



How to help and protect yourself in times of crisis

— Your guide for emergency and disaster preparedness —

dortmund.de/bevoelkerungsschutz



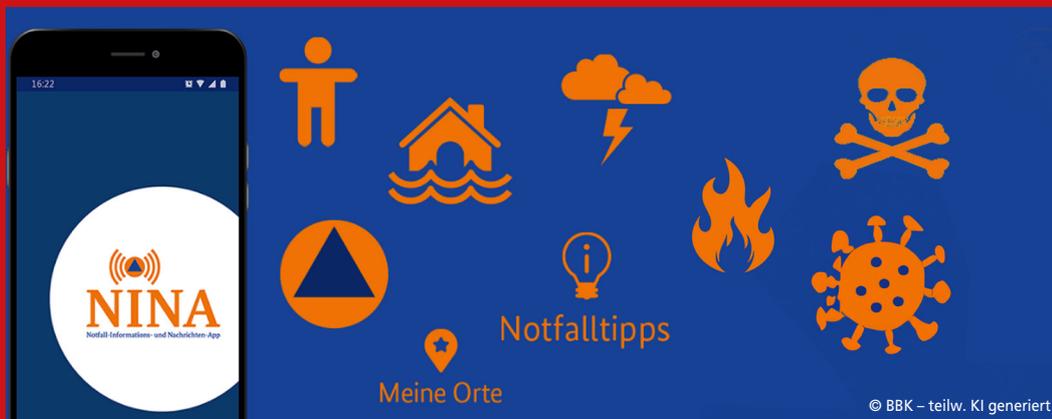


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How well are we as a society prepared for disasters such as floods, cold snaps, large-scale power outages, pandemics or war-related events? During such crises, public emergency response systems are often pushed to their limits. By taking the following precautions, you can avoid having to rely on outside help. We will show you how you can take the proper steps to be ready for any situation.

Recognise dangers early on and react appropriately

Pay attention to warning signals: Sirens, warning announcements and/or warning texts on your mobile phone help inform you of acute dangers in your area. You can also be directly informed via apps like 'NINA'.



**Download the
NINA app**

Additional information sources include your local radio station, Radio 91.2 or WDR2, your local TV station WDR and the official website of the municipality. Observe any warnings and follow instructions.

If communication systems fail ?! Familiarise yourself with your local emergency contact points (Notfallanlaufstellen/NAS).

What to do in the case of an emergency: Knowing what the proper response is in dangerous situations is critical. Act calmly and carefully.

- Inform others: if possible, warn others and offer them assistance.
- Provide help: support others where possible, but protect yourself so you are still able to take action.



**Emergency
contact points
(NAS)**



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Prepare for an emergency

Emergency essentials— what you need to be prepared for a crisis:

- Water for at least 3 days (2 litres per day per person = 6 litres per Person)
- Food for at least 3 days (2200 kcal per day per person)
- e.g. for 3 days, per person: 1.5 kg of pasta, plus 500 g of a non-perishable meat product or 800 g of a vegetarian meat substitute
- If applicable: special food for infants and/or pets
- Essential personal medications
- Torch, candles, lighter/matches
- Radio (battery or crank operated)
- Spare batteries where applicable
- First-aid kit and disinfectants
- Cash and a collection of essential documents (passport, birth certificate, credentials, certificates of professional & academic qualifications, vaccination records, important insurance and bank documents)

Supplementary provisions for added security in the case of a prolonged crisis.

Basic equipment (see above), plus additions:

- Additional drinking water for 10 days (2 litres per person)
- Additional water canisters (e.g. collapsable)
- Non-perishable food for at least 10 days (2200 kcal per person per day)
- A supply of essential personal medication for a minimum of 10 days
- Emergency stove (gas, wood, coal, etc.) Attention! Do not use in enclosed spaces! There is a risk of carbon monoxide poisoning!
- Personal hygiene items
- Power bank for charging mobile phones
- List of essential contact details
- Important documents backed up on a USB stick, as well as on the Cloud (as required)
- Well-stocked home medicine kit with pain killers, antidiarrhoeal medication, etc.



**Medicine kit
checklist**



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Comprehensive personal emergency preparedness

Gain a thorough understanding of emergency preparedness in order to manage crises independently and in the long term. Use specialised literature, guides and courses to acquire basic comprehension of first aid and survival techniques to stay safe and appropriately respond to emergencies. Become an expert in crisis prevention and have all the necessary resources ready on hand.



Additional equipment for comprehensive emergency preparedness:

- Pre-packed emergency bag
- Power generator and fuel supply
- Water sterilisation tablets or filters
- Supplies of non-perishable food
- Fire extinguisher
- Sleeping bag, blankets, winter clothing and alternative heat sources, if necessary
- If applicable: submersible pump, sand bags
- Protective clothing, respiratory masks, protective eyewear, gloves and footwear
- And additional items according to personal requirements



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**Emergency bag
contents**



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How to deal with specific emergency situations

Storms and thunderstorms — safety in extreme weather!

In the event of a storm, seek shelter in a safe building immediately. Avoid being outside, especially in forests, where falling branches or trees pose a threat. Secure windows and doors to prevent damage from airborne objects and keep up-to-date with the latest weather warnings.

In the case of thunderstorms, seek shelter in a building or car. Avoid open spaces and tall objects such as trees, which attract lightning strikes. Avoid contact with metal objects, electrical appliances and water pipes. Stay inside, keep away from windows; if outdoors, protect yourself by sheltering in a hollow and staying low to the ground.



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Floods and heavy rain — appropriate action during floods!



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Take warnings seriously and follow the recommendations of the authorities. If you've already been trapped by water, immediately go to the top floor of your house and make your presence known. Basements and underground garages are dangerous as they can rapidly fill with water and present the subsequent risk of electrocution or drowning. Do not attempt to rescue belongings. Do not travel through flooded streets on foot or by car, as currents may be unpredictable. Washed-out manhole covers pose an additional danger. If you are outdoors, move quickly to higher elevation. Always remain calm and follow further instructions from the authorities.



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Fires — take necessary precautions! Smoke alarms save lives.



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In the event of a fire, it is vital to act quickly. In the case of smaller fires, try to calmly and carefully extinguish the flames. When extinguishment is not possible, leave the danger zone immediately and report the emergency by calling 112. Avoid breathing in smoke by ducking and crawl along the floor to escape. Smoke from fires is fatal after a few breaths. Choose an escape route that is free of smoke. If a safer escape route isn't available, look for a room with a window, close the doors between you and the fire or smoke and remain calm. Make your presence known and wait for help.

Hazardous substance leaks — acting quickly and correctly saves lives

In the case of a hazardous substance leak, leave the building immediately and go outside. When possible, go downwind from the building in order to avoid breathing contaminated air. Avoid using power sources such as light switches or appliances, as sparks can pose an additional hazard. If necessary, inform others and provide assistance when it is safe to do so.

If the leak occurs outdoors, seek shelter in a closed building immediately. Close doors and windows, switch off air conditioning and ventilation systems and shut any openings as tightly as possible. Only leave the building if emergency services instruct you to do so. Follow the instructions of the relevant authorities and stay informed about any additional warnings until the danger has passed.



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Disinformation — check, think, protect

In the age of social media and rapid news distribution, disinformation is a growing threat to society. False or manipulated information is used specifically to influence opinions, spread uncertainty and divide communities. In order to protect yourself, you should always check sources and compare information from different news platforms. Fact checks by reputable organisations help to expose misinformation. Even before the beginning of military conflicts, disinformation may be deployed. Additionally, catastrophes or crimes can be manipulated specifically to twist facts and stoke uncertainty. Critical thinking and a conscious approach to media are essential to avoid falling for fake news. Only share content that you have fact-checked yourself and bring awareness to those around you about the risks of disinformation.



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Acts of war — stay safe with swift action!



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In the case of an air attack, it's important to act swiftly. Search for a protected area immediately, preferably a cellar or a windowless room located in a well-constructed building. An interior room (like a stairwell or a bathroom) offers additional protection away from the building's exterior walls. Sheltering under mattresses or furniture can provide extra protection and shield you from debris. Avoid being outdoors or near large glass surfaces. If you are outside, lie flat on the ground and find a hollow or a wall for cover. Stay calm, avoid panicking and wait for instructions from the authorities. Pay attention to warning signals like sirens or official messages and stay informed..



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Other emergencies — remain level-headed and informed

Crises like power outages, pandemics or other emergencies can occur suddenly and greatly impact daily life. Those who are prepared for such situations protect themselves and others by acting prudently and making smart decisions. It's important to consider your own options early on and take charge.



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Keep calm — even when things become serious

In an emergency, it's best to have a plan: those who know what to do can react effectively. Emergency supplies, a pre-packed emergency bag and the knowledge of how to respond to emergency situations all provide extra security.

Stay informed and react appropriately

Reliable information is vital. Local authorities, emergency services and official channels provide credible guidance. Those who know their emergency contact points and avoid rumours can make better decisions— and therefore aid in limiting the impacts of a crisis.

Further information is available on the website of the Federal Office
Bundesamt für Bevölkerungsschutz und Katastrophenhilfe:
www.bbk.bund.de/



Impressum / Legal notice:
Herausgeber / Publisher: Stadt Dortmund – Amt für Feuerwehr, Rettungsdienst und Bevölkerungsschutz – 37/7-2, Steinstraße 25, 44147 Dortmund
Redaktion / Editor: Dirk Aschenbrenner (verantwortlich)
Layout und Satz: Stadt Dortmund, Marketing + Kommunikation – 04/2025

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