

Guide on How to Survive in Disaster : Biological Disaster

1. Stay informed: Keep up to date on the latest information about the biological disaster, including any warnings or evacuation orders issued by local authorities.
2. Prepare a kit: Assemble a disaster supply kit that includes food, water, and basic medical supplies. Make sure to include any necessary medications or special items for family members with disabilities or medical conditions.
3. Create a plan: Develop a plan for how you and your family will stay safe during a biological disaster. Identify potential evacuation routes and emergency meeting places.
4. Practice good hygiene: Practice good hygiene to prevent the spread of disease, such as washing your hands frequently, covering your mouth and nose when you cough or sneeze, and avoiding close contact with sick people.
5. Follow quarantine and isolation guidelines: If you are exposed to a contagious disease or become ill, follow the guidelines for quarantine or isolation issued by public health officials.
6. Seek medical attention if necessary: If you become seriously ill or injured, seek medical attention as soon as possible.
7. Stay calm and stay informed: Stay calm and stay informed of the latest developments and instructions from local authorities. Be prepared for the possibility of power outages and other disruptions in services.

Guide on How to Survive in Disaster : Geological Disaster

1. **Stay informed:** Keep up to date on the latest information about the geological disaster, including any warnings or evacuation orders issued by local authorities.
2. **Create a plan:** Develop a plan for how you and your family will stay safe during a geological disaster. Identify potential evacuation routes and emergency meeting places.
3. **Secure your home:** Take steps to secure your home, such as securing loose objects, reinforcing walls and foundations, and installing shutters or other protective coverings.
4. **Learn the warning signs:** Learn the warning signs of potential geological hazards, such as earthquakes, landslides, and volcanic eruptions, and know what to do when they occur.
5. **Prepare an emergency kit:** Assemble an emergency kit that includes food, water, first aid supplies, and important documents. Make sure to include a battery-powered or hand-crank radio to stay informed of the latest developments.
6. **Evacuate if necessary:** Follow any evacuation orders issued by local authorities and do so as quickly and safely as possible.
7. **Seek shelter:** If you are unable to evacuate, seek shelter in a safe location, such as a designated shelter or sturdy building.
8. **Stay calm and stay informed:** Stay calm and stay informed of the latest developments and instructions from local authorities. Be prepared for the possibility of power outages and other disruptions in services.