electricity grid companies.
- Keep in touch with your neighbours to make sure they are coping.
- Run water into a drum or other vessel, as the water may stop flowing out of the tap.
- Gather the family in one room, then you will preserve the heat for longer.
- If it is wintertime and cold outside, you are able to store sensitive food outdoors.
- On page 14 you can read about what is recommended to keep at home in order to manage in a crisis.

# How does the Swedish system for crisis preparedness function?

## The three principles

In Swedish crisis preparedness, there are a number of basic rules and principles that govern the management of a social crisis. An important part of this is what is commonly referred to as the three basic principles:

1. **The principle of responsibility** - the individual responsible for an operation during normal conditions is also responsible in a crisis situation.
2. **The principle of equality** - during a crisis the operation shall, as far as possible, function in a similar way as during normal conditions.
3. **The principle of proximity** - a crisis must be managed where it occurs and by those most closely affected and responsible.

## The geographical area of responsibility

The geographical area of responsibility is a method of dividing responsibility for coordinating the Swedish crisis preparedness. This takes place in three different levels:

1. **National level** -the government has the geographical area responsibility for Sweden.
2. **Regional level** – the county administrative board has the geographical area responsibility for the county.
3. **Local level** – the municipality has the geographical area responsibility for the municipality.

This means that they must provide certain directions and coordination of the work in the geographical areas prior to, during and after a social crisis. They must, among other things

- co-operate with each other and with other organisations and companies
- provide accurate information to the public and media about the event
- inform the public and the media about what they are doing to manage the event
- find out what risks are involved and how we can manage those
- ensure that resources are used effectively
- be able to create an overview of what has happened.

## This is what we do in the county prior to, during and after a social crisis

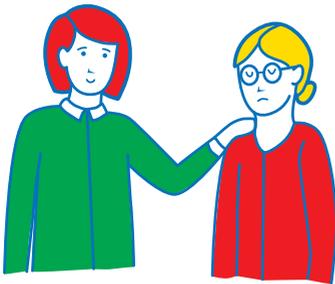
All municipalities and most of the county authorities working with crisis management have agreed on how they will be working together prior to, during and after a social crisis. The purpose of the regional agreement is to create good conditions for collaboration when joint action is required. Working together towards the same goal.

The goal is to meet the need for assistance in the county in the best possible way and that Västerbotten is better prepared for a future event.

The municipalities and authorities practice together in order to prepare for a social crisis. They also have regular meetings and training sessions.

### Working together is required

During a social crisis, when collaboration is required, the County Administrative Board calls a meeting to undertake an assessment of the situation. This is called a collaboration meeting.



The meeting undertakes an analysis of what the needs are in the community. Agreements are reached on what actions are required, individually or together, and what must be prioritised as most important.

Following a social crisis the County Administrative Board, together with municipalities and authorities, goes through what was successful and what must be done to be better prepared for the next crisis.

## Important channels for information

Your municipality's website is often your municipality's main channel during a social crisis. Therefore, please visit your municipality's website to obtain important information.

**DinSäkerhet.se** - information on how you can prevent accidents in the home and leisure time environments. There are also tips on emergency preparedness, i.e. how you can cope for some time without important social functions such as water, heating, electricity and transport.

**Krisinformation.se** - communicates information from authorities and other responsible agencies to the general public prior to, during and after a social crisis.

**SMHI.se** - weather reports, weather warnings, information about high water flow, fire risk etc.

**Sweden's Radio P4** – listen to the radio to get important information in case of serious accidents and crises. Sweden's Radio has a special responsibility to report and communicate information to the general public in the event of a social crisis.

**Important messages to the general public, VMA** - a warning system used in case of serious accidents and crisis. VMA is always broadcast on radio and TV. Sometimes an SMS is sent to mobiles in the affected area and sometimes you can hear the "Hesa Fredrik" siren.

**1177.se** – On 1177 Vårdguiden's website you will find information and services for your health and care.



## Important telephone numbers

**112** – Always call 112 if you or someone else is experiencing an emergency situation that requires rapid assistance by ambulance, emergency services or the police.

**113 13** – Society's information number in the event of serious accidents and crises. You can also call and provide important information here. You can call round the clock.

**114 14** - Police number for non-emergency cases.

**1177** - Call 1177 If you need medical advice. The nurses at 1177 Care Guide will give you advice and guide you correctly in your care. Open 24 hours a day.

# Good to have at home to cope with a crisis

Source: DinSäkerhet.se

## Water

- containers, preferably with a tap
- bottles
- buckets with lids
- PET bottles
- mineral water
- cooking possibility.

## Heating

- warm and comfortable clothes
- hats, mittens, scarves
- wool garments. They provide good warmth, even when wet and moist
- blankets
- sleeping mat
- sleeping bags
- candles
- tealights
- matches or firelighters
- some type of heater, e.g. portable gas heaters and fuel
- flashlight
- batteries.

## Food

Food that can be stored at room temperature. For example, rice, pasta, bulgur wheat, nuts, dried fruits, chocolates, canned foods.

**Complete the test!**  
**Are you a star at equipping yourself for a crisis?**

**0-4 crisis in the crisis store!**

Make sure you pack your necessities in advance so that you are prepared.

**5-9 You are well on the way.**

You are good at equipping yourself for a crisis!

Add the last things on the list to feel safe.

**10-12 Professional packing.**

You are a real star at equipping yourself for a crisis!

## Communication

Sweden's Radio P4 is the preparedness channel. Some good things to have when you can't communicate or listen to the media in the usual way are

- a radio that runs on a battery, can be charged with solar cells or can be wound up
- car radio
- communication radio/walkie talkie
- a paper list containing the telephone numbers of relatives, municipality, electricity company etc.
- spare battery/power bank for mobile phone
- it is useful to have a landline if possible
- it is useful to know in advance if the municipality has any safety points and where these are located.

Tip: Keep a bag or backpack ready that contains the essentials. Then you can quickly evacuate your home if necessary.

# Are you ready?

Take the test and see if you have what you need to fill the crisis store!





## Are you ready?

During a long term power cut, disturbance or crisis in society you must be prepared to fend for yourself for a week. You must ensure that you have water, warmth and something to eat. You also need to be able to communicate with others and obtain important information from the media and the authorities. Pack your crisis store with things that are good to have in order to fend for yourself for a time.

In this leaflet you can read about the four greatest risks and threats that exist in the county of Västerbotten and how you can prepare yourself properly.



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