

GET READY!

GUIDE FOR CRISIS
AND WAR

RCB

Rządowe Centrum
Bezpieczeństwa

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**Prepared by
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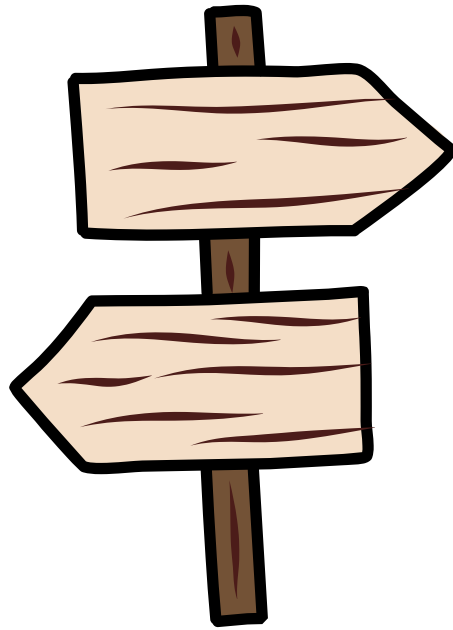
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1. CRISIS AND WAR

Crisis

Crisis is a fast-onset event that can threaten health, life, or society. Response requires higher than typically used resources. There might be struggle and need to work under pressure. Crisis can trigger changes, for better or worse.



War

War is an armed conflict between states, nations, ethnic or religious groups. However, there is no, universally accepted definition of war. Contemporary definitions do not look at war as a purely military phenomenon, but as interplay of domestic and foreign policy, economic, military and information-related actions.



Advantages of planning

Get ready for exceptional situations,
plan for emergencies:



Increase safety for
you and your
relatives

Reduce material
damage

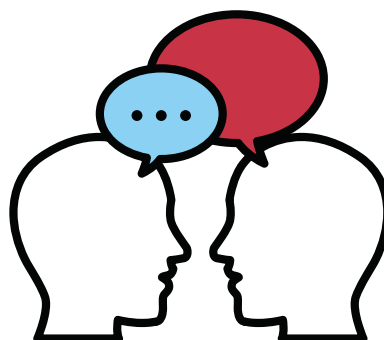


How to increase family resilience?

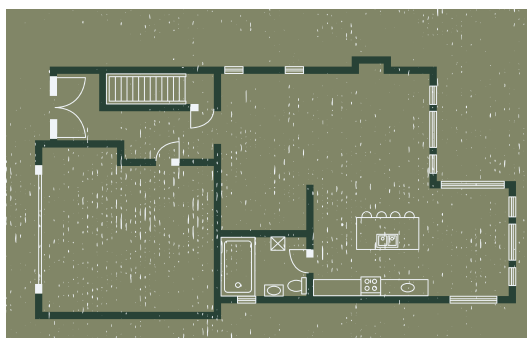
We should start building resilience from the lowest level – family and friends..

To increase the safety of you and your relatives:

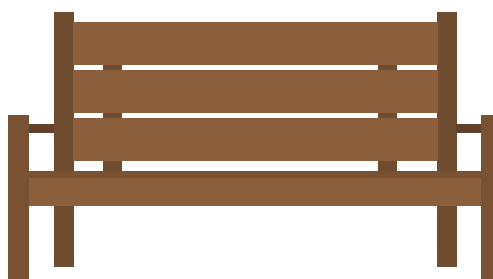
- based on this guide, talk to people with whom you live (including children) about potential threats and how to deal with them.



- Identify the safest places in the house (usually the basement, far from the windows) and other frequently visited places;



- Agree a contact point where you will meet after an accidental separation (a place where everyone will be able to reach without problems)



- Prepare an evacuation backpack (more on page 12) and home supplies to survive min. 7 days without access to supply of water, electricity and food.





False information

False information frequently appears in traditional and social media, it aims to mislead you, influence your assessment of current situation, events, and people.

Remember that information can be a weapon and you are the target!

The best protection against false information and propaganda is to resist emotions and verify all news and information.

Before deciding if the information is credible, ask yourself a few questions:

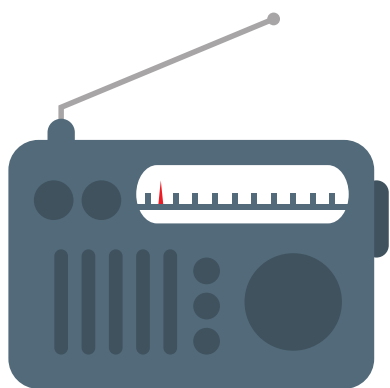
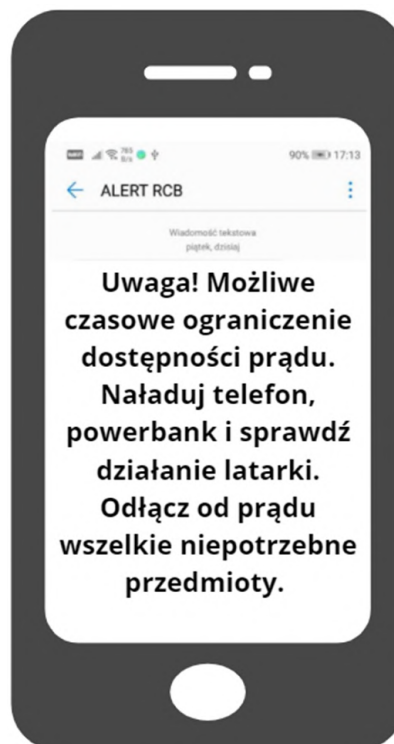
- Is the author of the statement (source of information) known?
Can the information influence your decisions?
- Is the source of information reliable and available from at least two independent and trusted sources?
- Is the information available in the nationwide media?
- Does the information occur in official communication channels of state administration, services or state security agencies?

Don't spread rumors and unverified information - use more than one source to find out if the information is confirmed in at least two reliable sources.

Use reliable sources of information only. Observe the communication channels of state administration, law enforcement, and other services.

Follow RCB alerts

In a crisis situation, you should receive RCB ALERT messages with information about the threat and further recommendations. You can also find more details about the event at www.gov.pl/rcb and on RCB on social media profiles.



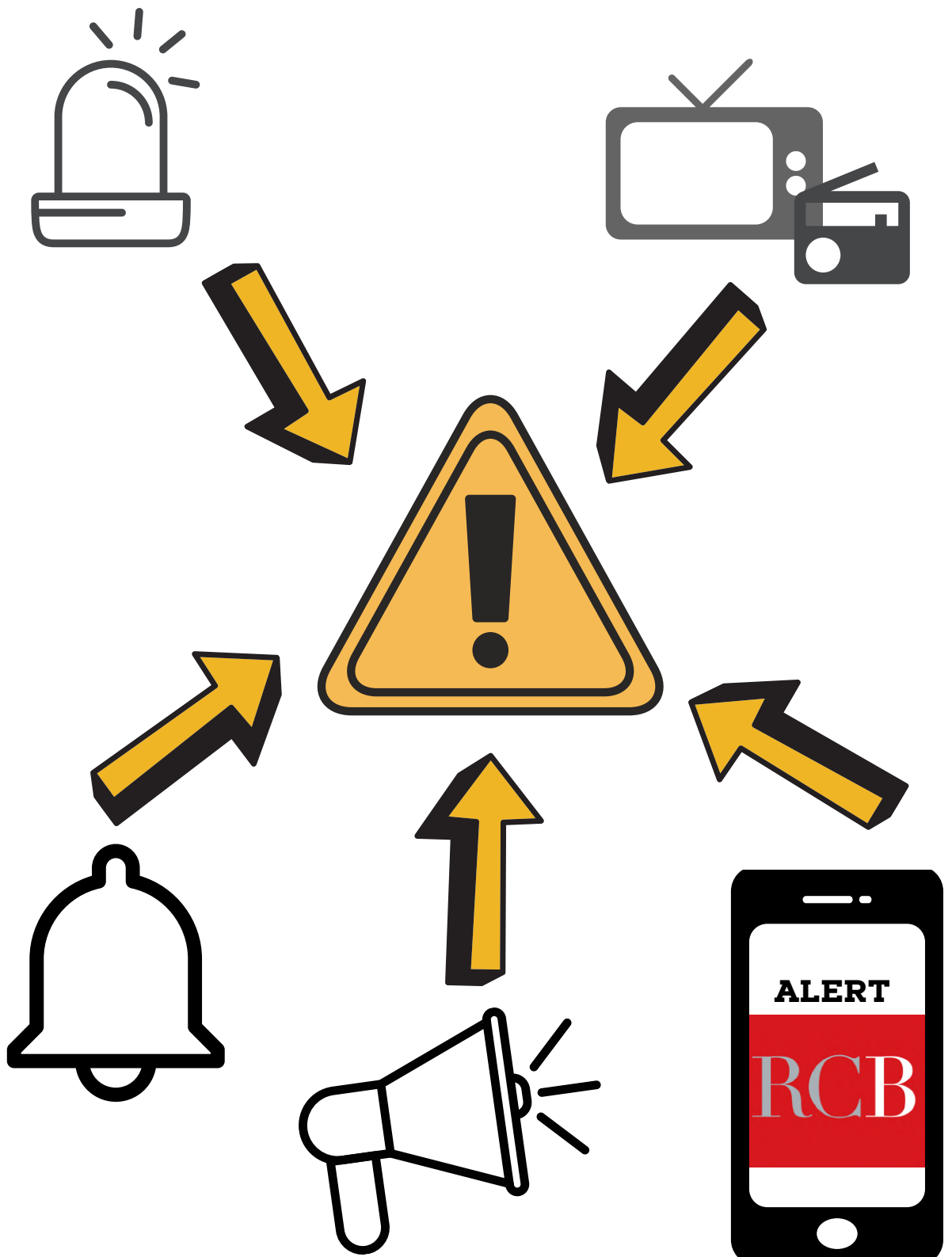
During crisis or war phone communication may be limited or might not work. Listen to the radio and wait for announcements from the services, media and RCB ALERT. Stay calm, concentrate, and follow instructions. It could save your life!



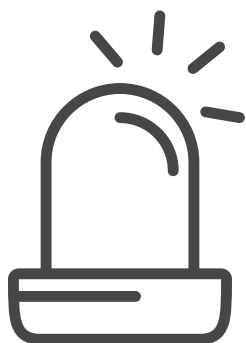
In emergency, call 112. Limit your calls to friends, family and friends. Communication lines can be overloaded, making the work of the police, firefighters and ambulance services difficult. If you want to inform others that you are safe - send a text message (SMS) instead.

Be ready for emergency warnings

Alarm signals and warning messages are transmitted using different means - incl. mass media, civil defense sirens, megaphones and even church bells.



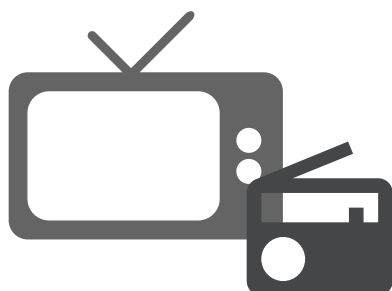
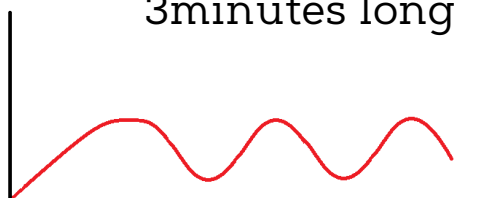
Emergency alarm



Civil defense siren

Modulated sound

3minutes long



Radio and TV

3x announcement "Uwaga!

Uwaga! Ogłaszam

alarm..... dla..... "



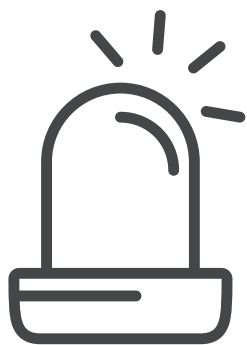
Visual signal

Yellow triangle

What to do?

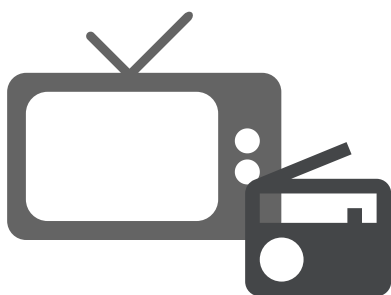
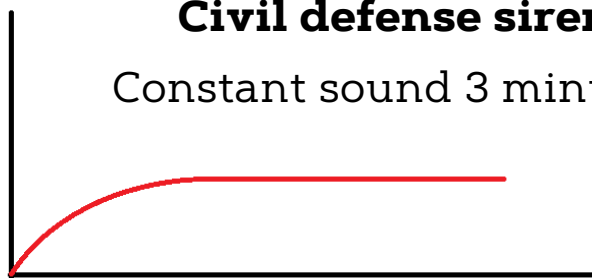
1. Immediately stop whatever you do, turn off equipment, gas and electricity connections.
2. Turn on the radio and set it to the local station;
3. If possible, follow the information on government websites (eg. the Government Center for Security - www.gov.pl/rcb);
4. Follow the instructions provided by authorities and services.

Danger is over



Civil defense siren

Constant sound 3 minutes



Radio and TV

3x times

"Uwaga! Uwaga!

Odwołuję alarm..... dla"

What to do?

- 1 Return to your activities and previous location
2. Ventilate the room and replenish the supplies required for sealing doors and windows;
3. Follow the instructions provided by authorities and services.

Care about others!

Despite the different methods and techniques used to send an alarm or warning message, there may be situations in which your relatives or neighbors are still not aware of the emergency.

Not only your relatives, but also elderly or sick people living nearby, may be there in danger.

What you can do to help others? If possible:

- Get in touch with relatives who may be in the area at risk. Check if they have received the information, if required, pass them instructions for action;



- Inform neighbors and people who may not be aware of the risk - especially the elderly, and sick;



- Offer transportation to those who may need it for the evacuation;



- If you have extra space at home, provide a shelter for people who were evacuated from the endangered area.



Evacuation kit (backpack)

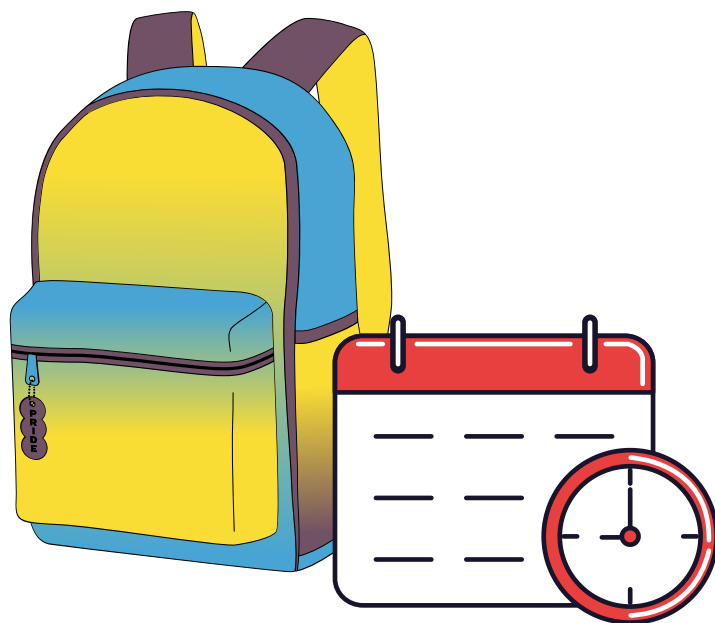
You need to leave your place. A crisis or a war threatens your safety. Everyone must evacuate. To save time and be sure that you will take everything you need, it is worth preparing in advance an evacuation kit which will help you during the first days away from home.

Important! Each member of the household should have a separate pack, ready to be taken.

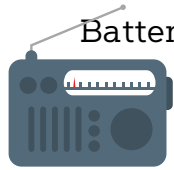
During a crisis, the risk of unavailability of electricity, water and food is very high. Make sure you have everything you need in advance. Your goal is to survive one week.

A video on the preparation of an evacuation backpack, which is part of the RCB Safety Academy series can be found at:

<https://www.youtube.com/watch?v=cc0zF6CiSjI&t=425s>

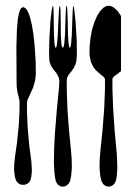


What should be included in the evacuation backpack?



Battery powered radio and spare batteries •

• Spoon, knife and fork



Torch and spare batteries •

• Rain jacket



The most necessary documents (identity card, apartment ownership certificate, land and mortgage register entries, basic medical information, insurance certificate, birth, marriage and death certificates, certificates of pensions, and income) + flash drive with scans of documents

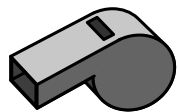
• First aid kit (paracetamol, ibuprofen, drugs against diarrhea, nausea, vomiting, electrolytes, thermometer, tweezers, dressings, gases, thermal foil, plasters, bandages, chemical plasters)



• Sleeping bag



• Plastic bags (i.e for rubbish)



Whistle •



Lighter / matches •

• Change of clothes



• Soap, disinfecting gel



Respiratory / protective masks •

• Combination pliers, small crowbar, multifunction tool



Printed map with local roads, compass, GPS



Can opener •

• Cash in small denominations - you may need to buy food and fuel



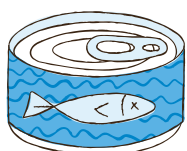
Meals for 2 days •

• Filter bottle with a new filter



Knife, pencil and notebook •

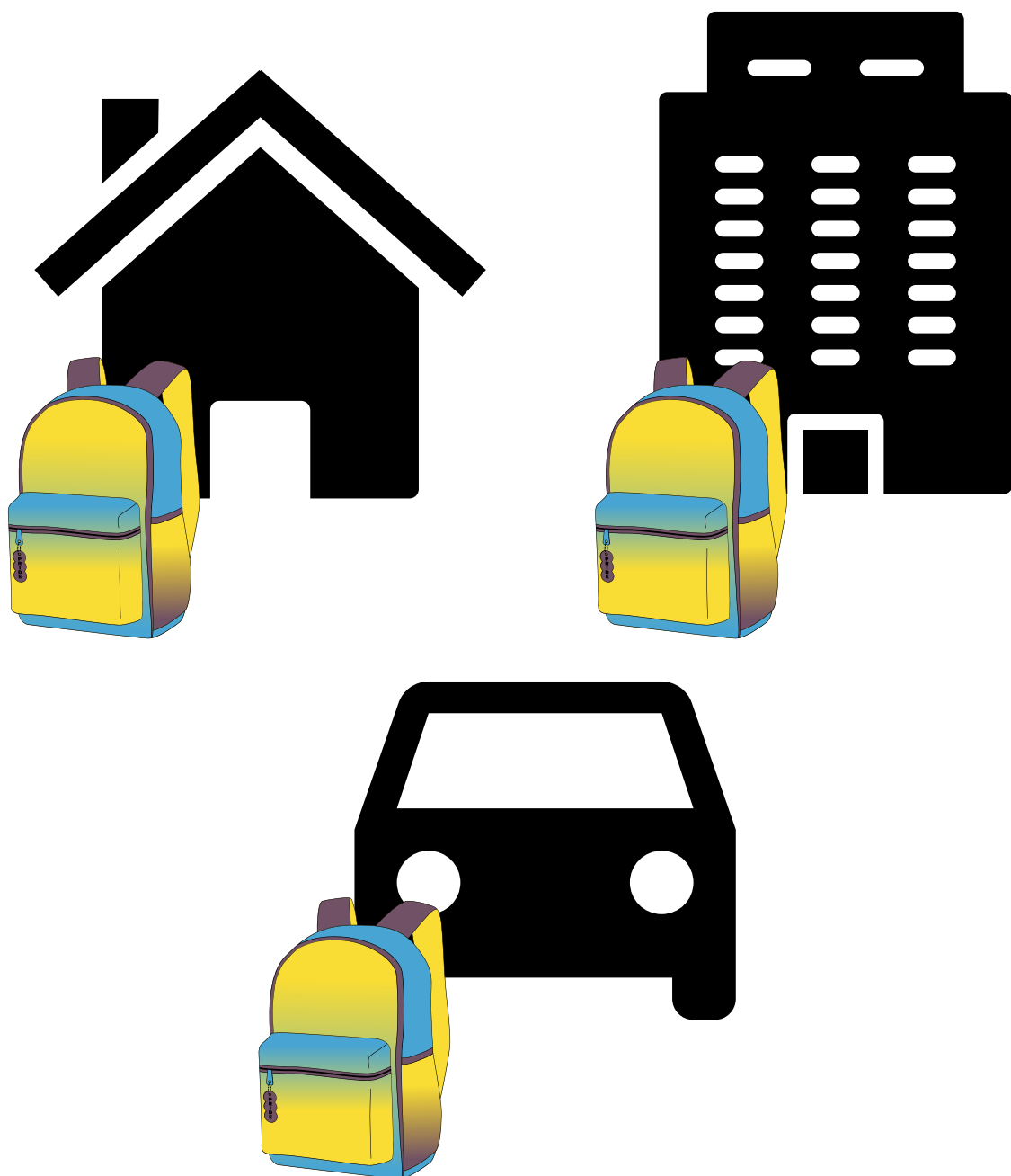
• Piece of string, zip ties



Attach a card with your name and address to each backpack.

As you do not know when you will need to access the emergency kit, you should prepare separate sets for home, work and car.

Make sure your family members know where the emergency kits are located.



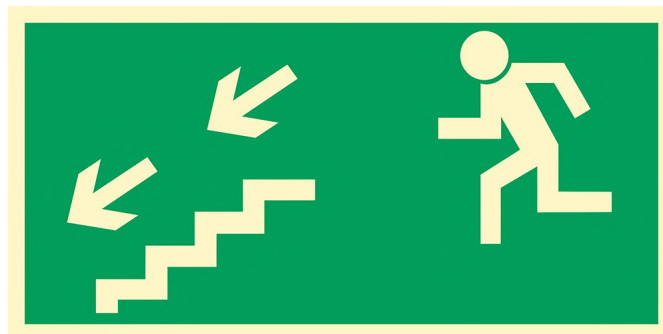
Shelter and stock preparedness

You need to prepare for limited access to water or water shortage. Store 14 liters of water for each inhabitant of the house - it will allow you to survive for one week.



Emergency food supplies must be kept in a cool, dry and dark place. Avoid products that require refrigeration and long cooking. Prepare products with a long expiry date that can be eaten cold or easily reheated – fruit bars, canned food, ready meals (i.e. meatballs, beans), dry bread.

In case of an emergency, go to the safest place in the building - take shelter indoors, away from any windows and doors.

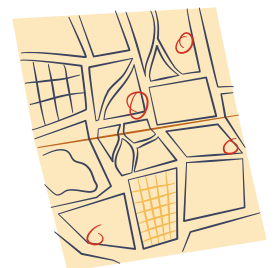


Evacuation

Evacuation may be voluntary or compulsory. How to prepare for it?

Preparations:

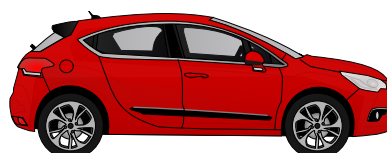
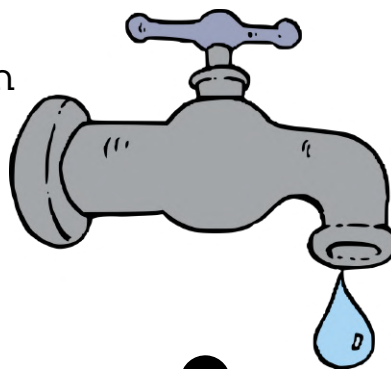
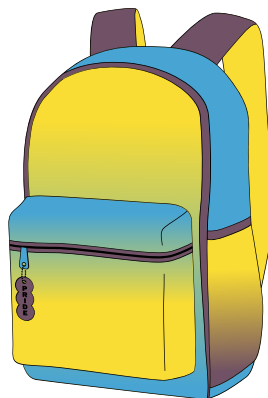
- keep extra fuel - if possible keep a canister filled with fuel in the garage. It can come in handy when you need to leave suddenly. If you cannot stockpile, and you suspect that you will have to evacuate soon - fill up your car at the nearest station
- be sure you have a spare wheel and know how to replace it;
- be prepared that the GPS system and GSM apps may not be working. Prepare printed maps, plan primary and backup routes;
- choose with your family meeting point to which you will go in the event of an accidental separation (a place where everyone will be able to reach easily)



Evacuation

Before evacuation takes place:

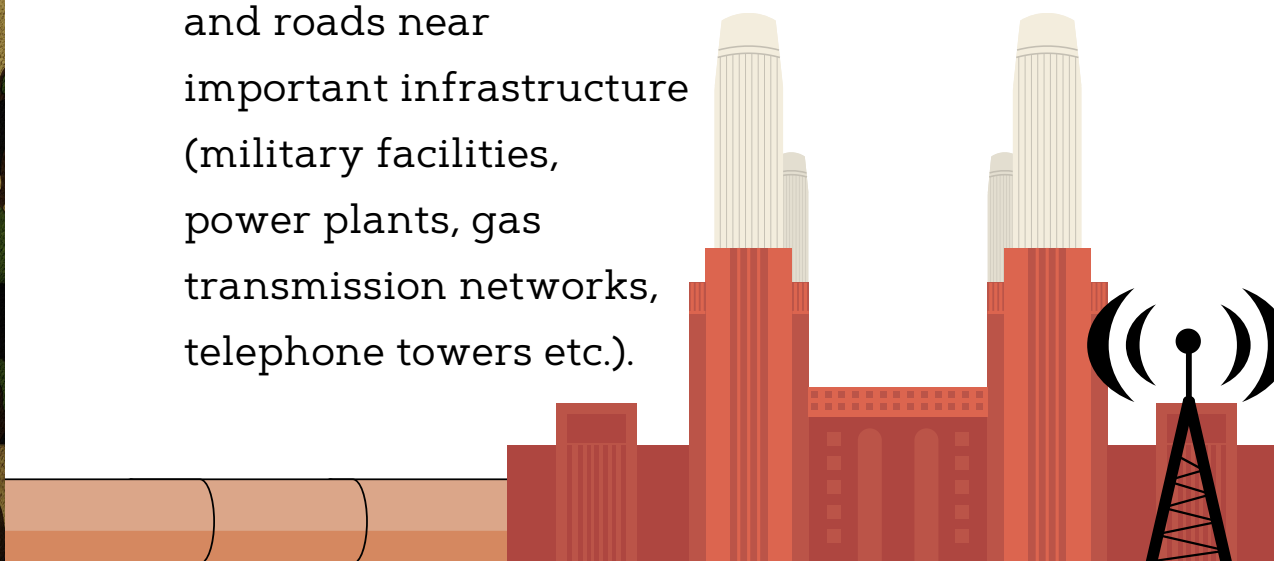
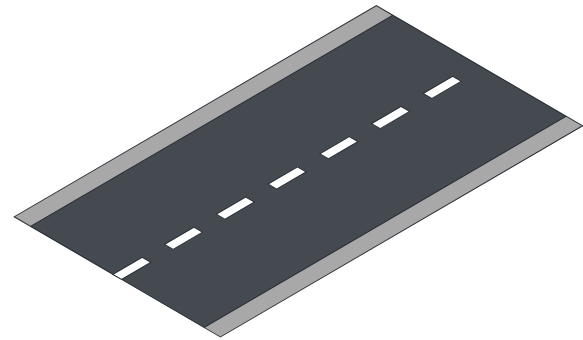
- wear comfortable clothing - remember to wear a jacket, thick-soled shoes, and a hat. Put on cargo pants and wear several layers of clothing. Avoid brown, green and camo- you can be considered a soldier!
- take the emergency backpack prepared in advance, and if you do not have one, prepare it
- secure your home before leaving - turn off the water and gas valves, disconnect all electric appliances, turn off power supply, remove products from the refrigerator and freezer, lock the doors and windows
- if you are late for last organized transport from the evacuation site - go on foot;
- If you choose to evacuate, travel with your family in single car. You will reduce the risk of separation.



Evacuation

Evacuation routes:

- follow the orders of the services that are in charge of the evacuation;
- Use routes recommended by services - other roads may be closed for traffic or blocked;
- be careful when driving on bridges, do not stop under high-voltage lines;
- avoid unknown roads and roads near important infrastructure (military facilities, power plants, gas transmission networks, telephone towers etc.).



2. WHAT TO DO IN CASE OF CRISIS?

In times of crisis and war, we must be ready to face different threats.

How to behave and what to do to increase own safety?

Be careful who you talk to!

In times of crisis and war, it is important to be surrounded by people whom you trust.

Watch out for people who are acting suspiciously, trying to gain your trust or gain sensitive information:

- where do you work?
- do you know someone responsible for security in the region?

Inform the services and the military about suspicious persons, situations and behaviors.

Do not be afraid of people in uniforms - Polish Army and allied forces can also operate in your town



What to do when you hear gun shots?

Preventive actions:

To increase your safety when you are in an area where firearm is used, it is important to be well prepared and take preventive actions:

- Remember the rules of first aid (do you remember how to stop bleeding and give artificial respiration?);
- When entering the building, remember the layout of the rooms and possible escape routes - make this a habit. In case of shooting, you will know the best escape route.



What to do when you hear gun shots?

During the shooting

- The most important thing is to move away from the attacker's line of fire. Run as far as possible, and if possible, inform others about the location of the person who is shooting / dangerous area. Avoid contact with armed people;
- If you can't escape - hide. Make use of the terrain and available obstacles (walls, metal structures). Mute your phone, close and barricade doors, lower the blinds and turn off the lights. Keep Calm. Avoid hiding in large groups. 5 people locked in single cupboard increase the probability of generating additional noise! When the shooting stops, you can look for a safer shelter;
- If the escape and the hiding is not possible - fight. Use all your strengths and advantage. Don't be afraid to hurt your attacker - he is the "bad guy". Your passivity can make the difference to the lives of many other people.

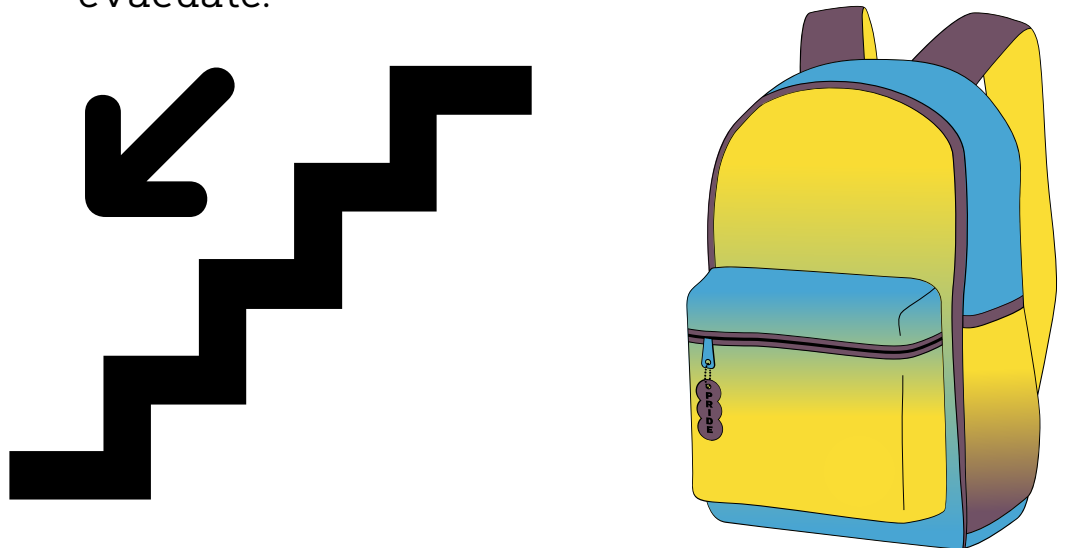


What to do when explosion can happen

Preventive actions

To increase your safety in the event of an explosion, it is important to be prepared and take preventive actions:

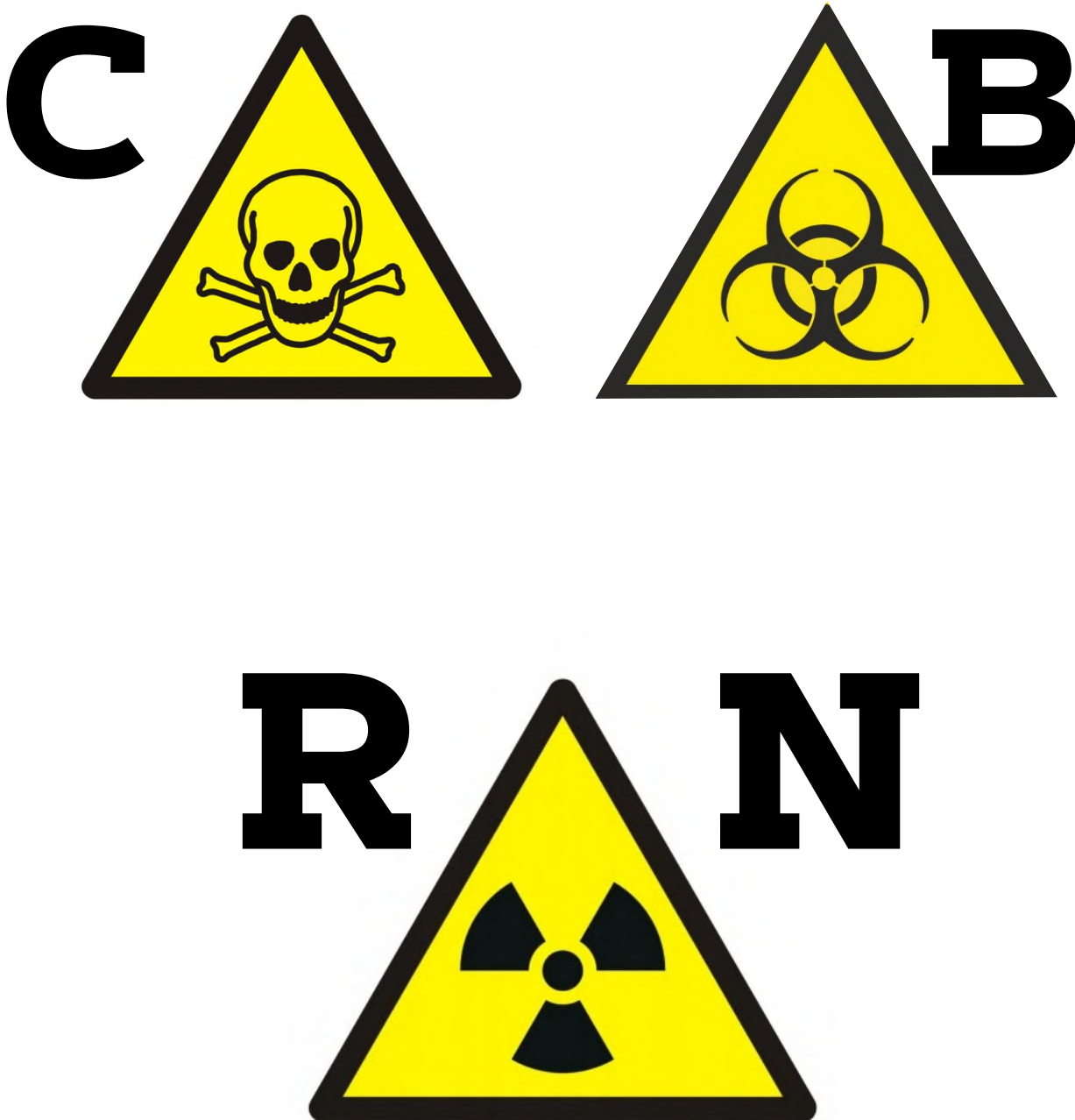
- Identify the best shelter in frequently visited places (work, school, home). For shelter you need a place with thick walls, no windows, but air access. The basement is usually the safest place;
- Prepare an emergency kit and be ready to evacuate.



When you are in area when explosion is expected:

- Fall to the ground and cover head with your hands;
- Find shelter. Do not leave shelter immediately.
- Help the injured to evacuate to a safe place. Do not use the elevators but emergency staircases and exits.

CBRN - is an abbreviation for weapons of mass destruction: chemical (C), biological (B) radiological (R) and nuclear (N) agents. The most serious and the most common effect associated with exposure to any CBRN substance can be severe disease or sudden death.



Chemical agents

They can be gas, solid or liquid. They have a very wide spectrum of effects and are fatal in most cases. Many substances are flammable, explosive, can be toxic and corrosive. You should be especially careful in the event of contact with gaseous substances - depending on their nature, they can either be close to the ground or float in the air.

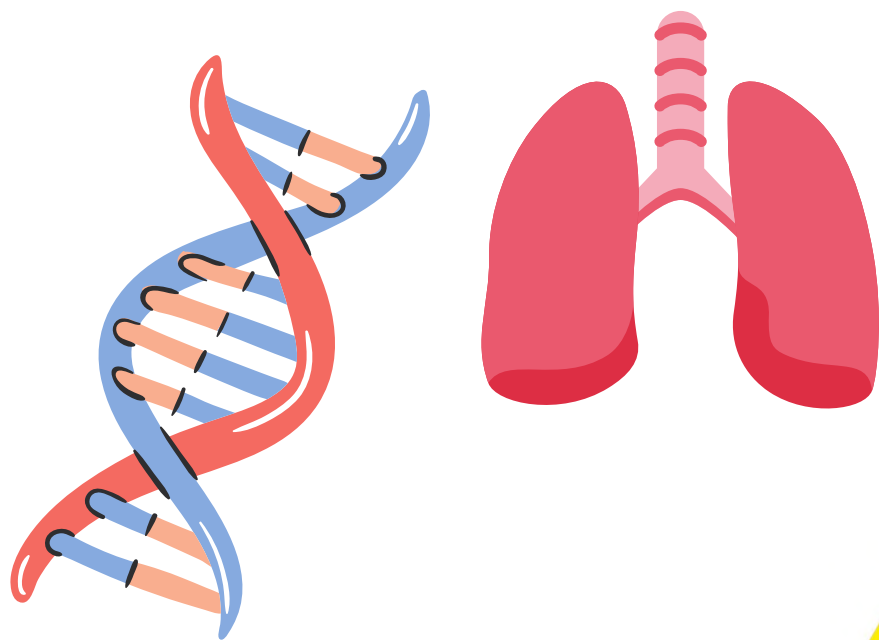


What if I come into contact with chemical agents?

- Leave the contaminated area as soon as possible; Move in the opposite direction to the wind; Protect the respiratory tract and skin;
- After returning from the contaminated area, take a shower and put on clean clothes. Pack the dirty clothes in a plastic bag and take it away
- If you are in the building, seal the windows, doors and air vents;
- Don't go outside. Stay in the building. Close windows and doors, turn off fans and air conditioners.

Biological agents

Contamination comes from contact with bacteria, viruses, fungi, parasites or toxins. The infection occurs mainly through inhalation, eating, via eyes and contact with irritated skin. Most often it ends in death.



If you know or suspect that there is a biological contamination:



- Leave the contaminated area as soon as possible;
- Protect the respiratory system and skin - if there is a suspicion of contact with hazardous biological substances, a protective face mask can reduce the risk of infection;
- Disinfect your hands and take care of hygiene;
- Take a shower and put on clean clothes. Pack the dirty clothes in a plastic bag and take it away;
- Stay in the building. Close windows and doors and turn off fans and air conditioners.

Radioactive agents

Nuclear radiation can damage the structure of genes and cause cancer. It is especially dangerous to inhale air with radiated particles or eat exposed food.

In order to protect yourself from radiation, it is worth hiding in a basement or a room with as thick walls as possible - each centimeter of additional protection reduces the radiation.



Radioactive agents

What to do if there is a release of radioactive agents?

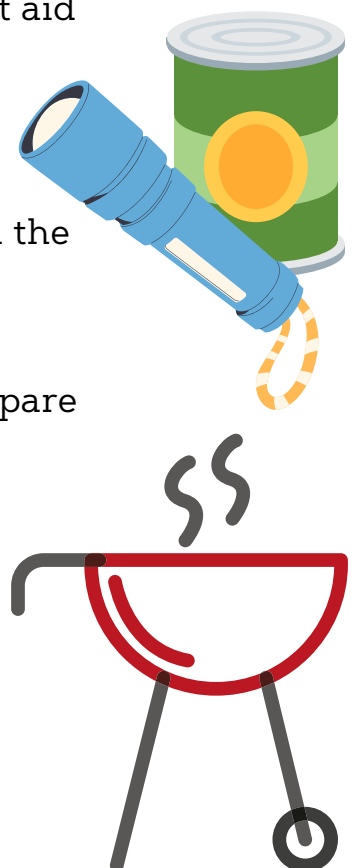
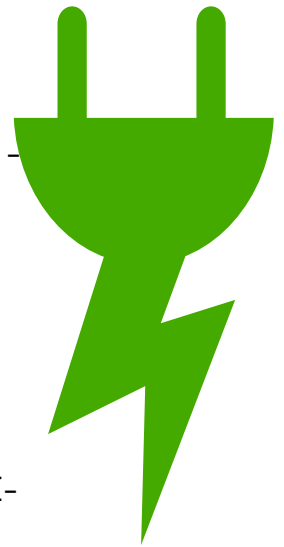
- Enter the nearest building to avoid being exposed. If possible, take cover in a basement, shelter, underground car park or subway. Stay away from external walls;
- If you are returning from a contaminated area, take a shower and put on clean clothes. Pack the dirty clothes in a plastic bag and take it away from the place where you are;
- Do not eat or drink anything that may have been exposed to radiation;
- Stay indoors. Close and seal windows and doors, turn off fans and air conditioners, seal vents.
- Use the phone only when it is necessary;
- Do not panic – stay calm, you will limit unnecessary air consumption in sealed room;
- Listen to the announcements of authorities, services and the media, follow instructions;
- Stay indoors for at least 24 hours unless otherwise instructed

Power shortages

Power failures are usually rectified within a few hours. In an emergency, however, access to electricity may be limited for days.

How to prepare for a power shortage?

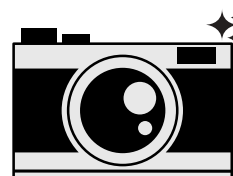
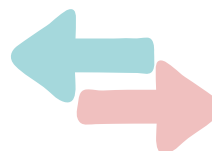
- Prepare to provide an alternative power supply – a generator with fuel reserve will ensure long-term access to electricity. In the event of an evacuation, a charged power bank and a car charger will be extremely useful;
- Limit the use of your mobile phone – turn off WI-FI, data transmission, start the energy-saving mode;
- Make a list of the most needed things powered by electric batteries and prepare a set of matching batteries. Prepare battery powered radio;
- Have a torch, candles, matches / lighter, first aid kit and food supplies that do not require electricity for cooking;
- Secure enough cash to help you get through the first few days (ATMs may not work!);
- The portable garden BBQ can be used to prepare food and serve as an emergency fire pit.



Foreign soldiers and temporary occupation

What to do if you notice an armed group of people in your area that do not look like Polish Army or allied forces?

- Stay Calm
- If you see soldiers on your way - change direction. Choose an alternative route and do not expose yourself to unnecessary contact;
- Do not get close to foreign military cars, do not look at any of the military equipment - you may be considered a spy;
- Do not take photos or film the soldiers - this may provoke them and trigger aggression;
- During the conversation, do not keep your hands in your pockets do not make sudden movements;
- Do not argue with an armed person;
- If the foreign soldier wants to check the documents - give them. Stand still. Follow instructions.
- Don't look around, don't talk to others



Foreign soldiers and temporary occupation

In case of a temporary occupation of the area by foreign troops and the introduction of new rules:



- Stock up on water - fill bottles, pots and even bathtub. If possible, secure the water from the well;
- Use food previously collected or given as humanitarian aid;
- Even if the local store has been destroyed, you can still find food there;
- Don't go out unnecessarily after dusk - anyone can consider you a spy;
- Put on your clothes in neutral colors - without symbols or emblems.
- Find companions. Together, you'll feel better and give yourself a better chance to defend yourself.

Hostage situation

You have one goal - to stay alive. Accept the situation you are in and prepare to wait. Don't get upset and don't panic. The first 45 minutes are the critical

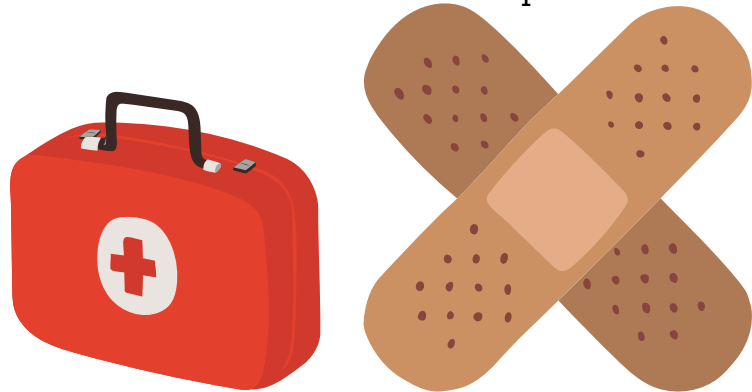
Exemplary hostage:

- Follow the hijackers' instructions.
The longer you stay together, the less chance that you can be hurt;
- Don't try to make a conversation.
Reply politely. Don't argue, beg, don't explain, don't make excuses;
- Don't turn your back and keep eye contact;
- Eat what you get, even if you don't like food given;
- Rest and sleep;
- Only run away when you are sure escape would succeed.



First aid

First aid it is immediate care for the victim. Help given before the arrival of the ambulance can save a life or help to recover!



When starting first aid, please follow the steps below:

1. Stay calm;
2. Check if it is safe around you. Your safety is priority!
3. Find out how many people are injured and what injuries they have;
4. Call for help - if there are witnesses at the scene, ask the specific person to stay and help you;
5. Assess the situation - if the injured person is conscious, ask what happened. Assess whether the situation requires professional medical attention. If help is not available, act - e.g. clean the wound and put the dressing. If person is unconscious, you must call 112 immediately;
6. After getting connected with 112 number, provide: location of the incident, number of injured, type of injuries, and your names
7. Do not hang up until instructed to do so by the dispatcher.
8. Start first aid activities.

First aid

Rescue activities:

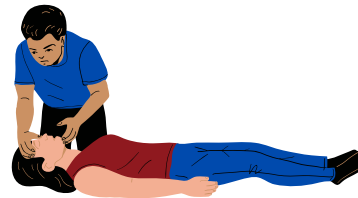
Check if the victim is conscious: approach the victim and gently shake his/her shoulders, asking loudly. "Can you hear me?".

1. If the injured person reacts and is conscious, leave him / her in the same position (if nothing threatens him!) and monitor his condition;

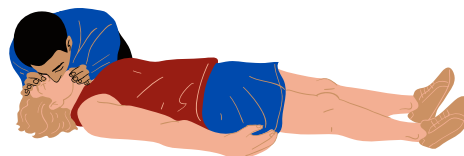


2. If the injured person does not react, is unconscious, then:

- place him/her flat on back;
- clear the airways: place one hand on the victim's forehead and the other on the jaw, and gently tilt head back;
- if the injured person is breathing, put him/her in the recovery position:
 - take one hand of the injured person (closer to your side) and place it at an angle of 90 °;
 - The opposite hand of the injured person is clasped with his own, putting it to the cheek of the injured person (closer to your side); with your other hand, grasp the injured under the knee, bend the leg without taking the injured's person foot off the ground;
 - keeping your hand next to the cheek of the injured person, pull the knee towards you, to put the injured person on their side;
 - tilt the victim's head back to keep the airway open and facilitate breathing, and the leg place at an angle of 90 °.



3. If the victim is not breathing, proceed to cardiopulmonary resuscitation - Remember!



30 chest compression

2 rescue breaths

Evacuation backpack checklist

Pack:	✓
Battery powered radio+ batteries	
Torch + batteries	
Cash	
First aid kit	
Whistle	
Lighter / matches	
Face masks	
Combination pliers, multi tool	
Can opener	
Local map (printed)	
Meals for 2 days	
Knife, fork, spoon	
Rainproof jacket	

Original documents + flash drive with scanned copies of documents	
Sleeping bag	
Change of clothes	
Water bottle with filter	
Soap	
Disinfection gel	
Worki na śmieci	
Garbage bags	
Phone	
String, ziplocs	
Small crowbar	
Pencil and notebook	
Knife	

The most important numbers and data

Name	Phone number/ other
Emergency number	112
Nearest police station	