



# EMERGENCY PLAN





Disasters and emergencies are rarely predictable. In an emergency situation, you are confronted with basic questions that do not arise in everyday life. How do I contact my relatives? Where do I go? What do I take with me? Create your personal emergency plan - it will help you to react quickly and correctly in emergency situations.

Find out more about potential dangers, precautions and what to do in disasters and emergencies at [www.alert.swiss](http://www.alert.swiss) or with the Alertswiss app, and learn how to better protect yourself in an emergency.

## Editor

Federal Office for Civil Protection  
Guisanplatz 1B  
3003B3 Bern  
[info@babs.admimin.ch](mailto:info@babs.admimin.ch)  
[www.bevoelkerungsschutz.ch](http://www.bevoelkerungsschutz.ch)

More printed editions can be obtained from:  
BBL, Verkauf Bundespublikationen, CH-3003 Bern  
[www.bundespublikationen.admin.ch](http://www.bundespublikationen.admin.ch)  
Art.-Nr. 506.020d

The emergency plan can be downloaded from [www.alert.swiss](http://www.alert.swiss) or is available in the Alertswiss-app.



# CONTACT NUMBERS

Enter all the important  
phone numbers of your  
relatives



## Tips

These include the phone  
numbers of caregivers,  
your children’s school,  
employers and neighbours  
of people who may need  
help, etc.

STEP

1

## EMERGENCY PLAN STAYING INFORMED AND STAYING IN CONTACT

Do you know the contacts of all your relatives by heart?

Name

Phone

Name

Phone

Name

Phone

Name

Phone

Name

Phone

Name

Phone

Name

Phone

Name

Phone

Name

Phone

Name

Phone

Name

Phone



# MEETING POINTS

Write down for yourself and each of your relatives how they can get home the fastest.

## STAYING INFORMED AND CONNECTED

Imagine you were at work and your kids were being looked after elsewhere. On the radio you hear that the authorities are advising people to stay indoors.

Name

Address

Name

Address

Name

Address

Name

Address



## Tips

- Avoid main traffic routes.
- Arrange car sharing with work colleagues, friends etc. for yourself and your kids.



## Emergency Meeting Points

Protection, help and information in serious emergencies or in the event of a total breakdown of communications are offered by the emergency meeting points of the municipalities.

The authorities inform via radio/television and Alertswiss when emergency meeting points are put into operation. In several cantons, these emergency meeting points can be found via a central website.



# PEOPLE NEEDING ASSISTANCE

If possible, speak to people who may need assistance in your vicinity about their needs in an emergency (e.g. elderly persons or those who are ill or handicapped etc.) in advance.

## STAYING INFORMED AND CONNECTED

Who in your vicinity could be dependent on your help in an emergency?

## NOTES



### Tips

- Accommodate these people in your home, help them if there is an evacuation.
- If you have relatives that live farther away and cannot fend for themselves, organise third party support for them.



# STEP 2

## EMERGENCY PLAN

### PREPARATIONS FOR STAYING AT HOME

## SUPPLIES

Do you have sufficient supplies at home to manage for several days without external help?

Ensure that you always have the items on the list in stock.

Tick the items you need in the following list. Add to it according to your personal needs with other foods and important things.

### BEVERAGES

- ☐ At least 9 litres of water per person (3–4 days)
- ☐ Other Beverages

### FOODSTUFFS

for about one week

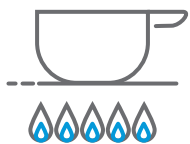
- ☐ Rice and/or pasta
- ☐ Oil or fats
- ☐ Canned food (e.g., vegetables, fruit, mushrooms)
- ☐ Flour, dry yeast
- ☐ Dry sausages, dried meat
- ☐ Ready-made meals, e.g., Rösti Instant soups
- ☐ Hard cheese, processed cheese
- ☐ Broth, pepper, salt
- ☐ Coffee, cocoa, tea
- ☐ Müesli, dried fruit, nuts
- ☐ Legumes
- ☐ Rusks or crisp bread
- ☐ Chocolate
- ☐ UHT milk, condensed milk
- ☐ Sugar, honey
- ☐ Special dietary products (in case of food intolerance)
- ☐ Pet food

### ADDITIONALLY ...

- ☐ Battery run VHF radio that can receive DAB+ and VHF broadcasts (all DAB+ radios approved for sale in Switzerland can receive VHF)
- ☐ (Hand crank) torches, spare batteries
- ☐ Candles, matches and/or lighter
- ☐ Camping or gas cooker
- ☐ Some cash

### ! Tips

- Your emergency supplies should match your personal needs and habits
- Integrate provisions into your “daily kitchen routine”, i.e., consume and replace them regularly
- Supplies should include products for immediate consumption (edible without cooking)
- Store all foodstuffs and medication in a cool, dry place away from sunlight
- Be aware of product expiration date



# COOKING WITHOUT ELECTRICITY

A prolonged power outage gradually leaves frozen foods thaw and ultimately makes them inedible. Find some tips to extend the shelf life of perishable foods or to compensate for the failure of the cooking facilities.

## ! Tips

- Better to cook big batches than several small batches, this saves energy. So cooperate with neighbors.
- Also think of the drinking water, which can also be affected by power outage.

## CONSUMPTION OF EDIBLES DURING POWER OUTAGE



Use up the food in the fridge or freezer first, then the other food. Depending on the type of appliance and the outside temperature, the food will last between 10 hours and 3 days.



Babyfood, Icecream, meat-products and food with raw eggs: Consume immediately.



Frozen berries and fruits can be made into jam.



Vegetables can be pickled in oil or vinegar



Do not refreeze defrosted food.



Check smell and appearance of the products.

## OTHER COOKING OPTIONS



Wood, gas or coal grills - use outdoors



Pots in or over open fire - use outdoors



Fondue Rechaud



Candles in the oven



## FIRST AID KIT

Tick the medicines you need in an emergency in the following list and add to it according to your personal needs with other medicines or items.

### PREPARATIONS FOR STAYING AT HOME

Have you got an emergency/first aid kit at home that satisfies your personal needs?

#### EMERGENCY / FIRST AID KIT

- ☐ Soap, toilet paper
- ☐ Disinfectant
- ☐ 50 hygiene masks per person
- ☐ Medicine against diarrhoea
- ☐ Pain killers
- ☐ Thermometer
- ☐ Tweezers
- ☐ Ointment
- ☐ Material for dressing wounds (adhesive bandage, gauze compresses, elastic bandages, adhesive plaster or bandage bracket, bandage scissors)
- ☐ Personal medication

#### Tips

- In addition to the emergency / first aid kit you should always have a surplus of medicines that you take regularly or depend on or even carry them on your person.
- Discuss necessary precautions with your family doctor.





## EVACUATION

Determine one or several places where you could stay for a few days, e.g. with relatives or friends, in a holiday apartment, etc.

### ! Tips

- Ideally, the emergency accommodation will be neither too close nor too far away from home; otherwise it could be affected by the same disaster or you might have difficulty getting there, especially if the roads are congested.
- Make a note of how you can get there best (selection of means of transport, suitable route etc.) Don't forget to consider that in an emergency authorities might give special instructions.
- Find out whether you are allowed to bring animals to your emergency location. Do not leave your pets locked in at home.

# STEP 3

## EMERGENCY PLAN PREPARATIONS FOR AN EVACUATION

### EMERGENCY ACCOMMODATION

Where will you and your relatives go if your place of residence must be evacuated?

Name

Address

Name

Address

Name

Address

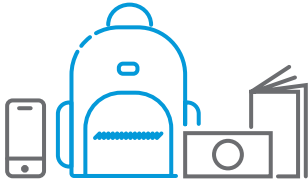
Name

Address

Name

Address

### NOTES



# EMERGENCY BAGGAGE

Tick the items you need in your emergency baggage in the following list. Add to it according to your personal needs.

## ! Tips

- Compile your most important personal documents in a folder.
- Consider what is the most practical way to take your emergency baggage with you (suitcase, backpack etc.)

## PREPARATIONS FOR AN EVACUATION

What must you take with you without fail should you have to leave your home quickly? Would you be able to pack these things within half an hour?

### IF TIME IS SHORT ...

- ☐ Mobile phone with battery
- ☐ Passport and/or ID
- ☐ Personal medicine
- ☐ Purse/Wallet (money, credit cards)
- ☐ Food and drink for one day

### IF YOU HAVE MORE TIME

- ☐ Battery-run UHF radio
- ☐ Spare clothes
- ☐ Family booklet
- ☐ Small valuables
- ☐ Emergency/first aid kit
- ☐ Certificates of pensions and salary
- ☐ Savings books and securities
- ☐ Sturdy, weather-proof, warm clothes and shoes
- ☐ Torch
- ☐ Will(s)
- ☐ Toiletries and towels
- ☐ Insurance policies with lists of mobile property, valuables, collections
- ☐ Contracts
- ☐ If you have children accompanying you: toys



## BEFORE LEAVING HOME

In an emergency, things have to be done quickly. Nevertheless, there should be enough time to take a few precautions before leaving your own four walls.

### PREPARATIONS FOR AN EVACUATION

Before leaving the home, the following points should be observed:



Follow the instructions of the authorities (radio, apps).



Prepare emergency luggage including personal documents.



Provide battery-operated VHF radio and spare batteries.



Prepare food (including special and baby food) and medication.



Close windows and doors.



Turn off electrical appliances.



Turn off gas lines and extinguish open fires (fireplaces, candles).



Inform the occupants of the house and provide assistance if necessary.



Provide food and water for pets that you do not take with you. Mark rooms where animals are present.

### SHELTER IN THE EVENT OF ARMED CONFLICT



The cantons or municipalities are required to plan and regularly update the allocation of the population to shelters. Allocation planning is announced when the security situation requires it.

When necessary, the communes and cantons can provide information through various channels, such as websites, by means of notices, by mail and/or directly on site (for example, with the support of the civil defense).



## EMERGENCY NUMBERS



**112** International Emergency Number



**117** Police



**118** Fire Department



**144** Ambulance



**145** Tox Info Suisse

