

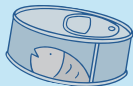
Home preparedness

Can you manage on your own for three days in the event of an extended power outage? Every household should be prepared to cope independently for at least 72 hours in various disruptions that could interrupt society's services.



02 Food

Store non-perishable food that is either ready to eat as is or easy to prepare without electricity.



04 Medicine and cash

You'll want to have cash, as bank cards will not work during a power outage. Prepare for difficulties in obtaining medication during a disruption.



06 Tape and plastic bags

Use duct tape to seal windows and vents if necessary. You will also need plastic bags if there is no composting toilet nearby.



Water and containers 01

Store enough bottled water for drinking, cooking, and hygiene. Have lidded containers to collect water from distribution points.



You need about 2 liters of water to drink per day.

Battery operated radio 03

Ensure you have a battery operated radio and spare batteries to receive information as phones and the internet might not work during disruptions.



Light and a powerbank 05

Stock up on candles, flashlights and LED lights for lighting. You should also have a power bank for charging your phone.



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