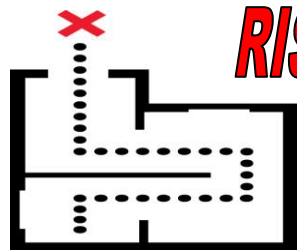
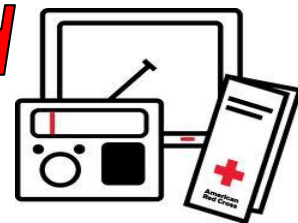


“Are **YOU** prepared?”



NATIONAL DISASTER

RISK REDUCTION MONTH



July is the celebration of the National Disaster Risk Reduction Month (formerly National Disaster Consciousness Month). Disasters are often caused by natural occurrences such as earthquakes, volcanic eruptions, floods and typhoons. Although these natural calamities cannot be prevented, the damages that they cause maybe minimized if people take precautionary measures. For the past years, the country has been experiencing increasing incidents of emergencies and disasters in greater extent and magnitude. As such, vigilance, people’s readiness and community preparedness should be emphasized.

PLAN A disaster strikes when it is least expected to happen. Although it may be true that one won’t be prepared enough, it is still possible to prepare for whatever comes for the safety of everyone. The family should be discussing their emergency plan, specifically where they would all go if ever they get separated during a calamity. It’s also important for a family, particularly for kids, to understand what are considered emergency situations and what each member should do if these occur.

CHECK Survival should also be a primary concern most especially during a calamity. That is why it’s wise to secure an emergency kit. An emergency kit should consist of some basic supplies – food, bottled water, medicines, and even clothing – plus other essentials as agreed upon by the family. The kit must be kept in an area that is most accessible to everyone.

UPDATE Having the right information is as vital as ensuring the safety and survival of the family. Being up to date on the latest news and developments before and after a disaster including weather updates as well as rescue and relief operations is the key to survival. It is also important to have a list of emergency numbers readily available for immediate assistance and for reporting untoward circumstances during times of a calamity.

In line with the celebration, the Department of Health (DOH) will embark on a Nationwide Simulation Exercise on Surveillance in Post Extreme Emergencies and Disasters (SPEED). It is an innovative reporting system that utilizes SMS or texting. It is also the world's first post extreme emergency syndromic disease surveillance system that has been rolled out nationwide and included in the health emergency preparedness activities of the Ministry of Health.

REFERENCES:

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A friendly reminder from
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