

HELPER-GUIDE

ZIVILE SPONTANHILFE

BEFORE YOU START

Would you like to help in the areas affected by flooding after the water masses have receded? Then we have a few hints for you on what you should consider before you set off!

1. Inform yourself!

Have the affected areas already been secured and are helpers needed?



YES



NO

Then keep yourself up to date and wait until everything is safe and helpers are needed!

2. Prepare yourself!

Is your tetanus vaccination up to date? Do you have appropriate clothing, equipment and food?



YES



NO

Then get what you need, so that your operation runs safely and you don't have to get anything on site!

3. Know about yourself!

How do you want to help? Are you mentally and physically fit? Do you have special skills or tools? Can you prove this with certificates or similar?



YES



NO

If you don't feel fit, recover first, after all you want to help and not need help yourself!

4. Network with others!

Do you have contact with people on site and also outside the disaster who know that you will help?



YES



NO

Then try to get in touch, so that you can get started on site and everyone at home knows where you are!

Then there is not much that can stand in the way of your mission! Good luck!