

Disaster Preparedness Briefer

What is a Disaster?

A disaster is a sudden, calamitous event that seriously disrupts the functioning of a community or society and causes human, material, and economic or environmental losses that exceed the community's or society's ability to cope using its own resources. Though often caused by nature, disasters can have human origins (IFRC).

What is Disaster Preparedness?

Establish and strengthen capacities of communities to anticipate, cope and recover from the negative impacts of emergency occurrences and disasters (National Disaster Risk Reduction and Management Council, 2011).

Disaster preparedness refers to measures taken to prepare for and reduce the effects of disasters. That is, to predict and, where possible, prevent disasters, mitigate their impact on vulnerable populations, and respond to and effectively cope with their consequences. (IFRC, 2015)

The capacities and knowledge developed by governments, professional response organisations, communities and individuals to anticipate and respond effectively to the impact of likely, imminent or current hazard events or conditions. (UNISDR, 2009).

Types of Natural Disasters

Geophysical – earthquakes, landslides, tsunamis, volcanic activity

Hydrological – avalanches, floods

Climatological – extreme temperature, drought, wildfires

Meteorological – cyclones, storm/wave surges

Biological – disease epidemics, insect / animal plagues

In any disaster, you need an Emergency GO Bag!

Individual Emergency Go Bag must be prepared for individuals who are potential victims/casualty when a disaster strikes to increase their chance of survival.

- Bottled water (good for 3 days)
- Easy open, non-perishable packaged foods
- Food for infants and elderly (if applicable)
- Battery-powered radio (with extra batteries)
- Candles and flashlights (with extra batteries)
- First Aid Kit and Prescriptions
- Hygiene Kit (soap, toothbrush, toothpaste, sanitary pads, etc.)
- Cooking tools (spatula, smallpan, etc.)
- Disposable plates, drinking container and utensils
- Towels
- Extra clothes
- Whistle, reflectorized raincoat, boots, helmet with headlights
- Money, important legal documents (passport, birth certificate, etc.)

What to Do?

Typhoon, Storm Surge & Flood

BEFORE	DURING	AFTER
<ul style="list-style-type: none">• Prepare emergency GO bag	<ul style="list-style-type: none">• DO NOT PANIC!	<ul style="list-style-type: none">• Check your loved ones
<ul style="list-style-type: none">• Place sandbag on the base of the doors	<ul style="list-style-type: none">• Store appliance to higher ground	<ul style="list-style-type: none">• Boil drinking water for 20 minutes before drinking (or use chlorine tablets, if available)
<ul style="list-style-type: none">• Turn off non-essential electronics	<ul style="list-style-type: none">• Turn off main power switch	<ul style="list-style-type: none">• Do not enter your destroyed house until its safe
<ul style="list-style-type: none">• Fill up vehicle tanks and park in a safe area	<ul style="list-style-type: none">• Evacuate as per local policies and protocols (ask you local DRR Offices)	<ul style="list-style-type: none">• Report damaged electric cables and posts to authorities
<ul style="list-style-type: none">• Set refrigerator / freezer to high (to maintain temperature of preserving food stored)	<ul style="list-style-type: none">• Obey evacuation orders	<ul style="list-style-type: none">• Dry the possible breeding sites of mosquitoes
<ul style="list-style-type: none">• Secure loose outdoor items	<ul style="list-style-type: none">• Do not go through flood waters unless life threatening / ordered.	<ul style="list-style-type: none">• If trapped, use whistle or flashlight to get attention
<ul style="list-style-type: none">• Secure and lock all doors and windows	<ul style="list-style-type: none">• Avoid going near bodies of water (e.g. river, etc.)	<ul style="list-style-type: none">• Check for injuries
<ul style="list-style-type: none">• Prepare emergency hotline (National Hotline: 911; Local - Check your local Emergency Hotline)	<ul style="list-style-type: none">• Beware of electrocutions	
<ul style="list-style-type: none">• Identify in advance the evacuation center / safe place	<ul style="list-style-type: none">• Stay away from glass windows, shelves, cabinets, and other heavy objects	
	<ul style="list-style-type: none">• Stay away from trees, powerlines, posts, concrete structures, steep slopes which may be affected by landslides.	

What to Do?
Earthquake

BEFORE	DURING	AFTER
<ul style="list-style-type: none"> Know the earthquake hazards in your area (go to link http://faultfinder.phivolcs.dost.gov.ph/) 	<ul style="list-style-type: none"> STAY CALM! 	<ul style="list-style-type: none"> BE PREPARED FOR AFTERSHOCKS!
<ul style="list-style-type: none"> Follow structural design and engineering practices when constructing a house or building (follow Philippine Building Code) 	<ul style="list-style-type: none"> When you are inside a structurally sound building or home, STAY THERE! 	<ul style="list-style-type: none"> Once the shaking stops, take the fastest and safest way out of the building.
<ul style="list-style-type: none"> Evaluate the structural soundness of the building and homes; strengthen or retrofit as necessary 	<ul style="list-style-type: none"> Perform DUCK, COVER, and HOLD 	<ul style="list-style-type: none"> Do not use the elevators Do not enter damaged buildings DO NOT PANIC!
<ul style="list-style-type: none"> Strap or bolt heavy furnitures / cabinets to the walls 	<ul style="list-style-type: none"> If possible, quickly open the door for exit 	<ul style="list-style-type: none"> Do not use the telephone unless necessary
<ul style="list-style-type: none"> Check the stability of hanging objects like ceiling fans and chandeliers 	<ul style="list-style-type: none"> Duck under a sturdy desk or table, and hold on to it, or protect your head with your arms 	<ul style="list-style-type: none"> Check yourself and others for injuries
<ul style="list-style-type: none"> Breakable items, harmful chemical and flammable materials should be stored properly in the lowermost secured shelves. 	<ul style="list-style-type: none"> Stay away from glass windows, shelves, cabinets, and other heavy objects 	<ul style="list-style-type: none"> Check water and electrical lines for damages and report to authorities
<ul style="list-style-type: none"> Always turn off the gas tanks when not in use 	<ul style="list-style-type: none"> Beware of falling objects. Be alert and keep your eyes open 	<ul style="list-style-type: none"> Check for spills of chemical, toxic and flammable materials and report to authorities

<ul style="list-style-type: none"> Familiarize yourself with the exit routes and places where fire extinguishers, first aid kits, alarms and communication facilities are located. Learn how to use them beforehand. 	<ul style="list-style-type: none"> IF YOU ARE OUTSIDE, MOVE TO AN OPEN AREA! 	<ul style="list-style-type: none"> Check and control fires which may spread
<ul style="list-style-type: none"> Participate in regular earthquake drills 	<ul style="list-style-type: none"> Stay away from trees, powerlines, posts, concrete structures, steep slopes which may be affected by landslides. 	<ul style="list-style-type: none"> If you need to evacuate your residence, leave a message stating where you are going and bring your Emergency GO Bag
<ul style="list-style-type: none"> Prepare Emergency GO Bag 		<ul style="list-style-type: none"> Head count after settling down in the safe area
		<ul style="list-style-type: none"> If trapped, use whistle or flashlight to get attention of rescuers.