G5 | Fridge page: take out and post

Situation	Do
Any warning	Stay calm. Turn on the radio: your station (below). Check the NINA app. Stay with any children.
Power off	Fill bottles and bath with water; bathroom door shut. Use headlamps. Cool packs on the top shelf inside the fridge, then keep it shut. Radio on. Make one warm room. **No grill, no camping stove indoors.**
Fire	Everyone out, close the door behind you. No lift. Smoke on the stairs: stay inside, seal the door, show yourself at the window. Call **112.**
Gas smell	Do not touch light switches. Open the windows. Get out. From outside, call 112 and your supplier's fault line (below).
CO alarm	Open the windows, everyone out. Call 112 from outside.
Flood, heavy rain	**Go UP.** Never into the basement, garage or an underpass. Keep away from rivers and streams.
Chemical or smoke cloud outside	Stay inside. Windows and doors closed, fans off. Go to an inner room on an upper floor. Do not drive to daycare or school.
Explosion, air raid	Away from glass. Go down and inside, with 2 walls between you and outside. No lift.
Radiation	Stay inside, in the basement or an inner room. **Iodine only if officials say so.**
Leave home	Take **this folder** and the bags. Stove off, windows closed. Leave the note inside the door. Knock on neighbours' doors. Go to the meeting point.
No network	Send texts, do not call. One phone stays on; switch the others on at the full hour for 5 minutes. Leave the note inside the door. Follow your plan without waiting for a call: **p.13**.
Not breathing	112 on speaker. Press hard and fast, centre of chest. Adult: 30 presses, 2 breaths. Child, or pulled from water: 5 breaths first, then 30 presses, 2 breaths. Adult **p.52**, child **p.53**.

112	Fire, ambulance
110	Police
116 117	Doctor on call
Poison line (**p.9**)	
Radio: station, frequency (**p.35**)	
Supplier fault line (on bill)	
Our address	
The folder is kept at	
Contact 1, phone	
Contact 2, phone	
Doctor; daycare or school	
Meeting points 1, 2	
Host nearby, host far away	

Radio: search for the station name plus Frequenz, test it on your own radio, write it here.