IF WAR OR CRISIS COMES:

WHAT SHOULD I DO

Publication to all residents of Lithuania

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Why is this publication important?

Lithuania has been enjoying one of the longest periods of freedom and economic boom in its history. We have built a secure and stable society, we are a strong country and we are part of the world's most powerful unions. However, as our long history and current events in the world have shown, security and independence need to be constantly defended and strengthened.

While we are members of the strongest security alliance – NATO – and have strong security commitments in the European Union, we each have a responsibility to be prepared to ensure our own security and that of our loved ones in the event of a crisis. This publication gives you practical advice on how to prepare for and deal with crisis situations, and how to survive the first three days until public authorities restore essential services or provide the necessary assistance. It is therefore very important that this publication is made available to everyone in Lithuania.

Our strength lies in our ability to help each other and to be prepared for any threat. Save this publication, as your preparedness is a guarantee of security for us all.

Let's protect and defend our homeland, family and home.

Emergency preparedness

Why is it important to be prepared in advance?

Power and water cuts, closure of shops, no mobile communication, poor or no internet access – these can become a reality in times of crisis or war. It is difficult to stock up on food, water or fuel, to get the medicines you need or to contact your loved ones. It is therefore very important to make sure you have the necessary items in advance and know what to do in a crisis.

Would I really be useful?

Watching the war in Ukraine, many of us have wondered: what would I do if it happened in Lithuania? How would I behave, how could I be useful and how would I take care of my loved ones? Every citizen can contribute to preserving and fighting for freedom. The example of Ukraine shows that all you need is the will – you will find ways to contribute to the resistance with your knowledge and skills.

Here are some examples:

- Do you work in the medical field, police or fire service? You would be instrumental in rescuing people and maintaining order during a crisis.
- Are you a senior citizen? Join an NGO to help the most vulnerable members of society.
- Working in the media, in science or as an opinion leader? Your help would be invaluable in the information war.

- Do you know how to fly a drone? Your skills can help you monitor areas or track enemy movements.
- Living abroad? Spread the word in your country, refute disinformation, organise support.

For more on everyone's role, see the 'What you need to know if a mobilisation is declared' section of this publication.

Peacetime preparedness

Lithuania is currently safe, but it is important to be prepared for any situation, as the knowledge and skills can come in handy in many different crisis situations.

How to prepare your home

Make sure you have the following items in your home:

- ☐ first aid kit;
- ☐ cash, preferably in smaller denominations;
- ☐ electrical supplies: power banks, accumulators;
- ☐ multi-tool knife;
- ☐ light sources: torches, candles;
- ☐ matches or lighters;
- ☐ gas camping stove for cooking;
- ☐ radio powered by batteries and spare batteries;
- ☐ fire extinguisher;
- ☐ warm blankets, sleeping bags;
- ☐ survival or emergency kit/bag if you need to leave or in case of evacuation.

Preparing your family for emergencies

Talk to your family members

Find out what might happen and discuss what you would do according to the following guidelines for preparation and action.

Make a note of the safest places in case of an emergency

- Find out where the nearest collective protection structures and shelters are.
- Find out which places in your home are safest. See the following sections of this publication for more information on this.
- If you have a basement or underground garage, consider adapting it for a safe personal shelter.

Take care of your children

- Show your children the safest places in your home and teach them what to do in an emergency.
- Make sure you have educational materials, colouring books and games to keep children busy and learning.
- Have toys or other favourite items ready to help reduce stress. Make sure you have sufficient supplies of baby food with a long shelf life.

Take care of the elderly

- Make sure that the elderly have enough medication for at least a month if needed.
- Have wheelchairs or other mobility aids ready to easily transport seniors in case of an evacuation.
- Make sure seniors have a list of key contacts to reach relatives and special services.

Take care of people with disabilities

- Prepare the necessary medical supplies and devices, such as additional hearing aids, wheelchairs, communication aids and other essential items.
- Have a plan for evacuating with or without aids in case they are lost or damaged.

Take care of your pets

- Make sure you have a supply of dry food for your pet, a rabies vaccination, a pet carrier, a leash, a muzzle and a tag around your pet's neck with its name and the contact details of at least two people.
- If possible, arrange in advance with friends or family members who live in a safe place to care for the animal.

Make a family action plan for emergencies

- Agree in advance on two meeting places for family members in case of a disaster and a need to leave the house: one outside and one at your family members' home.
- Agree on what you will do if you are in different places in a crisis.
- Make a note of the phone numbers of your relatives, as well as the addresses of the meeting points.
- Have your car ready for possible evacuation. Drive with a full tank of petrol and top it up when it is half empty. Carry valid insurance and a roadworthiness certificate (roadworthiness test report). Never remove the first aid kit and fire extinguisher from your car.

How to prepare a first aid kit?

It is recommended that every family member has:

- a standard first aid kit (such as in a car);
- two tourniquets;
- extra essential medicines and regular medication.

The following additional medicines are recommended:

- pain and fever-reducing medications, e.g. ibuprofen 400 mg, paracetamol 500 mg or similar;
- medicines to improve the digestive system: antidiarrhoeals, e.g. loperamide 2 mg, medications for constipation, e.g. bisacodyl 5 mg, medications for the treatment of gastric acidity, e.g. omeprazole 20 mg;
- allergy medications or other antihistamines, e.g. bilastine 20 mg;
- antiseptic;
- medicines taken daily by family members (note the expiry date).

What food should you stock up on in advance?

- ☐ Canned meat;
- ☐ freeze-dried foods;
- ☐ dried meat;
- ☐ protein-carbohydrate mixtures (most commonly used by athletes);
- ☐ nuts or halva;
- ☐ dark chocolate;
- ☐ cereal and protein bars;
- ☐ dried bread crisps and cereal crisps;
- ☐ dried fruit, singly or mixtures;
- ☐ oatmeal.

Store all these products in a dry, dark place. Have enough food to last your family for at least three days.

How should you stockpile, renew and store food?

- When stockpiling, prioritise familiar and favourite foods.
- Keep track of the expiry date of your food.
- Think about how you would cook if the electricity or water supply was cut off. Have products that are suitable for consumption without water or cooking/heating.

Take care of water supplies at home

- An adult needs about 9–12 litres of water (for food and hygiene) for three days.
- Water in the toilet cistern is also good for consumption if it has not stagnated.
- Get a travel water filter or water purification tablets to enable you to consume water from external sources.

What should you put in an emergency kit?

A survival kit is a large, durable and comfortable backpack or bag. Put the essentials in it according to the lists recommended below.

MANDATORY

1. Emergency rations for three days
2. Water for three days
3. Water purification filter or tablets
4. First aid kit and hydrogen peroxide solution
5. Sleeping bag or a heavy-duty blanket
6. Essential clothing
7. Essential documents, cash, jewellery

IMPORTANT

1. Waterproof cases for cash, jewellery and documents
2. Head torch with extra batteries
3. Radio with extra batteries
4. Multi-tool knife
5. Matches/lighter in a waterproof box
6. Power bank for charging mobile phones and charging cable
7. Printed photos of loved ones (in case you need to search for them)

ADDITIONAL

1. Hypothermia protective blanket
2. Camping fabric (for shelter)
3. Fresh clothes
4. 12 L water in small bottles
5. Toiletries
6. Pencil and notebook
7. Power banks and portable chargers
8. Cutlery set and light plates
9. Respirator mask
10. Rope (at least 3 m)
11. Binoculars
12. Baby food, nappies, wet wipes
13. Toys or books for children
14. Protective scarf
15. Heavy-duty carabiner clip
16. Sewing kit
17. Raincoat
18. Cigarettes (as an exchange item)
19. Foldable metal wire (at least 2 m)

Advice from 'Blue/Yellow' and the Ukrainians

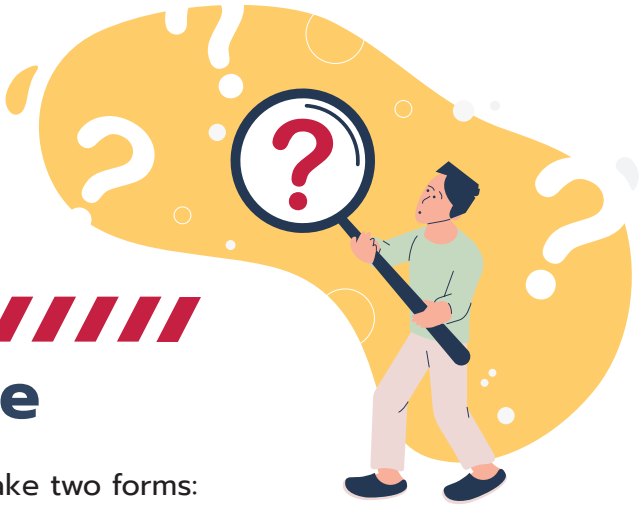
- **Friendly relations with neighbours.** Get to know your neighbours, develop good relations with them, find out what skills they have and how you can benefit from each other.
- **Responsibility for the community.** Leaders are needed in times of crisis. If you are this type of person, develop your leadership skills.
- **Psychological preparation.** Try to look ahead and anticipate what might happen. Prepare both practically and psychologically. If you are feeling very anxious, talk about it with people you trust.
- **Fuel supplies.** If you can, keep a safe supply of around 100 litres of fuel. Please note that diesel fuel should be changed at least every six months.
- **Cooking equipment.** Have water and cooking equipment with a minimum capacity of one litre.
- **Maintain strict hygiene.** Always wash your hands whenever possible.
- **Tools.** Have a set of working tools (screwdrivers, pliers, etc.) or at least one good metal spade and a knife.
- **Electrical supplies.** Have at several rechargeable power banks for each family member.
- **Writing implements.** Have some paper, pens and markers.
- **Compass.** Have a simple working compass and learn how to use it.
- **Hair dryer.** Take it with you in a crisis situation if possible. Ukrainians used a hair dryer to dry their shoes, socks and clothes whenever they had electricity.

Blue/Yellow has been supporting Ukraine's fight for freedom for 10 years.

You can contribute by calling

1482

(€5) or use other ways to donate
www.blue-yellow.lt



Civil resistance

Civil resistance can take two forms:

- **unarmed resistance (citizens' participation in the defence of the state using non-military, non-violent means);**
- **armed resistance (participation of citizens in the defence of the state using military means, joining the Lithuanian Armed Forces).**

Resilience and disinformation

The more resilient we are, the harder it is for enemies to harm us. It is therefore **ESSENTIAL** to be critical of all the information we receive.

Tips for avoiding the disinformation trap

- **Check the information independently.** Always look for information yourself and check the information you receive.
- **Use multiple sources.** Don't believe rumours and always use more than one reliable source to verify information.
- **Don't spread unsubstantiated rumours.** If you are not sure that the information is reliable, do not spread it.
- **Respond to disinformation.** If you come across false information, provide facts and refute it to help protect other citizens.
- **Please be aware!** Should another country attack Lithuania, we would never surrender. Any apparent information describing the cessation of hostilities or resistance would be false.

Civil willpower

A potential aggressor may be more inclined to abandon its intentions to invade when it sees the public's determination to resist.

You will boost civic willpower:

- by fostering patriotic values within the family;
- by taking an interest in and participating in the life of the state, and by supporting democratic processes;
- by taking part in non-governmental organisations;
- by taking an interest in your country's history, culture and customs.

What to do in situations of crisis or war

What should you do if Lithuania is in danger?

- Try to remain calm and focused.
- If you hear sirens or other alarms, turn on the TV or the radio and select the national broadcaster; also follow reliable, official sources of information such as news announced by state authorities.
- If you receive a message of crisis or alert through media channels or by mobile phone, follow the instructions.
- Do not leave your home without any specific reason.
- If possible, resume work – especially if you work for a company or institution providing essential services.

What do you need to know if mobilisation is declared?

The Seimas of the Republic of Lithuania may decide to declare a national mobilisation to increase Lithuania's defence capabilities. If a mobilisation is declared, society must mobilise to ensure the vital functions of the state. When a mobilisation is announced, you may be called upon to help in a number of ways.

For civil servants

- If you are a member of the Civilian Mobilisation Personnel Reserve (CMPR), act in accordance with your workplace mobilisation plan.
- If you are not a member of the CMPR, take care of the safety of your relatives and go to work.

For conscripts and former members of the professional military service

- If you are part of the CMPR, follow your employer's mobilisation plan. If you do not know whether you are on the list, you are not on the CMPR lists.
- If you are not in the CMPR, take care of the safety of your relatives, go to work and keep track of the information through the mass media.

For employees of companies, institutions or other organisations

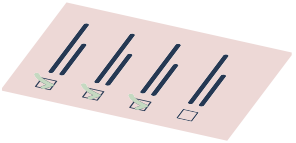
If your organisation has ceased operations, your services may be requested by the municipal administration.

For medical staff, policemen, firefighters

Continue to carry out your direct duties unless instructed otherwise.

For citizens who own a weapon

If you are not a conscript, a member of the CMPR or a rifleman, wait for further action from the authorities.



For members of a commandant's offices

If you are on the list of commandant's offices and have military skills, you will protect important objects in your area of residence, enforce the curfew, monitor the environment or perform other tasks assigned by the Lithuanian Armed Forces.

For those who are not employed, do not own a weapon and are not members of the CMPR or the Riflemen's Union, and are active citizens

- Join voluntary organisations (Red Cross, Caritas, Order of Malta, Food Bank).

LIETUVOS RAUDONASIS KRYŽIUS

caritas

Maltiečiai

Maistobankas

- Help your municipality: contribute to the work tasks assigned by the Director of Administration, so we can work together to ensure national defence preparedness or other vital functions.

What should you do if martial law is declared?

In the event of an enemy attack, air threat or other military threat

- Turn on the TV or radio and listen to official state news.
- Keep calm, don't panic and warn your relatives and neighbours.
- Do not leave your place of residence without any specific reason.
- When ordered to take shelter, dress, take a pre-prepared emergency kit (bag) and hurry to the designated shelter for protection against war threats.
- If you decide to stay at home, turn off the lights, close the curtains, put tape on the window glass, let your pets in, hide in a windowless room or in the basement. If you are hiding in the basement, tell your neighbours or friends.

When you hear gunshots or gunfire nearby

- If you are outside, do not run – fall to the ground and cover your head with your hands.
- While the shots are being fired, try to keep as close to the ground as possible, and when the shots stop, move to a safer place (underpass, cellar, ditch, etc.).
- Do not go near the windows when shots are fired in your house.
- If you hear gunfire while you are at home, drop to the floor, crawl to turn off the light, close the curtains without being seen, and crawl to a room that has no windows (e.g. a bathroom).
- If you are unsafe at home, go to the nearest collective protection structure for shelter and assistance.

At the site of (or after) the explosion

- Fall to the ground and cover your head with your hands, using any suitable cover if possible.
- Do not rush to leave the shelter after the explosion.
- If the explosion occurred in a building, use emergency exits. Use of lifts is prohibited.
- If there are injured people, help them to evacuate to a safe place and give them first aid.
- Do not touch any suspicious objects or explosives.
- Help clear debris, roads and air raid damage.

If enemy troops have entered your town or village

- Try to stay calm.
- If you see troops in your garden, do not approach them.
- Take care of your children and do not let them go outside.
- Do not film or photograph enemy soldiers or do so discreetly.
- Do not keep your hands in your pockets or make sudden movements when talking to an armed person. Do not argue with a person holding a weapon.
- If armed people come to your house and are going to take up residence, get out.
- If you need to go into town, walk rather than drive.

If you are in occupied territory

- Evacuate to a part of the country controlled by the Lithuanian Armed Forces.
- Continue to obey the laws of the Republic of Lithuania.
- Do not rely on the occupying forces.
- Distance yourself from enemy decisions and actions.
- Do not participate in enemy demonstrations and campaigns, do not give interviews to the enemy and do not allow yourselves to be filmed.
- Do not participate in illegitimate elections or referendums.

If you decide to resist, you have the right to ...

- in cooperation with the Lithuanian Armed Forces, carry out armed resistance (including sabotage) against enemy forces;
- engage in acts of civil disobedience, e.g. to disobey laws passed by the occupying forces;
- refuse to join the ranks of the enemy and to work for them;
- organise and participate in mass strikes;
- support the resistance movement.

Evacuation

- Listen carefully to the announcement about the evacuation process. Write down the location, direction and assembly point of the evacuation.
- Switch off electricity, turn off gas and water valves, close windows and lock the doors in your home.
- Carry your ID card or passport with you wherever you go.
- Use the routes recommended by the authorities and avoid unknown roads.
- If you don't have access to your own vehicle, go to the nearest assembly point.
- Notify your family of the evacuation.
- Take an emergency bag with you.

Psychological support in times of war

Many people suffer from uncertainty, insecurity, anxiety, fear and fatigue during wartime. Psychologists give advice on how to manage yourself in critical situations and how to help your loved ones.

- Maintain social contacts: share your feelings and thoughts with your loved ones and listen to each other.
- As far as possible, stick to your normal routine, habits and personal hygiene.
- Take care of your physical health: good nutrition, sleep, physical activity.
- Use relaxation techniques that work for you, such as meditation, relaxation or breathing exercises.
- If you notice that your loved one is under extreme stress:
  - try to talk to them, make eye contact, say: can you hear me, look at me, squeeze my hand;
  - do not use the words *calm down, get a grip*;
  - do not use violence and aggression;
  - show support: *I am with you, I will take care of you, you are not alone, I will not leave you*;
  - give them a few easy tasks, e.g. *take a drink of water*.
- Seek professional psychological help if you or your loved one do not feel well for a long time.

Ways of getting involved in national defence

You may wish to contribute to the strengthening of Lithuania's security and to acquire basic knowledge of weapons management, teamwork, first aid and other skills that will be useful in various situations in life and help protect your loved ones. You can choose between different forms of service in the Lithuanian Armed Forces, or membership of the Lithuanian Rifle Union.

PERMANENT COMPULSORY INITIAL MILITARY SERVICE

NATIONAL DEFENCE VOLUNTEER FORCES OF THE LITHUANIAN ARMED FORCES

LITHUANIAN RIFLEMEN'S UNION

MILITARY COMMANDANT'S OFFICES

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GENERAL JONAS ŽEMAITIS MILITARY ACADEMY OF LITHUANIA

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