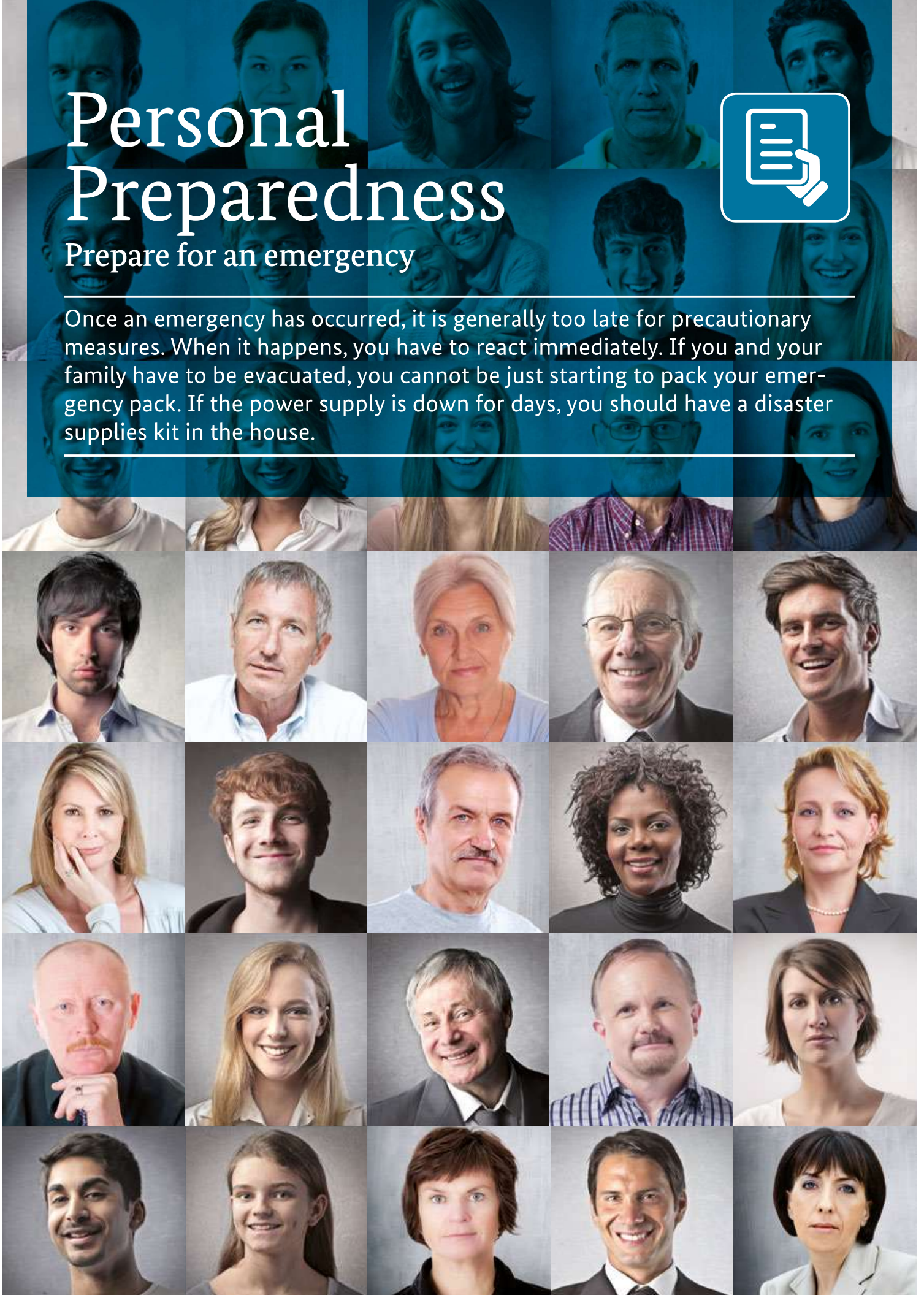


Personal Preparedness

Prepare for an emergency



Once an emergency has occurred, it is generally too late for precautionary measures. When it happens, you have to react immediately. If you and your family have to be evacuated, you cannot be just starting to pack your emergency pack. If the power supply is down for days, you should have a disaster supplies kit in the house.





So that the important things are not missing in an emergency

Normally, all the important consumer goods can be found in the shop around the corner. There is generally always fresh produce available there. Drugs are also available in the pharmacy or can be obtained quickly. Drinking water comes from the tap, of course, and electric power from the power outlet. However, this may be disrupted or break down as a result of disasters.

Here, you will find information on all the important topics – from the stockpiling of food supplies to the emergency pack – so that you are personally prepared for an emergency.



Important for survival: stockpiling food and drink

© Heike Dreisbach/PIXELIO'

This should be in the house

Can you imagine food and drinking water not being available at all times? What if a flood made the roads impassable? Avalanches cut off a village from the outside world? Heavy snowfall made it impossible for shops to be supplied? Or an electric power breakdown paralysed the public utilities?

With a supply of food and drink to last you 10 days, you are ready for this.



Also look at www.ernaehrungsvorsorge.de





If need be, a person can manage for three weeks without food, but only for four days without liquid.

- › Keep approx. 14 litres of liquid per person in stock for each week.
- › Suitable drinks are mineral water, fruit juices, drinks which can be kept for a long time.

DRINKING IS MORE IMPORTANT THAN EATING

- › No experiments. Your supplies should primarily consist of food and drinks that you and your family normally use.
- › No power?! Ensure that edibles can be stored for long periods even without refrigeration and that the majority of your supplies can also be eaten cold.
- › All the food should be able to be kept for long periods without refrigeration. Pay attention to the best before date. Mark food which doesn't have a label with the purchase date.
- › You should keep food in a cool, dry and dark place. Ensure that the packaging is airtight
- › Newly purchased supplies go to the "back" of the shelf. Use up the older food first.
- › The emergency supplies also include deep-frozen food. It can easily be consumed in the event of an electric power breakdown. Do not refreeze food that has been defrosted once.
- › Cooking without electric power and gas? There are a lot of alternatives on the market, such as camping stoves etc.
- › When stockpiling, also remember special food – e.g. for diabetics, allergy sufferers or babies.
- › Do you have any pets? Cover their needs!

TIPS FOR STOCKPILING



© siro46/Shutterstock.com

A person can only manage for 4 days without liquid

➤ Regularly check your supplies. You can find a checklist in the middle of the brochure!



Water supply for hygiene

© ProStockStudio/Shutterstock.com

Cleanliness in times of need

Poor hygiene is the trigger for a number of epidemics and diseases throughout the world. This seems a long way from us. For having showers, cleaning our teeth and washing our hands every day is a matter of course for us. But what do you do when there is no more warm water, or when cold water is only available for a few hours at a time? In the event of disasters or extended emergencies, this may happen. And it is in precisely these situations that everything depends on hygiene. Even if water is scarce: hand washing is very important for hygiene and health, in spite of everything!

© Tatiana Popova/Shutterstock.com



You only notice what a luxury running water
from the tap is when there is suddenly no more.



- › In the event of a prolonged disruption of the water supply, you should collect water in every available larger container: bathtub, washbasins, buckets, pans, water canisters etc. Also remember water for flushing the toilet.
- › Use the water sparingly. In the event of a longer water shortage, use disposable cutlery and crockery, so that water does not have to be used for washing up.
- › Make the water last for longer with sterilisation agents. You can obtain these in camping stores.

TIPS FOR EMERGENCY WATER SUPPLY


- › Keep a sufficient supply of soap, detergents, toothpaste, wet wipes and toilet paper.
- › If there is a shortage of water, a camping toilet with a substitute fluid is a good alternative.
- › Use household gloves.
- › Use hand disinfectants.
- › Use kitchen paper for wiping, instead of wiping things with a wet cloth.
- › Rubbish bags are good for quick waste disposal. They also help if the waste is not taken away for some time

TIPS FOR HYGIENE

You can find a checklist on the subject of hygiene in the middle of the brochure!

Remember to maintain sufficient hygiene even in the event of a water shortage!





What the medicine cabinet should contain

© Comstock/Getty Images

This helps you to be well-prepared

Sometimes things have to happen quickly. An accident at home, an emergency situation, an injury when gardening. It is good if you have a medicine cabinet which contains all the essentials – and which is kept up-to-date.

In many households, however, the medicine cabinet is a collection of old and expired drugs. This may even be dangerous, as drugs that have passed their expiry date may not only lose their effect, but also become harmful.



OUR TIP:

Regularly check the drugs in your medicine cabinet. In the case of drugs without an expiry date, you should make a note of the purchase date. Expired medicines belong in the bin.



- › Keep your medicine cabinet in a lockable cupboard or box.
- › Ensure that it is not accessible to children (put it high up or lock it).
- › Choose a sparingly heated, dry room. Note: the bathroom is the wrong place!
- › A small cupboard with a freely accessible first aid box and a lockable drug box would be ideal.

TIPS FOR CORRECT STORAGE

- › Personal drugs prescribed by a doctor
- › Cold remedies
- › Painkillers and antipyretic drugs
- › Remedies against diarrhoea, nausea, vomiting
- › Remedies for insect bites and sunburn
- › Electrolytes to compensate for a loss of fluid
- › Thermometer
- › Tweezers
- › Skin disinfectant
- › Wound disinfectant
- › Dressing materials. Everything that a DIN 13164 first aid kit (car first aid kit) contains:
 - Gauze compress
 - Bandage scissors
 - Sticking plasters and bandages
 - Triangle bandage

IT MUST CONTAIN THESE THINGS



You can find a checklist for the medicine cabinet in the middle of the brochure!

Bildnachweis Pflaster

© LeventeGyori/Shutterstock.com



Electric power breakdown

© Thomas Frey/imago
Cooking without electric power

What to do when the power fails

Do you know how dependent you are on electric power, gas, oil or long-distance heating? What happens if it all fails? The telephone is dead, the heating doesn't come on, there is no warm water, the computer goes on strike, the coffee machine stays off, there is no light. You can extend the list as you want. You will soon notice how dependent you are on electric power.



OUR TIP:

You will find a checklist for an electric power breakdown in the middle of the brochure!

Electric power breakdowns are generally rectified in a few hours. However, in emergency situations, it may even be days before electric power is available again.



Correct behaviour in the event of a power failure

- › Warm clothing can be used as a substitute for heating for a while. Anyone who has a fireplace or a stove should have a supply of coal, briquettes or wood in the house.

THE HEATING FAILS

- › Keep a supply of candles and torches (e. g. a twist torch or solar and LED lights), as well as spare lamps, batteries, matches or lighters, candles etc. in the house.

THE LIGHTS ARE OFF

- › You can prepare smaller meals on a camping stove.
- › Use an outdoor barbecue or table-top grill, which is operated with charcoal or gas. Caution! Do not grill food in the apartment or house – there is a risk of suffocation!

NO COOKING CAN BE DONE IN THE KITCHEN

- › Make sure that the batteries in computers, mobile telephones, telephones etc. are charged. Solar-powered battery chargers may help.
- › Remember to have sufficient cash reserves in the house, as cash machines also no longer work during an electric power breakdown.
- › Have a battery-powered radio ready. Refer to the section “Keep up-to-date in an emergency.”
- › You can find further tips in the brochure “Electric power breakdown – preparedness and self-help” of the Federal Office of Civil Protection and Disaster Assistance at www.bbk.bund.de.

MORE TIPS





Have important documents ready to hand

© Birgit H/PIXELIO

Everything that's important in one place

There's a fire. Everyone has to leave the house quickly. The water is coming. Everyone is being evacuated. You do not know what will be damaged or destroyed.



OUR TIP:

Deposit duplicates of important documents with friends, relatives, notaries, solicitors or banks.

Think about what is important to you in good time. Put all the important documents together and store them in one place, in a briefcase that you can easily pick up and take with you. In the event of an emergency, all the members of your family should know the location of the briefcase.



The document folder should include:

› Family documents (birth, marriage, death certificates) or family register

IN THE ORIGINAL

› Savings books, account agreements, shares, bonds, insurance policies

IN THE ORIGINAL OR AS A CERTIFIED COPY

› Pension and income statements, income tax returns

› Evidence of qualifications: certificates (school certificates, university certificates, certificates of additional qualifications)

› Contracts and amendment agreements, e.g. including rent agreements, lease agreements etc.

› Will, living will and power of attorney

› ID, passport, driving licence and vehicle documents

AS A SIMPLE COPY

› Land register excerpts

› All the amendment notices for benefits received

› Payment receipts for insurance premiums, especially from the social insurance pension fund

› Proof of registration with the employment offices, communications from the Employment Agency

› Invoices which provide evidence of outstanding payment claims

› Membership or subscription registers of associations, clubs or other organisations

› International certificate of vaccination



© lightpoet/Shutterstock.com

You can find a checklist for document security in the middle of the brochure!