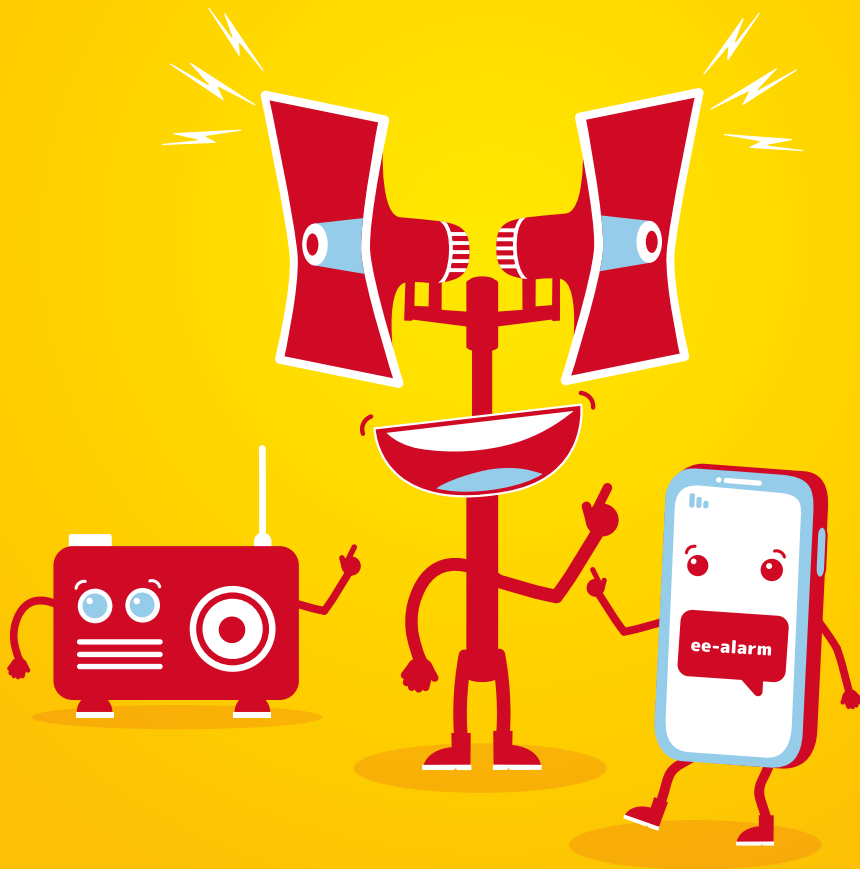


PÄÄSTEAMET

HAZARD NOTIFICATION



www.olevalmis.ee



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**DOWNLOAD THE
'BE PREPARED!'
APP, WHICH
ALSO OPERATES
OFFLINE**



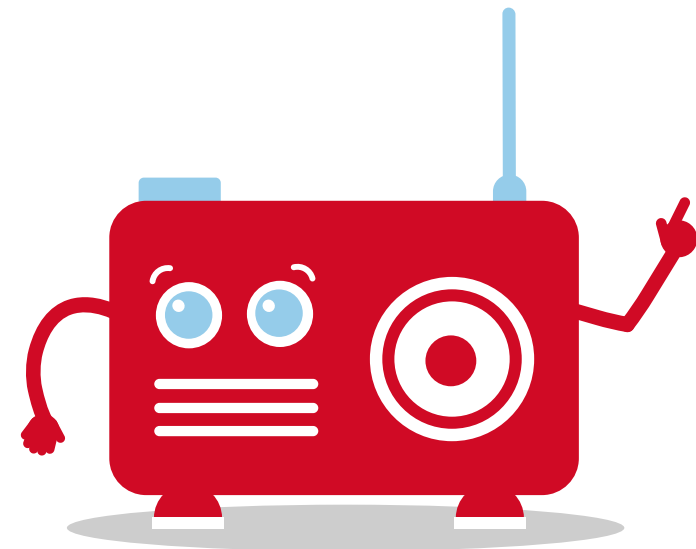
WWW.OLEVALMIS.EE

Dear Estonian citizen!

Despite our best efforts to prevent crises, we might still have to face them. Crises can be tackled by a joint effort from public authorities, local governments, businesses, communities, and citizens. Crises are easier to cope with when we are prepared for them and know what to do in a crisis situation.

This leaflet gives an overview of how the country informs people of an emergency and specifies when to shelter or evacuate. At a critical moment, it is essential that relevant information reaches people quickly, because timely threat alerts and action save lives, health, and property.

A person who is prepared for a crisis can often save themselves from danger. Share this leaflet with your loved ones and keep it.



Hazard notification

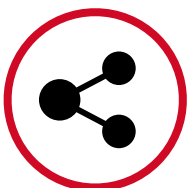


The purpose of hazard notifications is to inform the public in a timely manner of the threat of a critical event endangering the life and health of people or of an event that has already occurred. Hazard notifications are important to ensure that people are aware of the risk and the code of conduct in the event of a risk, so that they can react quickly if necessary. Hazard notifications help people to act in response to the threat (e.g. to protect themselves by sheltering indoors or evacuating, etc.) and provide information on where to find further information through reliable channels.

Hazard notification channels



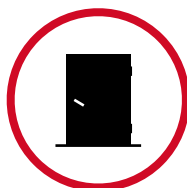
Public service media (ERR)



The websites and social media channels of authorities



Warning sirens



Door-to-door notification



Mobile phone messages (EE-ALARM)



'Ole valmis' app



Loudspeaker notification

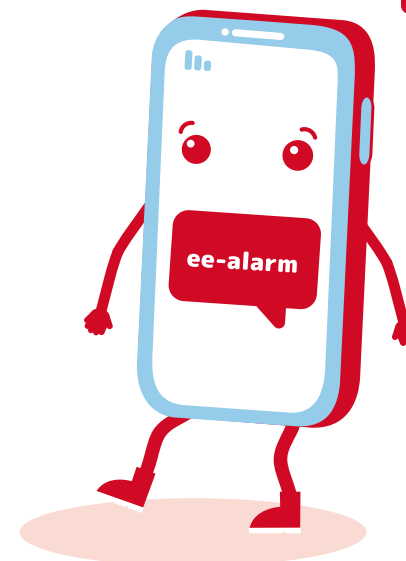
EE-ALARM – area-based hazard notification by SMS

People in the danger area will receive a text message on their phones if their lives or health or national security are in danger or if other dangerous high-impact events are happening: fires on landscapes or in industrial buildings, when smoke from a fire containing toxic chemical compounds or the fire itself is spreading dangerously, mass unrest, extensive natural disasters, unsafe food or drinking water, other events that endanger human lives.

The hazard notification is prepared by the authority resolving the corresponding event, but the phone always displays EE-ALARM as the sender of the message.

The alert will be sent at least twice – at the beginning and at the end of the emergency – but follow up messages can also be sent if necessary.

If you receive an EE-ALARM alert, follow the instructions in the message!



Warning siren



Warning sirens are used to inform the public when there is an immediate threat to human life.

The warning sirens sound a minute-long ascending and descending sound, repeated three times every 30 seconds.



The warning sirens are regularly tested by the Rescue Board (the same sound is used as in an emergency). The Rescue Board will inform the relevant people about the testing in advance.

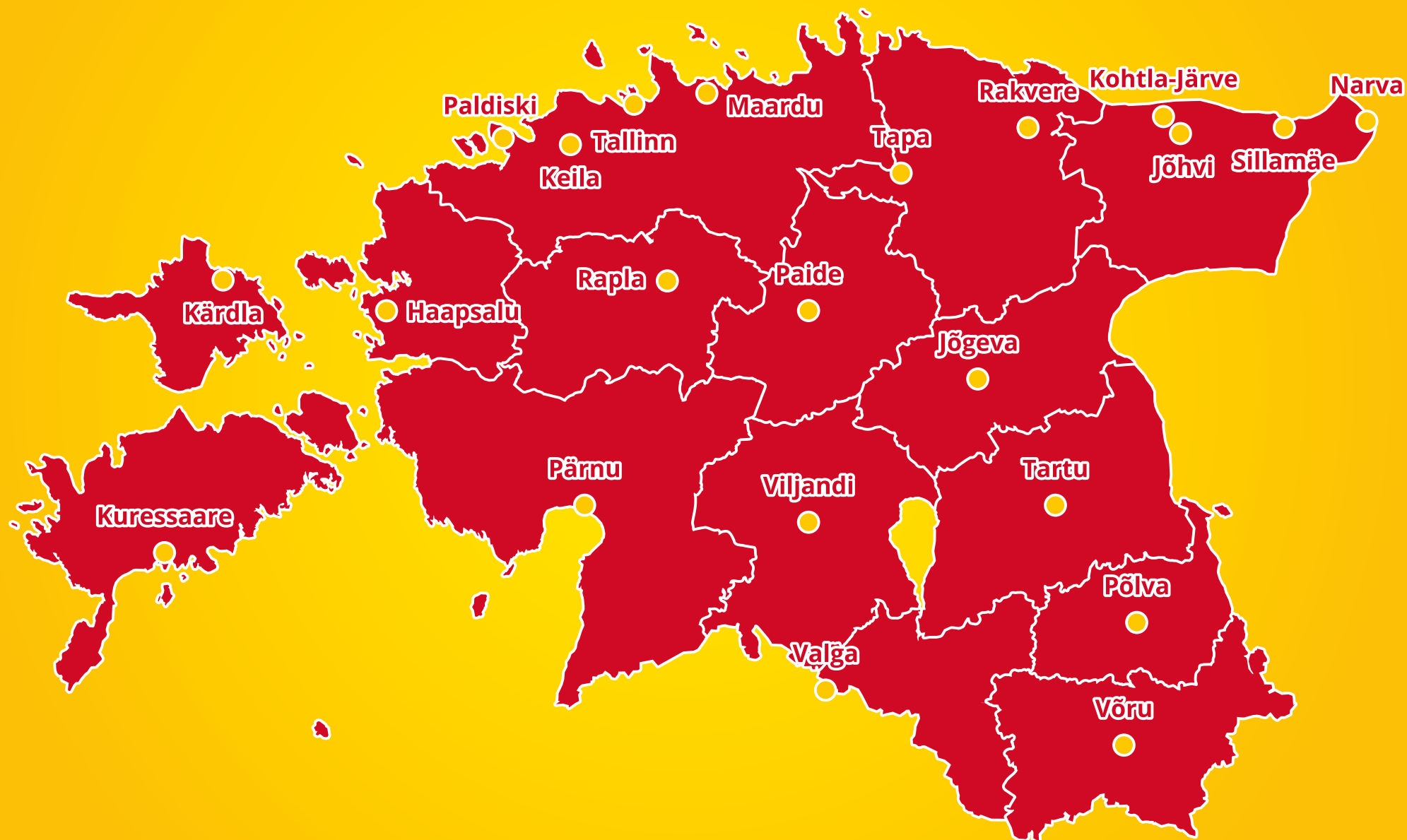
What to do if you hear warning sirens?

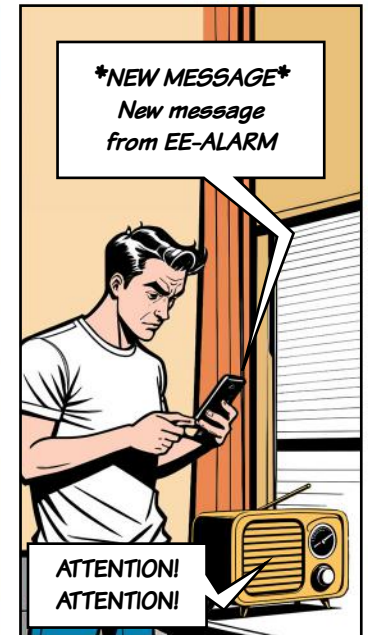
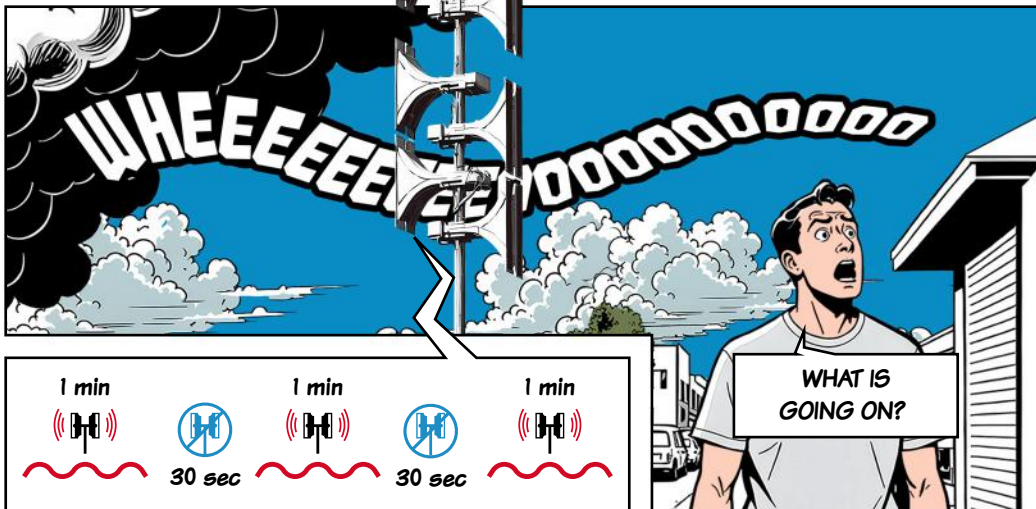
- 1. Take shelter as soon as possible!**
2. Find more information and follow the instructions.
3. You will be informed when it is safe again via threat alert channels (EE-ALARM, radio).



Locations of warning sirens

*Sirens will be placed during 2024





Sheltering



The purpose of sheltering is to protect people from explosions, blasts, flying objects, and other immediate dangers. The need for sheltering can result from extreme weather conditions (e.g. strong winds, rainfall), accidents (air pollution), or military threats (air strikes).

Public shelter



A public shelter is a building, a structure, or part thereof providing protection from blasts and flying material caused by an attack. Public shelters are underground, made of reinforced concrete, and do not have windows (for example, underground parking lots, tunnels).

The Rescue Board has marked public shelters. The list of public shelters is available at your local government and on the www.paasteamet.ee website of the Rescue Board.



Basement of a residential building

The basement of a residential building is the first place where a person can take shelter if necessary. Requirements:

- the access route to the basement must be clear;
- the basement must be free of debris and unnecessary items, which is also important for fire safety;
- ideally, the basement should have several exits. In the absence of multiple exits, windows in other rooms of the basement can be used for evacuation.
- the room must not have windows. However, if there is a window in the basement, it should be properly taped and covered both inside and out to reduce the risk of flying objects from blasts.

What to do if you need to take shelter?

- When you hear warning sirens (military threat, major accidents, emergency) and get a message from EE-ALARM.
- Take shelter as soon as possible!
 - If you are on the street, quickly go to the nearest building or public shelter. Look for an underground building without windows (e.g. a tunnel or underground car park).
 - If you cannot go into buildings, make yourself as small as possible – squat or lie down –, take cover in any way you can.
 - When in a room with windows, stay away from the windows and hide under a table to protect yourself from broken glass.
 - If you are at home, take cover in a windowless room with solid walls and ceilings, such as a basement. Bathrooms in many apartment buildings (built as a separate concrete block in the middle of the apartment) are also suitable for sheltering.
- Do not use lifts in dangerous situations.
- Find more information and follow the instructions.
- Stay indoors until the danger has passed. If a building catches fire or might collapse, get out of it and immediately find another suitable building.
- You will be informed when it is safe again via threat alert channels (EE-ALARM, Vikerraadio, ERR).
- If necessary, people will be evacuated to evacuation sites equipped with essentials.

Evacuation



Evacuation is the removal or relocation of people from a dangerous place to a safer place to protect their life and health.

In the event of a major accident, a long-term disruption of vital services, or any other event where an area becomes temporarily or permanently uninhabitable, evacuation may be unavoidable. Evacuation will only be carried out if the risk of staying is higher than the risk of being relocated. Evacuation orders must always be taken seriously, even if the situation does not seem dangerous at first sight.

The quickest way to organise an evacuation and ensure the well-being of people is for as many people as possible to find temporary shelter outside the danger area on their own. This way, the authorities will be able to pay more attention to the people who need help.

Before evacuation

- Think about what you and your loved ones need most to cope in the event of an evacuation.
- Make a list of essential items and pack an evacuation bag.
- Think about how you can provide temporary shelter for your loved ones in the event of a protracted crisis. Prepare together.
- Always keep the fuel tank of your vehicle at least half full. Keep a road atlas in your car.
- If you have a pet, think about how to evacuate it. If you are forced to evacuate with your pet, think about what it may need (food, muzzle, collar, etc. for safety).

What to do in the event of an evacuation?

- Follow the instructions of the evacuation authorities to leave the danger area and reach the evacuation site. Their guidelines are based on a real risk assessment.
- If possible, leave the danger area by yourself and stay with your loved ones.
- When evacuating, do not forget people in the community who may need help. If you are not able to help them yourself, let the people organising the evacuation know.
- If you need help in evacuating, inform the people organising the evacuation. Transport and temporary accommodation will be arranged for people who are in a danger area and need additional assistance.
- When you leave home, take the following essentials with you:
 - an evacuation bag packed in advance;
 - documents, bank card, cash, mobile phone with charger;
 - in the case of an evacuation lasting more than 12 hours, bedding, extra clothing, and food for three days.
- Dress for the weather.
- Ensure the safety and well-being of your pets while you are away. If that is not possible, take them with you. Be sure to bring a transport cage, collar, leash, muzzle, etc. and food for your pet.
- When you leave your home, turn off the electricity, as well as the gas and water supply.
- Close the windows and lock the doors.
- When evacuating independently, use the routes that the police and the Rescue Board have approved in the media.
- Do not go back home until you get official confirmation that it is safe.

Recommended supplies for the evacuation bag

- Food and drinking water (stock up on water and well-preserved ready-to-eat food for at least three days; prefer canned food, rusks, nuts, sweets, etc., baby food if necessary, special foods)
- Oral and body hygiene products
- First aid and medicines, including prescription medicines for one week
- Flashlight and spare batteries
- Portable radio, backup batteries, power bank, or other charging device
- Sleeping bag or blanket
- Documents and cash
- Other essential tools (pocket knife, can opener, matches, food dishes, cutlery, etc.)
- Pet food if necessary

Reminder!

- Think about what **supplies your family needs** to be self-sufficient for at least a week! (checklist of home stocks – separate file attached – across two pages) →
- Get a battery-powered radio to get the information you need in any situation!
- **Be aware of hazards** near your home (e.g. dangerous enterprises, flood risk areas, etc.).
- Always take alerts and sirens seriously and **follow the official instructions!**
- **Follow the official channels** for more information. If you get alerts from unofficial sources, check the official channels as well.

EMERGENCY SUPPLY CHECKLIST



DRINKING WATER

- 3 liters per person at least for one day and think through, where and how you can get more if necessary



FOOD

Half of your emergency supplies should be able to be consumed without being heated or cooked.

- Pickles and preserves
- Instant soups
- Dry bread-based snacks
- Nuts and dried fruit
- Cookies, candy, muesli bars and honey
- Baby food (if required)



RADIO

- Battery-operated radio and batteries enough for repeated use/radio that runs on solar cells or a generator



LIGHTING

- Torch and spare batteries
Torch that runs on solar cells or a generator
- Battery-operated lamp or lantern and spare batteries/oil lamp with oil
- Hurricane lamp
- Candles
- Matches



FIRST-AID ITEMS

- First-aid kit



HYGIENE PRODUCTS

- Soap
- Disinfectant
- Toilet paper
- Tissues
- Wet wipes
- Garbage bags (50-litre)

EMERGENCY SUPPLY CHECKLIST



MEDICINES

- Prescription medicines
- Painkillers
- Fever reducers
- Allergy treatment
- Digestive medication
- Anti-inflammatories
- Cold & flu medication



TOOLS AND RELATED SUPPLIES

- Knife
- Scissors
- Adhesive tape
- Plastic film



TABLEWARE AND KITCHEN UTENSILS

- Single-use cutlery and crockery
- Tin opener



HEATING MATERIAL

- Firewood
- Liquid fuel (e.g. for a generator)
- Gas



POWER BANK

- Fully charged power bank for recharging mobile devices



OTHER NECESSITIES

- Cash to cover your family's needs for one week
- Masks to protect your airways (such as dust masks)
- Fire extinguisher and fire blanket
- Petrol (for your car)
- Pet food (if required)

IMPORTANT PHONE NUMBERS AND WEBSITES

1220

This **FAMILY DOCTOR LINE** can be used if you or someone in your family has health problems for which you require advice or a decision on the need for further assistance.

This **STATE HOTLINE** offers advice and official information in the event of a crisis. **Tip for memorising number: 1 number 24/7**

1247

1343

This **ELECTRICITY HOTLINE** can be used to seek information on power outages.
Imatra Elekter hotline: 715 0188
VKG Elektrivõrgud hotline: 716 6666

This **POISONS INFORMATION CENTRE HOTLINE** provides information and advice regarding poisonings.

16 662

116 006

MENTAL HEALTH HELPLINE

WWW.KRIIS.EE

WWW.PAASTEAMET.EE

WWW.OLEVALMIS.EE

Reminder!

- Think about what **supplies your family needs** to be self-sufficient for at least a week!
- Get a battery-powered radio to get the information you need in any situation!
- **Be aware of hazards** near your home!
- Always take alerts and sirens seriously and **follow the official instructions!**
- **Follow the official channels** for more information!