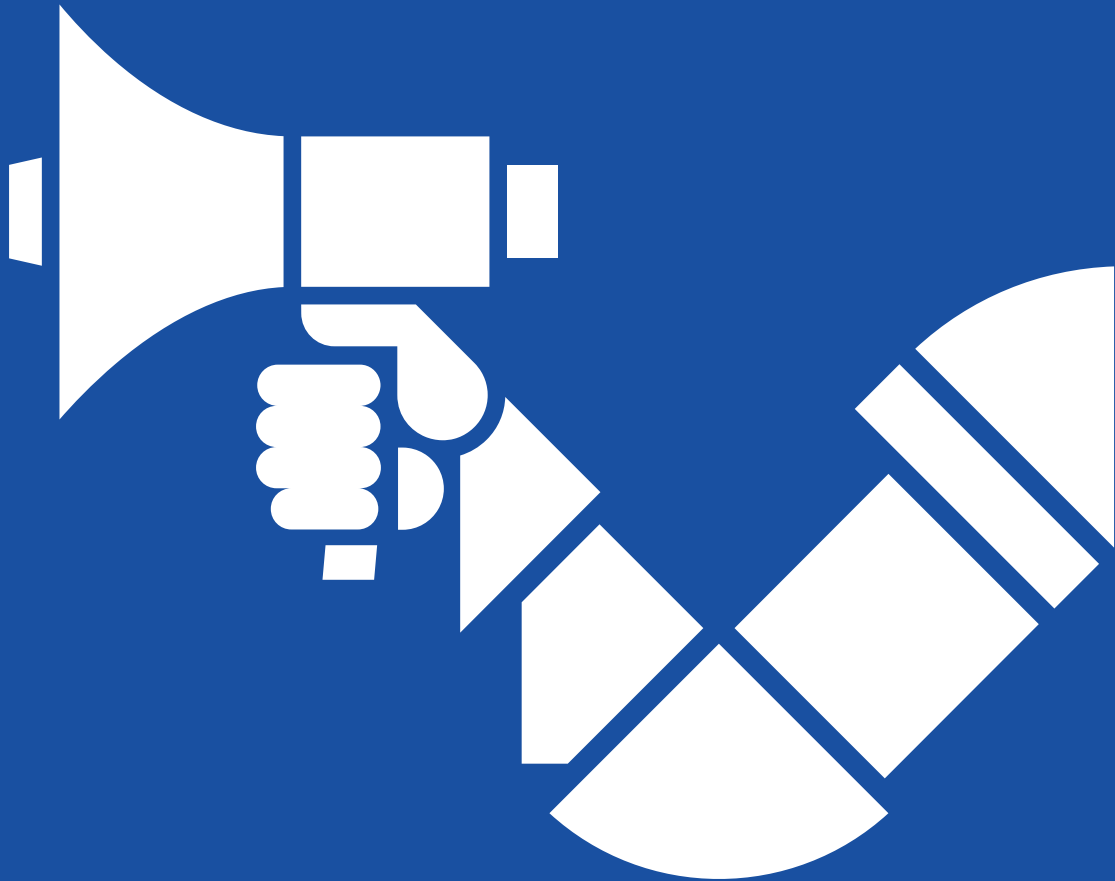


Important information to all residents of Nitra



**In case of crisis
or military conflict**



City of Nitra

This document provides the city's citizens with basic information in the event of a crisis situation or a military conflict.

The document was developed by the civil protection department of the Nitra City Hall. This document serves as a recommendation aimed at basic knowledge of civil defence.

Print the document and keep this document in a safe place.

To all residents of the city of Nitra

Dear residents of Nitra,

the safety of our families, loved ones, and the entire community is among the most important responsibilities of local government. The war events of recent years in neighbouring Ukraine remind us that emergency situations can arise unexpectedly and that their consequences may affect each and every one of us.

This brochure was created to provide you with basic information and practical recommendations on how to act in the event of crisis situations. Preparedness does not mean fear, but rather a responsible approach to protecting one's health, life, and property. The better informed we are, the more calmly, wisely, and effectively we can respond.

I believe that we will never have to use this information in practice. Nevertheless, I consider it important for every resident of Nitra to be prepared for situations that may threaten the safety of our city.

Thank you for your responsibility, mutual consideration, and willingness to help one another. Solidarity and unity are the very values that make Nitra a strong and safe city.

Marek Hattas
Mayor of the City of Nitra

Obsah

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1. How to be responsible and prepared

To be independent, responsible and prepared to help others.

The possibility of emergencies is real and recurring.
It is up to us how we can deal with real danger and threat:

- Natural disaster (flood, drought, fire)
- Public health threat (epidemic, pandemic, smog)
- Terrorist attack (nationalistic, religious, anti-state)
- Information security (data protection, misinformation, disinformation)
- Military conflict (local, global) – the defence of the homeland is considered a civic duty and an honour. Conscription begins for every citizen – male – of the Slovak Republic on January 1st of the calendar year in which he reaches 19 years of age and ends on December 31st of the calendar year in which he reaches 55 years of age.

How can I help?

- ✓ I know the warning signals.
- ✓ I know how to behave in different situations.
- ✓ I know how to give first aid, I donate blood, I help the elderly, women, children, the sick, I take care of my health.
- ✓ I know where to hide.
- ✓ I have an evacuation bag ready.
- ✓ I prepare for a power outage.
- ✓ I get involved. I will join a voluntary humanitarian organization, a local community.
- ✓ I am prepared to take care of myself for at least 7 days (water, food, energy, other).
- ✓ I educate myself in civil protection.
- ✓ I stay informed.

2. Civil defence warning signals

The sound of a siren always means some danger (except during siren tests). It warns that an emergency may occur or has already occurred that threatens the lives and health of residents, property and the environment. Every resident in such a situation acts according to their abilities, knowledge, skills and according to the instructions issued by the competent authorities. Every second Friday of the month at 12 pm, the operability of warning systems is tested by a two-minute continuous siren tone. Radio, television and the press inform about the regular testing of the functionality of sirens.

Signal name	Used in case	Warning method
General alarm	In the event of a threat or occurrence of an emergency, as well as in the event of the possibility of the consequences of an emergency spreading	2-minute fluctuating siren tone
Water alarm	When threatened by the destructive effects of water	6-minute continuous siren tone
All clear	End of threat or end of effects of an emergency	2-minute continuous siren tone without repetition
Siren test	End of threat or end of effects of an emergency	2-minute continuous siren tone

Warning signals are subsequently supplemented with additional verbal information via local mass media.

3. Procedure for various situations

- ✓ **REMEMBER** that human life and health is the greatest value, the preservation of property is next,
- ✓ **RESPECT** and try to obtain information from official sources (Slovak public television and radio, local radio, etc.),
- ✓ **REMEMBER** self-protection, first aid and mutual assistance in times of need,
- ✓ **DO NOT SPREAD** unverified news,
- ✓ **WARN** other people in your immediate vicinity who are at risk,
- ✓ **DO NOT** make unnecessary phone calls (the phone network is overloaded during emergencies),
- ✓ **DO NOT UNDERESTIMATE** the situation,
- ✓ **HELP** your neighbours (old, sick and helpless people, take care of children),
- ✓ **FOLLOW** the instructions of emergency services, state and local government authorities,
- ✓ **CHILDREN** should remain at school, where they will be informed and protected.

3.1. In case of flood

It is declared by the signal of 6-minute continuous siren tone "WATER ALARM" with additional verbal information – for example in case of flood, rivers overflowing, snow melting.

In case of time constraints:

- stop any activities and quickly go to a safe or predetermined location (hill, higher slope, etc.).

If you have enough time:

- turn off or close the main electricity, water and gas supplies,
- move household equipment to higher floors,
- close all windows,
- prepare an evacuation vehicle in case of a crisis situation,
- prepare your evacuation bag,
- take waterproof shoes and clothing,
- remove substances that can cause a chemical reaction when in contact with water (poisons, caustics, acids, etc.),
- inform your neighbours,
- prepare for the evacuation of animals,
- follow the instructions of rescue services, local government authorities and state administration, and follow the instructions in the mass media.

3.2. In case of release of hazardous biological materials (or when using biological weapons)

It is declared by the signal of 2-minute fluctuating siren tone "GENERAL ALARM - THREAT FROM BIOLOGICAL SUBSTANCE" with additional verbal information – for example anthrax, smallpox.

Bacteriological (biological) dangerous substances can be used in the form of an aerosol (bacteria, viruses) created in the air or a closed space directly or through ventilation devices, by releasing infected insects (lice, fleas, flies, etc.), by infecting water sources, food, or fodder. The effect of biological substances is usually not detected immediately after their use. If the use of substances is suspected, the occurrence is detected by sampling and subsequent microbiological analysis.

If a biological leak is suspected or at biological substances leakage:

- stay indoors or hide in shelter (if available),
- create an isolated enclosed space – close and seal windows, doors, vents, turn off the air conditioning,
- prepare improvised protection of respiratory tract and uncovered body parts,
- extinguish open flames, turn off gas appliances,
- prepare your evacuation bag,
- turn on the radio, TV and follow the information about the situation provided by local government,
- consistently observe quarantine hygiene, anti-epidemic and anti-epizootic measures,
- make a phone call only in urgent case, don't overload telephone lines,
- provide assistance to sick and disabled people, people with limited mobility, elderly people, take care of unsupervised children,
- check your body temperature regularly,
- feed the pets, give them water and lock them up,
- remain calm and composed,
- limit movement outside the building, leave the building only when necessary, (for example purchasing basic necessities),
- continuously disinfect space in rooms and houses,
- in the case of a threat during employment, follow the employer's instructions.

During quarantine, public gatherings are prohibited and movement outside enclosed spaces without protective equipment is forbidden.

3.3. In case of hazardous chemical materials leakage (or when using chemical weapons)

It is declared by the signal of 2-minute fluctuating siren tone "GENERAL ALARM - THREAT FROM CHEMICALS" with additional verbal information – for example chlorine, ammonia.

Do not hide in basements, as most gaseous chemicals are heavier than air! Therefore, the chemicals will sink to the ground.

Hazardous chemicals cause damage to the central nervous system, respiratory organs, digestive tract, skin, or disrupt metabolism of the affected person. In case of hazardous chemicals, the chemicals affect the surrounding environment in the form of gas or vapor. In case of a terrorist attack they can be used in aerosol or gas form, can be used to contaminate water sources.

Warning signal while you are in the building:

- stay indoors or hide in shelter (if available),
- create an isolated enclosed space – close and seal windows, doors, vents, turn off the air conditioning,
- prepare improvised respiratory protection, protection of eyes and uncovered body parts,
- extinguish open flames, turn off gas appliances,
- prepare your evacuation bag,
- turn on the radio, TV and follow the information about the situation,
- follow broadcast instructions, don't underestimate risk,
- make a phone call only in urgent case, don't overload telephone lines,
- provide help to sick and disabled people, people with limited mobility, elderly people, take care of unsupervised children,
- feed the pets, give them water and lock them up,
- remain calm and composed,
- leave the building only when instructed to do so.
- wait for further instructions.

Warning signal while you are outside the building:

- quickly leave the endangered area upwind,
- as soon as possible, hide in a closed room or shelter and follow the instructions above (when staying in a building)

3.4. In case of a radioactive substance leakage (or when using nuclear weapons)

It is declared by the signal of 2-minute fluctuating siren tone "GENERAL ALARM - THREAT FROM RADIOACTIVE SUBSTANCE" - for example a nuclear power plant accident.

- first, hide indoors (basement),
- always protect your respiratory tract and body surface when moving in open spaces,
- if you could come into contact with radioactive substances then:
 - before entering the building put contaminated outerwear and footwear in an airtight container and do not use them.
 - thoroughly wash your hands, face and hair, rinse eyes, mouth, clean up nose and ears,
 - if it is possible take a shower and change your clothes,
- close and seal windows and doors, turn off vents and air conditioning,
- extinguish fires in burning appliances, close chimney dampers and gas supply
- turn on the radio, TV and follow the information about the situation
- prepare improvised protective equipment for your respiratory tract and skin.
The effectiveness of improvised respiratory tract protection materials:
 - 3 layers of toilet paper (rolled) – 91%
 - crumpled cotton handkerchief – 88%
 - towel – 74%
- use iodine prophylaxis:
 - take potassium iodide (PI) only as directed by radio or television. It is advisable to swallow the tablets with a small amount of water. Taking higher doses of potassium iodide does not increase the protective effect and will not benefit your health.
 - iodine prophylaxis prevents the deposition of radioactive iodine in the thyroid gland. Use iodine preparations after receiving a warning signal about the occurrence of a radiation accident of nuclear power plants. Dosage and method of use is mentioned in instructions on box or in the information leaflet.
 - Iodine prophylaxis is only effective in the event of a nuclear power plant accident.
- secure your food and protect water supplies from possible contamination by storing them in containers, refrigerators, freezers or pantry. Do not use unprotected food.
- prepare you evacuation bag,
- wait for next instructions,
- take care of farm animals
 - shelter animals and provide them with sufficient feed and water supplies for two days,
 - protect feed and water supplies from contamination by overlapping by the sail or plastic foil, etc.

3.5. In the event of a terror attack

It is declared by the signal of 2-minute fluctuating siren tone "GENERAL ALARM – TERROR ATTACK"

- ✓ **RUN** – Run if you can and encourage others to go with you. Assess whether it is safe to run or to hide. Leave your belongings behind.
- ✓ **HIDE** – Hide if you cannot run. Lock yourself in if possible, hide behind something and stay close to the floor and walls. Be silent and turn off the sound and vibration on your phone.
- ✓ **CALL** – Tell the operator where you are and what has happened. Where is the perpetrator(s) and what weapons do they have? If possible, warn others around you. Follow the instructions.
- ✓ **LISTEN** – Follow police instructions.
- ✓ **THINK** – Never post footage of attacks. Follow official accounts. Do not spread hoaxes.

4. First aid – how to perform first aid

1. Bleeding

Cover the wound with sterile gauze and secure it firmly with a bandage. If the bandage quickly soaks through, apply pressure with your hand and elevate the injured limb. In case of bleeding from the nose or mouth, turn the person's head to the side.

2. Unconsciousness

Check whether the person is breathing. If they are not breathing, open the airway and begin chest compressions and rescue breaths (see IMAGE) at a ratio of 30 : 2. For children, start with 5 rescue breaths, then continue as for adults. If the person is breathing and there is no suspicion of a spinal injury or other serious injury, place them in the recovery position.

3. Suspected spinal injury

Immobilize the person's head and, unless absolutely necessary, do not move them.

4. Chest and abdominal injuries

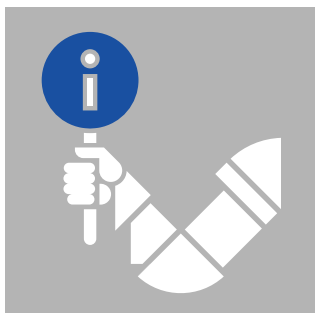
Cover the injury with sterile gauze. Do not remove embedded objects! Keep the injured person warm. Do not give them anything to eat or drink.

5. Fractures

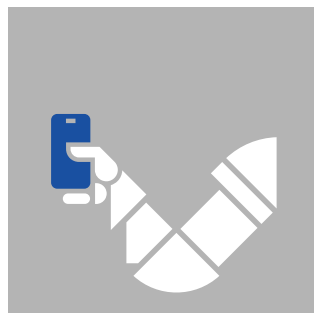
Do not straighten the injured limb. Immobilize it using a rigid support, securing the joints above and below the fracture. Cover an open fracture with sterile gauze.

6. Burns

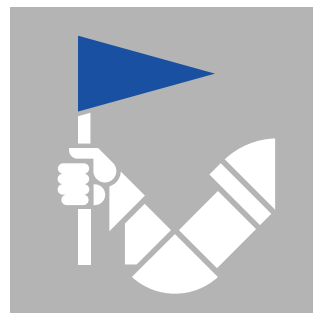
Never touch the burned area directly. Do not remove clothing stuck to the wound. Cover the affected area with a sterile dressing.



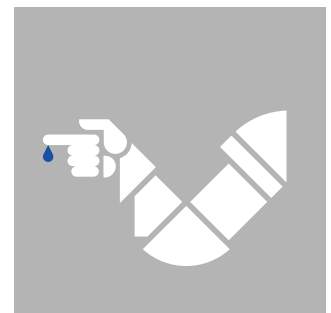
**FIND OUT WHAT
HAPPENED**



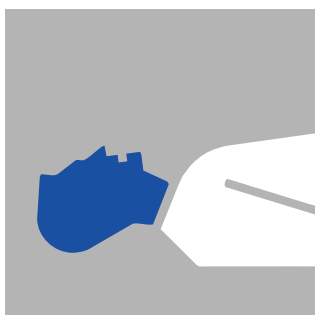
CALL FOR HELP



**ENSURE YOUR OWN
SAFETY**



STOP THE BLEEDING



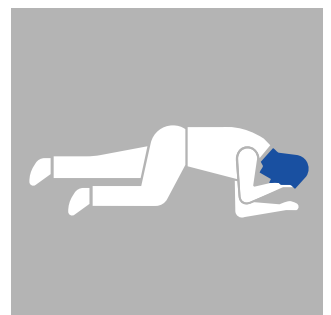
OPEN THE AIRWAY



RESCUE BREATHS
30 CHEST COMPRESSIONS
: 2 BREATHS
30x : 2 (for 1 minute)



**PERFORM CHEST
COMPRESSIONS**



**PLACE THE INJURED
PERSON IN THE
RECOVERY POSITION**

4.1. Where can I find defibrillator in Nitra?

List of AEDs (Automated External Defibrillators):

No.	District	Object name	Object address
1.	Staré mesto	MŠ Párovská	Párovská 1199/36
2.	Staré mesto	Zimný štadión	Jesenského 2641
3.	Chrenová	MŠ Ľ. Okánika	Ľudovíta Okánika 591/6
4.	Chrenová	Poliklinika Chrenová	Fatranská 873/12
5.	Dolné Krškany	REVIS - SERVIS spol. s r.o.	Na Priehon 875/2A
6.	Horné krškany	COOP Jednota Nitra	Novozámocká 20/45
7.	Čermáň	Dom Matice slovenskej	Dolnočermánska 737/91
8.	Klokočina I	Poliklinika Klokočina	Hviezdoslavova trieda 650/1
9.	Klokočina II	Medicentrum	Čajkovského 842/44
10.	Klokočina III	Nitrianska teplárenská spoločnosť a.s.	Novomeského 511/77
11.	Diely	Bytový dom	Tokajská 4983/29
12.	Kynek	Kultúrny dom Kynek	Trnavská 17/8
13.	Mlynárce	Kultúrny dom Mlynárce	Dubíková 143/35
14.	Janíkovce	COOP Jednota Nitra	Janíkovce 504
15.	Párovské Háje	Kultúrny dom Párovské Háje	Ulička 58/1
16.	Zobor	Správa zariadení sociálnych služieb	Janského 680/7
17.	Dražovce	Kultúrny dom Dražovce	Kultúrna 132/2



Mesto
Nitra

AUTOMATICKÝ EXTERNÝ DEFIBRILÁTOR



KONTROLA
VEDOMIA A
DYCHANIA

VOLANIE
ZÁCHRANNEJ
ZDRAVOTNEJ
SLUŽBY

ZAČATIE
OŽIVOVANIA
STLAČANÍM
HRUDNÍKA

NALEPENIE ELEKTROD
AED A POSTUP
PODĽA
HLASOVÝCH
POKYNŮV

NEODKLADNÁ
ZDRAVOTNÁ
STAROSTLIVOSŤ

1

PRIVOLAJTE
POMOC 155

2

VEZMITE AED
K PACIENTOVI

3

RIAĎTE SA
POKYNMI AED



POUŽÍVAJTE IBA V PRÍPADE OHROZENIA ŽIVOTA

PO POUŽITÍ AED DEFIBRILÁTORA KONTAKTUJTE MESTSKÚ POLÍCIU NA TELEFÓNOM ČÍSLE 159

Dodávateľ: SpencerMedical.sk

SPENCER MEDICAL

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City of Nitra

4.2. If you require special assistance

Special assistance and support will be provided even in the event of a crisis or military conflict. However, you must still observe emergency preparedness practices in accordance with your specific needs.

- Talk to your family, friends, neighbours, assistants or care administrator about what help you may require.
- Make a crisis emergency plan that also includes important information about things like prescription medicines and other medical aids.
- Prepare for transport to a shelter or other protected areas.
- Use your phone's accessibility features to receive the most important information.

4.3. If you are worried about yourself

Uncertain times can make people feel worried and anxious. Here are some tips on how to manage your anxiety:

- Talk to family, friends, neighbours or a mental health organisation about your feelings. It can help you feel less alone.
- Get involved – for example, help others improve their emergency preparedness. It can give you a sense of purpose.
- Take care of your personal health. Good food, sleep, and physical activity relieve stress and improve overall well-being.
- Restrict your news intake. Find a level that works for you and spend more time doing activities that make you feel good.
- Seek professional help if you feel severe anxiety.

4.4. Talking to children about crisis and war

Children of different ages express worry in different ways. Be present and pay attention to signs of stress or concern.

- Explain the situation to the child.
- Listen and invite them to a conversation.
- Only talk about verified information. Avoid unnecessary details.
- If you don't have all the answers, be honest and admit it.
- Plan activities with your child to help shift their focus.

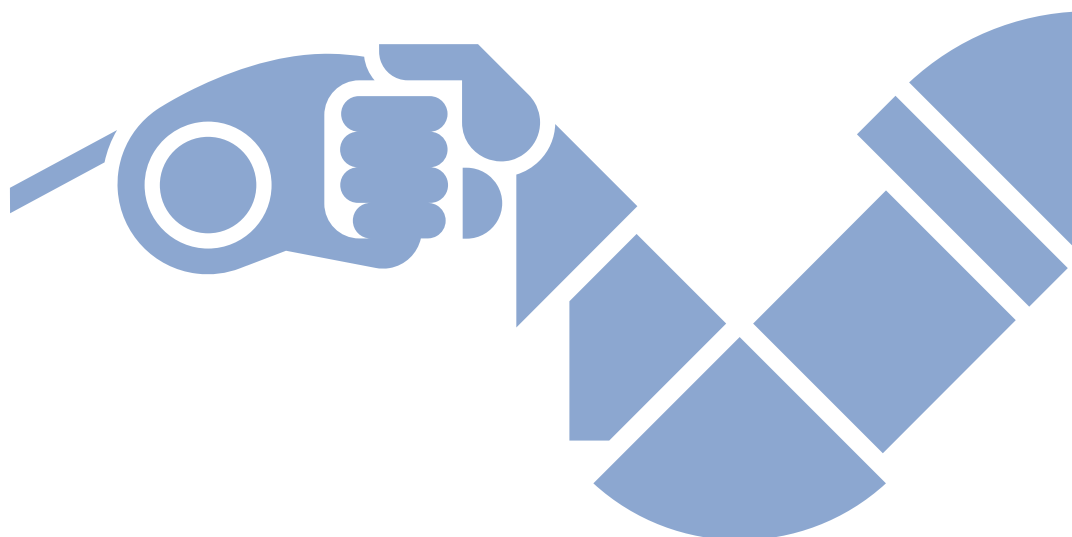
4.5. How to take care of a pet

You are responsible for the care and wellbeing of your pet even in bad times. Make sure you have enough supplies at home for at least a week.

In case of a threat, you can bring your pet to protected areas such as basements, garages, subways. If you must leave your pet at home, make sure it has access to food and water.

Good to have at home:

- Dry food and water in containers
- Pet medications
- A cage or other device for transporting the animal
- Veterinarian number, pet ID number



5. How to be prepared for hiding in shelter

Sheltering means the protection of people in protective structures from the possible consequences of emergencies. Protective structures are resistant shelters, gas-tight shelters and simple shelters (underground, above-ground spaces of buildings).

Before going to the shelter:

- warn neighbours, especially sick and elderly people
- turn off all electrical and gas appliances, disconnect electrical appliances and antennas from power sources
- extinguish the fire
- close all water, gas, and steam shutoffs, including the inlets to heating radiators
- close windows
- lock the house / apartment

5.1. Shelter baggage

Shelter baggage should weigh up to 10 kg for children and up to 15 kg for adults:

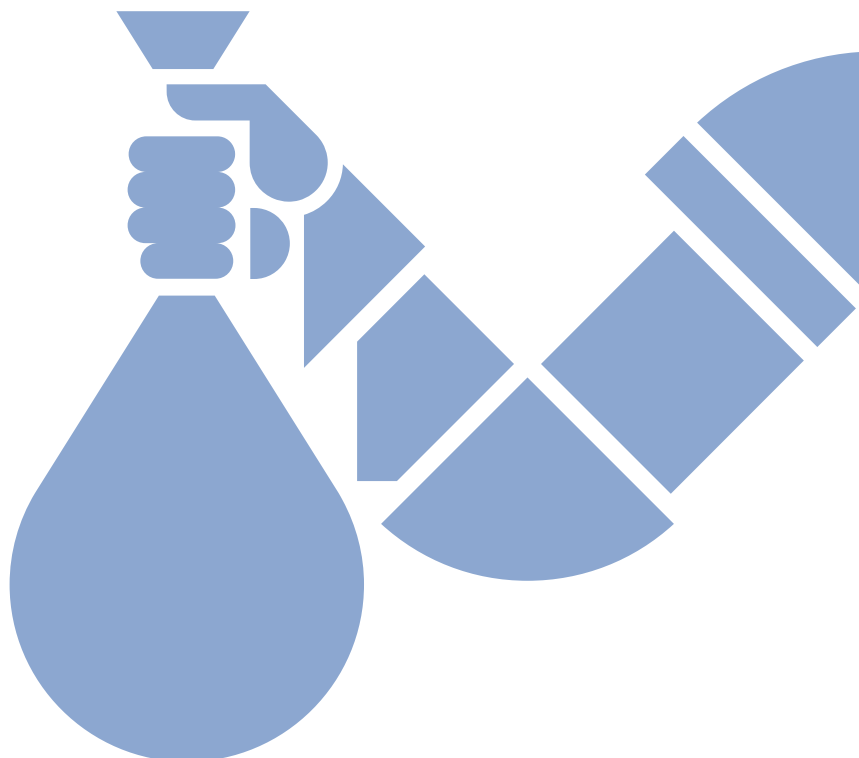
- non-perishable food for 3 days (canned food, tea in a well-sealed container or water in a hiking bottle, sugar, bread, salt, fruit)
- daily necessities (cutlery, bowl, mug, can opener, utility knife for cutting, flashlight + spare batteries, sewing supplies, twine or other type of string, rubber bands, etc.)
- medicines for occasional use (aspirin, ibuprofen, vitamins, etc., quick-release bandages, dressings and gauze), personal medicines prescribed by a doctor for everyday use
- money and valuables, first aid kit
- book, board game, children's toy
- personal hygiene items (soap, shampoo, shower gel, towel, toothbrush, toothpaste, comb, scissors, nail clippings, shaving supplies, toilet paper)
- spare clothes, clothing, footwear (tracksuit, sweater, raincoat with hood, sleeping bag, blanket, slippers)
- personal documents (ID card, driver's license, passport, pension assessment, health care card, insurance policies, loan agreements, property deeds and similar important deeds and documents)

List of things prohibited from being taken into the shelter:

- ✗ weapons of all kinds
- ✗ alcohol and other addictive substances, lighters, cigarettes, immersion cookers, etc.
- ✗ odorous and easily flammable substances
- ✗ bulky items, strollers, duvets, etc., large pets
- ✗ perishable foods

How to behave in hiding:

- ✓ behave responsibly and follow shelter rules
- ✓ don't waste water and food
- ✓ keep things clean and tidy
- ✓ behave calmly, help each other
- ✓ do not smoke, avoid using unnecessary electrical appliances



5.2. List of shelters

No.	address	for	capacity
1.	Štefánikova trieda 16	residents	100
2.	Hodžova 6	residents	107
3.	Hodžova 20	residents	107
4.	Mostná 2	residents	107
5.	Mostná 14	residents	107
6.	Pri červenom kríži 3	residents	107
7.	Štúrová 35	residents	107
8.	Parkové nábrežie 1	residents	107
9.	Za ferenitkou 30	residents	107
10.	Bernolákova 16	residents	107
11.	Wilsonovo nábrežie 8	residents	107
12.	Wilsonovo nábrežie 18	residents	107
13.	Wilsonovo nábrežie 26	residents	107
14.	Wilsonovo nábrežie 44	residents	107
15.	Fraňa Mojtu 41	residents	107
16.	Krčméryho 2	residents	107
17.	Krčméryho 2	residents	107

No.	address	for	capacity
1.	Štefánikova Trieda 45	employees	107
2.	Štefánikova Trieda 69	employees	107
3.	Fraňa Mojtu 1	employees	107
4.	Mostná 15	employees	107
5.	Župné námestie 3	employees	107
6.	Špitálska 6	employees	107
7.	Damborského 5	employees	107
8.	Hollého 12	employees	102
9.	Hospodárska 8	employees	107
10.	Štúrova 3	employees	107
11.	Štúrova 3	employees	107
12.	Štúrova 3	employees	107
13.	Murgašova 4	employees	107
14.	Sládkovičova 2	employees	107
15.	Staničná 4	employees	25
16.	Damborského 1	employees	107
17.	Kláštorská 134	employees	100
18.	Špitálska 6	employees	150
19.	Štefánikova Trieda 54	employees	107
20.	Haškova 6	employees	107
21.	Novozámocká 3	employees	71
22.	Akademická 4	employees	214
23.	Sládkovičova 2	employees	240
24.	Svätoplukovo nám. 4	employees	107
25.	Dolnočermánska 64	employees	130
26.	Plynárenská, KCHL	employees	90

**The nearest shelter
is often the safest option.**

Other shelters:

- underground garages
- garages
- cellars
- rooms without windows
- tunnels
- underpasses

6. How to be prepared for evacuation

Evacuation of endangered people, animals, or things from a danger area. Evacuation may be declared in dangerous situations. Short-term evacuation with possible return of people within 72 hours, or long-term evacuation with possible return after 72 hours.

Before evacuating, don't forget:

- ✓ **SHUT OFF** the main water and gas supplies
- ✓ **TURN OFF** electrical appliances, except for refrigerators and freezers
- ✓ **EXTINGUISH** open fires, turn off gas appliances
- ✓ **DISCONNECT** antenna leads
- ✓ **PREPARE** your evacuation bag
- ✓ **MAKE SURE** that neighbours are informed about the evacuation
- ✓ **CLOSE** windows and doors
- ✓ **LOCK** apartment, house
- ✓ **HELP** immobile residents and raise awareness of residents refusing evacuation
- ✓ **LEAVE** the area by the shortest route from the danger area, if possible perpendicularly to the wind direction
- ✓ **FOLLOW** the instructions of the competent authorities providing evacuation
- ✓ **PROCEED** to the evacuation assembly point, at this point you will learn, where is your evacuation centre with accommodation, food, etc. Transfers are made on foot. For mothers with children under 3 years old, for elderly and immobile residents, evacuation vehicles will be deployed within 4 hours after the evacuation announcement to take them to the evacuation centre.

What to do when an evacuation is ordered:

- follow the rules for leaving the apartment
- take your evacuation bag
- arrive at the pre-determined location (more information about the meeting area will be announced by regional radio stations)
- if you are allowed to use your own vehicle, take as many people with you as possible. Remember to listen to traffic information on the radio, follow police traffic instructions and local regulations using road signs.
- if your own vehicle cannot be used, transportation is provided by public transport, which you will be informed about on local radio (method of transportation and place where you should gather).

In the event of evacuation follow all instructions from the relevant authorities responsible for the evacuation. Residents will be informed immediately once the threat is over and will be able to return to their homes.

6.1. Evacuation bag

It is similar to shelter baggage, but in this case, evacuation can take several days.

The weight of the evacuation bag must not exceed:

- 25 kg per person for adults
- 15 kg per person for children
- 5 kg of hand luggage, except for luggage according to the first and second points

Contents of evacuation bag

Make a list of essential belongings if you are required to quickly evacuate and unable to return home for a while. Here are some tips for what to bring:

- ✓ personal documents, important documents, valuables, money
- ✓ personal medications and essential medical supplies
- ✓ basic food and drinking water for 2-3 days
- ✓ daily necessities and personal hygiene items
- ✓ flashlight, candle, matches
- ✓ a blanket or sleeping bag
- ✓ spare personal underwear, clothing, shoes, waterproof coat, warm clothing
- ✓ mobile phone and charger, battery-powered radio, batteries
- ✓ map, compass
- ✓ a toy for the children
- ✓ other necessary personal items
- ✓ important information written on paper, such as phone numbers.

7. How to be prepared for power outage – blackout

Or how to be prepared to "survive" at home

There can be a power outage for various reasons – water, gas, heat, electricity. You can participate in joint preparedness if you can provide for yourself for at least a week. Prepare your own list of things for different situations. You may be able to share some things with others, for example, neighbours. We all help one another. Prepare ahead of time, you don't have to rush out when something serious happens.

7.1. Water

You need at least 3 litres of water a day, mainly for drinking and cooking. In case of a drinking-water shortage, water will be provided by the municipality in water tanks. However, you still need to keep water at home for emergencies.

- get water storage containers or buckets with lids for collecting water
- buy bottled water or fill up storage containers
- store water in a dark and cool place
- check if the water tastes or smells unusual once or twice a year, change the water when necessary
- if you are unsure if the water is safe to drink, boil it.

7.2. Heat

The temperature in your home will drop quickly if there is a power outage during winter. Gather in one room, close the curtains, blinds or put a blanket on the window and cover the floor with rugs.

Good things to keep at home:

- warm clothes, all-weather clothes, thermal clothing, gloves, thick socks, hat, scarf
- blankets, sleeping mats, sleeping bags
- an alternative heat source that does not require electricity – for example, a gas heater
- candles, tealights, fuel for heat source
- matches, lighter.

7.3. Connection, communication

You must be able to receive messages, news and important information. You also need to be able to stay in contact with family and friends.

Good things to keep at home:

- radio powered by batteries or solar panels
- extra batteries
- mobile phone and charged power bank
- car charger for mobile phone
- important phone numbers written on paper.

7.4. Food

You need food that is filling, nutritious and can be stored safely at room temperature. Get food that can be prepared quickly, requires little water, or can be consumed immediately. Start building an emergency storage by simply buying one or two items during your regular grocery shopping.

Good things to keep at home:

- **non-perishables:** grains, cereal, pasta, rice, couscous, instant mashed potatoes, powdered milk, tortillas, crispbread, crackers, salt and spices
- **tinned:** compotes, tomatoes, vegetables, fruits and ready meals
- **high-protein foods:** dried or tinned meat and fish, chickpeas, beans, lentils and processed cheese spread
- **high-fat:** cooking oil, pesto, sun-dried tomatoes in oil, peanut butter, nuts and seeds
- **energy:** fruit purée, jam, chocolate, honey, protein bars and dried fruit
- **drinks:** coffee, tea, hot chocolate, fruit juices, juice, milk
- **food for children:** porridge, infant formula, oatmeal, baby food

7.5. Finance, currency

Being able to pay in a variety of ways increases your preparedness. Sometimes you can only use cash.

Good things to keep at home:

- enough cash for at least a week, preferably in a variety of banknotes
- other payment options – such as debit cards, credit cards.

7.6. Toilets

If the water supply is not available, you will not be able to flush the toilet. Prepare for other waste disposal methods and continue to maintain hygiene. You can urinate in the toilet bowl even if it cannot be flushed. Throw toilet paper in the trash or in a bucket with a lid. If you need to dispose of excrement, place a plastic bag or garbage bag in the toilet bowl, or use a portable toilet or bucket with a lid. Then cover the excrement with compost litter or sawdust. You will be given information on where the waste will be disposed of.

Good things to keep at home:

- toilet paper
- wet wipes, hand sanitizer
- diapers, menstrual pads
- plastic bags, garbage bags
- compost litter, sawdust
- bucket with lid

Other:

- camping stove, gas burner, fuel, tin opener
- first aid kit
- matches, lighter, flashlight, headlamp



8. Important phone numbers and links

Phone Numbers in case of an emergency

112 Emergency
150 Fire and Rescue Department
155 Health rescue service
158 Police
159 City police

0903 558 912 Slovak Red Cross – Nitra

033 597 3461, Bohunice - Emergency Control Centre
033 597 4803

036 636 2364, Mochovce - Emergency Control Centre
036 637 1163

Civil Protection & Crisis Management
– Ministry of the Interior of the Slovak Republic
www.minv.sk/?ministry-interior-slovak-republic-contacts
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