

AI-01771 Disaster Preparedness

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☰ Tags	Problem
🕒 Created time	@June 24, 2025 4:45 PM

I'm looking for a DIY disaster preparedness comprehensive resource, define disaster preparedness. List the pillars of disaster preparedness. List the fundamental and basic framework of disaster preparedness. List the basic skills, supplies, communication, health, IT infrastructure needed to face the daunting task on Day00 and onwards.

Disaster preparedness is a continuous process of planning, organizing, training, equipping, exercising, evaluating, and improving capabilities to prevent, protect against, mitigate, respond to, and recover from emergencies and disasters. It aims to reduce human and economic losses by increasing a community's ability to withstand and recover from adverse events.

Here's a comprehensive DIY guide:

Pillars of Disaster Preparedness

While various frameworks exist, a commonly accepted set of pillars or mission areas for disaster preparedness (often part of a broader emergency management cycle) includes:

1. **Prevention:** Actions taken to avoid an incident or prevent an emergency from occurring. This can involve deterring threats or proactive measures to stop something from happening.
2. **Protection:** Actions taken to secure people, property, and the environment against a hazard. This includes measures like physical security and cybersecurity.

3. Mitigation: Measures that prevent an emergency, reduce the chance of an emergency happening, or reduce the damaging effects of unavoidable emergencies. Examples include building codes, zoning requirements, and constructing barriers like levees.
4. Response: Actions carried out immediately before, during, and immediately after a hazard impact, aimed at saving lives, reducing economic losses, and alleviating suffering. This includes activating emergency operations centers, evacuations, and providing emergency medical care.
5. Recovery: Actions taken to return a community to normal or near-normal conditions, including the restoration of basic services and the repair of physical, social, and economic damages. This can involve debris cleanup, financial assistance, and rebuilding infrastructure.

Fundamental and Basic Framework of Disaster Preparedness

A basic framework for DIY disaster preparedness often centers around the following:

1. Risk Assessment:

- Identify Hazards: Understand the natural and man-made disasters most likely to affect your specific location (e.g., typhoons, earthquakes, floods, fires, power outages, civil unrest).
- Assess Vulnerabilities: Identify weaknesses in your home, community, and personal situation that could be exploited by hazards. This includes structural integrity, accessibility for vulnerable individuals, and reliance on external systems.
- Evaluate Impact: Consider the potential consequences of each hazard on your family, home, health, finances, and local environment.

2. Planning:

- Develop a Family Disaster Plan: Create a clear, written plan that outlines what to do before, during, and after a disaster. This should include:
 - Emergency contact information (internal and external to the area).

- Meeting points (inside and outside the home, and out-of-area).
- Evacuation routes and procedures.
- Shelter-in-place instructions.
- Roles and responsibilities for each family member.
- Care for pets and individuals with special needs.
- Contingency Planning: Think through various scenarios and develop backup plans for communication, power, water, and food.

3. Building Capacity (Preparedness Activities):

- Gather Supplies: Assemble emergency kits for home, work, and vehicles.
- Develop Skills: Learn essential skills like first aid, CPR, basic repairs, and self-defense.
- Information Gathering: Stay informed about local risks, emergency alerts, and community resources.
- Secure Your Home: Implement measures to reduce hazards in your home (e.g., securing heavy furniture, maintaining utilities).

4. Training and Exercises:

- Practice Your Plan: Regularly rehearse your family disaster plan, including drills for evacuations and sheltering in place.
- Attend Training: Take courses in first aid, CPR, and other relevant skills.

5. Maintenance and Review:

- Regularly Check Supplies: Rotate food and water, check expiration dates on medications and batteries.
- Update Plans: Review and update your family disaster plan at least once a year, or after any significant life changes.
- Stay Informed: Keep abreast of new preparedness guidelines and local emergency information.

Basic Skills, Supplies, Communication, Health, and IT Infrastructure for Day 00 and Onwards

This section focuses on what you need to have in place to respond effectively from the immediate aftermath (Day 00) and for the days and weeks following a disaster.

Basic Skills

6. First Aid & CPR: Essential for addressing injuries and medical emergencies. Consider taking a certified course.
7. Fire Safety: Knowing how to use a fire extinguisher and basic fire prevention.
8. Basic Search & Rescue: How to safely check on family members and neighbors, and basic self-extrication.
9. Knot Tying: Useful for securing items, creating makeshift shelters, or rescues.
10. Shelter Building/Improvisation: Basic knowledge of creating temporary shelter from available materials.
11. Water Purification: Methods to make unsafe water potable.
12. Navigation: Basic map reading and compass skills, or knowing how to use GPS effectively in offline mode.
13. Basic Repair Skills: Knowledge of turning off utilities (water, gas, electricity), patching leaks, and minor structural repairs.
14. Self-Defense: Basic awareness and techniques for personal safety.
15. Stress Management & Mental Fortitude: The ability to remain calm and make rational decisions under pressure.

Supplies (Emergency Kits - Go-Bag/Stay-at-Home Kit)

Essentials (3-day supply for evacuation, 2-week supply for home):

1. Water: 1 gallon per person per day for drinking and sanitation.

2. Food: Non-perishable, easy-to-prepare items (canned goods, dried fruit, nuts, energy bars).
3. First Aid Kit:
 - Sterile dressings, bandages (various sizes), adhesive tape
 - Antiseptic wipes, antibiotic ointment
 - Pain relievers (aspirin, ibuprofen)
 - Anti-diarrhea medication, antacids, laxatives
 - Prescription medications (at least a 7-day supply, with a copy of prescriptions)
 - Any personal medical supplies (e.g., insulin, epi-pen, oxygen)
 - Scissors, tweezers, safety pins
 - Thermometer
 - Gloves (non-latex)
 - Hand sanitizer
4. Lighting: Flashlight (LED preferred), headlamp, extra batteries.
5. Communication: Battery-powered or hand-crank radio (NOAA weather radio if possible).
6. Tools: Multi-purpose tool, wrench/pliers (to turn off utilities), manual can opener.
7. Sanitation & Hygiene: Moist towelettes, garbage bags, plastic ties, soap, toilet paper, feminine hygiene products.
8. Clothing & Bedding: A complete change of clothing, sturdy shoes, rain gear, emergency blanket/sleeping bag for each person.
9. Important Documents: Copies of identification, insurance policies, bank records, medical information, deeds/leases (stored in a waterproof bag).
10. Cash: Small bills, as ATMs and credit card machines may not work.
11. Maps: Local maps, as GPS may be unreliable.

Additional Considerations:

12. Whistle: To signal for help.
 13. Dust Masks: N95 or surgical masks to filter contaminated air.
 14. Plastic Sheeting & Duct Tape: For shelter-in-place or makeshift repairs.
 15. Fire Extinguisher: Small, all-purpose.
 16. Household Chlorine Bleach & Medicine Dropper: For water disinfection.
 17. Pet Supplies: Food, water, medications, leash, carrier, proof of vaccination.
 18. Baby Supplies: Formula, bottles, diapers, wipes, baby food.
 19. Entertainment: Books, games, or activities for children.
- Communication
20. Family Communication Plan: Pre-determined out-of-state contact, alternative meeting locations.
 21. Cell Phones: Fully charged, with power banks/solar chargers. Texting is often more reliable than calls during outages.
 22. Battery-Powered/Hand-Crank Radio: For official broadcasts and emergency alerts.
 23. Two-Way Radios (FRS/GMRS): For short-range communication with family or neighbors without relying on cellular networks.
 24. Amateur (Ham) Radio: For more extensive communication capabilities, requires a license.
 25. Social Media (with caution): Can be used to check in with loved ones (e.g., Facebook Safety Check) and get information, but be wary of misinformation.
 26. Whistle: For signaling for help.
 27. Physical Messaging: Leaving notes for family members if separated.

Health

1. Comprehensive First Aid Kit: As detailed above.

2. Prescription Medications: At least a 7-day supply for all family members, with clear labeling and dosage instructions.
3. Over-the-Counter Medications: Pain relievers, allergy medication, antacids, anti-diarrhea.
4. Personal Hygiene Items: Soap, hand sanitizer, toothbrushes, toothpaste, menstrual hygiene products.
5. Eyeglasses/Contact Lenses & Solution: Extra pair if needed.
6. Medical Information: Copies of medical records, allergies, doctor's contacts.
7. Hygiene for Wound Care: Clean water, soap, sterile dressings to prevent infection.
8. Knowledge of Basic Illnesses: How to identify and manage common ailments (fever, cold, dehydration).

IT Infrastructure (Personal Level)

While a full IT infrastructure is beyond DIY, here are crucial considerations for personal data and device readiness:

1. Data Backup & Redundancy:
 - Cloud Backup: Regularly back up important documents, photos, and files to cloud storage.
 - External Hard Drives: Maintain a local backup of critical data. Store it in a waterproof and fireproof container.
 - Physical Copies: Print hard copies of essential documents (IDs, insurance, medical info, contact lists).
2. Power Solutions:
 - Power Banks: Fully charged power banks for mobile devices.
 - Solar Chargers: Portable solar chargers for phones and small electronics.
 - Vehicle Chargers: Keep car chargers readily available.

- Generator (if applicable): If you have a generator, ensure it's properly maintained, you have fuel, and understand safe operation (never indoors).

3. Offline Access to Information:

- Downloaded Maps: Download offline maps for your area on your phone.
- Emergency Contact List: Keep a physical copy of important phone numbers.
- First Aid Manuals: Download or print basic first aid guides.

4. Device Protection:

- Waterproof Cases/Bags: For phones and other electronics.
- Surge Protectors: To protect electronics from power fluctuations if electricity returns.

5. Cybersecurity Awareness: Be aware of potential scams and misinformation that can proliferate during disasters.

By systematically addressing these areas, you can significantly enhance your ability to face and recover from challenging disaster scenarios. Remember, preparedness is an ongoing process, not a one-time event.

List a 27th floor condo unit disaster preparedness strategies, plans and execution protocols

Living in a 27th-floor condo unit presents unique challenges and considerations for disaster preparedness, especially in a location like Zarraga, Western Visayas, Philippines, which is susceptible to earthquakes, typhoons, flooding, and potential tsunamis (for coastal areas). Here's a tailored approach:

27th Floor Condo Unit Disaster Preparedness

1.

I. Risk Assessment (Condo-Specific)

2. Building Integrity:

- Earthquake Resistance: Inquire about the building's earthquake-resistant design and construction standards. The Philippines has a high earthquake

hazard.

- Wind Resistance: Given typhoons, assess the building's structural integrity against strong winds.
- Fire Suppression Systems: Confirm the presence and regular maintenance of sprinklers, smoke detectors, fire alarms, and fire-rated doors within your unit and common areas.
- Building Management Protocols: Understand the building's emergency response plan, including evacuation procedures, designated safe areas, and communication systems.

3. Unit-Specific Vulnerabilities:

- Falling Objects: Identify heavy furniture, shelves, or wall decorations that could fall during an earthquake.
- Window Integrity: Assess the strength of windows against strong winds and flying debris.
- Utility Shut-off: Locate and understand how to shut off water and electricity to your unit. (Gas is less common in condos but note if present).
- Entry/Exit Points: Evaluate the accessibility of your unit's main door and proximity to emergency exits.

4. Elevation-Specific Concerns:

- Evacuation Time: Recognize that evacuating from the 27th floor will take significant time, especially if elevators are out.
- Water Pressure: Understand that water pressure may be affected during power outages or if the building's pumping system fails.
- Air Quality: Smoke from lower floors can rise, making air quality a concern during fires.
- Wind Effects: Higher floors experience stronger winds during typhoons.

II. Preparedness Strategies & Plans

A. Before a Disaster (Pre-emptive Measures)

5. Know Your Building:

- **Building Emergency Plan:** Obtain and thoroughly read the building's emergency plan. Know where fire exits, stairwells, and assembly points are.
- **Building Management Contacts:** Have emergency contact numbers for building administration, security, and maintenance.
- **Fire Warden/Emergency Team:** Know if the building has designated fire wardens or an emergency response team.
- **Floor Plan:** Keep a copy of your floor plan highlighting emergency exits in your unit.

6. Unit Hardening:

- **Secure Furniture:** Anchor heavy furniture (bookcases, cabinets, TVs) to walls using straps or L-brackets.
- **Breakables:** Store heavy or breakable items on lower shelves.
- **Window Protection:** Consider applying safety film to windows to prevent shattering during extreme winds or earthquakes.
- **Fire Extinguisher:** Have a small, ABC-rated fire extinguisher easily accessible in your unit (e.g., kitchen).
- **Smoke/Carbon Monoxide Detectors:** Ensure your unit has working smoke detectors (and CO detectors if you have gas appliances) and test them regularly.

7. Emergency Kits (Tailored for High-Rise):

- **Go-Bag (Evacuation Kit - 72 hours minimum):** Keep this packed and easily accessible near your door.
 - **Water:** Compact water filtration straw/tablets in addition to bottled water.
 - **Food:** High-energy, lightweight, non-perishable food.
 - **Medical:** Personal medications (at least 7-day supply), comprehensive first-aid kit.
 - **Lighting:** Headlamps (hands-free) are crucial for stairwells.

- Communication: Whistle, power bank for phone, hand-crank/solar radio.
- Personal Hygiene: Wet wipes, hand sanitizer.
- Protection: N95 masks (for smoke/dust), sturdy gloves (for debris), comfortable walking shoes.
- Documents: Waterproof pouch with copies of IDs, important papers, cash.
- Tools: Multi-tool, small pry bar (for jammed doors).
- Signaling: Reflective vest or brightly colored cloth.
- Shelter-in-Place Kit (Home Kit - 2 weeks minimum): Stored within your unit for extended stays.
 - Larger Water Supply: Store potable water or have a reliable purification system.
 - Food Stock: More extensive non-perishable food supply.
 - Power: Larger power station/battery pack for charging multiple devices.
 - Sanitation: Buckets with lids, heavy-duty garbage bags for makeshift toilets, cat litter or sawdust for odor control.
 - Comfort: Blankets, sleeping bags, extra clothing.
 - Cooking: Camp stove with fuel (use only with extreme caution and ventilation), or ready-to-eat foods.
 - Entertainment: Books, games, cards (especially for extended power outages).

8. Skills Development:

- First Aid & CPR: Crucial for immediate response to injuries.
- Fire Extinguisher Use: Practice using a fire extinguisher.
- Water Purification: Know how to purify water.
- Basic Search & Rescue: For family members within the unit.

- Mental Preparedness: Discuss potential scenarios and coping mechanisms with family.

B. During a Disaster (Execution Protocols)

9. Earthquake:

- Drop, Cover, and Hold On: Immediately get under sturdy furniture (table, desk) or against an interior wall. Protect your head and neck.
- Stay Away from Windows: Move away from glass.
- Do NOT Use Elevators: Never use elevators during or immediately after an earthquake.
- Assess Damage: After shaking stops, calmly assess yourself and your unit for injuries or damage. Check for gas leaks (unlikely in condos, but important to know).
- Prepare to Evacuate: If the building is compromised or ordered, grab your go-bag and use the stairs.

10. Fire:

- Detect Fire: If a smoke alarm sounds or you smell smoke.
- Feel the Door: Before opening your unit door, feel it for heat. If it's hot, do not open it.
- Evacuate (If Safe): If the door is cool, open it slowly. If the hallway is clear of smoke, proceed calmly to the nearest fire exit/stairwell. Close your unit door behind you to contain the fire.
- Use Stairs ONLY: Never use elevators during a fire. Descend calmly.
- Crawl Low: If there's smoke in the stairwell, crawl low to the ground where air is clearer.
- Rally Point: Proceed to the building's designated external assembly point.
- If Trapped: If you cannot evacuate (door is hot, smoke-filled hallway):
 - Stay in your unit.
 - Call 911 (or local emergency number) immediately and state your exact unit number.

- Seal the door with wet towels or duct tape to prevent smoke entry.
- Open a window slightly for fresh air (if safe) and wave a bright cloth to signal for help.
- Stay low to the floor.

11. Typhoon/Severe Wind/Flooding:

- Stay Indoors: Remain in your unit. Do not go to balconies.
- Secure Loose Items: Bring in or secure all outdoor items (balcony furniture, plants).
- Close Windows/Blinds: Close and secure all windows and draw blinds/curtains to prevent glass shards from flying if a window breaks.
- Internal Room: Move to an interior room or a bathroom away from windows if the storm is severe.
- Water/Power Outages: Expect potential power and water interruptions. Use your shelter-in-place kit.
- Flood Risk (Zarraga consideration): While on the 27th floor, direct flooding isn't a concern, but impacts on ground-level infrastructure (access, utilities) will be. Be prepared for prolonged isolation.
- Listen to Building Announcements: Pay attention to any instructions from building management or local authorities via radio/battery-powered devices.

C. After a Disaster (Recovery & Ongoing Preparedness)

12. Safety First:

- Assess Damage: Check your unit for structural damage, leaks, or hazards.
- Utilities: Do not turn on utilities until they have been inspected by a qualified professional or deemed safe by authorities.
- Avoid Damaged Areas: Stay away from visibly damaged parts of the building.

13. Communication:

- **Contact Family/Friends:** Use your communication plan to check in with loved ones. Text first, as calls may overload networks.
- **Building Management:** Follow instructions from building management regarding re-entry, repairs, and services.
- **Emergency Services:** Only call emergency services for actual emergencies to keep lines clear.

14. Resilience & Resource Management:

- **Conserve Supplies:** Ration food and water from your kits.
- **Community Support:** Offer assistance to neighbors if safe to do so. High-rise living can foster community.
- **Document Damage:** Take photos/videos of any damage for insurance claims.

15. Review and Replenish:

- **Restock Kits:** Once safe, replenish all used emergency supplies.
- **Update Plans:** Review what worked and what didn't in your plan, and make adjustments.
- **Learn from Experience:** Reflect on the event and identify areas for improvement in your preparedness.
By focusing on these specific strategies for a high-rise condo unit in a disaster-prone area like Zarraga, you can significantly enhance your safety and resilience.