DSB

Easy-to-read

Tips for Getting by at Home During a Crisis

We live in a safe country, but crises can happen fast. Simple actions can help you be ready.

My notes

Here you can write down your most important crisis plans and who your preparedness buddy is.

Co-funded by the European Union

How to manage on your own in a crisis

You may already have much of what you need.

Water

If there is no tap water for one week, you will need about 20 litres of water per person. If you fill clean bottles with cold water, it can be stored for many years.

Information

A DAB-radio with batteries gives you news in a crisis. A charged power bank gives your phone extra power.

Heat and light

Warm clothing, blankets, and sleeping bags will keep you warm if the electricity goes out. A torch and candles provide light. If your home is too cold without electricity, plan to stay with family or friends.

Food

During a crisis, shops may be closed. Keep food at home that does not need cooking. Examples include crispbread, preserves, nuts, or other foods you enjoy.

Hygiene

Good hygiene is important even when water is not working. Clean your hands after using the toilet and before touching food. Throw away trash to avoid getting sick and keep away pests.

Medicine and first aid

Have essential medicines for at least one week, and everything you need to treat minor injuries. Learn basic first aid if possible.

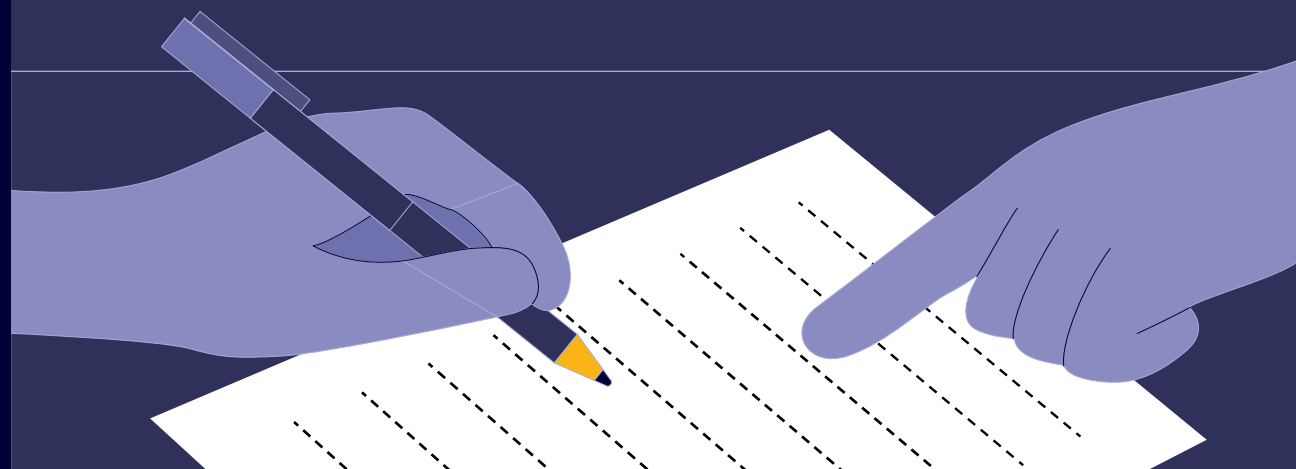
Here are two preparedness buddies. They help each other during a crisis.

It is important to help each other during crises. Discuss with family, friends, or neighbours how to help one another if something happens. By making these plans together, you become preparedness buddies.

Preparedness buddies can help each other with:

- Understanding the situation
- Shopping
- Cooking together
- Sharing tasks
- Give a place to stay if it is not possible to stay at home
- Talk about worries together
- Help with first aid if someone is hurt
- Keep daily routines

Find out who you can help – and who you can get help from.



Good to have at home

☑ *Check*

This is a short version of the advice on emergency preparedness.
Read more about the advice at dsb.no/egenberedskap.

Water

- [ ] 20 litres of water per person

Information

- [ ] DAB radio and battery
- [ ] Charged power bank
- [ ] List of important phone numbers

Heat

- [ ] Warm clothes
- [ ] Blanket or sleeping bag
- [ ] Firewood (if you have a wood-burning stove)
- [ ] Plan for a place to stay, for example with family or friends
- [ ] Indoor stove (gas or paraffin)

Light

- [ ] Torch and batteries
- [ ] Candles
- [ ] Lighter or matches

Food

- [ ] Food that does not need cooking – like crispbread, nuts, and jam
- [ ] Special diet food if you need it

Hygiene

- [ ] Hand sanitiser
- [ ] Wet wipes
- [ ] Extra toilet paper
- [ ] Bags
- [ ] Sanitary pads/tampons
- [ ] Diapers

Medicine

- [ ] Medicines for one week
- [ ] Iodine tablets (for people under 40, pregnant, and breastfeeding)

First aid equipment

- [ ] Basic first aid equipment for minor injuries

If you have children, you need

- [ ] Baby food
- [ ] Diapers

If you have pets, you need

- [ ] Pet food
- [ ] Water

My name

Important information

My medicines and medical aids

Where my medicines are kept

Where my medical aids are kept

My most important carers

Name	Telephone

Where I can get help with my needs

Resources	Needs	Telephone