

EMERGENCY PLAN

Are you safe?



Schweizerische Eidgenossenschaft
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Federal Office for Civil Protection FOCF



ALERTSWISS

ARE YOU SAFE?

Disasters and emergencies can rarely be predicted in emergencies you may be confronted with questions you have never asked yourself before, for example: How do I contact my friends and relatives? Where do I go? What do I take with me? A current emergency plan helps you to respond rapidly and correctly.

A few minutes of preparation can save your life!

Make your personal emergency plan – it will help you to respond rapidly and correctly. Make the important preparations so that you are better protected in an emergency. Learn more about possible dangers, precautions and how to respond during disasters and emergencies on www.alertswiss.ch or with the Alertswiss-app, so that you are better protected in an emergency.



With the Alertswiss-app you can easily devise your individual emergency plan step-by-step – even on your mobile phone.



GETTING HOME

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

EMERGENCY PLAN – 2ND STEP PREPARATIONS FOR STAYING AT HOME

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.

RELATIVE 1

Surname, first name _____

RELATIVE 2

Surname, first name _____

RELATIVE 3

Surname, first name _____

ME

Surname, first name _____

TIPS

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

**EMERGENCY PLAN – 3RD STEP**
PREPARATIONS FOR STAYING AT HOME**SUPPLIES**

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

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

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

**DURABLE FOODS
FOR APPROX. 1 WEEK**

- At least 9 litres of water per person (3–4 days)
- Broth, pepper, salt
- dry sausages, dried meat
- Dried fruit and pulses
- Instant meals
(that ideally do not have to be stored in the fridge or freezer, e.g. chili con carne, rice menus, hash browns)
- Instant soups
- Instant tomato sauce
in glass or tetrapack
- Tinned meat and fish
- Fruit and vegetable juices
- Pet food
- Hard cheese
- Coffee, cocoa, tea
- Condensed milk, UHT milk
- Canned food (e.g. vegetables, fruit, mushrooms)
- Oil or fats
- Rice and/or pasta
- Chocolate
- Special food for infants
- Sugar, jam, honey
- Rusks or crisp bread

CONSUMER GOODS

- Battery run VHF radio
- Gas cylinders for camping
or gas cooker
- Candles, matches and/or
lighter
- Soap, toilet paper, hygiene
products
- Torches with (spare)
batteries

FILM «RESPOND TO DANGER IN THE RIGHT WAY»



Tim and Tom live in a fairy tale world with their families. Here there are no dangers, disasters or emergencies: no earthquakes, no floods, no storms, no pandemics or epidemics and no blackouts either. But what would happen, if the sirens suddenly went off? Tim's family has never dealt with this question. But Tom's has. They have made an emergency plan. See the difference in the film at www.alertswiss.ch!

EVACUATION

EMERGENCY PLAN – 5TH STEP

PREPARATIONS FOR AN EVACUATION

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

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

EMERGENCY ACCOMMODATION

Name _____

Address _____

NOTES

! 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.



MEETING POINTS

Agree on at least two possible meeting points: One should be located close to your home and the other further away, in case your place of residence can no longer be reached.

EMERGENCY PLAN – 6TH STEP PREPARATIONS FOR AN EVACUATION

Have you agreed on where you will meet your relatives if you are no longer able to go home?

MEETING POINT CLOSE TO HOME

Name _____

Adress _____

MEETING POINT (ON THE WAY TO YOUR EMERGENCY ACCOMMODATION)

Name _____

Adress _____

Name _____

Adress _____

Name _____

Adress _____

NOTES

TIPS

Define meeting points that can easily be reached by all family members and are on the way to your preferred emergency accommodation.



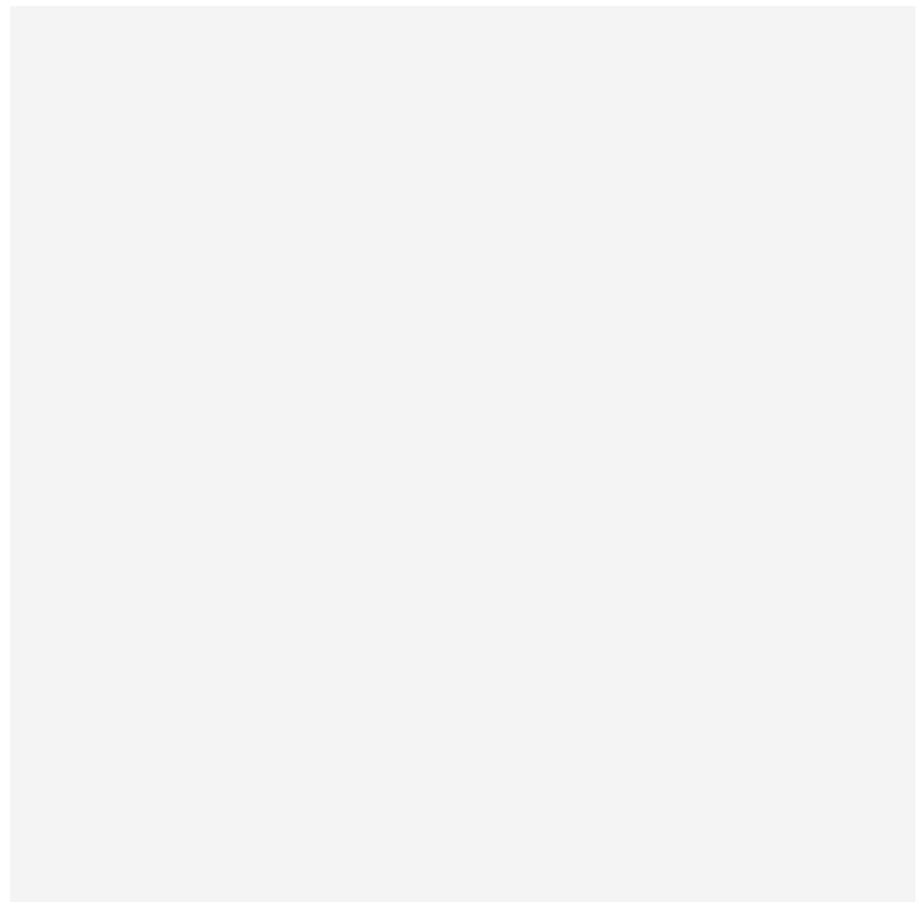
EMERGENCY PLAN – 8TH STEP

PEOPLE NEEDING ASSISTANCE

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

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.

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.



EMERGENCY PLAN – 9TH STEP

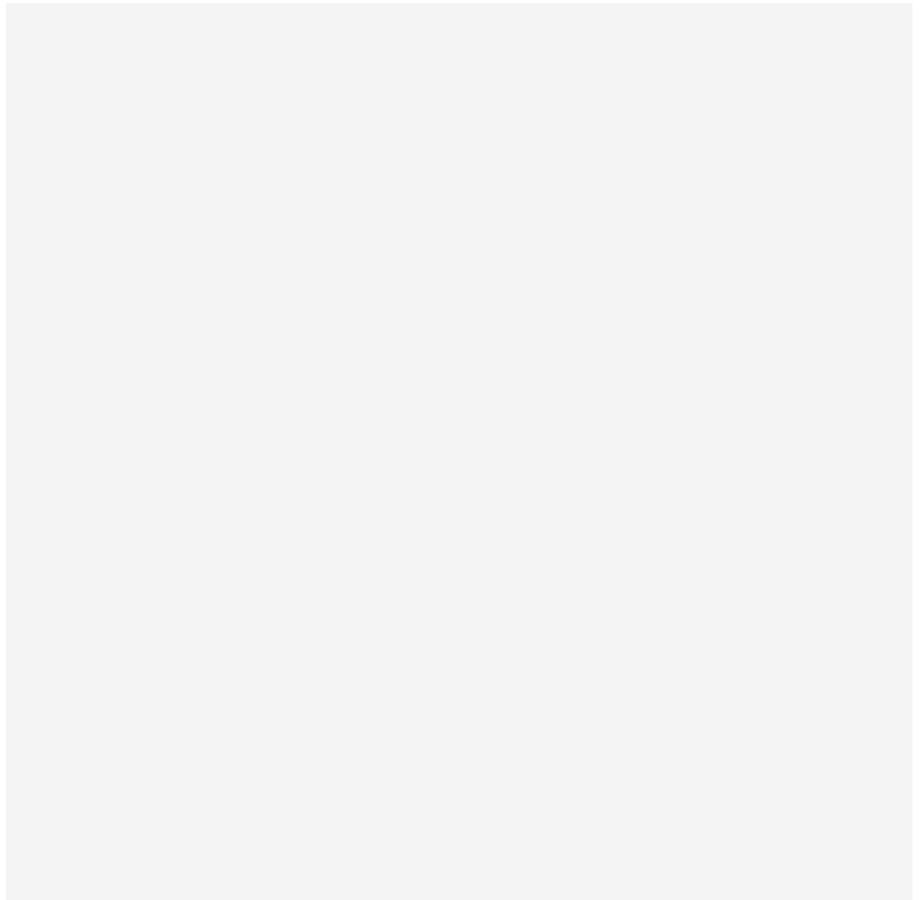
SHARE THE EMERGENCY PLAN

Do your relatives know how to respond in an emergency?

Discuss this emergency plan with your relatives and pass it on. Only if your friends and contacts are familiar with it, will they be able to implement it too!

Update the emergency plan once a year. If you change your job or move house the emergency plan will usually have to be adapted as well.

NOTES



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The emergency plan can also be downloaded electronically from www.alertswiss.ch or is available in the Alertswiss-app.