



LÄR DIG AGERA VID SMÅ & STORA KRISER

WHO IS HOARSE FREDRIK AND HOW CAN HE SAVE OUR LIVES?



Hoarse Fredrik's real name is *Emergency Population Warning*. It is an alarm system that tells us when there is a danger to life and health. Hoarse Fredrik exists as a sound signal on a total of 4, 500 house roofs all over

Sweden. The alarm is also broadcast on the radio and TV, to land line telephones, and by SMS text message to address-registered mobile phones*.

On four Mondays throughout the year the alarm system is tested at 15.00. The sound signal consists of 7 seconds of wailing and 14 seconds of silence. The "all-clear" wailing lasts 30 seconds.



WHEN HOARSE FREDRIK SOUNDS, YOU MUST IMMEDIATELY:

1. Go indoors.
2. Close doors, windows and any ventilation.
3. Listen to the radio or watch TV to get information.

* An address-registered mobile phone means the user has a subscription registered with a mobile operator and a street address linked to the subscription.



GOOD THINGS TO HAVE AT HOME

If most of us are prepared to manage for a few days in a crisis, the community's resources can be used for those most in need. Here is a list of what you need to manage for yourself for a few days.

FOOD & WATER

- Water, water containers and water purifying tablets
- Food that keeps at room temperature
- Camping stove and fuel

WARMTH & LIGHT

- Extra radiator or heater
- Torch with extra batteries
- Candles, tea lights and matches
- Warm clothes and blankets

For you who live in a rural area, it can be good to have a (diesel) generator for long power cuts.

INFORMATION

- Radio running on batteries, solar cells or crank
- Telephone list on paper of important numbers

OTHER

- Medicine box with essentials
- Hygiene articles
- Cash

