

**MINISTRY OF INTERNAL AFFAIRS OF UKRAINE
ODESA STATE UNIVERSITY OF INTERNAL AFFAIRS**



MEMO

**REGARDING THE ACTIONS OF THE POPULATION DURING
THE LEGAL REGIME OF MARTIAL LAW IN UKRAINE**

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This guide contains examples and advice to citizens of Ukraine regarding the correct actions of the population during the legal regime of martial law.

The presented recommendations are not exhaustive and are created for the purpose of informing the population about typical algorithms of actions in emergency situations and during the operation of the legal regime of martial law in Ukraine.

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FEATURES OF IMPLEMENTATION AND OPERATION OF CURFEW



CURFEW - prohibition to be on the streets and in public places at a certain time of the day (most often in the evening and at night) within a certain territory where the legal regime of martial law/state of emergency is established.

The curfew is introduced for the purpose of:

- Prevention of reconnaissance, diversionary and other activities directed against the armed forces of Ukraine, military and civilian facilities, as well as critical infrastructure facilities;
- Security of public order;
- Reducing the number of victims;
- Liquidation of the consequences of man-made disaster, epidemic, etc.

THE WAR
IN UKRAINE

**THE RIGHT TO BE ON THE STREET AT THIS TIME IS GIVEN BY
A SPECIAL PERMIT/PASS**



The procedure for introducing a curfew is established by Resolution of the Cabinet of Ministers of Ukraine dated 07.08.2020 No. 573 "Issues of Introducing and Implementing Certain Measures of the Legal Regime of Martial Law".

The curfew and the establishment of a special light masking regime are introduced by issuing an order by the military command or the military administration (in the case of its formation), which is brought to the attention of the military administrations (in the case of their formation) or the defense council of the Autonomous Republic of Crimea, oblasts, the cities of Kyiv and Sevastopol, The Council of Ministers of the Autonomous Republic of Crimea, local executive bodies, local self-government bodies, the Ministry of Economy, the Ministry of Social Policy, the Ministry of Infrastructure, the Ministry of Health, the Ministry of Foreign Affairs, JSC "Ukrainian Railways", the relevant bodies of the State Special Transport Service, the National Guard, the State Border Service, the National Police, the Security Service of Ukraine, the State Fiscal Service, the State Migration Service, the State Emergency Service, military commands, formations, military units of the Armed Forces and other military formations formed in accordance with the laws of Ukraine.

The said order appoints a commandant, determines the time during which curfew and a special light masking regime are in effect, the boundaries of the territory of their implementation, methods of implementing measures to maintain law and order, the order of movement of railway, road, sea, river, air transport, the order of creation, operation and location of the commandant's office and its composition.

The definition of the term curfew - i.e. the prohibition of being on the streets and in other public places during a certain period of the day without specially issued passes and certificates is contained in Clause 5, Part 1, Art. 8 of the Law of Ukraine "On the Legal Regime of Martial Law".

The introduction of a curfew and the establishment of a special light masking regime is carried out only in the presence of a real threat to the life and safety of individuals, the interests of society or the state, as well as to ensure public order.

Orders of the military command and military administration (in the case of its formation) on the introduction of a curfew and the establishment of a special regime of light masking are brought to the attention of enterprises, institutions, organizations and the population by village, settlement, city councils, military administrations (in the case of their formation) or defense councils of the Autonomous Republic of Crimea, regions, etc. Kyiv and Sevastopol and through mass media.

Vehicles of the Armed Forces, the State Special Transport Service, the National Guard, the State Border Service, the National Police, the Security Service of Ukraine, the State Fiscal Service, the State Migration Service, the State Emergency Service, as well as special-purpose vehicles performing urgent official duties are allowed to stay and move in the streets and other public places during the curfew without permits. tasks, provided that special light signaling devices are turned on.

The pass is a document issued at the commandant's office with a mandatory indication of the validity period.

Such a pass must be presented by:

- a citizen of Ukraine together with an identity document confirming the citizenship of Ukraine or its special status;
- a serviceman of the Armed Forces, the State Special Transport Service, the National Guard, the State Border Service, a policeman of the National Police, a serviceman and an employee of the Security Service of Ukraine, an employee of the State Fiscal Service, the State Migration Service, the State Emergency Service along with a service card;
- by a foreigner or stateless person together with the foreigner's passport document and a document confirming the legality of stay in the territory of Ukraine.

Passes issued by the commandant's office are valid only within the territory where the curfew has been implemented.

RULES OF BEHAVIOR AT BLOCK POSTS

To identify and neutralize Russian saboteurs, as well as to complicate the movement of Russian occupying forces, roadblocks are being set up throughout the country. This is a necessary safety measure that will save many lives.

To avoid misunderstandings during control procedures, we urge you to follow a few simple rules.



**THE WAR
IN UKRAINE**

IN PARTICULAR, WHEN PASSING A BLOCKPOST, CITIZENS HAVE:

- **reduce the speed of the car;**
- **prepare documents for inspection in advance;**
- **turn off the headlights, turn on the emergency light and the light in the car interior;**
- **not to conduct video recording;**
- **not to get out of the car without the permission of the military and law enforcement officers;**
- **clearly answer the questions of the military and law enforcement officers;**
- **at the request of the military, allow to inspect the interior and trunk of the car;**
- **after inspection and permission to continue driving, do not pick up speed sharply.**

In cities, in the absence of a large number of cars and people on the streets, continue to follow the rules of traffic and behavior in public places.

ALARMS AND SHELTERS

WHAT TO DO WHEN YOU HEARD THE SIGNAL - TO FOLLOW IN SHELTER?

The simplest shelters are basements of buildings, underground parking lots and underground passages. You can hide in them during short-term shelling. The safest of them are those that have several exits (one of them is outside the building).

Usually, such premises as shops, gyms, warehouses, etc. are used as a shelter. Owners should be aware of emergency designations and be prepared to allow people access. We advise you to make arrangements with the hosts in advance and take their phone numbers. Residents of metro cities can also hide on station platforms or in transitions.

A shelter is a hermetic structure for the long-term stay of people in the event of an emergency. To find such facilities, look for the labels "Shelter" or "Civil Defense Facility". There should also be the phone number of the person who will open the door of the storage or shelter in case of danger. If it is not there, contact the local government office for information.

To prepare, we advise you to: check the addresses of the nearest shelters by phone or on the official website of the local authority; write down 2-3 addresses of shelters closest to you in case the first shelter you come to is full; study and walk the route to these buildings in advance; personally check their state of readiness and notify local authorities if the shelter needs repairs.

Signal **"ATTENTION EVERYONE!!!"** — this is a prolonged sound of sirens or intermittent horns. The signal is given by the horns of factories and enterprises through loudspeakers and the horns of vehicles (in particular, from emergency services vehicles equipped with loudspeakers).



- **turn on the TV or radio: the official announcement is broadcast within 5 minutes of the signal. turn on the TV or radio: the official announcement is broadcast within 5 minutes of the signal.**



- **from the message, it will be possible to find out the place and time of the occurrence of the emergency, its scale, probable duration and procedure for safety. Listened to the message - follow the instructions.**



- **leave the TV or radio on - these channels may receive the following messages.**
- **pass the message on to neighbors if possible.**

Before going to the shelter, turn off the gas, electricity and water at home, close the windows and ventilation holes. If you cannot leave the premises on your own, inform your neighbors. The following cannot be taken into the shelter: flammable substances; substances with a strong smell; bulky things; animals

People with children are accommodated in a specially designated place. People who are not feeling well are placed in the medical room or near the enclosure structures and closer to the ventilation. It is important to arrange a separate room for the toilet.

It is forbidden to smoke, make noise, light candles without permission in the building. It is necessary to observe discipline and move as little as possible. While in the shelter, listen for radio announcements, do not leave the shelter until it is safe to leave.

ALGORITHM OF ACTIONS WHEN A SUSPICIOUS OBJECT IS DETECTED?

IF A SUSPICIOUS OBJECT LIKE AN EXPLOSIVE DEVICE IS DETECTED, IT IS RECOMMENDED:

- immediately stop work in the place (area) of its detection;
- to inform about the finding of other persons who are nearby, if it is possible to ensure their evacuation from the dangerous area;
- do not approach, touch or move a suspicious object;
- being near it, refrain from smoking, using radio communication means (including a mobile phone);
- if possible, mark or fence the place of the find (for the fence, you can use various improvised materials: boards, poles, branches, ropes, pieces of bright material, etc.);
- secure the identified suspicious object and observe it at a safe distance as indicated below:
- report the find to any local executive body or law enforcement agency on duty at number 102, providing the necessary information (location of the suspicious item, date and time of its discovery);
- in case of leaving a suspicious object by an unknown person, which you witnessed, remember as much as possible its appearance, clothes, motor vehicle and its license plates;
- be sure to wait for the arrival of representatives of law enforcement agencies, being at a safe distance from the place of discovery.



THE WAR
IN UKRAINE



WHAT TO DO DURING BOUNDING BY BOLT FIRE SYSTEMS

The rocket can be well spotted and reacted to, because the salvo of the rocket launcher is clearly visible.

- at night - a bright flash on the horizon;
- during the day - smoke trails of rockets.



- organize constant surveillance, constantly keep in sight the buildings that are located nearby and can be used as a shelter. After the watcher's signal, there are a few seconds to hide;
- hide in a basement or other deep space. Choose a place in the corner between load-bearing walls and not far from windows and doors in order to immediately leave the house in case of a projectile hit;
- do not leave the shelter without waiting at least 10 minutes after the completion of the shelling, because after the salvo, the firing results are usually clarified and the fire is adjusted or the position is changed.



THE WAR
IN UKRAINE



WHAT TO DO DURING ARTILLERY FIRE?

- Do not stay in entrances, under arches and on stairwells;
- it is dangerous to hide in the basements of panel houses, near automobile equipment, gas stations and under the walls of buildings made of light structures. Such objects are fragile, and you may find yourself under rubble or get injured;
- if artillery fire, mortar fire, aerial bombardment caught you on the way, immediately lie down on the ground, where there is a ledge or at least in a small depression. Protection can be provided by concrete structures (except those that can collapse or catch fire), trenches, shallow underground wells, wide drainage pipes and ditches;
- cover your ears with your palms and open your mouth - this will save you from a contusion, protect you from barotrauma;
- do not disassemble the debris yourself, wait for demining specialists and representatives of the emergency and rescue service.



WHAT TO DO WHEN SHOT WITH A SMALL WEAPON?



- When shooting, it is best to hide in a protected area (for example, in the bathroom or the bathtub itself). When this is not possible, it is worth lying down covered with objects capable of protecting against fragments and bullets.
- If you are shot in the open, it is better to fall to the ground and cover your head with your hands. Effective protection will be any ledge, even a sidewalk, a recess in the ground or a ditch. Shelter can be a concrete trash can or porch steps. Don't try to hide behind cars or kiosks, as they are often targeted.
- Wherever you are, your body should be in the safest possible position. Group yourself, lie down in the fetal position. Turn with your feet in the direction of the gunfire, covering your head with your hands and opening your mouth so that the close blast does not damage your eardrums. Wait until the shooting subsides and there are no shots fired for at least five minutes.
- If your home is in a zone of regular armed conflicts, you need to strengthen the windows, for example, with adhesive film. This will help to avoid the scattering of glass fragments. It is advisable to cover the windows, for example, with sandbags or massive furniture.

ACTIONS OF THE POPULATION IN CASE OF RADIATION HAZARD

A radiation accident is a violation of the rules of safe operation of a nuclear power plant, equipment or device, in which the release of radioactive products or ionizing radiation occurred beyond the limits of their safe operation, which leads or may lead to exposure of the population and environmental pollution

The main impressive factor of such accidents is radiation exposure and radioactive contamination. Accidents can be accompanied by explosions and fires.

Due to radiation exposure, the vital functions of various organs (organs of hematopoiesis, nervous system, gastrointestinal tract, etc.) may be impaired and radiation sickness may develop under the influence of ionizing radiation.



ACTIONS IN THE EVENT OF A THREAT OF AN ACCIDENT WITH THE RELEASE (SPILL) OF RADIOACTIVE SUBSTANCES

In the event of an accident at the Nuclear Power Plant, you must remain indoors or immediately enter it if you are outside;

Warn neighbors, help children, people with disabilities and the elderly;

Reduce the penetration of radioactive substances into the apartment (house): tightly close windows and doors, seal ventilation holes, gaps;

Prepare for a possible evacuation: pack documents, valuables, essential items, medicines, a minimum of underwear and clothes, a supply of canned food for 2-3 days, drinking water in sealed bags and put in a suitcase;

Prepare the simplest means of sanitation (soap solution for hands);

Before leaving the room, disconnect all electrical current consumers from the power grid, turn off the gas and water.



WHAT TO DO IN CASE OF A RADIATION ACCIDENT?

If there is a radiation emergency in your area, you must stay indoors or go indoors immediately if you are outside. This is the safest course of action you can take.



- **Go into the shelter, basement or inside the building;** Radioactive material settles on the outside of buildings, so it is best to stay as far away from building walls and roofs as possible.
- **Take pets inside;**
- **Close and lock all windows and doors in the room;**
- **Watch for messages from rescuers, the police, local authorities.**



DISINFECTION OF YOURSELF!

➤ ***Remove the top layer of clothing***

So you will get rid of up to 90% of radioactive material. Do this carefully so as not to shake up the radioactive dust. Place clothing in a plastic bag or airtight container and keep away from people and pets.

➤ ***wash yourself***

If there is such an opportunity, take a shower with soap, wash your head with shampoo. Do not use hair conditioners as they can fix radioactive material to your hair. Do not rub or scratch the skin to prevent radioactive material from entering open wounds.

If you cannot take a shower, wash your hands, face and exposed parts of your body with soap under running water. If there is no access to water, use wet wipes, a wet cloth. Pay special attention to your hands and face, wipe your eyelids, eyelashes, and ears. Put on clean clothes

➤ ***Put on clean clothes***

➤ *Help your family and friends to do all the above items
If possible, do it in gloves and a mask or respirator.*

FOOD AND DRINKING WATER SAFETY IN A RADIATION EMERGENCY

FOOD SAFETY

Food from airtight containers (cans, bottles, boxes, etc.) is safe. Food stored in the refrigerator or freezer is also safe. Wipe food containers with a damp cloth or clean towel before opening. Before use, wipe the kitchen utensils with a damp cloth or a clean towel. Put the used cloth or towel in a plastic bag or airtight container and leave it in an inaccessible place, away from people and animals.

WATER SAFETY

Until rescuers or authorities report on the safety of tap water, only bottled water will remain uncontaminated. The packaging protects the liquid inside from radioactive substances.

Boiling tap water does not remove radioactive substances. So keep a supply of water in bottles or other airtight containers. Drinks in the refrigerator are also safe for consumption.

Water in other containers in your home, such as the toilet or water heater, will not contain radioactive substances.

Tap or well water can be used to wash yourself and food packages.

Even if the tap water is contaminated, you can still use it for disinfection. Any radioactive material that enters surface or groundwater will be diluted with water to a very low level and will be safe to wash off skin, hair and clothing.



WHAT TO DO IN CASE OF CHEMICAL INJURY?



Chemical compounds can irritate the eyes, mucous membranes, skin and respiratory tract, breathing difficulties can occur - cough, sputum discharge, sometimes with blood admixture, runny nose, feeling of dryness in the throat, hoarseness of voice, runny nose, nosebleeds, chest pain.

In case of irritation of the mucous membrane of the eyes - redness, inflammation, swelling, clouding of the cornea, damage to the iris of the eyes. In case of acute poisoning - headache, dizziness, general weakness.

Chemical pollution can also aggravate chronic lung diseases such as asthma and emphysema. How to protect yourself?

IN THE PREMISES:



- seal the room: tightly close windows and doors, chimneys, ventilation hatches;
- "curtain" the entrance door using any dense fabric;
- seal gaps in windows and frame joints with film, adhesive plaster;
- if the smell appears, use respiratory protection - you can use a cotton-gauze bandage moistened with a 2% solution of baking soda.

OUTSIDE THE PREMISES:



- if necessary (the presence of an odor), protect the respiratory organs with personal protective equipment;
- not to be in low-lying areas - valleys, ravines, etc.;
- do not spend a long time in basements and semi-basements;
- try to be on promotions;
- follow the direction of the wind.

In a complicated situation (when the direction of the wind changes), determine the exit route from the zone of potential chemical danger (exit in the direction perpendicular to the direction of the wind) and leave this zone as soon as possible.

IN THE CASE OF A FAVORABLE CHANGE OF THE WIND AFTER LEAVING THE ZONE OF POLLUTION OR RECEIVING A SIGNAL ABOUT THE END OF THE CHEMICAL HAZARD:



- open windows and doors, ventilate the room;
- change outerwear;
- take a shower or wash exposed body parts with soap;
- exclude any physical activity.

Продукти харчування (овочі та фрукти) промити слабким (2%) мильно-содовим розчином.

CHLORINE POISONING

Signs of chlorine poisoning:

When chlorine vapor is inhaled, lung damage occurs, which is accompanied by swelling of the oxygen-absorbing alveoli, which during coughing can burst with the release of sputum with blood, as a result of which a person dies from a lack of oxygen.

First aid for chlorine poisoning:

Put on a gas mask and remove the victim to fresh air.

It is impossible to do artificial respiration, it is necessary to apply oxygen inhalation in severe cases.

To reduce irritation - inhaling ammonia vapors, washing the eyes, mouth, and nose with a 2 percent solution of baking soda.

Actions in the source of infection:



- close your eyes and hold your breath;
- wrap yourself in outer clothing and breathe through it (you can wet it with water);
- do not run;
- try to determine the direction of the wind;
- leave the infection zone in the direction perpendicular to the wind;
- if it is impossible to get out, try to climb on a high object (pole, ladder, etc.), because chlorine spreads on the ground.

CHEMICAL WARFARE POISONOUS SUBSTANCES

Chemical weapons are poisonous substances and means of their use on the battlefield. The basis of the impressive effect of chemical weapons are poisonous substances.

Poisonous substances (PSs) are chemical compounds that are used to harm unprotected manpower or reduce its combat capability. By their impressive properties, PSs differ from other military means: they are able to penetrate with air into various structures, into military equipment and strike the people inside them; they can maintain their impressive effect in the air, on the ground and in various objects for a long time; spreading in large volumes of air and over large areas, they affect all people who are in the zone of their action without means of protection; PSs vapors can spread downwind over long distances from areas of direct use of chemical weapons.

Chemical munitions are distinguished by the following characteristics:

- stability of PSs
- the nature of the physiological effect of PSs on the human body
- means and methods of use
- tactical purpose
- speed of action

Stability

Depending on the length of time after use, PSs can maintain their impressive effect, they are conditionally divided into:

- stable
- unstable

The persistence of poisonous substances depends on the physical and chemical properties, methods of application, meteorological conditions and the nature of the terrain on which these substances are used.

Persistent PSs maintain their impressive effect from several hours to several days and even weeks. They evaporate very slowly and change little when exposed to air or water.

Unstable PSs retain their impressive effect in open areas for several minutes, and in forests and buildings - for tens of minutes.

Physiological action

According to the nature of the action on the human body, poisonous substances are divided into five groups:

- nerve-paralytic action
- skin-abscess action
- generally poisonous
- suffocating
- psychochemical action

a) PSs of nerve-paralytic action cause damage to the central nervous system. The main purpose of using such PSs is a quick and massive impression of people with a large number of deaths.

b) PSs of skin-abrasive action cause damage mainly through the skin, and when using them in the form of aerosols or steam - also through the respiratory organs.

c) PSs of generally poisonous action affect the respiratory organs and cause the cessation of oxidative processes in the tissues of the body.

d) suffocating PSs most affect the lungs.

e) PSs of psychochemical action appeared quite recently. These poisonous substances, affecting the central nervous system, are capable of temporarily disrupting the normal mental activity of a person or causing such mental defects as temporary blindness, deafness, a sense of fear, and limitation of the motor functions of some organs. One of the features of these substances is that for lethal damage the doses must be 1000 times greater than for temporary effects.

CHARACTERISTICS OF THE MAIN COMBAT POISONOUS SUBSTANCES

Combat poisons include the following chemical compounds:

- "SARIN"
- "SOMAN"
- "V-GAS"
- "MUSTARD"
- "HYDROCYANIC ACID"
- "PHOSGENE"

a) Sarin is a colorless and odorless liquid that belongs to the class of nerve-paralytic poisons. Sarin infects the air with vapors and gases, that is, it is an unstable PSs. However, sometimes it can be used in liquid-droplet form to infect equipment and terrain. In this case, the persistence of sarin can be: in summer - several hours, in winter - several days.

Sarin causes damage through the respiratory system, the gastrointestinal system, and can act through the skin without causing damage to it. The degree of sarin damage depends on its concentration in the air and the time spent in the contaminated atmosphere.

As a result of the effect of sarin, the victim experiences salivation, profuse sweating, dizziness, loss of consciousness, paralysis and, as a result of poisoning, death.

b) Soman - colorless and odorless liquid, belongs to the class of nerve-paralytic PSs. Its properties are very similar to sarin. The stability of soman is somewhat higher than that of sarin, it acts on the human body almost 10 times stronger.

c) V-gas is a low-volatile substance with a very high boiling point, so its stability is much greater than that of sarin. Like sarin and soman, they belong to the class of nerve agents.

V-gases are 100-1000 times more toxic than other PSs of nerve-paralytic action. They are characterized by high activity when acting through the skin, especially in the liquid-droplet state: even a small droplet of V-gas that gets on the human skin causes death.

d) Mustard is a dark brown oily liquid with a characteristic smell, reminiscent of the smell of garlic or mustard. Belongs to the class of skin-absorptive PSs.

Mustard evaporates slowly from infected areas: its persistence in the area reaches 14 days in the summer, months or more in the winter.

Mustard affects the body in different ways: in liquid-droplet and vapor form it affects the skin and eyes, in vapor form - the respiratory tract and lungs, and if it enters with food and water, it affects the digestive system. The effect of mustard gas does not appear immediately, but after some time, which is called the period of latent action.

Drops of mustard gas that hit the skin are quickly absorbed, and after 4-8 hours, itchy red spots appear instead. At the end of the first day, small blisters are formed, which then merge into single large blisters filled with an amber-yellow liquid that becomes cloudy over time. This process is accompanied by an increase in temperature.

After 2-3 days, blisters burst, ulcers appear, which do not heal for a long time. If an infection gets into the ulcer, the healing period can be 5-6 months.

The organs of vision are affected by vaporous mustard gas even at its lowest concentrations and a duration of action of 10 minutes. The period of latent action lasts from 2 to 6 hours, then signs of damage appear: a feeling of sand in the eyes, fear of light, lacrimation. The disease lasts 10-15 days, after which recovery occurs. Damage to trawling organs is possible when consuming mustard-poisoned food.

In the worst cases of poisoning, after a period of latent action (30 - 60 minutes), signs of damage appear: pain under the chest, nausea, vomiting, general weakness, headache.

In the future, the process progresses: paralysis, sharp weakness, and exhaustion are observed. After 3 - 12 days, fatal cases are possible due to complete exhaustion and exhaustion.

e) Hydrocyanic acid is a colorless liquid with a smell that resembles the smell of bitter almonds. Hydrocyanic acid evaporates quickly and acts only in a vaporous state. Belongs to PSs of generally poisonous action.

Characteristic signs of damage by hydrocyanic acid are: metallic taste in the mouth, throat irritation, dizziness, weakness, nausea. Then unbearable shortness of breath, the pulse slows down, the poisoned person loses consciousness, sudden convulsions occur. Convulsions are observed for a short time, they are replaced by complete relaxation of the muscles, a drop in temperature, suppression of breathing, followed by its cessation. Cardiac activity continues for another 3-7 minutes after breathing stops.

f) Phosgene is a colorless, easily volatile substance with the smell of rotten hay or rotten apples. It acts on the body in a vaporous state. Belongs to the PSs class of suffocating action.

Phosgene has a latent period of 4-6 hours; its duration depends on the concentration of phosgene in the air, the time spent in the contaminated atmosphere, the condition of the person, and the cooling of the body.

When inhaling phosgene, a person experiences a sweet unpleasant taste in the mouth, then cough, dizziness and general weakness appear. After leaving the contaminated air, the signs of poisoning pass quickly. But after 4-6 hours, the poisoned person has a sharp deterioration: the lips, cheeks, nose turn blue; general weakness, headache, frequent breathing, severe shortness of breath, unbearable cough with the release of liquid, pink-colored sputum appear, which indicates the development of pulmonary edema. The process of phosgene poisoning reaches its climax within 2-3 days. In the worst cases, death occurs.

EMERGENCY KIT (EMERGENCY SUITCASE)

It is necessary that you have a set of emergency equipment at hand in case you are forced to leave your place of residence due to a threat or an emergency situation. The volume and weight of such a kit should allow you to carry it without help for a relatively long time (for example, during evacuation).

A backpack is a practical means of transportation, as the weight is distributed evenly, leaving your hands free. An emergency kit should help you bide your time until you can return to your place of residence.

Auxiliary clothes and shoes that should be included in the emergency kit: warm underwear, a scarf, a knitted hat, protective clothing against the weather (hooded windbreaker or cape, etc.), socks, strong and wear-resistant shoes or thick-soled rubber shoes.



"SAFETY BACKPACK"

DOCUMENTS

The backpack should contain copies of all your documents (passports, birth certificate, military ID, education documents, employment record, pension certificate, property documents).

Separate documents on a flash drive.

Do not put the original documents in the general backpack, they should be in a bag that you can wear under your outer clothing.

Put all sets in waterproof files (zip-packs).

A notebook and a simple pencil.



CASH

Exchange cash so that you have small bills.

Do not keep money in one place - distribute it among family members.

Put them in waterproof files (zip packs).



COMMUNICATION AND LIGHTING

A radio receiver, spare batteries or a push-button telephone with a radio function.

Area map, compass and clock.

Flashlights (head and handheld) – spare batteries for them.

Chargers for phones, power bank



CLOTHES (per person)

Two or three sets of underwear, socks.

Two sets of warm clothes.

A pair of comfortable shoes

HYGIENE PRODUCTS

- Soap
- Toilet paper
- Alcohol wipes
- Toothpaste and brush
- Towel
- Manicure scissors.
- Feminine hygiene products



TOOLS

- A compact set of tools (multitool).
- Universal field knife.
- Wide scotch tape
- Synthetic cord (20 meters)



KITCHEN

- Water at the rate of 3 liters per person.
- Instant food.
- Christmas bars, dried fruits and nuts
- Canned foods (stews, sardines...)
- Honey and sugar in stacks.
- Dishes in which you can cook, heat and store food, a thermos.
- Garbage bags.
- Matches, lighter, dry alcohol.



MEDICINE KIT

Antiseptics

Medical masks

Antipyretics

Detoxification agents (sorbents, powder for a drinking solution that restores the water-salt balance of the body)

Drugs for gastrointestinal disorders

Painkillers

Soothing

Antiallergic

Plait

The bandage is sterile, sterile gauze bandages

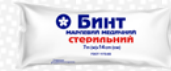
Scissors

A set of elastic bandages

Plaster in a roll

Disposable surgical gloves

If there are medicines that are taken daily, it is worth taking care of their supply for at least 1 month



WARNING!!! All medicines must be prescribed exclusively by a doctor!

For notes

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