

How prepared are you if your radiators go cold and your fridge gets warm?

If there's a serious storm, your IT connection goes down, or an armed conflict occurs, the things we take for granted can stop working. So it's a good idea to be prepared. The most important things you will need are food, drinking water, heat, and the ability to receive important information. If a crisis or war happens, we will all need to play our part.

A shared responsibility

The vast majority of us take for granted that society's facilities and services will pretty much always work. And Sweden is a safer country than many others. But threats to our security and independence do exist. And if you're prepared, you're helping ensure that we are better equipped to handle serious systemic stress.

Global warming is making storms, flooding, and forest fires more common. Disorder and unrest in the outside world can affect imports and result in shortages of foodstuffs and medicines. A serious infection that results in widespread illness can lead to a shortage of staff in important sectors of society. Disruptions to IT systems can affect electricity supplies.

Your municipality is responsible for ensuring that services – such as the water supply, care of the elderly, emergency rescue services, and schools – function, even in the midst of a societal emergency. But you need to prepare yourself for dealing with a difficult situation, too, whatever the cause. See overleaf for tips on the sort of things it's a good idea to have at home.

Plan your home preparedness

During a societal emergency, help will be provided, first and foremost, for those who need it most. The majority of us will need to be prepared to look after themselves for a while. Plan to be self-sufficient for a few days, or for a week or more if you can. Adapt your home preparedness in line with what is most appropriate for you and those close to you. Some things can be shared, so talk to your relatives and neighbours about how you can prepare together.

Tip!

The **If crisis or war comes** brochure explains how different societal emergencies could affect your everyday life and suggests things you can do and think about to ensure you're better prepared. Scan the QR code to view the brochure in English.



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