

Provisions¹ nutrient and water

Safe drinking and utility water for at least 10 days for every person and animal in the house, while the amount of water can be calculated as following according to World Health Organization (2011):

Type of need	Quantity (Liter per day and person)
Drinking Water	2,5 – 3
Basic needs for hygiene measures	2 - 6
Basic needs for cooking	3 - 6
Total	7,5 - 15

Food for at least 10 days for every person and animal in the house – best such that doesn't require much effort with cooking or much extra water to prepare, e.g. canned food, convenience food (ravioli, instant soups), nuts. Rice, pasta, potatoes etc. are also good if you make sure to store extra water beforehand for preparation.

Communication Devices	Available (✓)
Phone	
Charging Cable	
Powerbank or external device for charging	
Radio, suitable for battery operation or a wind up radio	
Spare batteries	

Medicine Cabinet	Available (✓)
First Aid Kit	
Personal medication prescribed by the doctor	
Painkillers	
Skin disinfectants	
Wound disinfectants	
Cold remedies	
Thermometer	
Remedies against diarrhoea	
Insect repellent	
Cream for insect bites and sunburn	
Tweezers	

Hygiene Products	Available (✓)
Soap (cakes), detergent (kg)	
Toothbrush (number), toothpaste (tubes)	
Sets of disposable cutlery and crockery (number)	
Kitchen paper (rolls)	
Toilet paper (rolls)	
Rubbish bags (number)	
Camping toilet, replacement bags (number)	
Household gloves (pairs)	
Disinfectants, soft soap (quantity)	

¹ Bundesamt für Bevölkerungsschutz und Katastrophenhilfe (BBK) o.J.; World Health Organization 2011; Bundesamt für Bevölkerungsschutz und Katastrophenhilfe (BBK) 2019.



Power Shortage	Available (✓)
Candles, tea lights	
Matches, lighter	
Torch	
Spare batteries	
Camping, spirit stove with fuel	
Heater	
Fuel	

Document Security	Available (✓)
Have you established which documents are absolutely essential?	
Are your documents organised appropriately?	
Are copies available of important documents, and are these certified if necessary?	
Have you created a document folder?	
Are the document folder or important documents ready to hand	

Fire Protection	Available (✓)
Clear out cellar and attic	
Fire extinguisher, fire protection	
Extinguishing spray	
Smoke alarm	
Garden or car washing hose	
Container for water for extinguishing fires	
Water bucket	
Stirrup pump or bucket pump	

Emergency Pack in case of a necessary evacuation	Available (✓)
Personal medication	
Provisional protective clothing	
Woolen blanket, sleeping bag	
Underwear, socks	
Wellingtons, sturdy footwear	
Cutlery and crockery, thermos flask, cups	
Materials for treating wounds	
Can opener and penknife	
Hard-wearing, warm clothing	
Torch	
Head covering, protective helmet	
Protective mask, provisional respiratory protection	
Work gloves	
Camera or camera phone	

PREPARATION

- › Obtain sandbags, lining boards, water-resistant plywood boards and silicone for protection.
- › Make sure that hazardous materials or chemicals cannot be reached by the water.
- › Bring valuable furniture or devices such as computers etc. into the higher, flood-protected rooms.
- › Secure the fuel oil tank against being lifted up by the water by, for example, anchoring it to the wall or weighing it down with ballast.
- › Remember insect repellent, in case mosquitoes and other pests come into the house after the flood waters fall.

Consider the following at an early stage:

- › The care of sick people or people in need of assistance. Can you evacuate these people from the danger zone on time? Where to?
- › The evacuation of pets.
- › The possibilities for communicating with neighbours or other people if the telephone and mobile network are down. Discuss distress and danger signals with neighbours.
- › The “distribution of roles” in an emergency. Who will do what?

DURING

- › Clear out the cellars into which the groundwater may penetrate or which may fill up with water.
- › Check backwater flap valves in the cellar before the water rises. Do not stay in the cellar during the flood, since you will be putting your life at risk.
- › Seal windows and doors, as well as drain openings.
- › Turn off electrical appliances and radiators in rooms which may fill up with water. Think of the risk of an electric shock. Turn off the electric power completely, if necessary (fuse off).
- › Drive your car out of endangered garages or away from parking spaces.
- › Warning! Basement garages can become death traps when there is danger of flooding.
- › Do not drive through flooded streets. Water in the engine compartment does a lot of damage. The catalytic convertor with an operating temperature of 700°C breaks when it is suddenly cooled down by water.
- › Have your vehicle towed if there is water up to above the wheels.
- › Help others, but don't put yourself in danger.
- › Bring children out of the floodplain into safety before entering the danger zone.
- › Because of the formation of waves and the risk of underwater obstacles, do not go for a “ride” unnecessarily in boats or other vehicles in flooding areas.

- › Do not enter any shore areas because of the risk of undercutting or erosion. Flooded or partially flooded streets may not be driven on.
- › Observe the instructions and barriers of the emergency personnel.

AFTER

- › Only start the pumping operations in the house when you are sure that the groundwater level has fallen sufficiently. Be careful: otherwise, you will damage the house's watertight tanking. Please pay attention to information provided by the municipality.
- › Take stock and photograph the damages for the insurance company.
- › Clear the residual water and silt out of the house.
- › Dry the rooms as quickly as possible, in order to avoid structural damages or mould. Use heaters for drying. They can be rented or loaned.
- › Have the electrics, the fuel oil tank and, in special cases, the building statics checked by an expert.
- › If hazardous substances, such as dyes, paint, pesticides, petrol, oil etc. have been released, call the fire brigade.
- › Dirty, broken furniture and spoiled food does not go in the household waste, but must be disposed of professionally.
- › Do not eat any fruit, vegetables and salad from flooded areas. Inform the County Commissioner's Office or the Office for Agriculture in the event of gardens or fields contaminated by hazardous substances (e.g. oil).

Source

Bundesamt für Bevölkerungsschutz und Katastrophenhilfe (BBK) (o.J.): Ratgeber für Notfallvorsorge und richtig – Meine persönliche Checkliste. Hg. v. Bundesamt für Bevölkerungsschutz und Katastrophenhilfe (BBK).

Bundesamt für Bevölkerungsschutz und Katastrophenhilfe (BBK) (2019): Ratgeber für Notfallvorsorge und richtiges Handeln in Notsituationen. Hg. v. Bundesamt für Bevölkerungsschutz und Katastrophenhilfe (BBK).

World Health Organization (2011): Technical Notes on Drinking-water, Sanitation and Hygiene in Emergencies.