



Preparation for a power shortage



Establish sufficient supplies of water and food (see the checklist „Emergency Supply“).



Take precautions in order to be able to care for relatives in need of care for a certain period if necessary. Keep medicines, aids, and hygiene items in stock for a week. Make sure that you have important medical records and paper prescriptions with you.



By means of a battery-powered radio, you will also receive important information from the authorities in case of a power failure.



With candles, flashlights (including batteries) and camping stoves equipped with gas cartridges (use caution only with good ventilation as there is a risk of fire) you also have without electricity light and the possibility to warm food.



In case you have a fireplace or a wood-burning stove, keep wood, briquettes, or coal in stock. Furthermore, take care of your heating system stock such as for example for your stock for your oil heating, pellets etc.



Always keep a certain amount of cash at home. In case of a power outage, ATMs and electronic means of payment will no longer work.



Check the household facilities which are no longer available without electricity, but on which you are dependent, such as vital systems (oxygen), electronic locking systems, stair lifts, electric patient bed, etc.



Find out in advance on the website <http://www.notfalltreffpunkt.ch> where the nearest emergency meeting point is located in your municipality (see the respective flyer published by the municipality).



Regularly test the functionality of your emergency generator and of the associated fuel reserves.



Turn off all the unnecessary equipment. Make sure that the device does not continue to run in standby mode.





Behave correctly during the power interruption



Keep calm and provide adequate lighting.



Check to see if people are trapped in elevators in the house; if needed, organize help.



Inform the elderly about the power interruption.



If you need any help or want to find out about the situation, find the nearest emergency meeting point. (If your mobile phone works, call the numbers 117, 118 and 144 as you usually do in case of an emergency)



Get in touch with your neighbours and single people and do not leave these people to their fate. Join forces and support each other.



Listen to the radio; you may be able to find out whether specific information is to be expected with battery-powered devices (for example smartphones) on the electricity provider's website or via Alertswiss.



If your phone is still working: Call the emergency numbers only in emergencies and avoid any unnecessary calls (because there is a risk of network overload).



Wear warm clothes. This helps to compensate for the heater failure.



Keep the refrigerators and freezers as closed as possible; before six hours of power interruption, the refrigerator does not have to be emptied while the freezer has to be emptied only after 24 hours.



Switch off all mains-powered devices. As soon as the power is back, turn on one device at a time.





Emergency stock checklist

Beverages

- 9 litres of water (per person)
- Further drinks

Food (for 1 week)

- Rice or pasta
- Oil or fat
- Preserves (for example vegetables, fruits or mushrooms)
- Flour and dried yeast
- Preserved sausages and dried meat
- Ready meals (for example rosti)
- Ready-made soups
- Hard and processed cheese
- Broth, salt, and pepper
- Coffee, cacao, and tea
- Muesli, legumes, dried fruits, nuts
- Rusk or crispbread
- Chocolate
- UHT milk, condensed milk
- Sugar, jams, honey
- Special food (for example for infants)
- Pet food

Home pharmacy/hygiene

- Soap and toilet paper
- Disinfectant
- 50 hygiene masks per person
- Personal medication
- General home pharmacy

Technology

- Battery-powered radio
- (crank) flashlight
- Spare batteries
- Power bank for cordless tools
- Candles, matches and/or lighters
- Gas cooker, Rechaud
- Heating option (such as bed bottle)

... and in addition

- Cash
- Important Documents
- _____
- _____

