

MANUAL ON CIVIL DEFENSE

for the students of Odesa National Medical University

tips for preparing at home

SOME ISSUES SHOULD BE CONSIDERED IN ADVANCE TO BETTER EQUIP YOUR HOUSING IN THE EVENT OF AN EMERGENCY AND PROTECT YOURSELF AND LOVED ONES:

IF POSSIBLE, FIND OUT WHERE THE NEAREST SHELTERS ARE;

-CHECK THE CONDITIONS OF THE BASEMENT

- CHECK THE PRESENCE OF THE EMERGENCY EXIT;

- MAKE STOCKS OF DRINKING AND TECHNICAL WATER, LONG-STORAGE PRODUCTS;

-CHECK THE AVAILABILITY OF FIRST AID ITEMS IN YOUR FIRST AID KIT AND -CONSIDER WHICH MEDICINES MAY BE NEEDED FOR A LONG TIME;

- PREPARE FIRE EXTINGUISHING MEANS;

- TAKE CARE OF ALTERNATIVE MEANS OF LIGHTING OF THE ROOM IN CASE OF DISCONNECTION OF POWER SUPPLY (LAMPS, CANDLES);

- PREPARE MEANS FOR COOKING IN CASE OF LACK OF GAS AND ELECTRICITY;

- COLLECT THE MOST NECESSARY THINGS AND DOCUMENTS IN CASE OF URGENT EVACUATION OR TRANSFERING TO SHELTERS;

- TAKE CARE OF THE GOOD CONDITION OF YOUR PRIVATE TRANSPORT AND FUEL SUPPLY FOR TIMELY EVACUATION FROM A DANGEROUS AREA;

IF YOU ARE IN A ZONE OF FIGHTING OR IN AN EMERGENCY WITH PARTICIPATION OF ARMED PEOPLE

1. DO NOT TELL STRANGERS AS WELL AS PEOPLE YOU KNOW WITH AN UNRELIABLE REPUTATION ABOUT YOUR FUTURE ACTIONS AND PLANS

2. ALWAYS CARRY A PASSPORT OR A PERSONAL ID WITH YOU.

3. KEEP MONEY AND DOCUMENTS IN DIFFERENT PLACES — SO YOU WILL HAVE MORE CHANCES TO SAVE THEM;

4. KEEP INFORMATION ABOUT YOUR BLOOD GROUP (AND YOUR CLOSE RELATIVES) AND INFORMATION ABOUT POSSIBLE HEALTH PROBLEMS (FOR EXAMPLE, ALLERGY TO MEDICINES, CHRONIC DISEASES) NEAR YOU;

5. FIND OUT WHERE SHELTERS NEAREST TO YOUR HOME, JOBS AND PLACES YOU FREQUENTLY VISIT ARE LOCATED;

6. TRY TO BE AS LITTLE AS POSSIBLE OUT OF HOME AND WORK, LESSEN THE NUMBER OF TRAVELS WITHOUT AN IMPORTANT REASON, AVOID CROWDED PLACES;

7. FOLLOW THE RULES OF THE RIGHT HAND WHEN LEAVING THE PREMISES AND PASS THOSE WHO NEED HELP AHEAD - IT WILL HELP AVOID CONGESTION;

IN THE EVENT OF ARMED PEOPLE, MILITARY EQUIPMENT, RIOT, IMMEDIATELY LEAVE THE DANGEROUS AREA IF YOU HAVE SUCH AN OPPORTUNITY; AVOID COLUMNS OF EQUIPMENT AND DO NOT STAND NEAR MOVING MILITARY VEHICLES

INFORM THE LAW ENFORCEMENT AUTHORITIES, LOCAL AUTHORITIES, MILITARY ABOUT PEOPLE WHO COMMIT ILLEGAL AND PROVOCATIVE ACTIONS; IF YOU GET INTO THE SHOOTING AREA, HIDE IN THE NEAREST SHELTER AND DON'T LEAVE SOME TIME AFTER THE END OF SHOOTING;

IF THERE ARE NO SHELTERS NEARBY, USE TOPOGRAPHIC IRREGULARITIES IN THE TERRITORY (FOR EXAMPLE, DITCHES, TRENCHES, EXPLOSIVE FUNNELS); IN CASE OF SUDDEN SHOOTING AND LACK OF STORAGE - LIE ON THE GROUND WITH YOUR HEAD IN THE DIRECTION OPPOSITE TO THE EXPLOSIONS, AND COVER YOUR HEAD WITH YOUR HAND AND THINGS; IF A PERSON IS INJURED NEAR YOU, PROVIDE FIRST AID AND CALL AN EMERGENCY, LAW ENFORCEMENT AUTHORITIES, IF NECESSARY. DO NOT TRY TO PROVIDE ASSISTANCE TO THE WOUNDED UNTIL THE SHELLING ENDS; IF YOU HAVE WITNESSED THE INJURY OR DEATH OF PEOPLE, AS WELL AS ILLEGAL ACTIONS (ARRESTS, KIDNAPPING, BEATING), TRY TO KEEP AS MUCH INFORMATION AS POSSIBLE.

WHAT MUST NOT BE DONE

DO NOT APPROACH THE WINDOWS IF YOU HEAR SHOTS; OBSERVE THE COURSE OF FIGHTING, STANDING OR RUNNING UNDER SHOOTING;

DO NOT DEBATE WITH ARMED PEOPLE, TAKE PHOTOS AND MAKE RECORDS IN THEIR PRESENCE; DEMONSTRATE WEAPONS OR ITEMS SIMILAR TO THEM; PICK UP ABANDONED WEAPONS AND AMMUNITION; TOUCH EXPLOSIVE AND SUSPICIOUS OBJECTS, TRY TO DISASSEMBLE THEM OR MOVE THEM ANYWHERE — INSTEAD, IMMEDIATELY REPORT THEIR LOCATION TO THE NATIONAL FIRE SERVICE AND POLICE PHONE "101" and "102";

DO NOT WEAR ARMY FORM OR CAMOUFLED CLOTHES — IT'S BETTER TO WEAR DARK COLORS WHICH DON'T ATTRACT ATTENTION, AND AVOID ANY SYMBOLS AS THEY CAN CAUSE INADEQUATE REACTION.

HOW NOT TO BECOME A VICTIM OF DISINFORMATION

IN THE CONDITIONS OF MILITARY AGGRESSION UKRAINE IS FORCED TO RESIST HARMOUS PROPAGANDA AND DISINFORMATION.

RUSSIAN AGGRESSIVE ACTION AIMS TO DESTABILIZE OUR SOCIETY AND DISCREDIT THE COUNTRY'S LEADERSHIP TO MAKE US DOUBT OUR STRENGTH AND OUR WILLINGNESS TO DEFEND OURSELVES

PROTECT YOURSELF AND OTHERS FROM INFORMATION THREATS

THINK WHO IS SPREADING THE INFORMATION AND FOR WHAT REASON

- **IF THIS INFORMATION COMES FROM OFFICIAL RESOURCES OF THE COUNTRY**
- **WHY THE INFORMATION APPEARED AT THIS VERY MOMENT**
- **IF IT IS AN OPINION OR A FACT**
- **IF OTHER RESOURCES INFORM ABOUT IT TOO**

FOLLOW 10 PIECES OF ADVICE

The purpose of disinformation disseminators is to sow panic and weaken our will to defend ourselves. Do not help them, help yourself: maintain self-control and do not spread emotional information on social networks.

Ukraine defends itself and continues to fight for its territory. If you hear the opposite - it's not true. They want to demoralize you.

Do not believe or disseminate information from questionable sources. Reliable information comes from the official pages and channels of government agencies and Public Broadcasting.

Do not disseminate information about the movement of Ukrainian troops in any way. You can harm those who protect you and the state.

The country is waging a defensive war on its territory. Reports of alleged shelling of civilians by the Ukrainian military are untrue. The enemy wants to undermine your trust in your own defenders.

The aggressor will spread various rumors not only about the fighters, but also about the military-political leadership, so that Ukrainians do not trust him. But the enemy cannot be trusted - his emotional provocations and messages that cannot be verified. Check every disturbing news with official sources.

Only the security and defense authorities of Ukraine can know the information about the losses. Information on private accounts may not be true. Do not rush to share such information.

The aggressor will spread slander and "betrayal" through its official or controlled channels. Or he can use other means - to cover himself with patriotic slogans and Ukrainian symbols. Check out patriotic-looking but dubious messages and appeals.

The enemy's goal is to split Ukrainian society from within and destroy our faith in our own strength. We are really different and our views may not coincide, but we have one thing in common - to repel the occupier. So stay united and support each other.

If the Internet connection is interrupted or the pages of state bodies have been hacked, contact the Public Broadcasting for information. If the TV does not work - turn on the radio.

WHAT TO DO AFTER RECEIVING THE SIGNAL "ALL ATTENTION"

TURN ON TELEVISION OR RADIO: INFORMATION IS TRANSMITTED THROUGH OFFICIAL CHANNELS

FOR 5 MINUTES AFTER THE SIGNAL, AFTER LISTENING TO THE MESSAGE, FOLLOW THE INSTRUCTIONS, KEEP THE TV AND RADIO CHANNELS ON - FURTHER INFORMATION MAY COME THROUGH THEM

HOW TO PREPARE A "GRAB BAG"

In the event of an evacuation or move to a safer area, you will need the essentials. Prepare the most important things in advance:

- passport and copies of all necessary documents (birth certificate, military ID, education document, employment record book or pension certificate, property documents);
- money (cash and bank cards);
- chargers for mobile phones;
- radio, flashlight, signaling devices, compass, clock, compact set of tools (multitool), knife, garbage bags, notebook, pencil, thread, needles, matches, lighters;
- warm clothes (if possible, also prepare a thermal blanket), underwear, reliable comfortable shoes;
- hygienic means;
- first aid kit (for details, see the Appendix), including the medicines you take every day, as well as prescriptions for medicines;
- utensils in which you can cook, heat and store food;
- water and food for 3 days, which are stored for a long time and do not require additional cooking;

Put things in a roomy, comfortable backpack and keep it ready. In the event of an emergency, this will reduce meeting time.

WHAT MUST BE IN THE FIRST AID KIT?

DRY AND MEDICAL ALCOHOL; 2 PAIRS OF RUBBER GLOVES; VALVE WITH FILM FOR ARTIFICIAL BREATHING; MEANS TO STOP BLEEDING — TURNIKET, BLOOD-SPINAL BANDAGE WITH HEMOSTATIC MEANS; GAUZE NAPKINS OF DIFFERENT SIZES AND NON-STERILE GAUZE BANDAGES; ELASTIC BANDAGES WITH THE POSSIBILITY OF FIXATION;

PATCHES OF DIFFERENT SIZES; ATRAUMATIC SCISSORS FOR CUTTING CLOTHES ON THE VICTIM; A LARGE PIECE OF CLOTH WITH WHICH THE LIMB OF THE VICTIM CAN BE FIXED;

ANTISEPTIC AGENTS — HAND DISINFECTANT, ALCOHOLIC NAPKINS.

TELEPHONES OF RESCUE AND EMERGENCY SERVICES

• 112 - SINGLE NUMBER OF ALL EMERGENCY SERVICES CALL. BY CALLING THIS NUMBER, THE DISPATCHER WILL CALL THE NECESSARY BRIGADE SERVICES.

- 101 - FIRE AID**
- 102 – POLICE**
- 103 - EMERGENCY MEDICAL CARE**
- 104 - GAS NETWORK EMERGENCY SERVICE**