

Preparation

Once the basic safety issues are in place, it's time to think about probabilities.

What is the most likely threat to your economy? Both fire and war are possible threats, but fire is significantly more likely.

The most likely threat may be something other than fire. Likely threats and disruptions may include falling, tripping, illness, flooding, poisoning, strikes, power outages, and disruptions to water or communications, such as a strike or storm.

Keep your smoke alarms in good working order. After that, we will make sure that there is always a small fire in the house. a stock of medicines, first aid supplies and firefighting equipment, such as a fire blanket.

Once these basics are in place, we will take care of the 72-hour home security.

Maintaining body temperature is also important for survival, meaning that you don't freeze to death. You should have warm blankets, a sleeping bag, or winter clothes at home in case the temperature drops for several days due to a power outage, or you are unable to leave your home due to an emergency.

After maintaining body temperature, drinking water is the next priority for survival. Drinking and working water should always be available. If you do not store water in your home, you should At least there should be containers that can be closed (with lids) where it can be placed if necessary.

Being prepared provides security when there is a disruption

With preparation...

- attempts are made to prevent dangerous situations, such as storm damage or fire
- taking into account disruptions to normal conditions, such as the failure of payment systems
- measures are prepared for exceptional circumstances, such as a prolonged power outage

In modern society, individuals play an increasingly important role in preparedness and the related communication. Household preparedness is a great help to society and, above all, to the individual. Therefore, everyone should prepare for disruptions.

Various dangerous and disruptive situations:

- prolonged power outage
- fire
- accident and mishap
- a strike or accident faced by society
- disruption of transport connections
- goods distribution disruption
- storm or flood

Home emergency preparedness is the starting point for

preparedness at home . It is natural to start preparing for daily and exceptional dangerous situations with everyone's own knowledge and skills, as well as the safety arrangements in the living and working environment. Everyone can prepare for various accidents and dangerous situations in their own home.

Preparing at home is:

- prevention of dangerous situations
- preparation for the protection of people, property and the environment in all kinds of emergency situations

When preparing, remember these:

- Homes should be prepared to manage independently for at least three days in the event of a disturbance.
- Also take care of your loved ones and check the household finances of the elderly in particular regularly.
- You will receive training and advice on household finances and other household preparations rescue services, rescue organizations, and household and advisory organizations.

Household supplies last at least 72 hours.

Household supplies include items you need daily, such as water and food.

A home pantry contains exactly the kind of delicious food you would have at home anyway. It is essential that there is enough food in the cupboards to last the whole family for at least 72 hours. And does your home have an alternative to heating and a battery-operated radio?

Home supplies are needed

- when:
- there is a prolonged power outage
 - there is an accident or an accident
 - you cannot go to the store due to illness or an accident
 - society experiences a strike or an accident
 - transport connections are disrupted
 - there is a disruption in the distribution of goods
 - there is a storm or flood
 - payment systems do not work

Home supplies are not a separate emergency stockpile, but products are used in everyday life as needed and replaced with new ones.

It is good to have at home:

- Lidded containers for transporting and storing water
- Easy-to-prepare food suitable for all family members
- Food for pets

If you still have these in your home, you'll be fine:

- Battery-operated radio, flashlight and batteries
- Backup power source, e.g. for charging your phone
- Camping stove and matches
- Cash
- Essential medicines
- Iodine tablets
- Hygiene supplies
- First aid supplies

- Hand fire extinguisher/fire blanket

If there is no water or it is contaminated

A water outage can be caused by, for example, a power outage or water contamination. Water is one of the basic human needs, so it is important to ensure access to clean water.

If there is no water or it is contaminated, containers with lids are necessary. You can get backup water in them from the water supply point. In cases of water supply disruptions lasting more than 24 hours, backup water distribution is often arranged.

Remember that without water, you can only flush the toilet once, but you can install a trash bag in the toilet seat to relieve yourself.

A person needs about 2 liters of clean drinking water every day. In addition, water is needed for cooking and hygiene. The total water requirement is 1–2 buckets per person per day.

If the water is contaminated:

- Prevent the use of contaminated water.
- Follow the water supply company's instructions regarding water use and any cooking instructions regarding.
- Do not use water during tap chlorination (shock chlorination).
- When clean water is available again, remember to clean all equipment and containers used
Contaminated water may have been spilled, such as in a coffee maker.

Information about water supply and distribution can be obtained from property management and water utilities. Follow the information from the water utility and the authorities.

Food as part of preparedness

It is a good idea to stock up on food for a few days. Remember to also stock up on enough food for your pets.

Stock up on food that you use anyway. Make sure you also have dry food at home, such as nuts or dried fruit. Also, choose food that you can prepare during a power outage, for example using a camping stove.

Food storage and preservation:

- Fresh and refrigerated products are used first.
- Thawing frozen food from a freezer temperature of -18 degrees to zero degrees takes up to several days.
- You can prepare or cook food that has been thawed to zero degrees before refreezing.

Prepare for a power outage

When the power is out, the refrigerator or freezer won't stay cold. Vending machines, sockets and heating appliances won't work.

Power outages are caused by natural phenomena, such as snowstorms, floods and storms, but technical failures can also cause outages. Repairing damage caused by natural phenomena does not always happen instantly, which can cause a power outage to last for a long time.

How do you cook without electricity?

You can prepare food using a camping stove or a grill in the yard, as long as you remember to handle fire carefully and have fire extinguishers nearby. During a power outage, it is best to avoid **3/8** opening the freezer.

After a power outage

- Check that the stove is not on.
- Use thawed products from the freezer. Frozen products that have been refrigerated are still usable.
- A chest freezer stays cold longer than a chest freezer, so choose a chest freezer.
- Frozen foods can still be refrozen at -9 degrees, as long as the quality is monitored.
- Store perishable foods outdoors in a well-protected area during the cold season.

Apartment temperature

Most apartments are heated with electricity, as district heating also requires electricity to operate. Especially in winter, cooling down the apartment quickly becomes a problem. With the exception of fireplaces and other fireplaces, all heating requires electricity.

In cold weather, wooden houses cool down to below +10 degrees Celsius per day. A prefabricated apartment building cools down about two days and a sturdy stone house about three days. Once the electricity is restored, it takes time to heat the houses.

If the temperature drops below +15 degrees, try to keep one room in your home warm. You can help keep yourself warm by dressing appropriately. If necessary, wear a hat and gloves.

Communication and access to information

The information and communication society is dependent on electricity, information technology and networks. A disruption in the electricity network can quickly affect everyday life. Batteries may run out of power and the internet may be inaccessible.

For communication you need:

- Battery-operated radio and spare batteries
- A phone with power
- A spare battery or a fully charged travel charger for your phone

As long as the data connections are working and the batteries are sufficient, you can access the internet to retrieve information. Reliable sources of information include, among others, Yleisradio channels, municipal communication channels, and electricity and communication channels of water companies.

In a disruption, getting the right information is important – but many communication channels run on electricity. Telephone networks are designed to operate on battery power for a maximum of a few hours during power outages.

Natural phenomena

Climate change is increasing the incidence of extreme natural phenomena. In Finland, extreme natural phenomena include floods and storms. It is worth preparing for natural phenomena in advance.

Residents of detached and terraced houses should prepare for floods and potential damage caused by floodwaters by purchasing sandbags and other protective materials in advance. It is a good idea to move loose property to safety. A rescue plan is required for buildings with at least three apartments.

Prepare for disruption caused by a natural phenomenon:

- Follow the information from the media and the internet

- Think in advance about where valuable property or garden furniture can be kept safe
- Check the terms of your home insurance
- Prepare for evacuation

The emergency response center may be blocked in a large-scale disturbance. This means that assistance may be delayed. Rescue services and emergency response centers provide instructions in case of a situation. They are also responsible for possible evacuations and urgent rescue tasks.

Let's take care of our neighbors

Is there someone living in your neighborhood who might need help? An elderly person, a single parent with small children, or a person with a fever and the flu. We ask if they need help.

You can help your neighbor in these ways:

- He may not know what is going on when there is no water or electricity.
- Getting water from a distribution point may be difficult or impossible.
- Food may be in short supply.
- Medical attention may be needed.

You can get advice on home safety and other household preparations from rescue services, rescue organizations, and household and advisory organizations.

112 General emergency number.

Useful links:

[Central Uusimaa Rescue Department](#)

[SPEK – preparation at home](#)

[Preparing at home – brochure \(pdf\)](#)

MEDICINES AND MEDICAL SUPPLIES FOR YOUR HOME

Thermometer, bandages, tweezers, scissors, plasters, painkillers, Activated charcoal, a mosquito repellent and iodine tablets are part of the basic household equipment.

Click >>> [CPR and first aid instructions](#) <<< Click

<p>Improve your equipment...</p> <p>Disinfectant</p> <p>Wound adhesive/spray</p> <p>Pain gel</p> <p>6 Gauze fold 7.5x7.5cm, sterile</p> <p>1 Elastic bandage 8cmx4m</p> <p>1 Elastic bandage 10cmx4m</p> <p>1 Ithoteipp, 2.5cmx9m</p> <p>6 Wound towel</p> <p>1 Triangle tablecloth, non-woven fabric 110x110 x155cm</p> <p>1 Ensiside</p> <p>First aid kits</p> <p>1 Resuscitation bag</p> <p>4 Protective gloves (pairs)</p> <p>1 Safety cutter</p> <p>Store in a dry, warm place and away from sunlight.</p>	<p>For major injuries</p> <p>2 Wound dressing 20x30 cm, sterile</p> <p>1 Triangle tablecloth, non-woven fabric 110 x110 x155cm</p> <p>1 Ensiside</p> <p>5 Gauze fold 10x10cm, sterile</p> <p>3 Elastic bandage 10cmx4m</p> <p>1 Ithoteipp, 2.5cmx9m</p> <p>1 Cold bath</p> <p>For protection and keeping warm</p> <p>1 Protective cover/space sheet 140x220 cm</p> <p>Change</p> <p>1 Pen</p> <p>1 Claim for compensation</p> <p>1 Emergency First Aid Instructions - Printed</p> <p>Products updated. 3 / -22 _ / ___ / ___</p> <p>_ / ___ / ___ / ___ / ___</p>
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Emergency number 24 hours

112

Poison Information Center 24 hours a day

0800 147 111

HUS emergency assistance

116 117

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Other important numbers (... Fill in and print)

Instructions for action in a radiation emergency stuk.fi

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When there is a radiation hazard:

- Go indoors and close doors, windows and air vents, and turn off the ventilation.
- Stock up on food and drinks and protect them in airtight containers.
- Listen to the radio.

Authorities issue instructions via radio [from Yle news \(Yle.fi\)](http://yle.fi).

- Only take iodine tablets if advised by the authorities.
- Avoid using the telephone due to the risk of blocking the lines.

In the event of a radiation emergency, information can be obtained from:

- From the media: authorities provide instructions to the population and information about events via radio and TV.
- [From Yle Teletext's radiation safety page 867](#). Instructions for, among other things, a radiation emergency available on [Yle's Teletext page 868](#).
- [STUK's press releases](#). [From the website of the Rescue Department of the Ministry of the Interior](#).

STUK's website contains up-to-date information on radiation and nuclear safety.

In the event of a radiation hazard, the bulletins also contain instructions for preparing.

Contact STUK; During office hours 8:00 - 16:15 switchboard telephone number (09) 75988

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How to use an iodine tablet

Added by STUK

- **Take iodine tablets only at the right time as advised by the authorities.**

You will hear instructions on the radio and television. Follow the instructions on the package for dosage .

- Taking iodine tablets is **especially important for children and pregnant women**.
- **Take only one dose.** The protection it provides lasts for about 24 hours. The emission cloud

Exposure caused by inhalation is likely to last only a few hours.

If the emission recurs or continues for a long time, a call for a new dose will be given on radio and television.

Do not take iodine tablets

- if you have previously had a severe allergic reaction to iodine
- if you have or have had a thyroid disease
- If necessary, a person with thyroid disease should discuss taking iodine tablets with their treating physician.
- If hypothyroidism is mild and part of the thyroid gland is functioning, an iodine tablet can be taken according to the instructions of the authorities.
- if your thyroid gland has been removed or is not working, as iodine tablets protect the working one thyroid gland and is therefore of no benefit

If you have other illnesses or hypersensitivity, or if you are taking other medications, check the package insert, pharmacist or doctor for compatibility.

Where can you get iodine tablets? Iodine tablets can be purchased at pharmacies.

Finnish authorities urge

- the population to purchase iodine tablets for their homes and holiday homes
- housing companies to reserve iodine tablets in the housing company's civil defense shelters for the needs of residents
- to acquire jobs, schools, health centers, daycare centers and other care facilities **8 / 8**

iodine tablets for every employee and customer.