

KEEP THIS BOOKLET IN A SAFE PLACE

Important information for the inhabitants
of Västerås in case of a crisis or war



VÄSTERÅS STAD



vasteras.se

Civic information for all households
in Västerås Municipality

If crisis or war comes

This booklet is intended for all those who live in Västerås Municipality. It contains information about what we should all do together to cope as best we can if there is a crisis or war. In case there is a crisis or even a war in Västerås, you can find information here about heating, water, food, electricity, the 112 emergency number, air-raid shelters, the Important Public Announcement signal and support locations.

In 2018, the Civil Contingencies Agency (MSB) sent a booklet called 'If Crisis or War Comes' to all households in Sweden. At that time, the City of Västerås sent out supplementary information to the inhabitants of Västerås.

Since the global situation in terms of foreign and defence policy has changed since then, we have now chosen to send out a revised booklet with additional information.

Updated information is also available at www.vasteras.se/krisberedskap and at www.msb.se.

Prepare!

After a crisis, it may take some time before society is working normally again and you can go back to your established routines. For this reason, you need to be prepared to manage without normal societal services for at least a week, preferably longer. Talk to your neighbours, friends and relatives, and ask them if they need help with anything.

If we are all prepared to manage on our own, authorities such as the City of Västerås will be able to focus on helping those whose situation is the most difficult and whose needs are therefore greatest.



Save this booklet!

If something serious happens, having read this booklet will be very useful to you.

Keep it in a good place so that you can easily find it if you ever need it.

In this booklet, you can find information about the following:

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In 2018, the Civil Contingencies Agency (MSB) sent a booklet called 'If Crisis or War Comes' to all households in Sweden.

If you have lost your copy, you can order a new one on the MSB's website. There you can also find more home-preparedness tips.

msb.se



How do you know that there is a crisis or war from the existing system of warning signals?

Important Public Announcement (VMA)

When there is an accident or other serious event that may be dangerous to the general public, the authorities use a warning system called Important Public Announcement (in Swedish: viktigt meddelande till allmänheten, or VMA). Warnings are usually broadcast on radio and television. In case of very serious events, the outdoor system for Important Public Announcements is also used. This outdoor warning system can be used for emergency alarms and air-raid warnings if Sweden is at war.

The outdoor warning signal is a loud unbroken alarm lasting for 7 seconds followed by 14 seconds of silence. The signal will go on for at least two minutes. We sound the alarm immediately if there is a serious risk. As of October 2022, there are sirens in the towns of Västerås, Tillberga, Irsta, Kvikksund, Skultuna and Hökåsen. They work even if there is a power outage.

When the danger is over, an unbroken signal is sounded for 30 seconds.

The warning signal may be supplemented with a spoken message.

The sound signals for Important *Public Announcement* and *Danger Over* are always tested at 3:00 p.m. on the first non-public-holiday Monday in March, June, September and December.

There are several ways in which members of the public can learn about an Important Public Announcement

If you download the Krisinformation ('Crisis Information') app from the MSB, you can receive Important Public Announcements as push notifications on your phone. You can also receive push notifications of Important Public Announcements via the 112 app from the SOS Alarm emergency services as well as via krisinformation.se. Further, warnings can be sent as texts to mobile phones located within the area affected. The entity that requests an Important Public Announcement decides, for each event, if this service is to be used.

In certain cases, the SOS Alarm emergency services may also call landline telephone numbers registered to addresses located within the area affected. The number they call from is 010-474 55 00.

A radio with an extra supply of batteries is the absolutely most important tool for finding information when something serious has happened. A radio that can be charged by solar cells or with a hand crank can be useful as supplementary equipment.



Warning system in the event of war or risk of war

If Sweden were to be at risk of war, or even at war, a warning system will be used to ensure that people can quickly seek shelter from air raids and other dangers. Warnings can be transmitted in the form of outdoor alarms and information on Sveriges Radio (national public radio).

Emergency alarm in case of war or imminent threat of war

The emergency alarm (signal for 30 seconds – break for 15 seconds) is a way for the Government to announce that there is the imminent threat of war, or that the country is at war.

If you hear the emergency-alarm signal, you have to go indoors immediately and listen to Sveriges Radio, channel P4. Prepare to leave home bringing only the most important things: warm clothes, something to eat and drink, and identification documents. If you have been given a wartime posting, you are to proceed immediately to the place you have been instructed to go to.

Air-raid warning in the event of an imminent air raid

If the military defence forces detect a threat of an air raid, the air-raid warning signal (signal for two seconds – break for two seconds, for one minute) can be used to warn the population. If you hear this signal, you must find shelter immediately, for example in the nearest air-raid shelter or in some other protective space.

Danger over

When the danger is over, an unbroken signal will sound for 30 seconds. If you are in an air-raid shelter or some other protective space, you can leave it.

1. Important Public Announcement (VMA)

Initially, an Important Public Announcement is broadcast to the general public on radio and television.



2. Outdoor alarm

If the situation is more urgent, the outdoor alarm will be sounded. Then you should seek shelter quickly.



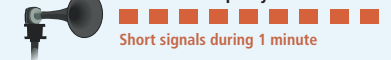
VMA – Important Public Announcement



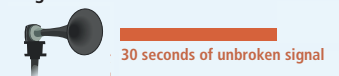
Emergency alarm in case of imminent threat of war



Air-raid warning – Warns of attacks by aircraft and other weaponry



Danger over



How you can obtain information during a crisis

Do not uncritically accept non-official information that does not come through government channels. **Any information to the effect that Sweden is giving up and capitulating in an armed conflict is false!**



Facebook

We use the Facebook page of the City of Västerås to tell you what we know and to inform you, for example, about things we would like you to do to protect yourself during an event.



Telephone

The City of Västerås has an additional telephone number for information that we will open when we consider that there is a serious crisis. This number is **021-39 90 00**. When it is open, you can call it to find answers to questions about the crisis. We collaborate with the County Administrative Board, the Police, the Rescue Service, the Västmanland Region, the Mälarenergi utility, neighbouring municipalities, the Transport Administration and the Armed Forces.



Internet

If there is a crisis, you will find information on the website of the Municipality – www.vasteras.se. The symbol with a circle and an exclamation mark is used to draw people's attention to the fact that something serious has happened. You can also find information at www.krisinformation.se.



Sveriges Radio

Sveriges Radio channel P4 is Sweden's emergency radio channel.

This means that Sveriges Radio P4 broadcasts information from authorities in the event of crises, major accidents and, in a worst-case scenario, war. Important Public Announcements are in most cases broadcast on Sveriges Radio P4 and can also be received in the Sveriges Radio app. Otherwise, the frequency in Västmanland is 100.5 MHz.



112 app

If you use the 112 app, you will quickly receive information about events in your local area so that you can feel more secure and will be able to avoid direct or indirect dangers. It is also possible to call the **112** emergency number from inside the app and to automatically share your current position with SOS Alarm, the emergency services.



The Municipality's special icon for crises

On the back cover of this booklet, you will find further important contact information.

The national information service, whose number is **113 13**, provides and receives information around the clock.

Support locations where you can receive help from the City of Västerås during a crisis

The City of Västerås uses municipal school buildings as support locations that we may activate during crises. A support location is a place where you can go to obtain warmth, water, hot food, information or an opportunity to call the 112 emergency number, visit the bathroom, receive basic health-care, spend the night or receive other support. Support locations are often staffed by volunteers and municipal employees.

There are 22 schools in Västerås Municipality that can serve as support locations.

As of October 2022, the support locations are the following:

- **Bäckbyskolan**, Välljärnsgatan 492
- **Nybyggeskolan**, Bygatan 26
- **Fredriksbergsskolan**, Rosenfinksgatan 4
- **Pettersbergsskolan**, Pettersbergsgatan 39
- **Carlforsska gymnasiet**, Sångargatan 1
- **Emausskolan**, Långmårtensgatan 6
- **Skiljeboskolan**, Säbygatan 2
- **Viksängsskolan**, Viksängsgatan 23
- **Bjurhovdaskolan**, Boplatsgatan 14
- **Irstaskolan**, Ullvigatan
- **Rönnbyskolan**, Släggkastargatan 13
- **Hökåsensskolan**, Örtegrens väg
- **Tillbergaskolan**, Källbovägen 6
- **Persboskolan**, Karl IX:s väg 3–7
- **Dingtuna kyrkskola**, Kyrkvägen
- **Önstaskolan**, Daggroskolan 2
- **Tortunaskolan**, Holmstens väg 12
- **Orrestaskolan**, Orrestavägen 14
- **Lövängsskolan**, Lövängsgatan 4
- **Norra Vallbyskolan**, Vallby Skolgata 2–4
- **Tegelviksskolan in Eskilstuna Municipality**, for residents of Kvicksund
- **Rudbeckianska gymnasiet**, Skolgatan 5



Would you like to see the support locations on a map? Go to <http://kartor.vasteras.se/sam/>, choose 'Omsorg, stöd och hjälp' and select 'Trygghetspunkterna'.

Air-raid shelters



The purpose of air-raid shelters is to provide the population with physical protection in the event of war. In the town of Västerås, there are about 1,200 air-raid shelters. The total number of places in them is about 140,000, which is more than the number of inhabitants. Remember that you are not assigned to a specific air-raid shelter. You should use the one closest to where you happen to be. It is a good idea to find out where your nearest air-raid shelter is.

Where is my nearest air-raid shelter?

Have a look in the neighbourhood around you. All buildings that include air-raid shelters are marked with a symbol consisting of an orange square with a blue triangle.



You can also find your nearest air-raid shelter on the MSB's website at www.msb.se/skyddsrum. The MSB has overall responsibility for air-raid shelters in Sweden. If you do not live near an air-raid shelter, you can go to some other protective space such as a basement or tunnel.

Air-raid shelters are spread out in ordinary buildings. In peacetime they are used for other purposes, but it must be possible to equip them as air-raid shelters in 48 hours if necessary. The owner of each building is responsible for the air-raid shelters contained in it, including for maintaining them.

Keep in mind that, because of a lack of room as well as allergies, it is not permitted to bring pets to air-raid shelters. Air-raid shelters are only intended for temporary protection.

Good things to bring to the air-raid shelter

- Food and drink.
- Personal hygiene products.
- Medical drugs and assistive devices such as glasses, contact lenses, hearing aid and pill organiser.
- Identification documents, cash, credit cards.
- A battery- or crank-operated radio.
- Mobile phone, charger and power bank.
- A torch (flashlight) or head lamp.
- Warm clothes.
- Toilet paper.
- First-aid kit.
- Water mug.

In many cases, for instance when there has been a discharge of dangerous substances, the best thing to do is to go **indoors** and close all windows, doors and ventilation systems. When something has happened, the authorities will inform you whether you should go indoors or leave home. They may do this, for example, through an Important Public Announcement.

What you can do to prepare

In the event of a crisis, the authorities will first help those who have the greatest need for help. For this reason, you should make plans so that you can get by on your own for at least a week, preferably longer if you can. Your starting point should be your own situation and needs as well as those of people close to you. It may take a long time before everyday life is working normally again. Having prepared may also mean that you will not have to stand in queues to obtain goods that have suddenly become highly attractive or risk having to do without things you need. By being prepared, you help ensure that all those around you, and even the entire country, will handle a severe strain better.

Heat and power outages

In case of a heat and power outage, your home may quickly become cold. Make sure that you have a plan for alternative heating of your home and keep things at home that can make things easier.

If you have an operational tiled stove or open fireplace, this is very helpful. Another good source of warmth is a gas or paraffin-oil heater. Candles and tealights provide both warmth and light.

During an outage, it is a good idea to focus on heating a single room in your home. Select a room with as few windows and outdoor-facing walls as possible, preferably a room facing south. Try to insulate the floor, doors and windows using sticky tape, blankets or rugs. Dress as you would for a cold winter's day outdoors – take out your warm clothes, hats and gloves, and wear several layers of clothing. Then there will be air between the various items of clothing, and that air will be heated by your body.

Be safe!

1. Open the windows to let in air from time to time. Fires consume a lot of oxygen.
2. Do not let a stove be burning, or let candles be lit, while you are asleep.
3. Be careful when handling fuel and open flames indoors.
4. Put candles far away from flammable materials such as curtains.
5. Do not put tealights too close together, and put them in a light holder that cannot catch fire.
6. Put and operate a camping stove far away from cupboards and the kitchen fan.
7. Keep the intensity of your fire down. Remember that the firewood or fuel you have may need to last for a long time. In addition, making overly intensive use of a stove or fireplace may entail an unnecessary risk of stove breakage or chimney fire.



If you have a pet, useful information and checklists can be found at www.svenskablastjarnan.se.

It is always a good idea to have a torch (flashlight) or head lamp at home along with an extra supply of batteries.



Water supply

Water is vital for our survival. It may happen that your neighbourhood loses access to drinking water and that the problem cannot be solved quickly. For this reason, the City of Västerås has drawn up an emergency water plan for supplying its inhabitants with emergency water if necessary.

If there is a lengthy water outage, the Municipality will put bowsers (tanks) with emergency water in the areas affected. This emergency water is primarily intended for cooking and drinking. If there is a heavy strain on the supply, it may take some time before we will be able to provide emergency water. For this reason, you should prepare for ensuring your own water supply. When we are recommending inhabitants to boil their water, we will not put out any bowsers, because then the water can be used once it has been boiled. Information about the location of emergency-water bowsers will be provided at www.vasteras.se and www.malarenergi.se.

- An adult needs about three litres of water per day.
- Water cans with a large opening are best for collecting water.
- Put PET bottles three-quarters full of water in the fridge. Frozen water stays fresh for longer. In addition, such bottles can be used as ice packs in the fridge if there is a power outage.
- The water tank of the toilet is a good back-up. It contains about eight litres of water that you can easily purify by bringing it to a boil. Boil the water until it bubbles strongly.
- Clean water can be kept for a long time in clean cans. Put them in a dark and cool place.
- To clean clothes and dishes, you can use water from lakes and streams (except very small ones).
- To flush the toilet, you can use any water.
- If you have stored some water and are unsure about its quality or know that there is some contamination, you can boil it before you use it for cooking and drinking. Always boil water first if you are unsure.
- Use wet wipes and hand sanitiser instead of water for personal hygiene as far as possible.
- If the toilet is not working, you can put a strong plastic bag in the bowl before using it. Good hand hygiene is important to avoid infections.
- Use disposable plates and cutlery to avoid having to use water to clean dishes.
- In an emergency, you can use water from lakes and streams. It is important to boil such water properly.



Food supply

Today's society is dependent on shops receiving deliveries every day. In case of an event such as a major power outage, there will be problems with deliveries and perishable goods in the shops will be ruined. There is also a risk that people will hoard things – buy more than they really need – and then the shops in Västerås will soon have empty shelves.



Remember that most of your kitchen appliances will stop working if there is a power outage. You should use a barbecue grill or a camping stove instead, but you need to have good ventilation and you must keep the risk of fire in mind. If there is a fire, you must be able to put it out.

Start by eating whatever is in the fridge while it is still cold and the food is still fresh. Even if the power supply stops, the freezer will stay cold enough for a few days. Open the freezer door as few times as you can, and close it again quickly so that the cold stays inside.

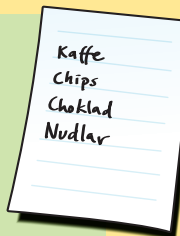
Try to choose locally produced, non-perishable foods. By buying locally produced food, you help our local food producers to stay in business. This will be good if there is a crisis, because it reduces the need to import food products to Västerås.



Also remember that you must have some cash at home to be able to go shopping. During a power outage, neither cash machines nor card payments will be working. Take out some cash in advance, enough for at least a week, and keep it in a safe place.

What should I consider when choosing food?

- The food you store must last long and it must not be necessary to store it in the fridge.
- Choose food that you and your family like.
- The food you choose to store should preferably be easy to cook and not require much energy. For example, quick-cooking pasta is better than pasta that takes longer to cook.
- Choose food that will not require a lot of water for cooking and cleaning dishes.



If you have a disability

Consider what it might mean for your particular disability if there is a power outage or some other unexpected event.

- If you have personal assistants, it is important to ensure that they also know how your life would be affected by a crisis or a disruption to society.
- Let others know where your emergency things are located.
- If you need medical equipment, it is important to ensure that it will work even if there is a power outage.
- Always carry your medical badge, ID or bracelet.
- Make plans for how to leave your home if necessary. Find out where the emergency exits are and try them. If you do not know, ask someone who knows.
- Make plans for taking care of your guide dog during and after a crisis.
- Adjust your crisis box to suit your needs.
- If others are already aware that a person has a disability, this will make it easier for them to help out, for example during evacuation.



Tips for those who are blind or have impaired vision

- Listen to the 'If Crisis or War Comes' booklet.
- Use the voice-assistant app in your mobile phone on an everyday basis. Then it will be easier to use that function in a stressful situation.
- Mark your necessities with Braille or large-print labels.
- Keep a list of your emergency equipment on a portable flash unit or make a sound file that you can easily access.
- Keep an adapted communication unit in an emergency package.
- Listen to Sveriges Radio P4 Västmanland.
- It may be a good idea to have supplementary high-visibility vests for yourself (marked **synskadad**) and your guide (marked **ledsagare**).
- Make sure that you have access to a Daisy player, a portable memory, a magnifying glass, a reading device, etc.

Tips for those who are deaf or have impaired hearing

- Use a radio with a text display and a blinking warning light.
- Make sure that you have extra batteries for your hearing aid at home.
- Use TTY/text telephone if possible.
- Paper and pen or pencil may be necessary to communicate with people who do not know sign language.
- A whistle can be used to signal that you need help.
- A streamer that captures signals from various transmitters on your television set, radio, computer and telephone may be a good aid.
- Use a perception-enhancement system with arm vibrators.
- SMS 112 – needs to be registered with SOS Alarm.

Tips for those who have motor disabilities

- If you use an electric wheelchair, it is a good idea to have a light manual one as a back-up option.
- If you use a cushion and need to evacuate without your wheelchair, remember to bring the cushion with you.
- If you need a mobility unit such as a cane or a walking frame, have an extra one in store.
- Keep a head lamp in your crisis box, to free up your hands.
- Have a whistle at hand to signal that you need help.
- Make sure that any tools that may be needed for your equipment, such as an adjustable spanner (wrench), is at hand.

Total defence and heightened state of alert

Sweden's overall defences are in place to protect and defend the country, our freedom and our right to live as we ourselves choose to. All of us have a duty to act if Sweden is threatened. The 'total defence' includes all activities that are needed in order to prepare Sweden for war. Sweden's total defence consists of civil defence and military defence.

Heightened state of alert

If there is a war or the threat of war, the Government can decide to put the entire country, or parts of it, in a heightened state of alert. There are two kinds of heightened state of alert: increased alert and highest alert. If Sweden is at war, the highest state of alert automatically applies. The Government's message announcing that a heightened state of alert applies will be broadcast on radio and television as well as communicated in other ways. If the highest state of alert applies throughout Sweden, the emergency alarm may be used.

When a heightened state of alert applies, the total defence may be mobilised in part or in whole. If the highest state of alert applies, those who have a wartime posting must go to the place where they are to serve, and the authorities, municipalities and regions as well as certain organisations and companies will reorganise to fulfil a total-defence function. A number of laws begin to apply when Sweden is placed in the highest state of alert. They are intended to strengthen the country's overall ability to defend itself.

Among other things, those laws regulate trade, sea transport, border control, schools, the employment service, the system of payments, hydraulic power, the population registry and the system of courts. Under those laws, for example, the Government gains the ability to ration goods and to use private

property. They also make it easier to recruit personnel for the total defence.

Duty to contribute to Sweden's total defence

The Swedish population has a duty to contribute to Sweden's total defence. This means that everyone who lives here and is between the ages of 16 and 70 can be called up to assist in various ways in the event of the threat of war and war. Everyone is obliged to contribute and everyone is needed. We must all work together. The duty to contribute to Sweden's total defence has three forms:

- Conscription into the Armed Forces.
- Civil conscription into organisations as decided by the Government.
- General national service, which involves serving in organisations that must function even in the event of the threat of war and war. This means that you continue to do your normal job, work in a voluntary organisation or are tasked by the Employment Agency with performing work that is of particular importance to Sweden's total defence.

Those with a duty to contribute to Sweden's total defence can be given wartime postings. If you have a wartime posting, you will have received wartime-posting orders or another form of confirmation from your employer about this.

Checklist for large-scale evacuation

A large-scale evacuation covers a city or town, a city or town district, or a large geographical area. It goes on for a lengthy period of time and affects many people and animals as well as functions of critical importance to society such as hospitals, homes for the elderly, schools and pre-schools, companies and industries.

In the event of a large-scale evacuation, it is a good idea to bring the following with you:

- Food and drink.
- Personal hygiene products.
- Medical drugs and assistive devices such as glasses, contact lenses, hearing aid and pill organiser.
- Warm clothes.
- Identification documents, cash, credit cards.
- A battery- or crank-operated radio.
- Mobile phone, charger and power bank.
- European health-insurance card.
- Bank log-in device or bank ID.

- Registration certificates and insurance documents.
- Computer and power-supply unit.
- Medical prescriptions.
- Phone charger for use in the car.
- A list – on paper – of important phone numbers.
- War-posting orders, if you have them.



The Voluntary Resource Group (FRG)

The task of the Voluntary Resource Group (Frivilliga resursgruppen, FRG) is to be at the disposal of the Municipality when its regular resources need to be reinforced in high-strain situations.

Would you be interested in joining the FRG?

Start by sending an e-mail to frg@vasteras.se saying that you are interested. Remember to state your name, age and contact information. Then the FRG will get back to you as soon as they can.

Contact information

SOS Alarm

Urgent help in emergencies

☎ 112

sosalarm.se

The Police

Providing information and making reports

☎ 114 14

polisen.se

MSB – Civil Contingencies Agency

Advice and information in times of crisis or war

☎ 0771-240 240

msb.se

Region Västmanland

Information about regional public transport and health-care

☎ 021-17 30 00

regionvastmanland.se

Social-welfare emergency service

For urgent help from the social-welfare services

☎ 021-39 20 66

vasteras.se

Vattenfall

Power supply in some parts of the municipality

☎ 020-82 40 40

vattenfall.se

Mälardalen Rescue Service

For questions about fire safety

☎ 010-179 82 00

rtmd.se

Health-care information service

For advice and health information as well as first aid

☎ 1177

1177.se

Mälarenergi

Power, heating, water and sanitation

☎ 021-39 50 50

malarenergi.se

Västmanland County Administrative Board

Regional crisis preparedness

☎ 010-224 90 00

lansstyrelsen.se

In the event of a crisis or accident

National information service

☎ 113 13

krisinformation.se

Poison Information Centre

First aid in the case of poisoning

☎ 010-456 67 00

giftinformation.se

City of Västerås

City Hall, Fiskartorget 1, Västerås

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