





Follow Rules on Social Media

- Show respect to the people you are helping and those who are helping.
- Respect their privacy.
- Remember that they are under stress. They may later find things uncomfortable.
- Everyone has the right to their own image and words.
- Do not forward messages on the internet without verification. Be critical.
- Get information primarily from radio, television, and newspapers – or from the official social media channels of disaster management, relief organizations, government agencies, and police.

How to Protect Others While Helping

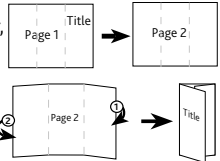


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Videos on the topic as well as this information in English and Turkish



Print- and folding information

Please note that depending on the printer, browser, and operating system, certain print settings may be necessary for the foldable format, such as printing front and back on one sheet of paper and possibly vertically mirroring the back.






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How to Protect Others While Helping



Information for helpers



-  fb.com/wirhelfenjetzt
-  instagram.com/wirhelfenjetzt
-  ea-rlp.de/whatsapp-wir-helfen-jetzt



You want to assist during a disaster?

Then follow these five tips to protect others.

1. Stay home when ill

In these cases, it's best to stay home:

- You are sick, exhibiting symptoms such as fever, cough, difficulty of breathing, nausea, or diarrhea.
- You have had close contact with someone with a contagious illness.
- You have visited a high-risk area where the risk of epidemics or contagious diseases was particularly high.

2. Check your vaccination status

When providing assistance, you come into contact with many other people and may find yourself in dirty environments. Therefore, protect yourself and others from infectious diseases.

Check your vaccination record: Have you received all the recommended vaccinations by the STIKO (Standing Committee on Vaccination)? If you're not sure, consult your family doctor.

Keep in mind: When assisting, you may come into contact with high-risk groups. Vaccinations for high-risk groups and their family members can be particularly important.

3. Inform family and friends

Before your deployment, inform your family and acquaintances about where and for how long you intend to provide assistance. Let other volunteers on-site know about the type of work you'll be doing and where.

4. Don't do what you are not good at

Only take on tasks that you truly excel at. Leave everything else to the professionals, as they are trained for it. If you feel overwhelmed, seek assistance.

5. Be aware of hazards in your surroundings

Use designated paths only. Pay attention to other road users, especially vehicles reversing. Place objects only where intended. Keep traffic routes and doors clear. If you notice a hazard, remove it from the area. For example, shaky shelves or objects that could fall. However, don't overestimate yourself. It's better to inform those in charge.



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Vaccination

Recommended vaccinations

- Booster for Diphtheria and Tetanus (recommended every ten years)
- Measles
- For individuals aged 60 and above: Influenza
- For individuals aged 60 and above: Pneumococcal infection
- For individuals aged 60 and above: Herpes Zoster (Shingles)



Vaccinations for high-risk groups

- FSME (Tick-borne encephalitis)
- Infection with Haemophilus influenzae Type b (Hib)
- Hepatitis A and B
- Influenza
- Meningococcal infection
- Pertussis (whooping cough)
- Pneumococcal infection
- Poliomyelitis (Polio)
- Rubella
- Varicella (Chickenpox)

