

Provision for self-sufficiency / Emergency supplies

As soon as supplies appear to be in short supply at times of crisis and after disasters, people will start to hoard. This may mean that it will no longer be possible to obtain essential items in the short term.

We recommend that you build up your own personal supplies. These should consist of non-perishable products and reflect your regular diet. Check your supplies every now and again to ensure that items are used up before the “use by” date and replace them with new items.

Recommended emergency supplies

Basic supplies (per person):

- 1-2 kg sugar
- 1-2 ltr/kg oil or fat
- 1-2 kg rice or pasta
- 6 ltr mineral water

Supplementary supplies should include:

- Cheese
- Tinned meat, fish, fruit and vegetables
- Crackers/crispbread
- Chocolate
- Cans/packs of soup
- Tea and coffee
- Candles and matches
- Batteries
- Soap and toilet paper
- First aid supplies and any medication you take

As soon as the first cases are reported in Switzerland, all canteens will be closed. Employees will then be responsible for providing their own meals. It is recommended that you also build up your own emergency food supplies at your workplace, as there is a danger that traffic problems may prevent you from going home for some time.