



www.lt72.lt

**A website intended to prepare
Lithuanian residents for emergencies**

**It helps residents learn how to prepare
for accidents, how to respond in
emergencies, how to access necessary
information during crises, and how to
handle other potential threats**

ALERT MESSAGES



During emergencies, alert messages are sent to the people in the area in order to inform about potential threats

If you don't know if you'll receive alert notifications, check whether you have this feature enabled on your mobile phone

To activate it on your phone, visit
www.lt72.lt

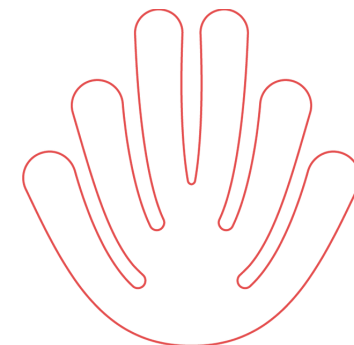
KNOWLEDGE PROTECTS

**ADVICE FROM
CIVIL PROTECTION
EXPERTS**

**HOW TO
STAY SAFE
IN THE EVENT
OF AN
EMERGENCY**



**Vilnius
District
Municipality**



01. PREPARE AN EMERGENCY KIT

EMERGENCY KIT HAS TO CONTAIN:

- **Flashlight** with extra batteries
- **Important documents:** birth certificate and/or marriage certificate, passports/ID, diplomas and certificates, driving license, insurance, property documents
- **Photos of relatives** (for identification purposes)
- **Portable radio** with spare batteries
- **Aid for vision (glasses, contact lenses) or hearing aids**
- **Food and water** for 3 days, stored in small containers. Additional food for special needs
- **Tin opener**
- **First aid kit**, daily medications and all necessary medicaments for each family member, hydrogen peroxide
- **Baby food, diapers, wet wipes**
- **Toys and/or books for children**
- **Additional clothing** (comfortable shoes, waterproof and windproof jacket, sweaters, warm trousers)
- **Toiletries:** towel, soap, toothbrush, toilet paper etc.
- **Warm blanket** and/or compact sleeping bag

- **Dust mask**
- **Matches** packed in a waterproof box
- **Pencil and paper**
- **Cash and jewelry** (separated and safely hidden among other items)
- **Cigarettes** (in certain situations might be used in exchange)



In advance, prepare your most important documents, copies of them, any necessary medications, and other essential items will need in case of evacuation. Pack everything in your emergency bag.

Make sure you have enough water (2 litres per person).

A person needs to consume about 12 litres of water per 72 hours).

Store water in small bottles to distribute the weight evenly.



Take your emergency bag with you when you evacuate



In case of an emergency, don't call your relatives – send an SMS



At home switch off the gas and electricity and turn off the water taps



Bring your pets



Designate a family member to be in charge of your emergency bag

02. PREPARE FOOD SUPPLIES



THE FOLLOWING PRODUCTS ARE RECOMMENDED FOR STORAGE IN A DRY, DARK PLACE AT HOME:

- **Canned meat**
- **Canned vegetables**
- **Other canned goods** (condensed milk, fruits etc.)
- **Groats (grain)**
- **Oil**
- **Sugar**
- **Spices**
- **Salt**
- **Honey**
- **Tea**

OTHER RELEVANT INFORMATION

- Don't forget to pack your favourite food
- Pack a tin opener
- Before heating canned goods, remove the labels and open the can
- Once the can is opened, the food should be consumed straightaway
- Arrange the newly purchased food supplies behind the already existing ones – this makes it easier to identify the products with shorter expiration dates.
- Do not consume food that has come into contact with floodwater and/or unhygienic surfaces
- When storing food, choose goods that are familiar to you

