

Instructions for crises for the people of Estonia

Dear resident of Estonia,

Have you thought about how to handle a crisis situation if Estonia were to experience an unexpected accident or natural disaster?



Have you stocked up enough food, matches, batteries, medical supplies and other basic necessities in order to survive a crisis that could last for a week?

Estonia is a safe place to live.

Unfortunately, sometimes even the safest places experience unexpected crises which may last for hours, days or even weeks.

In an emergency situation, lots of people may need help quickly and at the same time. In such a scenario, help may reach you more slowly than expected. Each one of us can make preparations in order to not get into difficulties while waiting for help.

In Estonia, people are most likely to experience crisis situations caused by extraordinary weather conditions. This is what happened in 2005, when Pärnu was hit by extensive floods. Or in 2010, when a snow storm left hundreds of people stranded in their cars for several days in Padaorg.

A crisis situation could also be caused by an extensive technical fault. For example, in January this year, the whole of Saaremaa was left without electricity for several hours, which resulted in lost telecommunications, internet connection, card payments, and ATMs. The fault also affected the heating and water supply.

We are therefore happy to announce that the handbook ‘*The Code of Conduct for Crisis Situations*’ is available to all residents of Estonia. The handbook provides easy guidelines on how to prepare yourself and your family for a crisis situation that lasts for at least a week. This information is available in Estonian, Russian and English.

The paper version of the handbook is available in all libraries across Estonia and will soon be in the majority of Estonian schools.

The guidelines can be accessed at: www.kriis.ee/en and you can also find useful tips in the mobile application ‘*Be Prepared!*’ which has been produced by the Women’s National Defence Organisation.

We ask you to take at least 10 minutes to review the guidelines.

This information may save your life and the lives of those closest to you.

Ministry of the Interior

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