

KEEP THIS SAFETY BROCHURE



72
72 H

HOME PREPAREDNESS

USEFUL TIPS FOR DISRUPTIONS AND EMERGENCIES



The 72h concept details the level of home preparedness recommended by the authorities and NGOs.

For example, an extended power outage may result in a situation where society's services are disrupted or even discontinued.

Households should prepare to cope independently for at least three days should a disruption occur. They should store at least three days' worth of food supplies and medicines. It would also be important to know the basics of preparedness, such as where to get reliable information during a disruption and how to cope in a residence that is getting colder and colder.

Home preparedness is of great benefit to both society and, above all, to each individual themselves. This is why everyone should prepare for disruptions and emergencies.

COULD YOU COPE?

If you are able to take care of your own and your family's basic needs also during disruptions, you have successfully taken care of your home preparedness.

If you are proficient in home preparedness, you have, among other things, a home emergency supply kit that contains bottled water, easily prepared foodstuffs and food for your pets. You also have a torch, some cash money, the medicines you and your family need as well as hygiene products and other necessities.

This brochure will give you more preparedness tips!





HOW DISRUPTIONS MAY IMPACT YOUR EVERYDAY LIFE:

- It becomes more difficult to prepare food.
- The fridge and freezer thaw.
- The toilet does not flush.
- There is no running water, or it is contaminated.
- Communication networks stop working.
- The lights are out.
- The heating is out.
- Public transportation does not operate.
- Stores may have to close or they may run out of supplies.
- You cannot fill the car's petrol tank.
- It may be difficult to get medicines or the chemists may completely run out of them.
- Debit/credit cards do not work.



**HOW WILL YOU, YOUR FAMILY
AND LOVED ONES COPE DURING
DISRUPTIONS IN SOCIETY?**

HOME EMERGENCY SUPPLY KIT

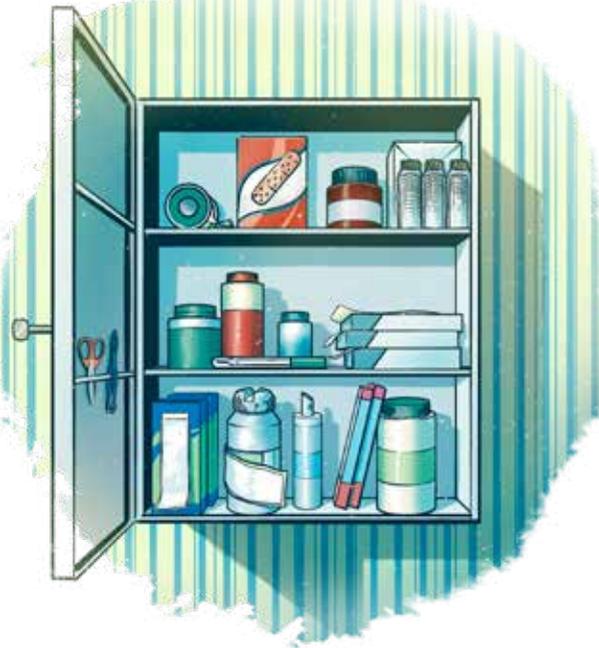


THE HOME EMERGENCY SUPPLY KIT CONTAINS:

- Water containers (clean, fitted with lids).
- Food that is easy to prepare and suitable for all family members.
- Pet food.

WHAT ELSE SHOULD YOU KEEP AT HOME?

- A battery-powered radio and spare batteries.
- A battery-powered torch and spare batteries.
- A powerbank for charging your mobile phone, for example.
- A portable stove and matches.
- Cash money.
- The necessary medicines.
- Iodine pills.
- Hygiene supplies.
- A first aid kit.
- A portable extinguisher/fire blanket.



HOME PREPAREDNESS IS ALL ABOUT SKILLS, SAVVY AND SUPPLIES.

WHEN DO YOU NEED THE HOME EMERGENCY SUPPLY KIT?

- During an extended power outage.
- When you cannot make it to the shops because of illness or an accident.
- During a strike (industrial action) or a major accident.
- When public transportation breaks down.
- During a disruption in food distribution.
- If a storm or a flood cuts off power distribution or stops transportation.
- When payment systems quit working.

RADIO

Necessary for receiving information and emergency warnings.

CASH MONEY

Debit/credit cards and cash points (ATMs) will not work during a power outage.

WATER

WHEN THERE IS NO RUNNING WATER

- ❑ Prepare for this situation by having containers fitted with lids with which you can fetch water, for example, from water distribution points.
- ❑ You can only flush the toilet once. From then on you can flush with the water have set aside. If you do not have spare water in containers you can line the toilet bowl with a garbage bag into which you can do your business.

Remember to place the toilet bowl liner (garbage bag) in the rubbish bin reserved for landfill waste.

IF THE WATER IS CONTAMINATED

- ❑ Prevent the use of contaminated water.
- ❑ Follow the water company's instructions on how to use the water and on the need to boil it.
- ❑ Do not use the water when the water distribution system is being shock chlorinated.
- ❑ When clean water is again available, remember to sanitise all equipment and containers which may have come into contact with contaminated water, such as the coffee maker.

INFORMATION ON WATER DISTRIBUTION:

- ❑ In all water service issues contact your apartment block's building management.
- ❑ Water companies will post information of ongoing water outages.
- ❑ If you live in a house (e.g. detached/semi-detached) contact the water company's customer service or check for any service issues from their web pages.
- ❑ Water outages and widespread blackouts also impact wastewater treatment. Monitor the water company's messages and the authorities' public information.

A water outage may be caused by, for example, a power outage or contamination. Even though emergency water distribution is often organised in water outages lasting over 24 hours, it would be helpful if every household stored at least a couple of litres of store-bought bottled water, just in case.



Every person needs approximately 2 litres of clean drinking water per day. In addition, water is needed for cooking and personal hygiene. The total requirement is 1-2 bucketfuls of water per person per day.



FOOD

HOW MUCH FOOD DO YOU NEED?

- You should reserve enough food for a few days.
- Also remember to keep enough pet food.

WHAT KIND OF FOOD?

- Keep the kind of food in your home emergency supply kit that you would normally eat anyway.
- Also make certain that you store dry food such as nuts or dried fruit.
- In addition, store the kind of food that you can cook, for example, with a portable stove during a power outage.

HOW TO STORE FOOD AND HOW LONG WILL IT KEEP:

- First use all fresh produce and foodstuffs in the fridge.
- It can even take several days for frozen products at -18°C in the freezer to thaw to 0°C .
- Products that have thawed to zero degrees can be used in food preparation or be cooked before being refrozen.

The home emergency supply kit does not have to be a larder reserved “for a rainy day”. Rather, it can contain the favourite food items that you normally eat anyway. The main thing is to keep enough food in the cupboards to feed the family for at least 72 hours.



WHEN POWER GOES OUT



Power outages are increasingly caused by natural phenomena such as crown snow-loads as well as floods and storms, but technical breakdowns can also cause them. Repairing the damage caused by natural phenomena does not always happen overnight, which is why power outages can be long-lasting.

WHEN POWER IS RESTORED

- Check that your cooktop is not on.
- Use the thawed food from the freezer.
Refrigerator-cold freezer food is still completely usable.

WHEN A POWER OUTAGE OCCURS



STORING THE PRODUCTS THAT ARE TO BE KEPT COLD

- ❑ A chest freezer will remain colder for a longer time than an upright freezer.
- ❑ Frozen products can still be refrozen when they are at -9 degrees, so long as their quality can be monitored.
- ❑ During the cold time of the year store perishable goods outdoors and well covered.

FOOD PREPARATION

- ❑ Portable stoves and grills are convenient when it comes to cooking outdoors, so long as the fire is carefully managed and extinguishers are at hand.

HANDLING THE FREEZER

- ❑ Avoid opening the freezer door to prevent the food from thawing.
- ❑ Protect the floor under the fridge and freezer from melt water.

HEAT

HOW TO STAY WARM:

- ❑ Reserve enough warm clothes and covers for everyone.
- ❑ Eat well and get enough rest.
- ❑ Ovens and fireplaces as well as dry firewood are great sources of extra heat.
- ❑ Close the windows and shut the front door. Heat escapes rapidly if the front door is repeatedly opened.
- ❑ Close the connecting doors to corridors, the entrance and the hallway and stop up all gaps.
- ❑ Remember that alcohol will not keep you warm.

The majority of residences are heated with the help of electricity because district heating and natural gas also require electric power. Especially in wintertime, a residence's cooling down rapidly becomes a problem.

Apart from fireplaces and the like, all heating requires electricity. When it is cold, indoor temperatures in wood-frame houses drop to +10 degrees in less than 24 hours. It takes approximately two days for a concrete-block building and three days for a well-built stone house to become cold. Once power is restored it takes time to heat them back up to normal temperature.

IF THE INDOORS TEMPERATURE DROPS TO BELOW +15 DEGREES:

- ❑ Try to maintain heat in one room. Close the connecting doors to peripheral and corner rooms and insulate any gaps with rugs or towels.
- ❑ Cover the windows with heavy curtains or blankets. Put more rugs on the floor.
- ❑ Dress in warm, breathable clothes preferably made of wool. Put more socks or shoes on. When necessary, wear a knitted cap and put on gloves.

IF YOU HAVE TO SPEND THE NIGHT IN A COLD RESIDENCE:

- ❑ Move the beds into the warmest space of your residence. Put all duvets and blankets to good use. You will be warm enough in a good sleeping bag.
- ❑ The family should share the blankets and sleep side by side. One person generates as much heat as one 70-watt light bulb.
- ❑ You will stay warmer if you build a tent out of blankets around a table and sleep inside the tent. It is also possible to erect a camping tent indoors.





INFORMATION AND COMMUNICATION

TO BE INFORMED, YOU NEED:

- ❑ A battery-powered radio and spare batteries.
- ❑ A fully charged mobile phone.
- ❑ A spare phone battery or a charged powerbank for the phone.

WHERE CAN YOU GET INFORMATION?

- ❑ As long as the telecommunication networks operate and batteries have power, it is possible to seek information from online sources.
- ❑ Reliable sources of information include, among others, the channels of the Finnish Broadcasting Company (YLE) and the communication channels of municipalities, electric companies and water companies.

The information society relies on electricity, ICT technology and information networks. A power outage will rapidly impact everyday life. It is important to get reliable information during a disruption – however, many media platforms require electricity to operate. Telephone networks are designed to operate on battery power for a couple of hours, at most, during power outages.

An illustration showing a man in a light blue sweater and dark pants standing in a doorway, shaking hands with an elderly woman. The woman is wearing an orange sweater and a blue patterned skirt, and is pushing a shopping cart filled with items. The scene is set in a doorway, with a green and blue background behind the man.

**PREPAREDNESS
FOR DISRUPTIONS
IS ALL ABOUT
WORKING
TOGETHER AND
HELPING OTHERS.**

DOES YOUR NEIGHBOR NEED HELP?

Do you have a neighbour who might need help? An aged person, a single parent with small children or someone suffering from fever and flu. Go ahead and ask if they need help.

THIS IS HOW YOU CAN HELP YOUR NEIGHBOR:

- They might not know why there's no water or electricity.
- It may be difficult or downright impossible for them to fetch water from the distribution point.
- They might be running low on food.
- They may need medical attention.

SECURITY OF SUPPLY

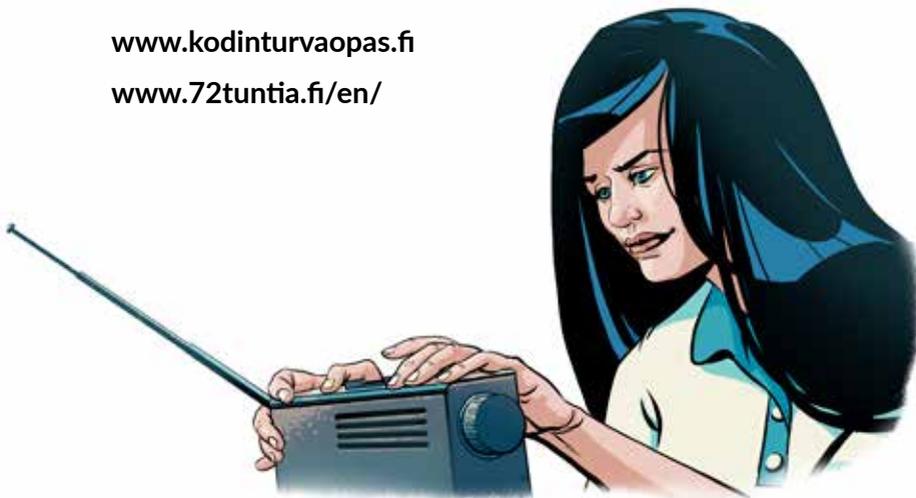
is part of being prepared for disruptions. The objective is to secure the living conditions of the population as well as the continuity of production, services and infrastructure vital to the economy and national defence. During a serious crisis society's actions are primarily focused on the most vulnerable people owing to their age or health situation. Home preparedness creates the preconditions for society's resilience against the most serious crises.

You can obtain advice and instructions about the home emergency supply kit and other individual preparedness issues from rescue departments and rescue associations as well as home economics associations and organisations that provide pertinent advice.

We also recommend that you check out the Home Safety Guide web page.

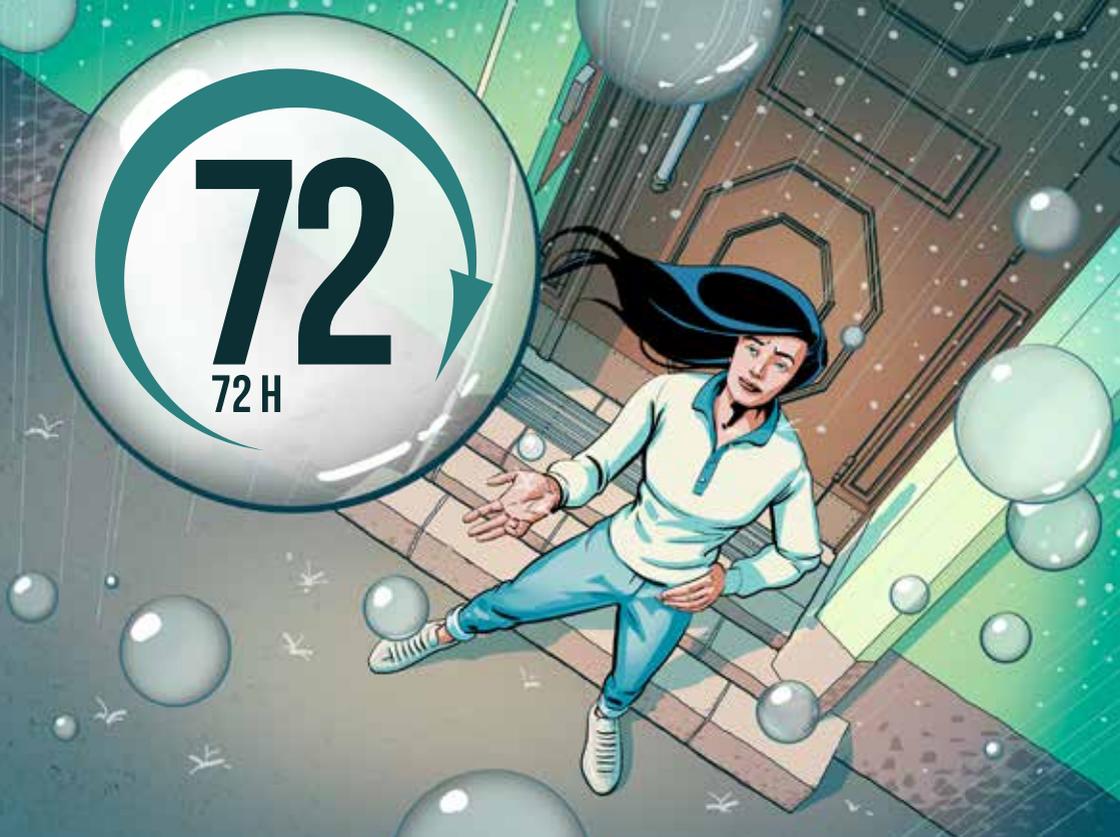
www.kodinturvaopas.fi

www.72tuntia.fi/en/





**TRAINING AND
BECOMING FAMILIAR WITH
HOME PREPAREDNESS WILL
IMPROVE YOUR FUNCTIONING
IN DISRUPTIONS AND
EMERGENCIES.**



112

Emergency number

116 117

Medical Helpline for matters regarding healthcare and social services in non-emergency situations.



@72tuntia

#72tuntia



HUOLTOVARMUUSORGANISAATIO
KOVA-TOIMIKUNTA



The Finnish National
Rescue Association

SPEK