GERMANY EDITION · NOVEMBER 2026

Stay Calm

The crisis folder for your household of 1 to 6 people. Find your situation, turn to the page, follow the steps.

EMERGENCY NOW?

Danger to life: call 112.

Not sure what to do: turn to page 2. You do not need to read anything else first.

0 START 2	A CALL 7	B SCENARIOS 15
C SKILLS 34	D MEDICAL 50	E CHILD 61
F PREPARE 64	G PAPERS 94	H LOOK UP 110

If found, please call	
Check it	every March and September (**p.93**)
Language	Simple English. German words you will see or hear are in ***bold italics***; say-it-aloud help on **p.111**.

Once filled in, this folder is written for one household and is of no use to anyone else. It holds private data: if you find it, please do not read or pass it on, call the number above. Write a phone number only, no address. Not a replacement for instructions from the fire brigade, police or doctors: if they tell you something different, do what they say.

0 | Start here

Whoever you are, you can use this. No emergency right now? Start with **p.65**.

FIRST 5 MINUTES - IN EVERY CRISIS

1. **Stop. Breathe three times.** Look around. Is there danger right now: fire, smoke, water, gas smell, someone hurt?
2. **Fire or smoke? Get out,** unless the stairwell is full of smoke: then close the door, seal it, call 112 (**p.16**). **Gas smell, CO alarm? Everyone out,** no light switches, 112 from outside (**p.17**).
3. **Other danger to life? Call 112.** Free, works without credit. German script: **p.8**.
4. **Find everyone in the home.** Stay together. If there are children, they come first.
5. **Find your situation in the table below**, turn to the page, and do what it says.
6. **Get information:** read the alert on your phone, then turn on the battery radio: your emergency station. (**p.35**)
7. **Tell one person you are OK:** text message, not a call. (**p.37**)

What is happening? Go to the page

What you see or hear	Go to	Page
Someone is not breathing	**D2 CPR**	**52**
Someone is hurt, bleeding, choking, very ill	D1 Medical	**51**
Fire or smoke in the building	B1 Fire	**16**
Gas smell, or CO alarm beeping, or several people dizzy	B2 Gas and CO	**17**
Lights off, no power	B3 Power cut	**18**
No water, or told to boil water	B4 Water	**20**
Heavy rain, river rising, water in basement	B5 Flood	**21**
Storm, extreme heat, deep snow or ice	B6 Weather	**23**
Cloud outside, or alert about chemicals: ***Gefahrstoff***	B7 Chemicals	**25**
Alert about radiation: ***radioaktiv, Strahlung***	B8 Radiation	**26**
Explosions, air raid alert, war news: ***Luftalarm***	B9 Attack, war	**27**
Armed attack or panic in a public place	B10 Violence	**28**
Told to leave, or home unsafe: ***Evakuierung***	B11 Evacuate	**29**
Phones, internet, cards, cash machines do not work	B12 Systems down	**30**
Many people sick, quarantine, school closed	B13 Epidemic	**31**
Empty shops, no fuel, unrest on the street	B14 Shortages	**31**
The adults are missing, hurt or dead: you are in charge.	**B15 Alone**	**32**
Child is lost	B16 Lost child	**33**

B3 | Power cut and blackout

Small cuts are common and usually end within hours. A long cut is unlikely but real: in January 2026, arson on the Berlin grid left tens of thousands of homes without power and heating for days in winter.

FIRST 30 MINUTES

1. **Does someone need power for a device** (ventilation, oxygen, suction, dialysis, personal alarm)? Switch to battery and note how long it will last. If it may not last until the power is back: call 112 early, not when it is empty.
2. **Only your home, or the whole street?** Look at fuse box and neighbours' windows, street lamps.
   Only your home: in the fuse box, push up the switch that is down (***Sicherung*** or the bigger ***FI***). Goes off again: unplug everything, try again. Still off: building manager or your supplier's fault line (**p.9**).
3. **Whole street:** torch on. Candles only if an adult watches them, never in a sleeping room or the warm room.
4. **Fill water NOW while there is pressure:** clean bottles and pots for drinking, bath and buckets for everything else. Label: toilet or drink. **Bathroom door shut: a small child can drown in the bath.** How to make it last: **p.39**.
5. **Radio on: your emergency station (p.35).** Note what they say and when.
6. **Turn all stove and oven knobs to 0, iron off.** A stove left on can start a fire when power returns. Unplug computers, TV. Leave one lamp switched on: you will see when power is back.
7. **Move the cold, then keep fridge and freezer closed.** One quick trip: frozen cool packs (***Kühlakkus***) from the freezer onto the **top shelf** of the fridge. Cold air sinks over the food below. Details and food rules: **p.42**.
8. **Phones in power saving.** With two phones: one on for alerts, one off as reserve. Powerbanks: **p.46**.
9. **Check lifts:** anyone stuck? Press the lift alarm, call 112 if needed. Check elderly neighbours.

Timeline: what to do next

When	Do	Expect
Hour 1-6	Stay home. Eat fridge food first. Get cash, keys, shoes, torch ready. If you must collect a child, walk or drive carefully: traffic lights are out, drive slowly, give way to the right unless signs say otherwise.	Trains and underground stop. Lifts stop. Mobile network gets weak. Doors and garage gates may need manual opening.
Hour 6-24	Set up the warm room (**p.44**) and emergency toilet (**p.45**). Talk to neighbours. Agree who has what. Eat freezer food after fridge food.	Heating off, flats cool slowly. Water may stop on upper floors. Shops and fuel stations mostly closed. Card payment and ATMs do not work.

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.

Stay Calm: amounts list

4 people

Your amounts for 10 days. Put this in part F of your folder. Page numbers refer to the folder. Edition November 2026.

Your numbers

What	You need	How it adds up
Drinking water	**8 l a day, 80 l for 10 days**	2 litres per person per day: 1.5 to drink, 0.5 to cook. About 9 packs of 6 x 1.5 l. Weighs 80 kg.
Toilet and washing water	**20 l a day**	Toilet 8, washing 4, dishes 2.7, reserve 5.3. A full 150-litre bath lasts about 7.5 days. For 10 days you need 50 litres more: canisters, buckets. No bath? Store what you can, flush less, use the bag toilet.
Meals	**120 in 10 days**	3 a day each. Total energy of the list: 2,200 kcal per person per day.
Indoor burners	**2**	Fondue burner with paste, with window open a little and a CO alarm.
Grab bags	**A, B and 2 more**	Small children get a child bag instead, carried in part by the adults.
Cash reserve	**600-950 €**	Small notes and coins. Not spent, only set aside. 50-100 € of it in each bag.
First step: 3 days of water and food	**70-120 €**	Rough estimate: 3/10 of the water and food costs. Much of it is normal shopping. Start here.
Cost if you reuse what you own	**690-1,190 €**	Rough estimate. If you buy everything new: 940-1,790 €.

What is different for your size

- **Two burners.** One small fondue burner does not feed four. Plan two, and cook in turns. One hot meal a day is enough, the rest can be cold.
- **Give everyone a job.** Water, information, food, children, papers. Write the names on the plan page of the folder. People calm down when they have a task.

Build in steps

Step	Drinking water	Food
☐ **3 days**	**24 litres**	Bread and crispbread, cans you can eat cold, long-life milk. Nothing needs cooking.
☐ **5 days**	**40 litres**	Add oat flakes, pasta, rice, ready meals, more cans. Add the cooker.
☐ **7 days**	**56 litres**	Add the rest of the cans, cheese, sausage, more ready meals.
☐ **10 days**	**80 litres**	Everything on the next pages. This is the BBK target.

SAMPLE

Stay Calm

These were some pages from the package.

What you get

- **The folder** (about 120 A4 pages): emergency pages for 17 situations, first aid, preparation, papers, offline maps and offline knowledge.
- **Amounts lists for 1 to 6 people:** water, food, medicine, grab bags and costs for your household. You need just one.
- **Pages to fill in:** type on a computer or write by hand.
- **Print pack:** emergency page, fridge page, cards, door note, window signs.
- **"Start here" sheet:** three things for tonight.

The folder follows the 10-day target of the BBK, the German federal civil protection office. It is not published or reviewed by the BBK. The free BBK guides are at bbk.bund.de.

Price and where to get it: [PRICE AND LINK]