



Are you prepared? – in case of crisis or war

Local community information for all households
in Åre municipality/Ååren tjielte

Staying safe together

This booklet supplements the yellow booklet “In case of crisis or war” issued by the Swedish Civil Contingencies Agency, MSB. It focuses on advice specifically for people who live in or are visiting Åre municipality.



Being prepared makes you better able to deal with unexpected events and keep yourself and those around you safe. Have you thought about how you would cope if the supermarket didn't open, if your water supply was polluted, if the roads were blocked or if your heating went off on a cold day in the middle of winter? Thinking about and preparing for things like this, and other situations, in advance not only makes you more prepared but helps to keep the whole community safe too.

At Åre municipality, having good plans in place for these kinds of contingencies is a priority and the municipality always has an emergency response officer (Tjänsteman i beredskap, TiB) on standby to deal with emergencies and coordinate action around the clock, all year round. The municipality engages in continuity management and organisational planning to increase its capacity to tackle everything from emergencies in peacetime to, ultimately, war. The municipality collaborates with and conducts exercises with a variety of actors locally, regionally, nationally and with Norway. Åre municipality also has a psycho-social care team known as POSOM able to help people who need support in tough situations.

Being prepared and working together are fundamental to our emergency planning as a community. Combining your own preparations with the total resources of the municipality means that together we will be ready to cope with challenges successfully.

Together we are strong!

Information

In an emergency, it is important to be able to get factual, accessible, reliable and understandable information that explains the situation and tells you what to do.



P4 Jämtland 100.4 MHz

A blue square icon with the white number 112.

112

SOS Alarm 112

This app gives you information about events in your area. SOS Alarm recommends that you always use it if you need to call 112. The app automatically tells SOS Alarm your location so help can get to you faster.



Krisinformation.se

This app gives you up-to-date information about emergencies and civil disruption. You can also get news and find checklists for how to prepare for and deal with different types of incidents.

The apps can be downloaded from the App Store or Google Play.

Information

Sveriges Radio P4 is the main channel for public information in emergencies, major incidents or war. It is a good idea to get an emergency wind-up radio with a powerbank that can also be charged via a solar panel.

Warning systems

Public Service Announcements (PSA) are used to inform the public about serious accidents or emergencies, such as hazardous air-quality events or fires that may emit toxic fumes or cause explosions.

Public Service Announcements are primarily broadcast via:

- Swedish public service radio, Sveriges Radio, and television, SVT, SVT teletext, and commercial radio and TV channels.
- Apps including krisinformation.se, SOS Alarm, Sveriges Radio and SVT.

In the event of serious incidents, text messages may also be sent to mobile phones in the area concerned. If you have a landline phone at an address in the affected area, you may receive a phone call from SOS Alarm. This will be from the number 010-474 55 00.

The outdoor warning system known as “Hesa Fredrik” currently exists in Järpen, but MSB will be expanding the system to Duved, Åre, Undersåker and Mörsil. It is tested at 3:00 pm (15:00) on the first non-public-holiday Monday in March, June, September and December.

Åre municipality’s information channels

Åre municipality’s main channels for communication in the event of a crisis or war are www.are.se and the Åre municipality Facebook page. Depending on the incident, information points in communities may also be used to spread up-to-date information.

This is where you can go in person to find out about the incident:

- Järpen library, Norra vägen 14
- Åre library, Sankt Olafs väg 33
- Duved school library, Karolinervägen 3
- Mörsil library, Skolvägen 9
- Kall library, Kall Kyrkmon 6
- Hallen library, Hallenvägen 30

If necessary, other such information points may be set up.

In an emergency, Åre municipality’s customer services can also answer questions about things that the municipality is responsible for, or refer you to the right body. You can reach customer services by phoning 0647-161 00. If necessary, additional numbers may be set up. If this happens, Åre municipality will provide information about the new numbers.

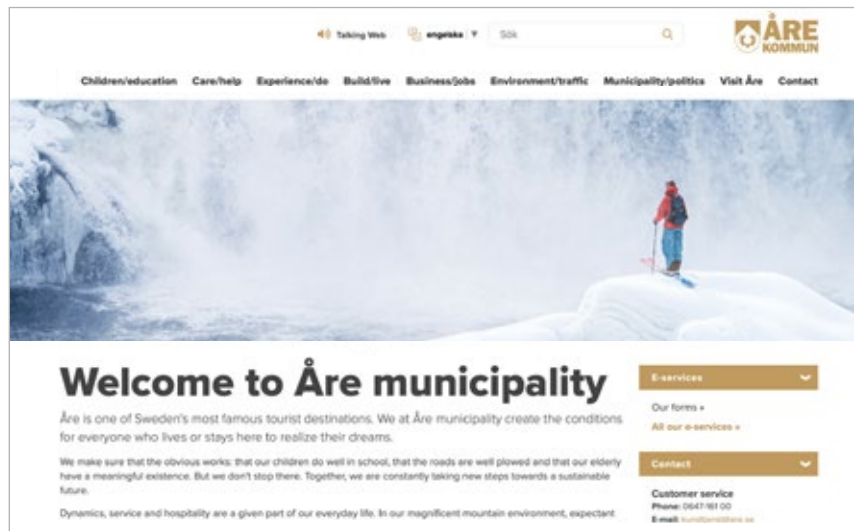
How to recognise information from Åre municipality

Fake news can spread fast, in person and online. This could be everything from fake social media posts to misleading rumours or manipulated posters. To make sure you get correct information, it's important to check that it actually comes from Åre municipality.

Communication from Åre municipality:

- **Official channels:** In the event of a crisis, information will be published at www.are.se and on Åre municipality's Facebook account. If online channels cannot be used, communication will switch to the community information points on the previous page.
- **Visual identity:** Information from the municipality will always carry the Åre municipality logo, clearly state it is from Åre municipality and have a consistent tone and language.
- **Consistent message:** The information will be the same on all channels – website, Facebook and community information points.

Always check your sources and think about where the information is from, why it exists and whether the source is reliable.



Service and safety points

Sweden's first Service and Safety point, known as SOT point, was set up in Kall in January 2020. An SOT point is a container with a back-up power source able to safeguard electricity supply to a supermarket and fuel station. The container in Kall also has capacity to heat the neighbouring school if necessary. It is also moveable and can be quickly used in another location if the situation demands.

An SOT point was set up in Hallen in autumn 2024. This too is a container with a back-up power source able to safeguard electricity supply to the supermarket there.

Location of your nearest SOT point

There are SOT points in two locations in Åre municipality:

- **Kall:** Kall Västgård 10 (ICA Kall)
- **Hallen:** Hallenvägen 22 (ICA Nära Karl Ors Bua)

Civil defence shelters and community shelters

In Sweden, civil defence shelters (skyddsrum) are marked with an orange square and a blue triangle. You can find your nearest civil defence shelter using MSB's map at www.msb.se/skyddsrum. As well as civil defence shelters, cellars and similar premises can act as shelters if necessary.



Preparation

Whether the situation is a long power cut or disruptions to the water or food supply, it's important to be able to survive for at least a week. Having the right equipment and plans for different scenarios means you can reduce the effects of a crisis and ensure that you and your family or community have what you need. This enables public services to focus their resources on helping the people who need it most.

This section contains practical advice for coping with some of the most common challenges in emergencies.



SMHI's weather warning system

It is important to be aware of and understand the weather warning system used by the Swedish Meteorological and Hydrological Institute, SMHI, so that you can prepare and take action in different weather situations. The system issues warnings about potential risks and there are three different levels: yellow, amber and red. The levels indicate the severity of the consequences the weather could have. Some areas will be harder hit. Check how the weather is changing where you are. Vulnerable people or groups may be affected more than others. Do what you can to protect yourself, those around you and your property. In some cases, the safest thing to do is to stay at home.

More information: www.smhi.se, SMHI's weather app



Yellow warning: The weather can have major impacts, be dangerous and cause injury and damage. It may cause problems for various public services, such as public transport



Amber warning: The impact of the weather may have serious consequences for society. It can be dangerous for people and cause major damage to property and the environment. Avoid activities that can expose you to risk.



Red warning: The impact of the weather may have very serious consequences for people and society. It may pose a major risk to the public and cause serious damage. There is a high risk of severe problems with important public functions such as public transport. Avoid all activities that can expose you to risk.

Rain and storms

Climate change means that rain and snowfall is expected to increase by 40–60 percent in the county of Jämtland, in terms of amount and intensity. This brings a higher risk of flooding and of landslides or landslips and mudslides, especially in areas of steep terrain. Åredalen has the highest risk of mudslides in Sweden, which makes it extra important to be prepared. In heavy rain and snow, large amounts of water can quickly cause problems such as flooding, erosion and damage to roads, buildings and infrastructure.

The flow of lakes and watercourses is also expected to change, which can also cause flooding, especially combined with large amounts of rain, melted snow or if a dam bursts. This is why it is important to be alert to rain warnings and know what you can do to reduce the risk of flooding.

Tips!

- Check your drainage and make sure that rainwater can drain away from your property by keeping drain gratings and gutters clear.
- If you suspect that water could flow into your property, you can install sandbags, flood barriers and other barriers to prevent the water getting in.
- After a flood, check electrical hazards and turn off your main electricity switch if you are worried. Always disinfect cooking equipment, etc. that has been in contact with flood water.

High winds

High winds can cause major challenges, from fallen trees to long power cuts and damage to buildings. In open landscapes or high up, such as in the mountains and especially on the bare hillside, wind conditions can change quickly. In high winds or storms, visibility is severely reduced, and it can be difficult to move safely outside.

The risk is extra high in the mountains because the weather can turn without warning. This is why it is important to plan activities carefully, to listen to weather forecasts and make assessments safely based on weather warnings.

Tips!

- Make sure that loose objects such as outdoor furniture, trampolines, bikes, etc. are brought indoors or tied down securely.
- If you are going to the mountains, make sure you have the right clothes and equipment to deal with sudden changes in the weather.

Snow and avalanches

Large amounts of snow in a short time can affect travel and the electricity supply. When snowfall is combined with high winds, snowdrifts often form, which can quickly block roads. In mountain areas like ours, this is very common and extra caution is needed.

Avalanches happen every winter. How many and where depends on weather and snow conditions. In the winter, the Swedish Environmental Protection Agency website shows predicted avalanches for six areas in the Swedish mountains at www.lavinprognoser.se, where the Västra Jämtlandsfjällen area includes part of Åre municipality. Where there are ski lifts, current assessments of the risk of avalanche are made by the ski resorts themselves. See the respective ski resort website for up-to-date information.

Remember that when skiing or visiting the mountains, it is your responsibility to adapt your behaviour to prevailing conditions. Do not take unnecessary risks and always follow the up-to-date recommendations.

Know about avalanches!

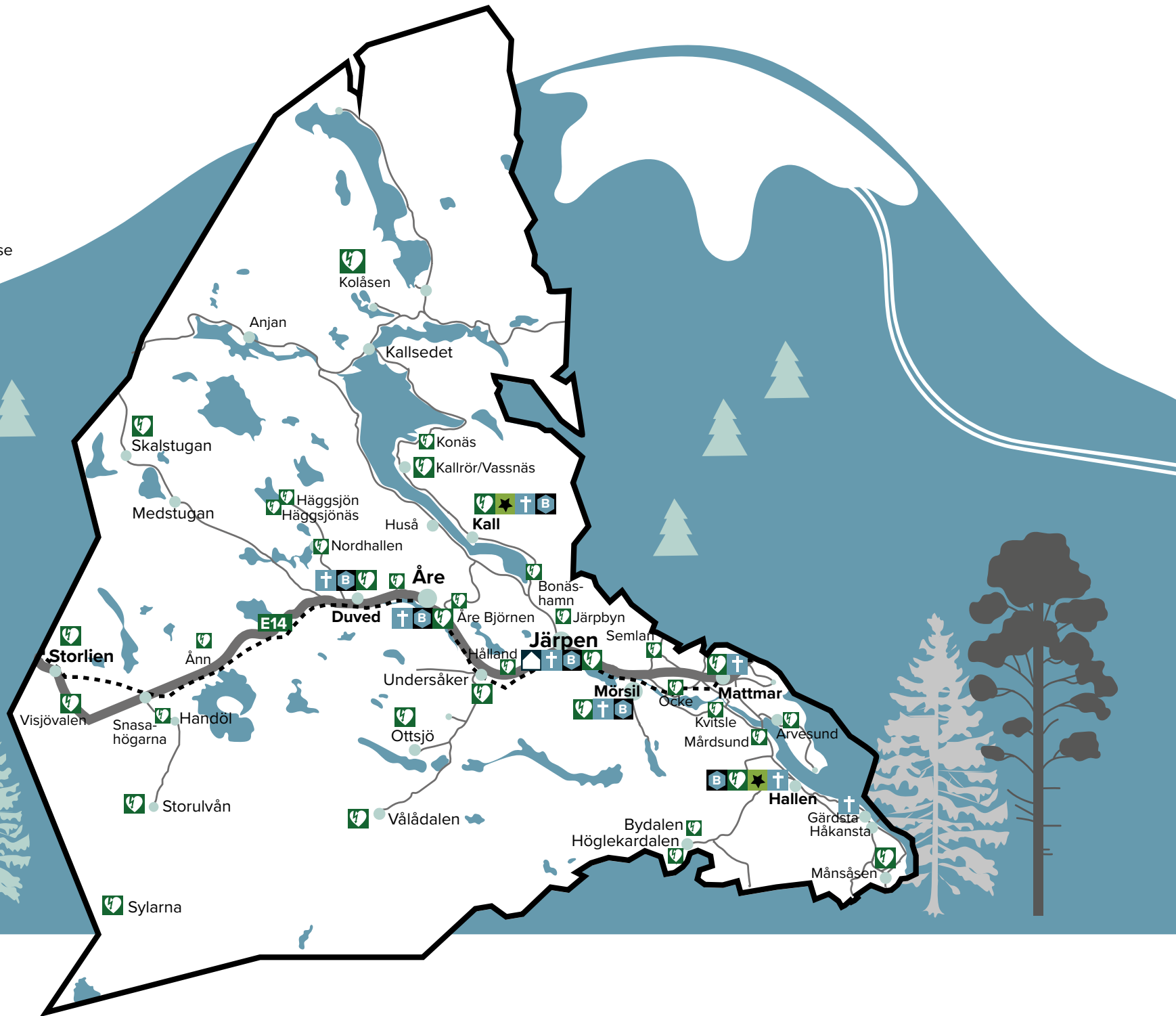
If you want to know more about different types of avalanche, what causes avalanches and how to protect yourself, see:

www.smhi.se

www.lavinprognoser.se

www.slao.se

-  **Municipal building**
-  **SOT point**
-  **Library**
-  **Defibrillator**
Detailed information:
www.hjartstartarregistret.se
-  **Church**



Ice

Ice can form in freezing rain or when cold road surfaces freeze quickly. Weather conditions like this can cause major traffic problems and increase the risk of accidents for vehicles and pedestrians. The road surface can become slippery without warning, especially on roads in shadow, bridges and on hills, where the temperature is often lower than the surroundings.

SMHI issues warnings for sudden ice when the road conditions could worsen quickly. Besides affecting traffic, icy surfaces can also make paths and pavements dangerous for pedestrians. This means it is important to be alert to warnings and adapt behaviour to the conditions.

Tips!

- Make sure you have winter tyres on your car and that they are in good condition. Adapt your speed to road conditions.
- Wear footwear with studs or grips when walking on icy roads or paths.
- Keep up-to-date about the weather and road conditions via SMHI and the Swedish Transport Administration, Trafikverket.

Thunderstorms

Thunderstorms can happen all year round and cause lightning strikes and power cuts and damage electrical equipment. In the mountains, thunderstorms can also be more severe due to high altitudes and local weather conditions.

Tips!

- Unplug electrical equipment and don't use landline phones.
- Avoid open spaces or places that are high up.

High temperatures

As the climate changes, we must expect both rising average temperatures and heatwaves becoming more common, both inland and in the mountains.

SMHI defines a heatwave as a period when the highest temperature in 24 hours is at least 25°C for at least five days in a row. SMHI issues high temperature warnings.

In the mountains, the effects of heat may be even greater due to the thin air and intense sunlight at high altitude.

High temperatures can lead to serious health problems such as dehydration and heatstroke and make cardiovascular diseases worse. This affects everyone, but especially the elderly, people who are chronically ill, people with disabilities, children, pregnant women and people taking certain medication.

Tips!

- Wear a sun hat, sunglasses and high-factor sunscreen if you are going to be outside.
- If it is very warm, the forest or the natural rivers and lakes in the mountains can be cooling.
- Many mountain huts are poorly ventilated. Open doors and windows in the cooler evenings and nights to reduce the heat.
- Remember that there may be major differences in temperature between low in the valleys and high up on the mountains. Wear layers to adapt to different temperatures.

Water

If you have municipal water and sewage services and are registered as living at an address affected by disruption, you can be sent a text from Åre municipality with information about what happened and what is being done. If you are not registered for this service, you can easily register at www.are.se or by phoning Åre municipality customer services on 0647-161 00.

An adult needs about three litres of water a day. If the water goes off, it's important to have your own water in reserve. Store the water in a cool, dark place, in clean containers. Kept in this way, it will last for six months. Make it easier to remember when to replace your stored water by doing it at New Year and Midsummer, for example. If the water is off for a long period, Åre municipality may provide tanks of emergency water. The municipality will announce where these will be located via the municipality's information channels.

If you need to use water from running mountain streams, for example, it is usually safe to drink as it is. If you are uncertain, it is always best to boil the water first. This is also the case if you get the water from a lake or large watercourse.

Tips!

- Freeze water in plastic bottles (PET) – this acts as a back-up and as freezer packs in a power cut. Don't fill the bottle completely with water because it might crack.
- Use wet wipes and hand sanitiser for personal hygiene.
- Keep disposable plates and cutlery at home to save washing up water.
- Small water containers with a wide opening are easiest to handle. If they have a tap, this is a plus, as then children can access water easily.

Food

In an emergency, it is important to have food that will stop you being hungry, provide energy and is easy to cook and eat. You need food that can be stored at room temperature, can be prepared quickly, requires very little water, or that can be eaten immediately. The MSB booklet contains good checklists and advice.

Growing your own food can be a good way of reducing dependence on transport and becoming more self-sufficient. Even small gardens, such as in raised beds, in pots or on the balcony, can provide fresh vegetables and herbs. Potatoes, beans, and lettuce are examples of food that is easy to grow. In Jämtland, the growing season can be short, but a greenhouse helps to extend the season and enables you to harvest food even in the colder months of the year. Working together in shared gardens can also help to form community and safeguard the food supply in the municipality.

Tips!

- Plan a stockpile of tinned food, dried food and food with a long shelf-life. It can also be good to stock up with food that gives you a quick energy boost, such as energy bars, nuts, dried fruit and chocolate.
- Eat food in the fridge or freezer first before it goes off. A freezer will stay cold for about 48 hours if you don't open the door very often.
- Have a camping stove or a barbecue ready for cooking on.
- Learn simple preserving methods such as drying or pickling to preserve food you can harvest.
- Consider freezing fresh food to be used when necessary.

Electricity/heating

In Åre municipality, the cold and harsh winds can quickly make things challenging if electricity and heating stop working. The combination of low temperatures and high winds can produce severe windchill, making it even more important to be well-prepared.

If you have a stove, a woodburner or other fireplace, it is important to use it safely. If you burn too much, there is a risk of a chimney fire. The chimney can catch fire if you burn too much wood or burn damp wood. A chimney fire can get very hot and may damage the chimney or cause the house to catch fire. It is therefore recommended that you limit the amount of wood you burn to a maximum of 3 kg per hour and that you let the fireplace cool down for the same amount of time that you were using it. Also make sure to ventilate the room sometimes to avoid carbon monoxide poisoning.

In the event of a power cut, it is also important to have alternative lighting. Battery-run torches or head torches are useful. A powerbank or other back-up power source for charging your phone can be invaluable in a long power cut. If the power is off for a long time, think about planning and rationing your use of batteries so that they last as long as possible.

Windchill

Thermometer reading °C

	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
2 m/s	9	3	-2	-8	-14	-20	-26	-32	-37	-43	-49
5 m/s	8	1	-5	-11	-17	-24	-30	-36	-42	-49	-55
10 m/s	6	0	-7	-14	-20	-27	-34	-40	-47	-53	-60
15 m/s	5	-2	-8	-15	-22	-29	-36	-43	-50	-56	-63

Tips!

- Check that your smoke alarms are working and have a fire extinguisher and fire blanket handy.
- Don't use candles or a stove while you are asleep. Do not put several tea lights close together and make sure they are in fire-proof holders.
- Store combustible materials such as wood and paraffin/kerosene at a safe distance from your house.
- Protect sensitive equipment by unplugging it to avoid damage when the power comes back on.
- Remember to always have a store of dry wood or other fuel at home so that you can always heat it.
- Keep the car fuel tank full, especially in the winter, as your car can provide heat and an opportunity to listen to useful radio broadcasts, e.g. on P4.

Healthcare

Åre municipality is one of the largest municipalities in Sweden in terms of land area, and sometimes the nearest health centre or other healthcare unit can be a long way away. This means it is important to think in advance about what to do if you need medical treatment.

In an emergency, always phone 112. In the event of less urgent medical needs, phone 1177 or log into 1177.se for advice about illness or medical needs.

Basic first aid skills are extremely useful in an emergency. Knowing how to do cardiopulmonary resuscitation (CPR), stop serious bleeding and deal with shock can save lives before professional help gets to you. Get training so that you can feel more confident about what to do in an emergency.

If you or someone in your household takes medicine, uses medical equipment or prescription consumables, make sure to:

- Keep enough medication in stock for at least a month. Check its use-by date regularly.
- Store medicines as stated on the packaging.
- Contact your healthcare provider in advance to plan alternative solutions for medical equipment or aids that need electricity.

A crisis situation can be stressful for your mental health. Worry, uncertainty and stress are natural reactions. Therefore it is important to try and talk to other people for support. It can also be helpful to try and keep your days to as regular a routine as possible because this creates a sense of being in control.

Local health centres in Åre municipality may change their opening hours in an emergency. For up-to-date information, see the Region Jämtland-Härjedalen website: www.regionjh.se.



Always use the SOS Alarm 112 app when you need to phone the emergency number 112.

This automatically tells SOS Alarm your location so help can get to you faster.



Tip!

Check you have a fully equipped first aid kit!



Your nearest defibrillator

If someone's heart stops suddenly, every second counts. To increase chances of saving lives, Åre municipality has sited defibrillators in outdoor cabinets near our major workplaces, preschools, schools and old people's homes.

The defibrillators are available to everyone, easy to use and can make a big difference until an ambulance and medical staff are on the scene.

In addition to the municipal defibrillators, there are some others too. See the locations of all defibrillators at www.hjartstartarregistret.se. If you are over 18 and know how to do CPR, you can download the app **SMSlivräddare** which will text you if your help is needed in an emergency.

Major road closures

The European motorway, the E14, is an important transport route that may be affected in different ways. If the road needs to be closed for any reason, you may need to use alternative routes.

It makes sense to think now about which other roads could be used if the E14 or other major roads are not accessible. Keep a paper map handy and plan to take smaller roads if necessary.

Keep up to date by following information from the Swedish Transport Administration, www.trafikverket.se. Their website provides the latest information on road conditions, road closures and diversions.

Animals

In Åre municipality, a crisis can be especially demanding for owners of animals. It is important to be prepared for being able to look after your animals in such situations. Fast-changing weather conditions, such as heavy snow or flooding, can also affect your ability to reach your animals or get help.

Therefore, it is good to think in advance about how you would protect your animals, especially if you live near water or in remote places where roads may be blocked. Make sure there is access to feed, water and necessary equipment, and bear in mind that you may need to move animals to a safer place if necessary.

Information for owners of animals

Website of the Swedish animal charity Svenska Blå Stjärnan,

www.svenskablastjarnan.se.

This provides excellent information and checklists.

The booklet “Om krisen eller kriget kommer – till Sveriges lantbruksföretagare” (MSB).

This is a version of the “In case of crisis or war” booklet which provides extra advice for farm businesses. It is currently only available in Swedish.

For local and national guidelines about animals in a crisis, see www.jordbruksverket.se

Do you want to help to be even more prepared?

Getting involved in local initiatives and organisations not only means you are helping to make yourself and your community better prepared, it also means you are making society more socially sustainable as a whole. When we strengthen our communities and enable each other to help one another, we are building a more resilient society in which everyone can feel safe – in normal times and in emergencies.

You could, for example:

- Become a part-time firefighter and perform an important role for your local community. Contact the Jämtland fire and rescue service, Jämtlands räddningstjänstförbund, on 063-14 80 00.
- Join Åre municipality's POSOM group, which provides psychosocial support in emergencies. Contact Åre municipality on 0647-161 00
- Join organisations such as the Red Cross, where you can give your time and your skills to help people who need it most. You can contact your local Red Cross by emailing are@redcross.se.

Contact Åre municipality on 0647-161 00 for the contact details of more organisations working on civil contingency planning and security.

Important phone numbers

SOS Alarm 112

Åre municipality 0647-161 00

The Police, in an emergency 112, otherwise 114 14

The Swedish Civil Contingencies Agency (MSB), 0771-240 240

Healthcare information 1177

Region Jämtland-Härjedalen 063-14 75 00

Jämtkraft, power company 063-14 90 00

Fire and rescue service, Jämtland räddningstjänstförbund 063-14 80 00

Jämtland County Administrative Board 010-225 30 00

The national information number – in the event of crises and accidents 113 13

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About this booklet

In November 2024, the Swedish Civil Contingencies Agency sent out the booklet “In case of crisis or war” to all Swedish households. This booklet supplements it with more local information.

This booklet is available in different versions and in different languages. You can find the different versions at www.are.se.

If you lose your booklet from Åre municipality, you can order a new one easily from www.are.se. A new copy of “In case of crisis or war” can be ordered at www.msb.se.