

## POST ACTIVITY BRIEFER

### VITAL THINGS TO REMEMBER ABOUT DISASTER PREPAREDNESS

- A disaster is the sudden and calamitous event that seriously disrupts the functioning of a community / society, and causes human, material, and economic or environmental losses that exceeds the community's ability to cope up using its own resources.
- A disaster can be caused by nature, technological or man-made.
- Disaster preparedness refers to measures taken to prepare for and reduce the effects of disasters.
- It is also to establish and strengthen capacities of communities to anticipate, cope and recover from the negative impacts of emergencies and disasters.

### IMPORTANCE OF HAVING AN EMERGENCY GO BAG

*(Complete list of items in the GO Bag, see pre-activity briefier)*

- Prepares ourselves for disasters is universal.
- Emergencies can happen anywhere, at home, school or work.
- Everyone must take action to prepare for emergencies and disasters in case something unexpected happens.

### POINTS TO PONDER

- EARTHQUAKES

Timeframe	Action/s	Rationale
BEFORE	Check surroundings	To identify hazards in the area, and potential risk for injuries.
DURING	Stay in the classroom	Causing panic (or in panic) may cause hysteria, and may lead to injuries or death.
	Put book on top of head	To prevent injuries
	Wear hard hat	
	Stay under student's / teacher's table	
	Get GO bag	To increase chances of survival with use of basic and essential commodities
AFTER	Use whistle	To alert rescuers nearby.
	Go to open area / designated safe area	To avoid injuries, death, and be accounted for as alive.

**POINTS TO PONDER (continuation)**

- TYPHOON, STORM SURGE, AND FLOOD

Timeframe	Action/s	Rationale
BEFORE	Close windows	To avoid injuries
	Remove potted plants	
	Place sandbag	Used to stop flood waters in entering the structure
	Fix roof	To prevent injuries
	Get GO bag	To increase chances of survival with use of basic and essential commodities
	Wear boots	To avoid infections, and protect foot from sharp objects
	Reflective raincoat	For passerby cars to readily identify you, especially in the dark
	Bring flashlight	To improve visuals in the dark areas, and light during blackouts
	Stay away from damaged parts of the house	To avoid injuries, electrocution, death
	Turn off electricity	
	Use pail	
	Use radio	To get updates about the weather and status of the area
	Whistle	To get attention, in case you get stuck in debris or locked in an enclosed area
	Evacuate if necessary	To avoid injury / death
DURING	Avoid Hazards	
AFTER	Clean self	To prevent infections
	Set-up at the evacuation area	To settle down in a safe area
	Inform relatives	To alleviate fear and anxiety of family and relatives

**POST ASSESSMENT TEST**  
Disaster Preparedness Simulator  
Ania Design Lab

Name: \_\_\_\_\_ Score: \_\_\_\_\_  
Date: \_\_\_\_\_

**GENERAL INSTRUCTIONS:** Please mark the correct answer.  
You are given 10 minutes to answer the questions.

1. **Disaster preparedness refers to:**
  - a. Measures taken to prepare for and reduce effects of disasters.
  - b. Establish and strengthen capacities to respond to any disaster.
  - c. It only prepares for man-made disasters.
  - d. Rehabilitates the community after a disaster.
2. **Earthquakes and typhoons are common natural disasters in the Philippines. What type of disasters do they belong to?**
  - a. Meteorological, Geophysical
  - b. Climatological, Biological
  - c. Biological, Climatological
  - d. Hydrological, Geophysical
3. **Having an emergency GO bag increases chances of \_\_\_\_\_ to any disaster?**
  - a. Escape
  - b. Safety
  - c. Survival
  - d. Dying
4. **Before an earthquake strikes, one must check their surroundings for any hazards. What is the reason behind it?**
  - a. To put in safety the Wi-Fi devices, and have communications in case an earthquake happens.
  - b. To identify places where you can put your valuable items.
  - c. To check any potential hazards that may cause injury, or even death.
  - d. To look for your neighbor's cool stuff, and have a chance to steal it when an earthquake breaks out.
5. **What is the need to always keep a whistle with you at all times?**
  - a. To keep you look stylish.
  - b. To check breathing.
  - c. To easily distract stray dogs in your area.
  - d. To alert rescuers nearby, or get attention within the disaster area.
6. **During an earthquake, performing duck, cover and hold under a table, putting a book on your head or wearing a hard hat prevents:**
  - a. Getting stuck
  - b. Injury or death
  - c. Infections
  - d. Debris

7. **After an earthquake, it is a must to proceed to an open area / designated safe area. What is the reason for it?**
  - a. To evade your long time crush who got stuck in the classroom.
  - b. To talk with your teacher about a failed test.
  - c. To interact with your classmates after the earthquake.
  - d. To avoid injuries, death, and be accounted for as alive and well.
8. **In a typhoon, likelihood of storm surge and flood happening is high. Before it comes, what are the things needed to be done?**
  - a. Close windows, remove potted plants, place sandbag, fix roof & prepare emergency GO bag, boots, reflective raincoat, flashlight and whistle, and radio.
  - b. Put tires on the roof, prepare emergency GO bag, water potted plants, open windows.
  - c. Prepare car in case of evacuation, place sandbags, close windows, and make sure WiFi is always open for social media updates.
  - d. Post in social media that a typhoon is coming, and posted pictures online of how your family is preparing for the typhoon.
9. **You learned from your disaster preparedness class that you need to turn off the electricity in preparation for the upcoming typhoon. What is the reason for doing the said action?**
  - a. To avoid injury or death due to electrocution.
  - b. To save money from high cost of electricity.
  - c. Turn it off, since it will be shut down by the electricity provider anyway.
  - d. To see the stars in the night.
10. **After evacuating ahead of time, you wanted to inform your family of your condition. What is the reason behind it?**
  - a. To check if your cellular line is working.
  - b. To tell them that you are in an evacuation center, and bring a Wi-Fi emitting device.
  - c. To alleviate anxiety and fear of your family and relatives.
  - d. To ask your parents to send you money and buy some goods.

POST ASSESSMENT TEST  
ANSWER KEY  
Disaster Preparedness Simulator  
Ania Design Lab

1. Disaster preparedness refers to:  
a. Measures taken to prepare for and reduce effects of disasters.
2. Earthquakes and typhoons are common natural disasters in the Philippines. What type of disasters do they belong to?  
b. Meteorological, Geophysical
3. Having an emergency GO bag increases chances of \_\_\_\_\_ to any disaster?  
c. Survival
4. Before an earthquake strikes, one must check their surroundings for any hazards. What is the rationale behind it?  
c. To check any potential hazards that may cause injury, or even death.
5. What is the need to always keep a whistle with you at all times?  
d. To alert rescuers nearby, or get attention within the disaster area.
6. During an earthquake, performing duck, cover and hold under a table, putting a book on your head or wearing a hard hat prevents:  
b. Injury or death
7. After an earthquake, it is a must to proceed to an open area / designated safe area. What is the reason for it?  
d. To avoid injuries, death, and be accounted for as alive and well.
8. In a typhoon, likelihood of storm surge and flood happening is high. Before it comes, what are the things needed to be done?  
a. Close windows, remove potted plants, place sandbag, fix roof & prepare emergency GO bag, boots, reflective raincoat, flashlight and whistle, and radio.
9. In the news, it was noted that a typhoon will directly hit your city in the evening. Mentioned also of the typhoon coming within the next 3 hours. You learned from your DRR class that you need to turn off the electricity in preparation for the upcoming typhoon. What is the reason for doing the said action?  
a. To avoid injury or death due to electrocution.
10. After the floods rushed to your rented apartment, you were able to evacuate ahead of time to an assigned evacuation center. You wanted to inform your family in the province of your condition. What is the rationale behind it?  
c. To alleviate anxiety and fear of your family and relatives.