



WHAT TO DO IN CASE OF A **CRISIS**



KEEP THIS
BROCHURE

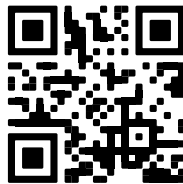
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THE MINISTRY OF DEFENCE OF THE REPUBLIC OF LATVIA

FOR MORE INFORMATION VISIT MILITARY NEWS PORTAL
<https://www.sargs.lv>

SARGS.LV
DROŠI IR ZINĀT!



INFORMATION PREPARED IN COOPERATION WITH



THANK YOU TO LATVIAN PLATFORM FOR DEVELOPMENT COOPERATION (LAPAS) FOR ADDITIONAL INFORMATION
LAYOUT: INGA ROPŠA /LATVIAN GEOSPATIAL INFORMATION AGENCY.
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PHOTOS: GATIS DIEZIŅŠ.

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WHY DO YOU NEED TO KNOW?

Disasters, pandemics or military operations can cause disruption of essential services: power outages, interruptions in Internet and mobile communication services or closure of shops, fuel stations, and ATMs.



This brochure will help you and your family prepare for any crisis in advance, so that you can manage (survive) the first 72 hours or 3 days of the crisis until government agencies restore the essential services and provide the necessary assistance.

The best way to protect yourself and your family is to be prepared for emergency situations in advance.



- 1 Use information sources:** study this brochure and other available information.
- 2 Understand the information:** discuss the course of action with family.
- 3 Follow the information:** act, stock up on food, water, essential items and other vital supplies for at least 3 - 7 days.



Identify skills and practical knowledge that might help you and your family cope with crisis (for example, hiking experience, first aid training, nutrition awareness, etc.).

INFORMATION SOURCES

IF YOU HEAR SIRENS OR PUBLIC ANNOUNCEMENTS THROUGH LOUDSPEAKERS:



TURN ON THE TV

**LATVIJAS
TELEVĪZIJA**

TURN ON THE RADIO



READ LSM.LV



Television and radio will continue to work.



Keep track of the information on social media pages and websites of the government agencies:

www.mod.gov.lv; www.mil.lv; www.sargs.lv; www.iem.gov.lv; www.vugd.gov.lv; www.vm.gov.lv



@aizsardzibasministrija; @latvijasarmija; @Latvianfirefighters; @Valsts.policija; @Ieksklietas; @VeselibasMinistrija; @NMPdienests



@aizsardzibasmin; @latvijas_armija; @ugunsdzeseji; @Valsts_policija; @IeM_gov_lv; @veselibasmin; @NMPdienests



Download 112 Latvia app on your phone or smart device



112

is the joint emergency number for Latvia and other EU countries



Don't turn off the TV or radio and wait for further announcements.



Check the information before sharing it with others. Don't spread unverified news and rumours.



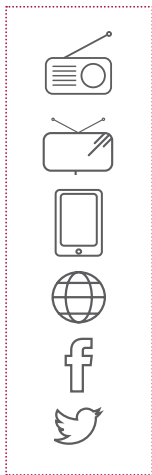
Please remember that any information available on public sources needs to be verified to avoid disinformation.

DISINFORMATION RISKS

Fight against disinformation is a collective responsibility, you can do your share by:

- 1 not spreading unverified facts;
- 2 always fact-checking information before sharing it with others.

Here is how you can verify whether news about Latvia you are getting are reliable:



You can ask yourself four questions:

- 1 **Who is the author?**
Can I trust the author and the source?
- 2 **When was the article/video content published/posted?**
Is information up to date?
- 3 **What is the objective of the published information?**
Is it informative or manipulative?
- 4 **Where did the information come from?**
Does the article/video mention sources and contain references?
Can they be verified?

If possible, try to help media and NGOs spread reliable information.



Be vigilant! Misinformation keeps becoming more veiled and cleverly disguised.



Disinformation risk may be very high

HOW TO ACT IN CASE OF CRISIS?



- 1 Make sure you and your family are safe.
- 2 Keep calm and follow the instructions of the responsible government agencies.
- 3 Help your loved ones and the community, became a volunteer of the local NGO that coordinates crisis relief.



- 4 You can also contribute through knowledge and skills, material support and other resources, psychological support to victims and support to families of people managing threats. Offer your help to the local government!



- 5 Keep working, if possible, especially, if you work for a company or institution that provides essential services (electricity, communication, healthcare etc.).
- 6 Volunteer, provide support. Create a local self-organizing group, which can clean up basements or other safe places of shelter, create reliable information channels, check available local material resources and nearest places of evacuation and people who need particular help in a crisis situation.



Do you know someone who would need help in case of crisis?

GET INVOLVED!

DON'T BE LAZY AND INDIFFERENT!

Remain calm, responsible and respectful.



Have you and your family created a crisis plan (meet-up place, children's actions in school, communications)?

Read more about crisis plans on page 14



WATER



Drinking water is the most essential element for survival. Adults need about 3 litres of water per day (4 litres in hot weather). Crisis may cause interruptions in water supply that may lead to tap and flush water shortages.



ESTIMATE:

how many litres of water are needed to sustain you and your loved ones for 3 days (or preferably for a week)!

DO NOT FORGET about water for your pets and other needs, such as hygiene

FIND OUT:

the location of natural drinking water sources (wells, springs) and how to use water purification tablets.

TEST water purification tablets beforehand during a regular hike and consider purchasing them for reserve.

FOOD



Cooking during a crisis may be impossible due to power outages and natural gas and water supply disruptions, hence, it is recommended to store food:

- 1 that can be kept at room temperature;
- 2 with a long shelf life (at least 6 months);
- 3 that needs less or even no water and cooking for preparation;
- 4 that is as nutritious and calorie-rich as possible.



STOCK UP:

canned food, root vegetables, pasta, cereals, dried bread, instant soups, flour, oil, hard cheese, coffee, tea, sugar, honey, jam, nuts etc.



KEEP TRACK OF:

the expiration dates of food. When they are approaching expiration, eat them and stock up on long-lasting products again.



DON'T FORGET:

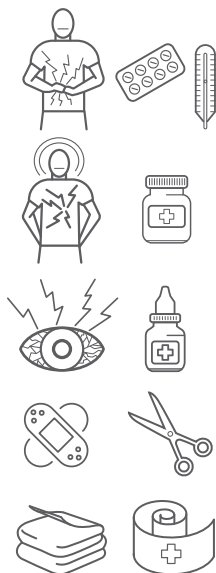
to stock up on baby food and other special food items, and food for pets.

MEDICATION



During a national emergency, pharmacies may be closed or healthcare institutions may be affected. It is important to make sure that your medicine cabinet at home contains **at least one product from the following groups of medications together with other remedies recommended by the State Emergency Medical Service:**

EVERY MEDICINE CABINET SHOULD CONTAIN:



- 1 A pain reliever, and fever reducer
- 2 Gastrointestinal medication (e.g. activated charcoal, anti-diarrheal)
- 3 Allergy medications
- 4 Anti-anxiety medications
- 5 Disinfectant
- 6 Bandages and scissors (band-aids, bandages, napkins etc.)
- 7 Daily medications of people in your household (pay attention to expiry date)
- 8 As well as an emergency foil blanket and a thermometer

Prepared by the Ministry of Defence based on the recommendations of the State Emergency Medical Service.



Have you checked the expiry dates of your medications?

If medication has expired and needs to be destroyed, take it to a pharmacy.



ESSENTIAL ITEMS

Prepare essential items that you and your family can use in case of crisis or evacuation.

DOCUMENTS AND INFORMATION

- copies of important documents in a waterproof wrapping:
 - passport
 - ID card
 - driver's license
 - education certificates
 - marriage certificate
 -
 -
 -
 -
- list of important phone numbers:
 -
 -
 -
 -
- portable radio device
- weekly amount of cash for the whole family (5, 10, and 20 EUR notes)
- waterproof notepad
- stationary
- printed road map of Latvia



FOOD AND WATER

- calorie-rich food with a long shelf life and no preparation required
- multi-functional pocket-knife
- can opener
- spoon/fork/knife/spork
- damage-resistant bowl
- damage-resistant mug
- drinking water in plastic bottles for at least 3 days (preferably one week)
- water for hygiene (10-12L a day or as required by the family)
 - you can actually start stocking and storing water after the alert about a potential crisis – you can, for example, fill bathtub with water
- spirit cooker
- water filter
- disinfectant tablets
- thermos



HEAT AND LIGHT

- spare charger
- power bank
- matches
- lighter
- candles
- flashlight
- batteries
- spare batteries
- warm clothes
- spare underwear
- comfortable shoes
- sleeping bag
- blanket
- sleeping mat
- tent if you want to be self-sufficient during evacuation



OTHER:

- tape
- thread
- needle
- scissors
- towel
- toilet paper
- disposable napkins
- disinfectant
- hygiene items
- medication you use
- your home first-aid kit (see page 9)
- spare glasses
- contact lenses



Bag



Use the available information to prioritise things that need to go into your and your family's emergency bag/kit.

Remember that your survival kit/bag must be appropriate for convenient evacuation. Do not overload it! You must be able to carry the weight of the bag on your own.

- | | |
|--|--|
| <input type="checkbox"/> documents (extra copies on external storage or phone) | <input type="checkbox"/> power bank |
| <input type="checkbox"/> food | <input type="checkbox"/> warm clothes |
| <input type="checkbox"/> water | <input type="checkbox"/> watertight bag |
| <input type="checkbox"/> snacks, if necessary | <input type="checkbox"/> notebook |
| <input type="checkbox"/> first-aid kit | <input type="checkbox"/> pen, pencil |
| <input type="checkbox"/> essential medicine | <input type="checkbox"/> cash |
| <input type="checkbox"/> radio | <input type="checkbox"/> multitool / knife |
| <input type="checkbox"/> extra batteries | <input type="checkbox"/> other items |
| <input type="checkbox"/> phone charging devices | |



Items you can keep in your car



Some essential items can be stored in your car specifically for summer/winter.

KEEP THESE ITEMS IN CAR:

- larger water bottles (5L) that you can also use during a longer ride
- food and snacks with long expiry dates
- first-aid kit
- flashlight (preferably rechargeable). Battery-powered flashlight is a good alternative, but remember to bring extra batteries
- jumper cables
- printed road map of Latvia
- clean agreed statement of facts form
- high-visibility vests for everyone in the car
- car warning triangle
- games for children
- other items your family needs
- for winter
 - blankets
 - gloves
 - warm clothes
 - winter boots
 - ice scraper
 - small snow shovel
- for summer
 - windscreen sun shade
 - extra water

EVACUATION

IF RELEVANT AGENCIES ANNOUNCE EVACUATION:

- 1 Listen carefully to the announcement about the process of evacuation, memorise and note down the direction, destination of evacuation, and assembly point.
- 2 Take the essential items prepared in advance.
- 3 Take your ID or passport with you everywhere.
- 4 Use the routes recommended by the authorities and don't use unfamiliar roads.
- 5 If you don't have the possibility to use your own vehicle, go to the nearest designated assembly point.
- 6 Inform your family in case of evacuation.



Do you know where is the nearest designated assembly point in your municipality?

↑

Find out these details in your municipality's Civil Protection Plan



Evacuation may lead to road congestions – you may have to spend substantial time in a congestion.



FAMILY CRISIS ACTION PLAN

This chapter contains valuable information that you can use to prepare yourself and your family for a crisis.

Here are some of the considerations and questions you will need to answer as you work out your family crisis action plan:

ADJUST THE INFORMATION ACCORDING TO YOUR HOME LOCATION

- Do I live in a flat or a house?
- Is my home/flat safe enough? Can I go to my summer house, country house, parent's house or any other dwelling that I can stay longer?
- Is security of your home/flat diminished by nearby critical or military infrastructure, factory, petrol station, protection dam or other buildings surrounded by safety strip?
- Does my home have smoke detectors? Are they in working order?
- Does my home/flat have a security system? Do all my family members know how to arm/disarm the security system? Where is the security system control panel located?
- Create a short instruction on how to switch security on/off.
- Has everyone written down home security corporation's number? Save it.
- What services do I need to be available to stay at my home for extended periods?
- How is my home heated and can I install alternative heat sources?
- Do I know how to cut my home/flat off the electricity and gas grid?
- Is there a water supply or a way to install an alternative water source?
- Do I know where my municipality dispenses water and food?
- Do I know where the closest locations (shops, boreholes, artesian wells, water pumps) where I can get water are?
- Do I know how to shut off the water system in my home/flat?
- Do I know the evacuation routes from my household?
- Do I know where the closest ATM is?



**Find out the location of
your nearest ATM**



DRAW THE EVACUATION ROUTE FROM YOUR FLAT/HOME TO ASSEMBLY POINT TOGETHER WITH YOUR CHILDREN

- Evacuation may be caused by various reasons: apartment is on fire or there is an emergency that requires evacuation.
- Find out from your local municipality where are its designated evacuation assembly points.
- Will you be able to find the path when staircases and streets are dark? Where is your flashlight?
- What are the alternatives for exiting home when main doors are blocked?
- Which room has the safest exit to the outside? Will all family members be able to use the exit, or will you need special tools, for example, a ladder?
- If you live on the ground floor and your windows have bars, will you be able to get out? Remember that your bars need to open from inside.

PREPARE FOR QUICK EVACUATION FROM YOUR HOME IN CASE OF EMERGENCY:

- Do not leave your home unless specifically instructed by responsible authorities.
- Keep your home keys close to the home entrance.
- Leave evacuation routes free from any obstacles to be able to leave home also in the dark.
- Define clear roles for cases of evacuation, for example, assign responsibility for specific things or pets to your children.
- Play out the evacuation with your family to make it exciting for children, for example, by evacuating to a playground.
- Take your survival kit/bag with you.

PREPARE FOR THE EVACUATION OF THE WHOLE BLOCK/AREA OR CITY:

- Switch off all devices (home electronics) you will not need while away and switch on those devices that need to be on (burglar alarm).
- Close all windows, lock all doors and follow the announcements/instructions of responsible services.



HOW DO I GET HOME FROM WORK?

- Can I go home from work in my car at any time?
- How can I get home if public transport and ride sharing, for example, car-sharing or scooter-sharing are not available?
- If you have children, do they know how to get home?
- If you are outside when emergency starts, try to find shelter in nearby homes.
- Decide who will take children in case of crisis when phones are down.
- Does your kindergarten/school know that you or your family members will pick up the kids?
- If your children are old enough, discuss how they should act in case of crisis.

HAVE YOU PACKED THE EMERGENCY KIT/BAG WITH ESSENTIAL ITEMS YOU WILL NEED? (SEE PAGE 11)

- Are all your family members aware of how to act in case of crisis and which responsible service to call, including numbers?
- Do your children know the number of emergency services?
- Stress may slow down your decision-making.

SUPPORT NATIONAL DEFENCE

- ❑ join the National Armed Forces and one of its regular or National Defence Service units, or any of the nearest National Guard battalions, or apply for army reserve combat training;
- ❑ help salvage peace and motivate your colleagues, family members and friends to support national defence;
- ❑ support your company's/organisation's continuity planning and uninterrupted delivery of essential services;
- ❑ initiate or suggest your company's/organisation's management to create a local unit of National Guard;
- ❑ offer National Armed Forces and NATO forces all kinds of practical support;
- ❑ help build fortified defence structures, counter-mobility obstacles and civil defence infrastructure;
- ❑ report about any movement of aggressor's military units, sightings of saboteurs, suspicious individuals, all kinds of suspicious banners, marks and transmitters to responsible authorities, including soldiers, policemen or border guards;
- ❑ use deception (take off road signs or street plates) to mislead the enemy or delay vehicle movement across territories controlled by enemy.

BECOME ONE OF US! JOIN THE NATIONAL ARMED FORCES!

**NATIONAL
DEFENCE
SERVICE**



**FIND YOUR
CAREER IN THE
LATVIAN ARMY**



**BASIC ARMY
RESERVE
TRAINING**



**BASIC
NATIONAL
GUARD
TRAINING**





OVERCOMING MILITARY THREAT

If the country is threatened by an external enemy, the Cabinet of Ministers will declare the state of emergency and armed forces together with relevant services will take protective measures.



LATVIA WILL BE PROTECTED!

ANY INFORMATION ABOUT SURRENDER OR NON-RESISTANCE IS FAKE NEWS!

**TOGETHER WITH NATO ALLIES
WE WILL PROTECT EACH AND
EVERY ONE OF YOU!**

YOUR RESPONSIBILITIES:

- 1 follow the instructions and orders of National Armed Forces (also units of the allied forces) and other responsible authorities;
- 2 do not collaborate with the aggressor.

KEEP CALM!

**AGGRESSOR MAY LAUNCH
PSYCHOLOGICAL AND INFORMATION ATTACKS
THROUGH OUR MEDIA. RESIST THEM!
FOLLOW THE INSTRUCTIONS OF AUTHORITIES!**

AIR RAID AND ARTILLERY ATTACK SAFETY GUIDELINES

INDOORS

- 1 If you can, hide in the basement.
- 2 If you have no basement or it is inaccessible, find a safe space in the building, stay away from windows (to avoid flying pieces of glass).
- 3 Follow the “two-wall” principle: when indoors, hide in a place that is at least two walls from the outside wall (for extra protection and safety against shockwaves and flying debris).

OUTDOORS

- 1 Lie down on the ground, cover your head, move slowly, try to crouch or make short dashes to get to safety.
- 2 Look for something to shield yourself from explosion debris, hide behind cars, buildings or other objects.
- 3 If possible, hide in the nearest house basement or brick building.
- 4 If you see enemy aircraft, best hiding place will be behind a building or similar objects.



**If you hear attack sirens, proceed to
the nearest shelter immediately!**



Warnings about potential chemical and nuclear attacks will be received and issued in advance. Please follow the announcements from responsible authorities.

NUCLEAR ATTACK SAFETY GUIDELINES

- 1 If you are outdoors when the strike hits, hide behind anything that can shelter you as quickly as possible once you hear the blast.
- 2 Go to the nearest building. It is best to hide in concrete block or brick house.
- 3 Close the windows, do not ventilate rooms, do not use air conditioner.
- 4 When inside, proceed to basement. If there is no basement, stay away from top floors and outside walls.
- 5 Follow the same instructions as in the case of chemical attack: get rid of clothes, wash your body with soap and water.
- 6 Stay inside for at least 24 hours. Follow the radio announcements if communication networks are down.
- 7 Use only packaged food, do not smoke, do not use water from open reservoirs.

First couple of hours after the chemical attack or radioactive contamination are the most dangerous. If you can, remain indoors!

CHEMICAL ACCIDENT OR ATTACK SAFETY GUIDELINES

Signs of chemical accident or attack may include suspicious smoke, gasses or droplets in the air, trouble breathing or mild respiratory irritation. If you or other people around you have these symptoms, **DO NOT HESITATE TO ACT:**

- 1 If you are indoors, close all windows, natural ventilation and air conditioning inlets. If possible, hide in rooms with no windows.
- 2 Cover your mouth and nose with a damp cloth whenever going outside.
- 3 Leave the contaminated area immediately, stay in the crosswinds (with wind blowing from the side).
- 4 Help others but **do not go back** into contaminated area.
- 5 Get rid of your clothes, wash your body with soap and water.
- 6 Wait for help and follow the instructions of authorities. Do not go to hospital or home without permission.

RESISTANCE

Even if control over a part of the territory is lost as a result of military operations, we will continue defending the nation by resisting until national independence is reinstated.

IF YOU ARE IN THE OCCUPIED TERRITORY:

- 1 evacuate to the part of the country controlled by the National Armed Forces;
- 2 keep on complying with the laws of the Republic of Latvia;
- 3 don't collaborate with the occupation forces:
 - distance yourself from their decisions and actions;
 - don't participate in their demonstrations and campaigns, don't give them interviews and don't let them film you;
 - don't take part in illegal elections or referendum.

IF YOU CHOOSE TO RESIST, YOU HAVE THE RIGHT TO:

- 1 exercise armed resistance cooperating with the NAF (including sabotage, subversions) against the enemy forces;
- 2 exercise civil disobedience e.g., non-compliance with the laws passed by the occupation forces, refusal to enlist and work for them, organization and participation in mass strikes;
- 3 support the resistance movement.

**YOUR SUPPORT IS
ESSENTIAL FOR
DEFENCE OF OUR
STATE!**



KNOW YOUR SERVICES

In case of crisis these services will perform evacuation, provide medical assistance, and be responsible for public order. These people will always carry service identification.



SOLDIER



POLICEMAN



STATE EMERGENCY
MEDICAL SERVICE
WORKER



FIREFIGHTER AND INSPECTOR



STATE BORDER
GUARD



TEST

TAKE THIS TEST TO CHECK WHETHER YOU ARE PREPARED FOR A CRISIS SITUATION

- I know where my essential items for 72h resilience are located.
- I have written down the phone numbers and addresses of my family members.
- I have created a crisis action plan for my family.
- I have checked my medication reserves and their expiration dates.
- I have stocked up on food and water for 72 hours.
- Children in my household recognize uniforms of soldiers, State Fire and Rescue Service, border guards and police officers and know they can ask the responsible government agencies for help.
- I have found out whether my neighbours might need help in case of crisis.
- I know how to disconnect water, gas and electricity supply at home.

PEOPLE TO CONTACT IN CASE OF CRISIS





















**Zemessardzes
1. Rīgas brigāde**



**Zemessardzes
2. Vidzemes brigāde**



ZS 46. KB

Ventspils



ZS KAV



ZS VETERĀNI



ZSO



PSYOPS



ZS ŠTĀBS



ZS AMIIR



ZS 22. KNB

Valmiera



SzS MKBde 3.KB

Cēsis



ZS 27. KB



ZS 25. KAB

Alūksne



ZS 31. KB



ZS 45. KNB

Kuldīga



ZS 51. KB

Dobele



ZS 17. KAB

Jelgava



ZS 52. KAB

Bauska



ZS 53. KB

Stopiņi



ZS 54. KAB

Oogre



ZS 55. KB

Aizkraukle



ZS 56. KNB

Jēkabpils



ZS 35. KB

Praļi



ZS 32. KB



ZS 36. KAB

Rēzekne



**Zemessardzes
4. Kurzemes brigāde**



**Zemessardzes
3. Latgales brigāde**



ZS 34. KB

Daugavpils

Liepāja

ZS 44. KB