



In case of crisis or war

What you need to know

- › about self-preparedness
- › if the internet, electricity and phones stop working
- › if you need to seek shelter

**Read, be prepared and
talk about it together.**

*Information from the City of Oslo.
Keep this brochure.*



Oslo

Self-preparedness and community

Most people will have to manage on their own in a crisis, so you need to prepare.

Take responsibility

Preparedness begins at home. Talk to neighbours, friends or family about how you can help each other if something happens. Find yourself a preparedness buddy.

Preparedness buddies help each other with:

- › sharing equipment and supplies
- › a place to stay
- › practical tasks
- › care and support

Start with the essentials:

- › drinking water: Ideally 20 litres per person
- › warmth: Make a plan for keeping warm
- › food, hygiene items, medicines, a first-aid kit, a torch (flashlight), a DAB radio and cash

Remember, you already have much of what you need at home.

Think critically

Rely on verified information from the authorities.

In the event of a nuclear accident

People under 40 years of age and pregnant women should take iodine tablets only when the authorities advise it. Schools, kindergartens and institutions have iodine tablets for rapid distribution if needed.

For more information, see:
oslo.kommune.no/english/self-preparedness/sikkerhverdag.no

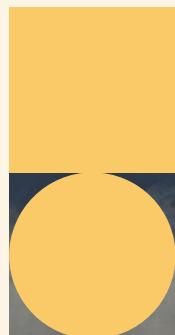
Scan for information in
English and other languages
українська

عربي

Soomaali

Polski

اردو



If the internet, electricity and phones stop working

It will be very difficult to get in touch with the fire service, ambulance service and police. You can ask for help at the information points. Only go there in person if absolutely necessary.

The City of Oslo must prioritise helping those who need it most. Most people will have to manage on their own. If you need urgent medical help, go to the accident and emergency clinic (legevakt).

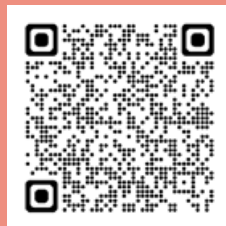
Make a note of where your nearest information point is.

Information points:

1. Oslo Katedralskole, Ullevålsveien 31
2. Fagerborg skole, Pilestredet 109
3. Oslo Handelsgym, Parkveien 65
4. Ullern videregående, Ullernchaussen 66
5. Nydalen videregående skole, Nydalsveien 30C
6. Bentsebrua skole, Treschows gate 16
7. Foss videregående skole, Steenstrups gate 20
8. Bjerke videregående skole, Statsråd Mathiesens vei 25
9. F21 videregående skole, Fyrstikkalléen 21
10. Hellerud videregående skole, Wilhelm Stenersens vei 6
11. Ulsrud videregående skole, Tor Jonssons veg 5
12. Persbråten videregående skole, Gamle Hovsetervei 1
13. Apalløkka skole, Tjernveien 12
14. Stovner videregående skole, Karl Fossums vei 25
15. Lambertseter videregående skole, Cecilie Thoresens vei 6
16. Holmlia skole, Nordåsveien 3



Scan the QR code with your phone's camera for more information



If the air raid siren sounds – what do I do?

In the event of an air raid, the siren will warn you to take cover.
Choose the option that is closest to you.

If you are indoors

- › take cover where you are, for example in the basement, a stairwell or a room without windows
- › do not go outside to look for an emergency shelter



If you are outdoors

- › find the nearest safe place, for example

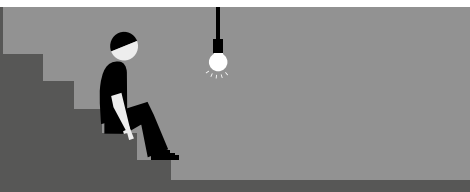
in a ditch



under a bridge
or behind a wall



a basement, an
underground
car park or an
underground
metro station



or
an emergency
shelter

