

#BESSER #BEREIT

**THE RUHR VALLEY
IS GETTING
#READYDONERIGHT
FOR CRISES AND
EMERGENCIES –
YOU CAN PLAY YOUR PART!**

A storm. A quarantine at home order. An acute energy shortage. We can't always prevent emergencies from happening. You can, however, prepare yourself and your family. Read on and we'll show you how to make sure you're #readydoneright.

What To Do When the Gas and Power Are Out?

Even with your power cut off, you can get through this critical phase at home. How? Here are a few examples.

Keeping your home lit without power

- Keep flashlights and spare batteries ready
- Buy lamps powered by a crank or solar cells – no batteries required
- Stock up on candles and don't forget lighters and/or matches
- Keep fire-safe holders on hand for candles

Staying warm

- To stay warm, use thick clothing – in multiple layers if needed – and blankets
- Use alternative heat sources such as a fireplace or wood-burning stove, if available, and remember to stock up on charcoal, wood, or briquettes
- Use portable heaters powered by liquid gas or odorless petroleum oil

Cooking without electricity or gas

- A camping stove and gas cartridge – only use outdoors
- A fondue pot heated with a can of fuel gel
- A tea warmer stove for dishes that don't need much heat
- A grill – important: only use outdoors! – and remember to stock up on charcoal, wood, or briquettes
- Stock up on dishes that don't need cooking or heating

Important: Don't try to heat your home with a grill or an open fire – this is a fire hazard and can lead to carbon monoxide poisoning!

How Should I Assemble a Good Emergency Food Stockpile?

For many emergencies, it pays to have a good stockpile of food and drink – and it's easy to put together.

1. Step by step

Don't buy everything all at once; instead, simply put one extra package of something in your cart and build up the stockpile little by little.

Important: To make sure there's enough for everyone, it is important not to panic buy in large volumes, but rather to store a sensible amount of extra supplies. Adding to your stockpile step by step is also kinder on your wallet.

2. Don't let the stockpile go to waste

To make sure the stored food isn't wasted, use perishable items like meat and vegetables exactly as you normally would. Eat them – and buy replacements.

3. Replacements to the back

Items that were bought later should be placed farther to the back so that older food is used up first.

4. Store it correctly

As a rule, nonperishable foodstuffs are best stored somewhere cool, dry, and dark.

5. Cooling and cooking not needed

In an emergency, the power and water may be out. The food in your stockpile should therefore be able to keep well without refrigeration and be consumable without having to be cooked.



Emergency Food Stockpile Quick Reference*

-  **20 l** beverages
-  **3.5 kg** bread, potatoes, pasta, rice, or other grains
-  **4 kg** vegetables, mushrooms, beans/lentils
-  **2.5 kg** fruit, nuts
-  **2.6 kg** milk, dairy products
-  **1.5 kg** fish, meat, eggs or powdered egg
-  **357 g** fats, oils
-  **Anything else** as required

* Sample stockpile for one person for ten days



Which Documents Should I Always Make Sure Are Safe?

1. Safety first

Store the documents folder in a secure, easily accessible place.

2. Double up to be doubly sure

Keep backup copies either digitally and/or in a separate location (such as with friends or family, or in a safety-deposit box).

3. Stay on top of things

Review the folder regularly to check if any documents need to be added or renewed.

What Documents Should Be in Your Folder?

As originals:

- Family records (birth certificates, marriage certificates, death certificates) and/or German family register book

As original or notarized copy:

- Documentation of assets: savings books, account contracts, stock papers, securities papers, insurance policies
- Statements: social security, pension, and income statements as well as income tax assessments
- Qualification certificates such as diplomas
- Contracts such as apartment or other lease agreements
- Other: testaments, advance healthcare directives, powers of attorney

How Can I Stay Informed in an Emergency?

In emergencies, it's vital to get the latest notifications, so as to keep up to date on developments. During widespread power outages, for example, the Internet and TV won't be working, so you'll need battery-powered radios to hear broadcasts. You should also make sure you're in a position to stay informed and connected during emergencies of other kinds:

- Fully charged power banks for smartphones
- Note the phone numbers of family and friends
- Write down the following emergency numbers:
Emergency number of the town where you live **116 117** (emergency medical service)
112 (fire department/rescue service – for emergencies only)
- Put NINA, the German federal government's disaster protection app, on your smartphone

At [besserbereit.ruhr](https://www.besserbereit.ruhr), you'll find detailed instructions and checklists to help you make sure you, your relatives, and the whole Ruhr valley are #readydoneright.



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