

**Prepare to survive
emergencies and war:
a cheerful take on serious
recommendations**

Vilnius, 2015

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Dear Citizens of Lithuania,

We have the pleasure to present to you the second edition of *Prepare to survive emergencies and war: a cheerful take on serious recommendations*. This publication differs from the first edition distinctly. It offers only applicable practical advice and relevant information so it is shorter and smaller in format, plus it has expressive illustrations. This publication is a result of cooperation between experts of the National Defence System and the Civil Protection Training Centre of the Fire Fighters School.

The changes made to the format and contents of this publication result from the remarks the first edition received at its public presentations and the comments received in writing. We greatly appreciate our readers' reviews and consider it a proof that specific guidance on Lithuanian citizens' conduct during emergencies and war is in demand. It is very important that society demonstrates a deep interest in this subject. It is a sign that our society is conscious and mature: cognition gives us advantage even over a potential aggressor and makes us stronger and safer.

This edition will equip you with roughly 30 exhaustive points of guidance for a variety of emergency and war situations, some of the points are substantially supplemented as compared with the first

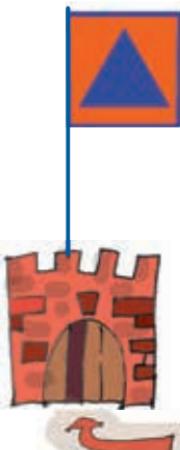
edition. Major part of the points is illustrated (author: Lithuanian animation director, artist Ilja Bereznickas) which we hope will help you recall the behaviour we recommend or discourage in specific situations. We have also included insignia of the Lithuanian Armed Forces which will help you distinguish between Lithuanian troops and obscure armed persons who may bear a superficial resemblance to Lithuanian soldiers.

Those who missed the first edition should certainly read it at the official website of the Ministry of National Defence, link: http://www.kam.lt/lt/ka_turime_zinoti_apie_pasirengima_ekstremalioms_situacijoms_ir_karo_atvejui.html.

Your observations regarding this publication, whether you are reading a hard copy or browsing on the Internet, are very welcome. I very much hope it will let you obtain some really helpful knowledge.



Minister of National Defence
Juozas Olekas



Find out in advance locations
of the nearest collective
protection buildings that
you could hide in

No country is immune to adversities of any nature. The most vulnerable part of the state is citizens who need assistance from state authorities and community. Nevertheless, protecting yourself from adversities and overcoming them safely is perfectly possible if everyone is familiar with practical guidance in advance and follows it carefully.

Discuss possible worst scenarios with your family members

- Find out what adversities are likely to come about;
- Deliberate among yourselves on your behaviour in case of each of the likely adversities;
- Clarify with each family member which places of your home are the safest, when to hide away from windows, and then contrarily, when hiding is harmful;



- Settle your actions for the case all the family members are in different locations when an emergency strikes;
- Arrange on how you will take care of young, old or disabled members of your family;
- Agree about the place where you will meet in case all the family members are in separate places when an emergency strikes, and in case you have to flee your home urgently;
- Plan two rendezvous locations for your family, one should be somewhere outdoors, the other – at the place of some people you have confidence in;
- Make sure you know well the addresses of rendezvous locations and phone numbers of your close people;
- Find out in advance locations of the nearest collective protection buildings that you could hide in (such buildings will be marked with a special sign: a blue equilateral triangle in an orange square with a blue frame);
- Consider how you will see after your pets.

Be prepared for evacuation

- Take stock of what you will need to do in case officials direct you to evacuate, i.e. abandon your home and go to a safe territory;
- Make advance arrangements with your friends or relatives living in other towns so that they would harbour you in case the events take a bad turn;
- Think over the quickest ways to evacuate;
- Think over how you will evacuate;
- Be ready to depart any moment;

- Always take care to refill the gas tank of your vehicle;
- Pre-pack the most necessary items for an emergency evacuation.

Supplies, necessities, your basic and extra items to gather in case of an adversity

- Pack in advance the articles you would need to have with you in case of both, emergency evacuation and taking shelter at home;
- Make sure the whole family are aware where the packed articles are kept so as to pick them up promptly;
- Keep enough food and vital medicine supplies at home for your whole family to last at least 3 days;
- Keep your stores in a tight durable backpack that is convenient to pick up;
- Attach in advance a card with your name and address on it (in case you lose your belongings) to the backpack;
- It is sensible to store small-sized items in the trunk of your vehicle;
- Keep original copies of your documents in a place you know is safe.

Basic necessities

- Water (no less than 3 litres per one family member);
- First aid kit;
- Stock of the medicine any of the family are on;
- Money (both cash and credit cards);
- Documents (passport, ID card, social security card, insurance policies, birth and death certificates, property deeds);
- Matches (in a waterproof package), lighters;

- Imperishable food for 3 days (canned meat, fish, vegetables and fruit, juice, milk, dry soups, dried or salt-cured food, sugar, salt, noodles, groats, nuts, jam, crackers, candy, chocolate, coffee, tea, etc.);
- Foods for babies, elderly people or those on a special diet;
- Portable radio or TV with spare batteries;
- Flashlight and spare batteries;
- Spare keys to your vehicle;
- Signal devices;
- Your individual basic necessities, like cotton-wool and gauze bandage, prescriptions or copies of prescriptions to the medicine you



regularly take, spare batteries to your hearing amplifier or wheelchair, spare glasses, etc.;

- Cell phones and chargers of each member of the family.

Extra necessities (for the event of evacuation)

- Clothes for changing for each member of the family (shoes, waterproof jackets, caps, gloves, warm clothes, sunglasses);
- A wrap or a sleeping-bag per each member of the family;
- Kitchenware (can opener, disposable cups and plates, a multirole knife, trash bags, etc.);
- Sanitary and hygiene items (toilet paper, trash bags, paper napkins, towels, soap, detergents, shampoos, deosticks, toothpaste and brushes, hair combs, lip balms, etc.);
- Items for pastime in case you need to wait (books, games, toys for children);
- Family heirlooms, several family photographs;
- Other necessities (paper, pen, needle and thread, trowel, pair of tongs, wrench, whistle, tent, compass, rope, adhesive tape, etc.);
- A map and telephone numbers for the location you are departing for.

Pack in advance the articles you would need to have with you in case of both, emergency evacuation and taking shelter at home



Turning your basement into a shelter

- The best choice is a basement with concrete ceiling and strong walls;
- Build strong and spacey shelves and stand them by the wall, so that you could also use them as bunk beds or benches;
- Plan an emergency exit from your basement or install one if possible;
- Install a vent in the basement, consider an auxiliary vent, say, a roughly 150 mm-diameter pipe. Think over the time it would take you to adjust it;
- If you have a heater in the basement, drive its stovepipe to the outside and make the floor under the heater fire-proof (use bricks, a concrete block, or similar);
- Lay a wooden floor (wood planks or boards) to retain warmth;
- If your basement has windows, have bags to fill with sand and cover the windows on the inside to shield yourself from fragments in case there is an explosion outside;
- Bring a portable cooker (gas-fired) and a kerosene lamp;
- Keep a part of your stocks (food, water), warm clothes and basic necessities in the basement;
- Have a 40-liter barrel or other vessel for water;
- Plan a spot to be used as a WC (a bucket with a cover may be used);
- If you live in an apartment building your neighbours will probably use the basement as shelter too, so you will be able to band together:
 - Several heaters will be enough for the whole basement – place them by the windows and drive the stovepipes out the windows; the heaters will also provide you with lighting;

- You will be able to use one room for keeping food, another as your WC facility, cook together and restock your food and water supplies together.

What to do in case of emergency

- Call 112 in case you need to report assistance needed, injury or other unsuspected danger or adversity;
- In case you heard a TV/radio broadcast or received a message on your cell phone that an adversity has occurred or a threat is coming your way, follow the instructions;
- Minimize the number of phone calls you make to your friends or relatives by your cell or stationary phone because that might overload or block communication lines;



Call 112 in case you need to report assistance needed, injury or other unsuspected danger or adversity

- Stay calm and focussed, and gather yourself;
- Do not drive anywhere without a valid reason.

What to do upon hearing a warning signal?

- If you hear a 3-minute long pulsing wail (9 ± 1 seconds of sound, 6 ± 1 seconds of silence) which means "Attention":
 - Turn on your TV/radio to hear information and instructions;
 - Follow the instructions carefully;
 - Leave Lithuanian National Radio and/or TV programmes running all the time;
 - Follow the broadcast for further instructions.



If you hear a warning signal, turn on your TV/radio to hear information and instructions

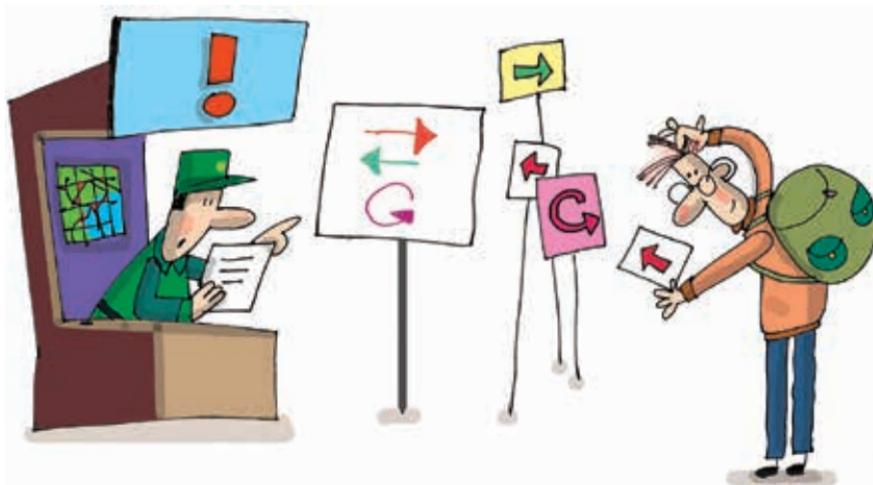
Information will be made public if evacuation of residents is announced on:

- The time you have before departing from the unsafe territory;
- The way residents unable to leave by their own means will be evacuated;
- The location of evacuation points (collection points);
- The location of intermediate collection points (if necessary);
- The destination of evacuation and collection points (for those using their own transport) where vital services are available (food, drinking water, medicine, etc.);
- The things to take along;
- The safety measures before departing your home;
- The roads (evacuation routes) you should take.

In the event officials have indicated to evacuate or you have decided that staying at home is no longer safe

- Take basic necessities you may need in case of evacuation or temporarily settling somewhere else;
- Change into clothes that will protect you (full-length trousers, waterproof jacket, Wellington boots, cap);
- Choose the recommended roads for leaving, do not go for a shortcut because roads other than recommended may be blocked;
- Drive carefully over bridges and crossovers, do not pull over under high voltage cables;

- Go on foot if it is too late to leave by vehicle;
- Be aware of the truth that leaving ahead of time is better than leaving belatedly;
- If your family is leaving by vehicle, use one vehicle so as to minimize chances for any of your family members to fall behind (roads for departing must be chosen in advance);
- If you cannot opt for safely staying with your friends or relatives go to the destinations indicated by official sources where you will be given the refuge and necessary aid;
- Stick to the routes recommended by official sources;
- If you are not able to evacuate by your own transport, find out in advance the location of the nearest evacuation points from where residents will be moved in an organised manner in the event of a serious adversity;



- Make sure you are leaving your home protected (disconnect water supply, unplug all electricity-using gadgets, take food out of refrigerators and freezers, close and lock all doors, take into the house outdoor furniture and children's toys);
- In case you refuse to evacuate when directed so by authorities, you will need to provide a written refusal giving your full name, birth date and place of residence.

In case it is unsafe to stay at home and you cannot evacuate

- In case a sudden threat has emerged and you must retreat to a safe place, go to the nearest collective protection facilities marked by a special sign;
- Take your personal ID documents and medicine (in case you are taking any or have health problems);
- In case you are taking babies or young children with you, take food, disposable diapers, wrap and some toys for them.



Information will be made public if evacuation of residents is announced

Your behaviour in the event of chemical threat

- Leave the contaminated area as urgently as possible;
- Go perpendicularly to the wind direction so that wind is blowing on your side, and bypass low terrains;
- Keep your respiratory system protected, cover your nose and mouth with a disposable mask, damp towel or handkerchief. Use a respirator in case you have one;
- Protect your skin – put on waterproof clothes and shoes;

Keep your respiratory system protected, close and seal windows of your living premises, seal ventilation system holes and window vents, go to the upper stories of the house



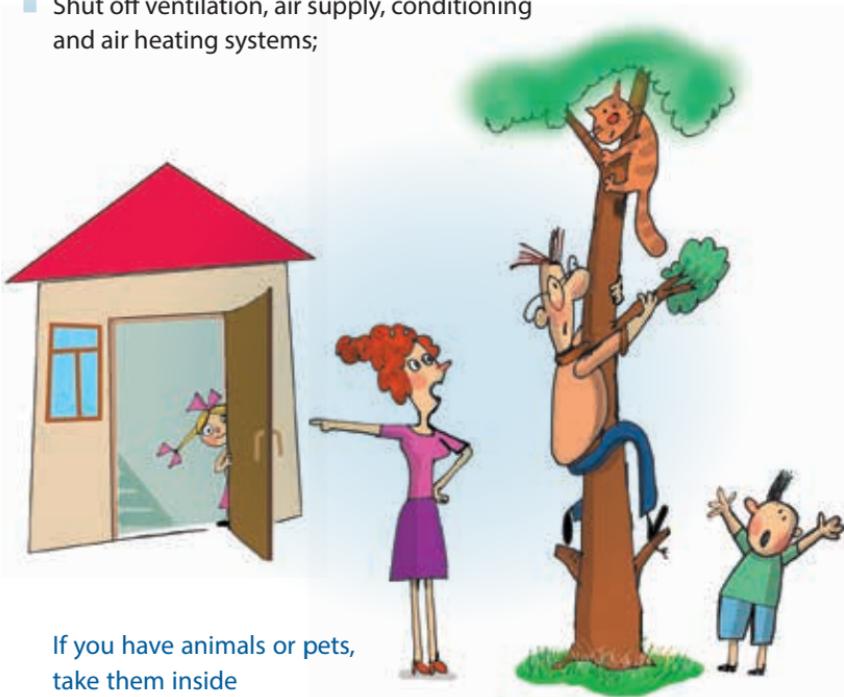


Be sure to take a shower when you come back home, change into clean clothes, put the contaminated clothes into plastic bags and remove them from living quarters

- Be sure to take a shower when you come back home, change into clean clothes, put the contaminated clothes into plastic bags and remove them from living quarters;
- In case you cannot withdraw from the contaminated area, stay in an enclosed space, go inside in case you are outdoors;
- Close and seal outwards looking and inner windows of your living premises (either flat or house) with adhesive tape or other suitable means, seal ventilation system holes and window vents with cloth or paper, cover external doors with a piece of damp cloth;
- Go to the upper stories of the house – many of the hazardous chemical material tend to collect in low altitudes;
- Do not step out needlessly;
- Prepare for possible evacuation;
- Do not get thrown into panic, warn your neighbours and relatives.

Your behaviour in the event of radiological threat

- Do not get thrown into panic, warn your neighbours and relatives;
- Stay in an enclosed space or go inside in case you are outdoors;
- Urgently close all windows, window vents, ventilation system holes, doors, and shafts. Once you have everything closed tightly, seal all door and window slots with insulating tape or paper. Plastic windows and balcony doors are highly tight so additional sealing is not necessary;
- Shut off ventilation, air supply, conditioning and air heating systems;



If you have animals or pets,
take them inside

- Put food into hermetic/tightly closable vessels, jars or plastic bags. Put vegetables into boxes lined with paper and plastic wrap and cover with canvas or other type of dense fabric;
- Do not go outside needlessly. In case you do, try not to breath in radioactive dust – keep your respiratory system protected: cover your nose and mouth with a disposable mask, towel or folded handkerchief. Use a respirator or a gas mask in case you have one;
- Store drinking water in tightly closable vessels or jars;
- Be sure to have stable iodine preparations (potassium iodide or potassium iodate) if such an instruction has been given;
- If you have animals or pets, take them into enclosed premises or greenhouses; cover your wells;
- Be sure to take a shower when you come back home, change into clean clothes, put the contaminated clothes into plastic bags and remove them from living quarters;
- Prepare for potential evacuation.

Iodide prophylaxis

- If you have been informed to take stable iodine preparations through the media, take potassium iodide (KI) or potassium iodate (KIO₃) pills or 5% iodine tincture;
- Recommended single dosage of stable iodine per day is:
 - Adults and teenagers between 13 and 16 should take 130 mg of potassium iodide or 170 mg of potassium iodate;
 - Children between the ages of 3 and 12 are administered 65 mg of potassium iodide or 85 mg of potassium iodate (half the dosage of an adult);

- Babies from 1 month to 3 years are administered 30-35 mg potassium iodide and 40-45 mg potassium iodate (a quarter of an adult's dosage);
- New-borns up to 1 month are administered 15 mg of potassium iodide or 20 mg of potassium iodate (one eighth of an adult's dosage);
- If there are no pills available you can take 5% iodine tincture. Children up to 2 years old should take 1-2 drops of the tincture three times per day for a period of time not exceeding 7 days. Children above the age of 2 and adults should take 3-5 drops of the tincture three times per day for a period of time not exceeding 7 days.

If you have been informed so,
take stable iodine preparations



If you are coming back from chemically-biologically-radiologically (CBR) contaminated environment, take precautions:

- Avoid physical contact with your family members so as not to transfer pollution onto them;
- Take off all the clothes you were wearing in the CBR contaminated environment;
- Take off your clothing in a head-to-feet direction: jacket first, then shirt or blouse, and pants or skirt in the end. Do not pull your clothes over your head so as not to transfer pollution onto your face and into your eyes;
- Wrap your clothes with the contaminated surface inside, put into bags (two) and put in a safe place. Later you will be given instructions on what to do with them;
- Wash yourself very thoroughly in a hot shower (38-40 Celsius) or cold shower with soap (laundry soap is recommended);
- Wash your hands first, continue to your face, neck, eyes, and ears, clean out your nose and wash your mouth, thoroughly wash every part of your body;
- Continue washing yourself for 3-5 minutes, prolong the time to 10 minutes in case you have been exposed to radioactive contamination.

Your behaviour in case you spot a suspicious object or explosive

- Never touch it! Never try to find out what is inside of it, do not lift it or carry it elsewhere, do not fling it aside, never try to find out what it is exactly on your own;

- Do not smoke or use your cell phone near suspicious objects;
- Step away from the suspicious object and hide behind a firm structure, preferably a building;
- Report your finding to police officers as soon as you can;
- Be sure to meet the arriving police officers because you are the one who can give the most precise description of the suspicious object and to show its exact location;
- While you are waiting for the police, keep other people away from the suspicious object, warn people near its location to retreat to a safer place;
- In case you have spotted such an object in public transport, be sure to alert the driver.



Drop to the ground and cover your head with your hands,
use any shelter available

Your behaviour in the event of a detonation near you

- Drop to the ground and cover your head with your hands;
- Use any shelter available – buildings, ditches, hollows, trees. Or cupboards, tables or walls in case you are indoors;
- Do not hasten to leave your shelter because some fragments travel like a boomerang – circle in the air and hit near ground zero;
- If you escaped injuries, assist the wounded to evacuate to a safer location and provide first medical aid;
- Do not choose damaged buildings for shelter, these can collapse any moment, whether fully or partly;



Help the injured evacuate to a safe place, render first medical aid and report the event by calling 112 emergency number

- Use emergency exits in case a detonation had taken place while you were indoors. Never use elevators!
- Report the event urgently by calling 112 emergency number.

Your behaviour in the event of getting trapped under rubble

- You cannot afford despairing. Breathe deeply, take stock of your situation and do everything it takes to survive;
- Slowly and carefully (so as not to loosen the debris atop you) try to free your hands and legs;
- Check your injuries, squeeze the wound to stop bleeding in case you are;
- If it is cold, lie on your side, snuggle down, and put your arm underneath your side to reduce contact surface with the ground;
- If you can opt for sitting, draw your knees to your chest, bow down and cover your head with your hands;
- Find a way to communicate your presence/location: shout, make noise with anything (e.g. hammer a piece of metal or rock against a pipe), especially if you can tell there are rescuers nearby;
- If you have your cell phone, call and report yourself in emergency;
- Be aware that rescuers will hourly shut down any equipment they will be operating to make at least a 10-minute silence to hear calls for help;
- Try to find a possible escape. Just do not try moving ruined spars, bricks or other rubble thoughtlessly, it is possible that these are



If you can opt for sitting, draw your knees to your chest, bow down and cover your head with your hands, if you have your cell phone, call and report yourself in emergency

supporting a large mass of debris above you. If you recklessly remove the supporting fragment, you may be buried under the mass it now supports;

- Try to find out if there are more people trapped nearby.

Your behaviour in the event of getting caught in a pushing crowd

- If you are stuck in a big throng or a crowd overtaken by panic, button/zip up and throw away anything you have sharp or piercing to prevent yourself or others from getting injured;
- If you are wearing glasses, take them off, you would rather want to lose a clear view than your eyes; take out earrings, take off chainlets, necklaces, scarves or neckerchiefs;
- Do not put your hands into your pockets;
- Move to the periphery of the crowd, further from stage or platforms;
- In case you are stuck in a throng in an enclosed space, work through so as not to be in the centre or on the ultimate edge of it;
- When you move with the crowd, do not hold on to any objects, just go with the flow;
- Stay away from drunk, aggressive or armed people;
- If you find yourself in a pushing crowd, keep your hands beside your diaphragm or on your sides, the real risk while in a crowd is to be crushed, not to stumble;
- In case you drop something, do not try to pick it up, no matter how dear it is, your life is dearer;
- If the crowd is pushing hard, try forming a triangle (face to its inside) with two more people by pressing your shoulders together, which would provide the minimum amplitude your chest needs for moving (breathing);
- In case you trip, try to keep your head protected and try to stand up. In case you cannot stand up, lay in a foetal position, press your knees to your stomach and cover your head with your arms/hands to provide as much protection for vital organs as possible.

Safe behaviour when the emergency is over and you are back home

- Stay careful when you return to the place where the emergency has just occurred;
- Inspect buildings thoroughly for damage or ravage that could cause them to collapse any moment;
- As you enter a building, never light your way with open fire and do not be smoking - all of that could start a fire or explosion for many reasons, primarily, gas or flammable material leak;
- Stay at a safe distance away from loose wires (including those of your telephone line), any loose wire is a fatal threat;
- Do not switch on lights before making sure the wires are in order and have not been damaged;
- Check out for the smell of gas or other chemical materials around and in the house;





Stay at a safe distance away from loose wire (including those of your telephone line)

- Prior to consuming any products you left behind make sure they are not chemically contaminated, musty or gone bad;
- Prior to consuming tap or well water make sure it is clean/not contaminated;
- In case you have found yourself near a site where emergency aid is rendered but your help is not needed, do not disturb the rescuers without a serious cause.



Check out for the smell of gas or other chemical materials around and in the house

Your conduct in case you have been taken hostage

- Keep in mind, your sole goal is to survive;
- Accept the situation and prepare for a wait. Work to put yourself together and hold back your fellow hostages from panicking;
- Face it that being afraid is natural. The initial 15-45 minutes are the peak of risk so obey your kidnappers' instructions immediately. The more time you spend together, the smaller the risk is that the abductors will do you harm;
- Do not talk without necessity, only if you have to, maintain a friendly bearing and do not cheat;
- Do not beg, apologise or start crying;
- Do not make any observations or suggestions to your kidnappers;
- Do not argue with kidnappers or other hostages, adhere to the common view;
- Do not turn your back to the kidnappers unless they direct you to do so. Eye contact with your abductors is a welcome thing, people tend to kill less when being looked at, however, do not stare at them without cease;
- Eat if you are offered food even if you are not feeling hungry. That will make you feel stronger, while refusing would bring in more hostility;
- Try to get some rest, sit down if you can opt for that. In case the hostage situation persists, try getting some sleep;
- Do not try to escape unless you are absolutely sure you will succeed. If you are sure, double check the probability;



Do not beg, apologise
or start crying

Do not turn your back
to the kidnappers



Eat if you are
offered food



Do not talk without
necessity



Try to get
some rest

- In case any of your fellow hostages need medical assistance, tell it to the abductors, speak consistently and in a calm manner, and do not attempt doing anything before you are allowed to do it;
- In case you have a reason to think a rescue operation is going to take place soon, or you can hear noise and shooting, find a safe place, lie down, cover your head with your hands and do not make any abrupt movements. Never start running towards the officers who have come to the rescue - they may mistake you for an abductor.

The state may announce mobilization in preparation to counter armed aggression or to fulfil international commitments. The goal of mobilisation is to protect the population and stability of the country. Mobilisation rearranges performance of the state, therefore conscripts and the rest of the citizens have to be aware of the function they are to perform.

Information concerning the event of mobilisation:

For conscripts

- You may be called in if you are a conscript between the ages of 18 and 55, and have undergone basic military training (call-up applies till the age of 60 if you are a reserve officer, general/admiral or a reservist qualified as medic or assistant to a medic);
- If you are a conscript but you have not undergone basic military training, you may be called in to undergo military training and then be assigned to a position in the armed forces corresponding to your military/civilian qualification;
- If you are a woman, you may be called in if you had undergone basic military training or have graduated higher education in the areas

MILITARY
CONSCRIPTION AND
MANNING CENTRE

of medicine, nursing or obstetrics (then military service criterion applies up to the age of 60);

- Military units in charge of conscription will notify every conscript about the draft in person;
- Conscripts residing abroad will be notified through Lithuanian embassies and consulates.

For other citizens

- If you are assigned to the civilian reserve of mobilisation personnel you will be required to fill the position and carry out the duties assigned to you which will postpone conscription for the period of time you will be carrying out the aforementioned duties.
- Do not panic waiting, carry on with your normal household and work activities as long as you are not called in or drawn into the civilian reserve of mobilisation personnel.

MILITARY
CONSCRIPTION AND
MANNING CENTRE

Military units in charge
of conscription will
additionally notify every
conscript about
the draft in person



When called up, conscripts will have to report to the following military conscription and manning centres of:

- **Alytus**, Naujoji str. 2-320, phone no. (00370~315) 74 139 (city of Alytus and Alytus district, Varėna, Druskininkai district municipalities);
- **Jurbarkas**, Vytauto Didžiojo str. 7-1, phone no. (00370~447) 53471 (Jurbarkas, Šakiai, Raseiniai district municipalities);
- **Kaunas**, Jonavos str. 64, phone no. 00370 706 74301, 00370 706 74303, 00370 706 74305, 00370 706 74308 (city and district of Kaunas, Prienai, Kaišiadorys, Jonava, Kėdainiai, Kazlų Rūda, Birštonas district municipalities);
- **Klaipėda**, Vytauto str. 5, phone no. (00370~46) 412 611 (city and district of Klaipėda, Plungė, Rietavas, Kretinga, Skuodas, Palanga, Neringa district municipalities);
- **Marijampolė**, Vilkaviškio str. 2, phone no. (00370~343) 54 628, 53 581 (Marijampolė, Vilkaviškis, Lazdijai and Kalvarija district municipalities);
- **Molėtai**, Amatų str. 4, phone no. (00370~383) 52963, (00370~612) 96193 (Ukmergė, Visaginas, Ignalina, Švenčionys, Molėtai district municipalities);

- **Panevėžys**, Dembavos str. 30, phone no. (00370~45) 594556, 594532 (city and district of Panevėžys, Pasvalys, Biržai, Kupiškis district municipalities);
- **Šiauliai**, Dvaro str. 77, phone no. (00370~41) 524682 (city and district of Šiauliai, Radviliškis, Joniškis, Kelmė, Pakruojis district municipalities);
- **Tauragė**, Vinco Kudirkos str. 9, phone no. (00370~446) 61 697 (Tauragė, Šilutė, Šilalė, Pagėgiai district municipalities);
- **Telšiai**, Karaliaus Mindaugo str. 1, phone no. (00370~444) 74886 (Telšiai, Akmenė, Mažeikiai district municipalities);
- **Utena**, Maironio str. 9, phone no. (00370~389) 559475 (Utena, Rokiškis, Anykščiai, Zarasai district municipalities);
- **Vilnius**, Mindaugo str. 26, phone no. (00370~5), 2103 720, 2103 702, 2103 773 (city and district of Vilnius, Šalčininkai, Širvintos, Trakai, Elektrėnai district municipalities).

Things a reservist has to know

- Reservists have to report to a military conscription and manning centre (according to the place of residence) within 5 working days to be drawn into military register and collect a reserve or mandatory military service certificate (mandatory military service includes Continuous Mandatory Initial Military Service, Junior Officer Command Training, Basic Military training, as well as service in the reserve and service in case of mobilisation).
- Soldiers who do not hold a certificate confirming their status as reserve soldiers but have been drawn into the reserve after completing professional or mandatory military service have to report to a military conscription and manning centre (according to the place of residence) regarding the issuance of such certificates.
- All the members of the prepared reserve have to report to military conscription and manning centres (according to the place of residence) upon being called up (i.e. receiving a call-up notice or being otherwise informed to report to military conscription and manning centres).

In case there is a threat of hostilities in the area where you live, or it has already begun, it is essential to know how to behave amidst an engagement, how to evacuate from a combat theatre or survive in a territory controlled by enemy forces. We are giving you practical guidance so you can protect yourselves, and also tips on how to help others in case there are hostilities around.

Your behaviour in case you spot queer groups of armed people in your neighbourhood or any other location in your country

- If you spot queer groups of armed people in your neighbourhood or any other location in your country, report what you saw by calling the emergency number 112.



Your behaviour in the event of air alarm

- Unplug electrical appliances, shut off your gas and water supply;
- Turn off the light, close the curtains and take shelter in your basement or other suitable place;
- In case there is no place suitable for sheltering at home, take your ID documents, money, food, water, personal protection and medical aid necessities, the most necessary medicine, get dressed and go urgently to the nearest collective protection site or some other shelter;
- Do not get thrown into panic, warn your relatives and neighbours.

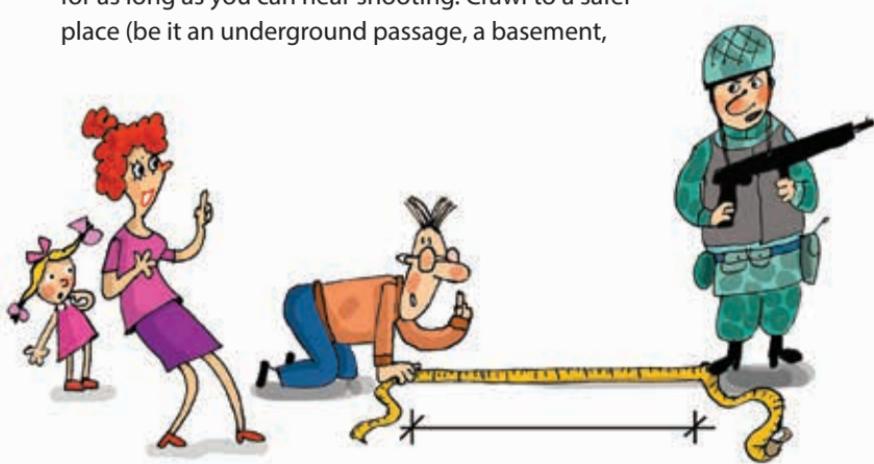
Your behaviour if members of hostile forces turn up in the area where you live

- You have to stay collected. First try to figure out what exactly is happening and only then decide on your further conduct;
- If you have spotted soldiers in your yard, do not come near them because this may turn you into a target or make you a victim of a stray bullet;
- Do not be prying, do not give in to temptation to take a closer look at military equipment, weapons or armed people – peepers may easily be taken for spies;
- Do not let your children play out in the streets, kids are inquisitive, they can be run over by tanks, blunder upon an explosive, etc.;
- Do not provoke enemy soldiers by visibly taking video footage or photographs of them;
- Keep your hands out of your pockets and make no abrupt movements when talking to an armed person;

- Never argue with a person holding a gun;
- Abandon your home in case armed individuals are entering it or are looking to settling down in your place;
- If you are going to the town, prefer walking to driving.

Your behaviour in case shooting or exchanges of fire are heard near you

- If you are outdoors the moment you hear shooting, do not start running but drop immediately to the ground and cover your head with your hands. Do not even think of looking for a cleaner place, drop down where you are standing;
- Squeeze yourself to the ground as low as you can and remain so for as long as you can hear shooting. Crawl to a safer place (be it an underground passage, a basement,



If you have spotted soldiers in your yard, do not come near them because this may turn you into a target or make you a victim of a stray bullet

ground floor of a building, a ditch, at least behind a garbage bin, or such) when the shooting pauses;

- In case you hear shooting or exchanges of fire in your house, do not come near windows, turn off the light and retreat to a windowless room (e.g. bathroom, closet);
- If you hear gunshots while you are at home and it is no longer safe to stay at home, go to the nearest collective protection site where you will receive shelter and assistance.

How to evacuate from a war-torn area by yourself

- If you are able to opt for that, leave the city and go to a settlement, village, to your relatives or friends as soon as you can: fighting is less probable there, and you will have less difficulty in providing yourself with food and water;
- Plan in advance the route you will be taking, arrange where you could stay for a while so as to wait for the unrest to end or for outside assistance;
- Keep your basic necessities packed and ready;
- Always take care to fill the gas tank of your vehicle;
- In case it is too late to leave by car you still have to leave on foot;
- You have to have a civilian appearance during evacuation: do not wear colour khaki or camouflage colours/patterns, do not pack your things in militaristic backpacks, do not attach hunting knives or flasks in visible places;
- Do not hurry as you walk, look like calm civilians willing to leave (because this is what you are);

- Make several packages from the necessities and water you have taken with you - five bundles are far better than one gigantic suitcase;
- It is a must to pack one smaller backpack with water and food which you must never take off you;
- Choose roads where civilian movement is controlled or the ones that were pointed out by the authorities organising the evacuation and withdrawal. Other roads may be dangerous because of intense movement of military forces;
- Look for check posts: every territory under army control has routes intended for civilian withdrawal and evacuation. You will receive the most essential information at the check posts;
- Try to bypass the roads going past strategic objects;

Look for check posts: every territory under army control has routes intended for civilian withdrawal and evacuation



- Try not to choose the roads you do not know or you are not sure about: these may lead you away from your destination and put you in danger;
- Only travel after dawn or in the daytime: it is very hard to distinguish between a civilian and a soldier in the dark;
- Prefer open areas to empty buildings where fighting has taken place (these may be mined) when choosing a place to stay overnight. If there are killed people on the streets, you should not touch them;
- Once you have withdrawn, do not attempt to return if the armed conflict is still ongoing and enemy forces are still in control of your home area – you may be suspected of gathering intelligence.

Survival in a territory seized by enemy forces

- Take care to have water supplies because it is probable that water supply will be disconnected or pipes frozen (in case it is winter) – fill all the vessels, even your bathtub, with water while you still can;
- Fill your water supplies with water from wells, bores or open bodies of water. If you are in the city, centralized water supply may be available in fire fighters stations, hospitals, active collective protection buildings;
- The safest way to get food is in the sites of centralised distribution of humanitarian aid;
- Shops may not be working or may be destroyed, however, there may be food or other necessities left even in damaged shop premises. Stay alert for undetonated or deliberately left explosives when looking for food in such places;
- Use a bicycle or a barrow to look for and to transport water and food to where you live. That will help you attract less enemy soldiers' attention;



In case you come across a weapon do not try to pick it up because it may be mined or used as a bait for enemy soldiers

- Weigh the need and feasibility of acquiring a weapon for self-defence from robbers and pillagers;
- In case you come across a weapon do not try to pick it up because it may be mined or used as a bait for enemy soldiers;
- Do not walk around at nighttime, you will get killed - enemy soldiers will judge a nightwalker to be an enemy trying to change position, transporting weapons or carrying out reconnaissance;
- If you are in a city, walk only there where you can be clearly viewed and wear clothes that could arouse no suspicion to enemy soldiers, i.e. simple and plain without any insignia or militaristic elements;
- Women and girls should wear concealing, baggy clothes so as not to provide a pretext for the highly risky company of enemy soldiers;
- Do not give interviews to, do not agree to be filmed or photographed by the adversary. In case a person introduces himself as a freelancer, make sure he really is what he says;

- Find out if your lodgement is not near any mortar position or is not in a mopping up area, make sure there are no snipers on your roof;
- Find some “fellows of fate”: you will defend yourself from robbers and looters more easily if you join forces with friends or relatives;
- Make shelters: lumber-rooms can be found in all apartment buildings, these protect you well from bombardment and is a good place to keep basic supplies of food, gas and pharmaceuticals. If you cannot find a lumber-room, rig up a safe room. Ground floors of brick buildings serve this purpose best. Choose a room that has the least number of windows for you will need to block them. But you must remember that if you barricade yourself in completely, you will be trapped in case the ceiling collapses. You must have an emergency exit for such cases and a window is really suitable for that.

Your behaviour in case enemy soldiers are surveying premises and demand to present your documents

- Accept the inspection as a necessary evil;
- If an enemy soldier is pointing a gun at you and tells you to present you document, do it in a calm manner;
- Do not look away from the soldiers conducting the verification but do not stare at them insistently;
- Stand calmly and still where you have been directed during verification unless you are, e.g., directed to open some doors;
- You can make the verification conclude faster if you obey instructions given and act in a natural and calm manner: do not fluster, nervously look around you, chatter or fall unnaturally silent.

In case the aggressor has succeeded in seizing a part of the country's territory, you must resort to the modes of civil resistance to prevent the aggressor from establishing a lasting rule. Familiarity with the basic modes and principles of civil resistance makes us strong, and using them will defeat the aggressor.

Your behaviour in the event military forces of the aggressor temporarily established in your suburbs and set up their military occupation authority

- Do not collaborate with the military occupation authority, do not obey orders from invaders and collaborationists, do not attend any meetings, rallies or other events they organise, do not give them any information;



If you can do it safely, take video footage of the aggressive actions of enemy forces and use mediums available (e.g. the Internet) to transfer it to international media outlets (CNN, BBC, etc.)

- If you have a chance to do so, talk to enemy soldiers to ascertain them you oppose their commanders' propaganda but do not mean to cause any threat to them as individuals;
- Use every means available to inform the society of the aggressor state about the criminal offences and aggression its political figures, leaders, chiefs or government are waging (choose email, social media or international media outlets for this);
- Spread information about the actual situation via social media and mobile communication networks as well as directly (in person);
- If you can do it safely, take video footage of the aggressive actions of enemy forces and use mediums available (e.g. the Internet) to transfer it to international media outlets (CNN, BBC, etc.);
- Stage cyber-attacks on information systems of the aggressor or invader in case Internet connection is still available amidst the armed conflict;
- Provide aid to those affected by violence and repressive measures of the invaders.

Insignia in the Lithuanian Armed Forces

The Lithuanian Armed Forces uses numerous insignia and several types of uniforms in peacetime, you can look all of them up at www.kariuomene.lt. However, with a military conflict ongoing, several aspects should be taken into account to distinguish between a Lithuanian soldier in service uniform and any other individual dressed in military style:

- Lithuanian soldiers in camouflage/field uniform have a Lithuanian tricolour patch on their right sleeve and a shield-shaped emblem with the insignia of the soldier's unit on their left sleeve;

- A ribbon signifying soldier's military rank is attached to the centre of the chest for all ranks on the camouflage/field uniform;
- The same criteria applies to dress uniforms, only then insignia of military ranks is found on officers' shoulders and on sergeant corps' and soldiers' sleeves (both);
- Headgear may vary, have or have not insignia on it, so it is not used for identification.



Metal "dog tag" with
ID information
Camouflage uniform
of the Lithuanian
Armed Forces



You also must know the following

- A Lithuanian soldier in camouflage uniform must have an ID token ("dog tag"), i.e. a metal tag with ID data inscribed which you may ask him to present;
- Every Lithuanian soldier is required to speak the national language of Lithuania;
- A Lithuanian soldier will give his full name and the name of the unit he serves with when asked to.

LAND FORCE

SOLDIERS			NON-COMMISSIONED OFFICERS					
Private Recruit	Private	Private 1st Class	Corporal	Sergeant 1st Class	Staff Sergeant	Master Sergeant	Sergeant Major	
			Sergeant Specialist	Sergeant Specialist 1st Class	Staff Sergeant Specialist			
JUNIOR OFFICERS			SENIOR OFFICERS			GENERALS		
Second Lieutenant	First Lieutenant	Captain	Major	Lieutenant Colonel	Colonel	Brigadier General	Major General	Lieutenant General

AIR FORCE

SOLDIERS	NON-COMMISSIONED OFFICERS					
						
Airman Recruit	Airman	Airman First Class	Corporal	Sergeant	Sergeant 1st Class	Staff Sergeant
						Master Sergeant
						
						Sergeant Major
JUNIOR OFFICERS			SENIOR OFFICERS			GENERALS
						
Second Lieutenant	First Lieutenant	Captain	Major	Lieutenant Colonel	Colonel	Brigadier General
						Major General
						Lieutenant General

NAVY

SOLDIERS



Seaman Recruit Seaman Apprentice Seaman

NON-COMMISSIONED OFFICERS



Petty Officer 3rd Class Petty Officer 2nd Class Petty Officer 1st Class Chief Petty Officer Senior Chief Petty Officer Master Chief Petty Officer



Petty Officer 2nd Class Specialist Petty Officer 1st Class Specialist Chief Petty Officer Specialist

JUNIOR OFFICERS



Ensign Lieutenant Junior Grade Lieutenant (Navy)

SENIOR OFFICERS



Lieutenant Commander Commander Captain (Navy)

GENERALS



Rear Admiral (lower half) Rear Admiral Vice Admiral

INSIGNIA IN THE LITHUANIAN ARMED FORCES AND OTHER AUTHORITIES OF THE NATIONAL DEFENCE SYSTEM



Ministry of National Defence



Chief of Defence



Master Sergeant of the Lithuanian Armed Forces



Lithuanian Armed Forces



Ministry of National Defence (MoND) and Authorities Under the MoND



Joint Staff



Lithuanian Grand Duke Gediminas Headquarters Battalion



Military Police



Chaplain's Office



General Jonas Žemaitis Military Academy of Lithuania



1Ind Investigation Department Under the MoND



Centralised Finance and Property Service Under the MoND



Cyber Security and Telecommunications Service Under the MoND



Mobilisation and Civil Resistance Department Under the MoND



Infrastructure Development Department Under the MoND



Lithuanian Land Force



Mechanised Infantry Brigade Iron Wolf



General Romualdas Giedraitis Artillery Battalion



King Mindaugas Hussar Battalion



Grand Duchess Birutė Uhlan Battalion



Lithuanian Grand Duke Butigeidis Dragoon Battalion



Juozas Lukša Training Centre of the Land Force Under the MoND



Juozas Vitkus
Engineer Battalion



National Defence
Volunteer Force



Lithuanian Air Force



Air Defence
Battalion



Airspace Surveillance
and Control Command



Air Base of the
Lithuanian
Air Force



Air Force Armament and
Equipment Maintenance Depot
of the Lithuanian Air Force



Lithuanian Navy



Special Operations
Forces



Vytautas
the Great Jaeger
Battalion



Special Purpose
Operations
Service



Combat
Divers Service



Logistics
Command



Lithuanian Grand Duke
Vytenis General Support
Logistics Battalion



MD Jonas
Basanavičius
Military Medical
Service



Training and
Doctrine
Command



Lithuanian Great
Hetman Jonušas
Radvila Training
Regiment



Division General
Stasys Raštikis
Lithuanian Armed
Forces School



General Adolfas
Ramanauskas
Warfare Training
Centre



Special sign marking collective
protection buildings



The international distinctive
sign of civil defense

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A CHEERFUL TAKE ON SERIOUS RECOMMENDATIONS

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