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| **Seite 1 – Headline** | Home Medical Kit Checklist |
| **Seite 1 – Copy** | Accidents in the home, a fall off a bicycle, a cold with a fever – injuries and minor illnesses can be quickly dealt with, provided your home medical kit includes the necessary items. This is not just important in everyday life. It’s also essential in a crisis – for example, if you have to look after yourself during a heavy storm because the rescue services or the fire department can’t come to you. |
| **Seite 1 – Zwischenüberschrift** | What Your Home Medical Kit Should Contain: |
| **Seite 1 – Check-Box** | * Any personal medication prescribed by a doctor
* Anti-pain and fever-reducing medication
* Cold medications
* Medication for diarrhea, nausea, and vomiting
* Electrolytes, for restoring minerals lost due to extreme diarrhea
* Salves for insect bites and sunburn
* Thermometer for measuring body temperature
* Tweezers for removing splinters
* Antiseptic wipes/disinfectant for external use
* Wound disinfectant
* Disposable gloves
* Face mask
* Bandaging materials in accordance with DIN 13164 (Car First Aid Kit)
 |
| **Seite 2 – Headline** | Water Supply & Hygiene Checklist |
| **Seite 2 – Copy** | If construction work damages the pipes, causing your water supply to be cut off, or if a power outage means no water from the faucet, you won’t be able to carry on as usual with many everyday activities. Here’s how to be #readydoneright for such issues. |
| **Seite 2 – Zwischenüberschrift** | Water Outage: |
| **Seite 2 – Rubrik-SL** | Keep water stores:  |
| **Seite 2 – Check-Box** | * Collect any water remaining in the pipes in large containers like the bathtub, sinks, buckets, pots, etc.
 |
| **Seite 2 – Rubrik-SL** | Purify water for storage: |
| **Seite 2 – Check-Box** | * Treat tap water for use in personal hygiene with water purification tablets/drops
 |
| **Seite 2 – Rubrik-SL** | Conserve water: |
| **Seite 2 – Check-Box** | * Use disposable dishes
* Use cleaning aids that don’t require water such as dry shampoo or hand-washing paste
* Instead of washing hands, clean them with wet wipes or antiseptic wipes
* Use paper towels or wet wipes instead of running water
* Use plastic gloves so your hands stay clean
* Use a waterless camping toilet
 |
| **Seite 2 – Zwischenüberschrift** | Hygiene without Water: |
| **Seite 2 – Copy** | To ensure hygiene doesn’t suffer due to the lack of water, you should make sure to always have these items on hand: |
| **Seite 2 – Check-Box** | * Soap
* Detergent
* Toothpaste
* Toothbrush
* Wet wipes
* Antiseptic wipes
* Hygiene supplies (e.g. items for menstruation and diapers)
* Toilet paper
* Paper towels
* Trash bags
* Household gloves
* Disinfectant
* Water purification tablets/drops
* Camping toilet and extra bag and/or liquid
 |
| **Seite 3 – Headline** | Documents Folder Checklist |
| **Seite 3 – Copy** | Over the years, we have all collected quite a range of documents that are very important to have. If they get lost or destroyed, it can be very difficult to obtain new copies of some of them. Sometimes they can’t be replaced at all. It’s therefore a good idea to collect all your important documents together in a file, to make sure they’re ready at hand. |
| **Seite 3 – Zwischenüberschrift** | What Documents Should Be in Your Folder? |
| **Seite 3 – Rubrik-SL** | As originals: |
| **Seite 3 – Check-Box** | * Family records (birth certificates, marriage certificates, death certificates) and/or German family register book
 |
| **Seite 3 – Rubrik-SL** | An original or notarized copy: |
| **Seite 3 – Check-Box** | * 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: diplomas (school/university diplomas and certificates for additional qualifications)
* Contracts: important contracts or contract amendments, such as apartment or other lease agreements
* Other: testaments, advance healthcare directives, powers of attorney
 |
| **Seite 3 – Rubrik-SL** | Regular copies: |
| **Seite 3 – Check-Box** | * ID card and passport
* Driver’s license and vehicle papers
* Vaccination book
* Land titles/deeds
* All change confirmations for services received
* Payment records for insurance cover, especially social security
* Registration confirmation and other statements from the employment office
* Invoices you have issued that evidence outstanding receivables
* Membership/fee payment ledgers for associations, clubs, or other organizations
 |
| **Seite 3 – Zwischenüberschrift** | Storage Tips: |
| **Seite 3 – Check-Box** | * Is your document folder stored in a secure, easily accessible place?
* Do all your family members or fellow occupants know where the folder is located?
* Do you keep backup copies of important documents digitally and/or in a separate location, such as with a friend or in a safety-deposit box?
* Have you set up regular reminders in your cellphone or calendar for checking the documents and renewing as required?
 |
| **Seite 4 – Headline** | Emergency Food Stockpile Checklist |
| **Seite 4 – Copy** | Quarantine? Broken leg? Anyone can find themselves housebound at a moment’s notice. For these and many other emergencies, it pays to have a food stockpile – and it’s easy to put together.  |
| **Seite 4 – Zwischenüberschrift** | Here’s How: |
| **Seite 4 – 1** | 1. Step by step |
| **Seite 4 – 1-Copy** | 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. |
| **Seite 4 – 2** | 2. Don’t let the stockpile go to waste |
| **Seite 4 – 2-Copy** | 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. |
| **Seite 4 – 3** | 3. Replacements to the back |
| **Seite 4 – 3-Copy** | Items that were bought later should be placed farther to the back so that older food is used up first. |
| **Seite 4 – 4** | 4. Store it correctly |
| **Seite 4 – 4-Copy** | As a rule, non-perishable foodstuffs are best stored somewhere cool, dry, and dark. |
| **Seite 4 – 5** | 5. Cooling and cooking not needed |
| **Seite 4 – 5-Copy** | 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. |
| **Seite 4 – Zwischenüberschrift** | 10-Day Shopping List\*: |
| **Seite 4 – Check-Box** | 20 l Beverages |
| **Seite 4 – Check-Box** | 3.5 kg Bread, potatoes, pasta, rice, and other grains |
| **Seite 4 – Check-Box** | 4 kg Vegetables, mushrooms, beans/lentils |
| **Seite 4 – Check-Box** | 2.5 kg Fruit, nuts |
| **Seite 4 – Check-Box** | 2.6 kg Milk, dairy products\*\* |
| **Seite 4 – Check-Box** | 1,5 kg Fish, meat, eggs\*\*\* or powdered egg |
| **Seite 4 – Check-Box** | 357 gFats, oils |
| **Seite 4 – Check-Box** | As required Other |
| **Seite 4 – \*-Text** | \* Sample stockpile for one person\*\* Or milk substitutes for those following a vegan diet\*\*\* Or meat replacements for those following a vegetarian diet/halal products for Muslims |
| **Seite 5 – Headline** | Checklist for a Power or Gas Outage: |
| **Seite 5 – Copy** | Power line out after a storm? Gas line damaged by construction work? Do you suddenly find yourself in a home with no power, no gas, and nothing working? Use this checklist and you’ll be #readydoneright for such situations.  |
| **Seite 5 – Zwischenüberschrift** | Keeping Your Home Lit: |
| **Seite 5 – Check-Box** | * Keep a flashlight and spare batteries within easy reach
* Buy lamps powered by a crank or solar cells – these will work without batteries
* Stock up on candles and buy lighters and/or matches
* Fire-safe holders for candles
 |
| **Seite 5 – Zwischenüberschrift** | Keeping It Warm: |
| **Seite 5 – Check-Box** | * To stay warm, use thick clothing – in multiple layers if needed – and blankets
* Alternative heat sources such as a fireplace or wood-burning stove, if available
* Stock up on charcoal, wood, or briquettes
* Portable heaters powered by liquid gas or odorless petroleum oil
 |
| **Seite 5 – Zwischenüberschrift** | Cooking without Electricity or Gas: |
| **Seite 5 – Check-Box** | * 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 – only use outdoors!!!
* Stock up on charcoal, wood, or briquettes
* Stock up on dishes that don’t need cooking or heating
 |
| **Seite 5 – Box unten** | ImportantDon’t heat your home with a grill or an open fire – this is a fire hazard and can lead to carbon monoxide poisoning! |
| **Hashtag** | #readydoneright |