

A translation of excerpts from the Ukrainian brochure *In Case of Emergency or War*, released in February 2022 before Russia's full-scale invasion of Ukraine. It was published by the Centre for Strategic Communications and Information Security of the Ministry of Culture and Information Policy in cooperation with the State Emergency Service of Ukraine, the Ministry of Defense of Ukraine, the Office of the Commander-in-Chief of the Armed Forces of Ukraine and civil society organisations.

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WHAT ELSE SHOULD YOU KNOW WHEN UNDER FIRE?

For more information, see the Appendix, pp. 22–25



IN CASE OF FIREARMS

IN CASE OF ARTILLERY
SHELLING

IN CASE OF SHELLING
BY ARTILLERY ROCKET
SYSTEMS

IN CASE OF FIREARMS:

- In the event of shooting, it is best to hide in a sheltered space (i.e. in the bathroom or even in the bathtub). If this is not possible, lie down and cover yourself with objects to shield you from debris and bullets.
- In the event of shooting in an open area, it is best to fall to the ground and cover your head with your hands. Any protrusion, even a pavement, a depression in the ground or a ditch, can serve as effective protection. A concrete rubbish bin or porch steps can also provide shelter. Do not try to hide behind cars or kiosks, as they are often targets.
- Wherever you are, your body should be in the safest possible position. Huddle your body and adopt the foetal position. Point your feet towards the shooting with your hands behind your head and your mouth open to prevent nearby explosions from damaging your eardrums. Wait until the shooting has stopped and there has been no gunfire for at least five minutes.
- If your house is located in an area of regular armed conflict, you should reinforce your windows (with adhesive film, for instance) to prevent the glass from shattering. It is advisable to cover windows, with sandbags or large pieces of furniture, for example.

IN CASE OF ARTILLERY SHELLING:

- Do not remain in doorways, under arches or on staircases during artillery and mortar shelling or air raids. It is also unsafe to hide in the basements of concrete panel buildings, or close to vehicles, petrol stations or walls of lightweight construction. These structures are not sturdy, and you may be trapped under rubble or injured.
- If you are caught by artillery fire, mortar shelling or aerial bombardment while in transit, immediately lie on the ground, beneath an outcropping, or at least in a small depression. Concrete structures (except for those that may collapse or catch fire), trenches, shallow underground wells, wide drainage pipes and ditches may protect you.
- Cover your ears with the palms of your hands and open your mouth — this will save you from post-concussion syndrome (PCS) and prevent barotrauma.
- Do not start clearing debris by yourself, wait for sappers and emergency services to arrive.

