

Guide on How to Prepare for Emergencies

Correct behaviour in
crisis situations





Dear citizens,

Whether fire, storm, flood or even a lengthy power failure – no one likes to deal with such extreme situations.

Nevertheless, considering such scenarios in good time makes sense and is advisable. After all, crises can affect us too. When an emergency situation actually arises, two key questions are crucial: **are you adequately prepared – and do you know how to act appropriately?**

This brochure aims to help you find answers. You will learn:

- What is included in personal **emergency preparedness**,
- **Measures** you can take at home,
- How **authorities** warn the population in exceptional situations,
- And how to **act appropriately** when faced with a dangerous situation.

You will also learn where to obtain further information and support. Our City of Ingolstadt has a good hazard prevention system. Nevertheless, in large-scale or particularly serious damage situations, it may be the case that emergency services are unable to intervene immediately in all areas. In which case it is important that you remain able to act on your own behalf.

Therefore, take some time to think about your own emergency planning. Keep the most important information safe – that will enable you to be prepared in an emergency and react calmly and protect yourself and your family in the best possible way.

Dr. Michael Kern

Dr. Michael Kern
Mayor



Prepared for all eventualities



Preparing for emergencies

In a city like Ingolstadt, we don't really need large supplies; after all, food and everyday necessities are available nearby at the supermarket, medicines at the chemist's, water from the tap and electricity from the socket. However, such services can be impaired in the case of major disasters or completely disrupted for a short period. In such cases, proper precautions are crucial. According to the German Federal Office for Civil Protection and Disaster Assistance, every citizen should have a ten-day supply of food and drink at home.

In addition, other helpful items that should not be overlooked:

- ✓ **Beverages**
2 litres per day per person
- ✓ **Non-perishable food**
e.g. pasta, rice, bread, potatoes and nuts etc.
- ✓ **Battery-powered radio or wind-up radio**
- ✓ **Medicines used at home**
First-Aid kit, painkillers, disinfectant and medicines etc.
- ✓ **Toiletries**
Soap, washing powder, toothbrush, toothpaste and toilet paper etc.
- ✓ **Helpful information**
Batteries, candles, lighter, torch and camping stove etc.
- ✓ **Sleeping bags, blankets and warm clothing**
- ✓ **Cash and document folder**
- ✓ **Provision for pets, where applicable**

A comprehensive checklist for emergency preparedness can be found at www.bbk.bund.de.



How are warnings issued?

In the event of an imminent disaster, the population of Ingolstadt shall be warned and informed via several channels:

- ✓ **Siren warning system**
Rising and falling wailing sound,
One minute
- ✓ **Mobile warning system via apps such as "NINA" and "KatWarn"**
- ✓ **Announcements from fire engines**
- ✓ **Cell broadcast** (push notification to smartphone)
- ✓ **Website of the city of Ingolstadt** (www.ingolstadt.de)
- ✓ **Social media presence of the City of Ingolstadt**
www.instagram.com/ingolstadt_in
www.facebook.com/ingolstadt
WhatsApp-Kanal der Stadt Ingolstadt
- ✓ **Radio announcements**
(possibly use a car radio or battery-powered radio)



Important:

Take these warnings seriously and inform your family and neighbours as well!



Action to be taken after the event

- ✓ If someone is injured, administer First-Aid or call the emergency services.
- ✓ Help neighbours and/or elderly people
- ✓ Do not obstruct emergency or rescue services
- ✓ Do not operate electrical appliances that have become wet.
- ✓ If buildings or roofs are damaged, do not re-enter until clearance has been given.
- ✓ Inventory of damage



This brochure is also available in other languages: www.ingolstadt.de/notfallvorsorge

Warning and precaution: a strong team!



What to do in the event of danger?

Storm

- ✓ Avoid unprotected outdoor locations and open terrain
- ✓ Seek shelter in buildings
- ✓ If you are at home, you should stay there
- ✓ Close windows and doors
- ✓ Secure loose objects outdoors
- ✓ Protect and comfort pets
- ✓ Avoid rooms located at lower levels during heavy rainfall. (cellars, underground car park)



Power failure

- ✓ Stay at home if possible
- ✓ Save water
- ✓ Use blankets and warm clothing in the event of a heating failure.
- ✓ Use candles and torches as light sources
- ✓ Use camping stoves **outdoors** for cooking
- ✓ Obtain information via car radios, battery-powered radios or wind-up radios



Fire

- ✓ Dial the emergency number (112).
- ✓ Only attempt to extinguish the fire if there is no danger (switch off power beforehand)
- ✓ Do not extinguish liquid fuels with water
- ✓ Do not enter smoke-filled rooms
- ✓ Warning other people, neighbours
- ✓ In case of emergency, use the stairwell, not the lifts.



Flood

- ✓ Close doors and windows, Protect against water (e.g. sandbags)
- ✓ Do not enter cellars or underground car parks
- ✓ Switch off the electricity (remove fuses)
- ✓ Have emergency luggage ready for evacuation
- ✓ Observe instructions and barriers
- ✓ Help others, but do not put yourself in danger



Emergency

Police: 110
Fire service: 112
Emergency services: 112
Medical on-call service: 116 117



Remain calm and react deliberately



Your point of contact in crisis situations

Power failures, major incidents or other disasters can cause the public telecommunications infrastructure to fail. Therefore, the City of Ingolstadt has defined **so-called disaster contact points**, which serve as **contact points for the population** in crisis situations.

The contact points can be activated at **20 locations in total throughout the city**. The locations have been chosen so that **every Ingolstadt resident can find a contact point near their home**.

The disaster contact points will be set up in **17 fire stations that are part of the volunteer fire service**, in the **old town at the New Town Hall** and in the **Pius and Konradviertel district meeting places**.

These properties are equipped with emergency power and have fail-safe communication connections **to the control centres of the fire brigade, rescue service and police**.

The contact points can be used as a point of contact

- ✓ For the population in the event of a crisis
- ✓ Emergency call centre (in the event of communication failure)
- ✓ Information for the public (questions, information and guidelines on action to be taken)

Disaster contact points

The contact points serve as **central contact points for the population in the event of a crisis, enabling them to make emergency calls, obtain information about the current situation** or receive instructions on action to be taken.

The personnel are members of the **volunteer fire services, the Johanniter accident assistance** and the **Maltese relief service**. They receive support from **employees from the city administration** and the **district meeting places**.

A widespread, long-lasting, disaster cannot be managed without the **active participation of the population**. The disaster contact points, therefore, also serve as a **contact point for coordinating neighbourhood assistance and mutual support**.





Locations for coordinating neighbourhood assistance and mutual support



Feuerwehrhaus Gerolfing
Barthlgasserstraße 7



Feuerwehrhaus Friedrichshofen
Friedrichshofener Straße 26c



Stadtteiltreff Piusviertel
Pfitznerstraße 19a



Feuerwehrhaus Zuchering
Am Kühlhaus 4



Feuerwehrhaus Dünzlau
Mühlackerweg 2



Feuerwehrhaus Etting
Faberstraße 9



Neues Rathaus
Rathausplatz 4



Feuerwehrhaus Brunnenreuth
Robert-Koch-Straße 58



Feuerwehrhaus Mühlhausen
Schustergaßl 2



Feuerwehrhaus Haunstadt
Weckenweg 25



Feuerwehrhaus Haunwöhr
Oberfeldstraße 6



Feuerwehrhaus Unsernherrn
Karl-Theodor-Straße 7



Feuerwehrhaus Pettenhofen
Moosweg 9



Feuerwehrhaus Mailing
Am Seitweg 24



Feuerwehrhaus Hundszell
Kirchstraße 23



Feuerwehrhaus Ringsee
Dahlienstraße 6



Feuerwehrhaus Irgertsheim
Erchanstraße 36



Stadtteiltreff Konradviertel
Oberer Taubentalweg 65



Feuerwehrhaus Hagau
Rosenschwaigstraße 105



Feuerwehrhaus Rothenturm
Unsernherrner Straße 31a

First-Aid procedure



- ✓ **Personal protection** (e.g. high-visibility vest and warning triangle in road traffic etc.)
- ✓ **Dial the emergency number (112)**
- ✓ **Check injured persons for signs of life**
- ✓ **Check consciousness and breathing**
- ✓ **If breathing is adequate and regular: recovery position**
- ✓ **If breathing has stopped: resuscitation / chest compressions** (15:2 for children, 30:2 for adults)
- ✓ **Stopping bleeding, dealing with shock**
- ✓ **Treating non-life-threatening injuries**

The German Federal Office for Civil Protection and Disaster Assistance website at: www.bbk.bund.de provides further information about emergency preparedness and action to be taken in crisis situations.



Legal notice:

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