

FAMILY GUIDE

DISASTER PREPAREDNESS STARTS
WITH THE FAMILY



**INCLUSIVE COMMUNITY DISASTER
RISK REDUCTION AND MANAGEMENT PROJECT**

Let's prepare our family to be ready and face any hazard. . .

FAMILY PREPARATION

WHY IS FAMILY PREPARATION IMPORTANT?

Preparing families for disaster can reduce risks, if not entirely prevent loss of lives, properties, livelihoods and destruction of the environment.

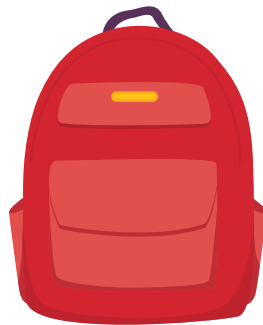
Preparedness builds resolve to rise above a tragedy and capacity to adapt, face and recover quickly from disasters.



FAMILY PREPARATION AT GLANCE



Spend time with your family at least once or twice a month to discuss family preparedness in facing a disaster that may occur in your area or locality.



Conduct a regular evacuation drill with your family so that everyone is ready.



Familiarize yourself with the layout of your house. Together with other family members, remember the dangerous or unsafe areas in your house that you should avoid when disaster strikes.



Discuss the responsibilities of each family member in case of evacuation, especially the children, based on their capacity. Prepare evacuation plans together, taking into consideration where each family member is during the day, for example, how to evacuate to a safe place for children who are in school.



Discuss the assembly points with your family. Ensure that all family members know how to get there. Decide on at least two places to gather when disaster strikes.



Always prioritize the safety of children, the sick, those with special needs, the elderly, and pregnant or lactating mothers with a new-born baby, infants, or toddlers.



Keep refreshing the preparedness materials by explaining the cause and effect of a catastrophe to family members.



Participate actively in the barangay meetings, especially when it comes to the local disaster preparedness efforts. Find out the safety procedures of evacuation and early warning systems in your barangay.



Familiarize yourself with the Barangay Disaster Risk Reduction Management Committee (BDRRMC) or local officials and the committees they belong to.



Save the emergency numbers on each family member's cell phone and put the printed contacts in your wallet and in the family emergency kits.



Prepare an emergency kit/bag or bucket for your family, including the equipment that can be useful in case of evacuation.



WHAT TO PREPARE IN AN EMERGENCY KIT/BAG (E-BAG) OR EMERGENCY BUCKET (E-BALDE)?

You can use a bag, suitcase or even a bucket when preparing an emergency kit/bag/bucket. There is no standard in preparing the E-Bag/E-Bucket. But it would be handy to choose a suitable container for items or equipment that will be used during an evacuation. For example, a bucket or pail can be used as a container of emergency items and can also be used to fetch water when needed.

Water and Food (for three days)

- Canned foods and ready-to-eat food
- Three gallons of drinking water

Garments

- Raincoat
- Slippers
- Dress
- Mosquito net/mat
- Diapers and other items for babies
- Boots
- Blankets
- Hard hat or helmet
- Underwear

Gadget (for communication and information)

- Cell phones
- Radio transistor
- Extra batteries or power bank

Medical Equipment

- First Aid Kit
- Common medicine for cough, fever, colds, and abdominal pain.
- Hygiene kit (soap, toothbrush, toothpaste, shampoo, sanitary napkin in, face mask, face shield)

Document (put in plastic or any waterproof envelope)

- Birth, Marriage, or Death Certificate
- Land Certificate
- Insurance policy
- IDs of each family member
- ATM card, passbook, passport
- Other important papers

Others

- Safety whistle or any whistle
- Children's toys
- Spare key for the house or vehicle
- Paper and ball pen or pencil
- Matches or lighter
- Money
- Books



HOW TO STRENGTHEN YOUR FAMILY PREPAREDNESS PLAN?



COMMUNITY

- Participate in the risk assessment and community planning process on disaster preparedness.
- Involve your family in training or drills in your community, especially about inclusive evacuation and its management.
- Participate in the implementation of the early warning system or signal in the community.



GOVERNMENT

- Follow evacuation advisories and other policies and rules in your area.
- Identify and support the efforts of the government in putting up signage for safe routes to evacuation centres.
- Check with the local government for the designated evacuation center(s) and pay attention to the information and campaigns on disasters.



MEDIA

- Regularly monitor radio, TV and social networking platforms.



CHURCH

- Know the disaster preparedness of your church before a disaster occurs.



WORK

- Know the disaster preparedness in your place of work before a disaster occurs.



SCHOOL

- Know the disaster preparedness of your school before a disaster occurs.

TIPS ON PREPAREDNESS:

STORM



A hurricane or tropical storm is a disturbance of the atmosphere with strong winds that hits the ground. It is characterized with heavy and prolonged rainfall, and lightning. To warn the public of the impending danger it poses, the government usually announces a public storm warning signal.

HURRICANE DESTRUCTIVE EFFECT

- Causes other dangers such as raging floods, tidal waves or storm surge
- Causes drowning and destruction of houses
- Destroys buildings and other infrastructure
- Destroys crops and trees

HOW CAN A DISASTER BE AVOIDED?

- Get regular updates on the storm and announcements about the warning signal from radio, TV, internet, and other media sources.
- Secure the roof and other objects that can be blown away by strong winds.
- Prepare the family E-bucket.
- Do not go out to sea.
- Do not try to cross rushing water.
- Evacuate to an evacuation center if there is a warning from the captain or from the Disaster Risk Reduction Management Officer (DRRMO).
- Stay indoors if the wind and rain are strong enough to redirect and increase the speed of the storm.
- Cut down tree branches.

REMINDERS OR WARNING SIGNALS

A public storm warning signal in an area is based on the intensity, scope of the circulation, direction, and speed of a storm. The information comes from the Philippine Atmospheric, Geophysical, and Astronomical Services Administration (PAGASA).

EARTHQUAKE



An earthquake is a tremor caused by a sudden movement of the earth's tectonic plates or volcanic eruption. It is an unpredictable disaster and, as such, you and the entire family must be prepared for it and the secondary hazards it brings about.

EARTHQUAKE SECONDARY EFFECT

- Generates other hazards such as landslides, tsunamis, floods, liquefactions and fires
- Ground shaking and rupture, and landslides
- Collapse of buildings and houses, falling poles and trees
- Damage bridges and other infrastructure

HOW CAN THIS DISASTER BE AVOIDED?

- Determine whether the house you live in is sturdy.
- Comply with the building code to avoid defective and poor quality structures. Determine if your house is located near a fault line.
- Learn about the earthquake history in your area.
- Familiarize yourself with the safe places in your home, school, or office.
- In case of an earthquake, do the "drop, cover and hold" drill; drop to the floor, hide under a sturdy table, and hold on to its legs.
- Stay indoors until the earthquake is over and it is safe to get out of the building.
- If you are outdoors, find an open space and stay away from buildings, trees, power poles, and other structures that may collapse.
- Be alert for aftershocks or any recurrence.

EARTHQUAKE INTENSITY SCALE

Based on the Philippine Institute of Volcanology and Seismology (PHIVOLCS), the intensity of the earthquake situation is categorized as follows:

I	Almost imperceptible
II	Slightly feels
III	Mahina
IV	Strength is moderate
V	Strong
VI	Very strong
VII	Harmful
VIII	Too Harmful
IX	Destructive
X	Solvent

Source: PHIVOLCS PEIS

LANDSLIDE



A landslide is the movement of soil and sliding down of rocks from a high or sloping area that may be caused by heavy rain, earthquake or other factors. A landslide is unpredictable, like an earthquake, but the occurrence can be observed if you live near mountains, hills, or cliffs.

LANDSLIDE CAN CAUSE

- Downward movement of soil, rocks or broken structures, flowing mass of soil, sliding down of rocks, or mudslides
- Bury and destroy houses with rocks, soil, or mud

HOW CAN A DISASTER BE AVOIDED?

- Contact the Disaster Risk Reduction Management (DRRM) Office and find out if there is a landslide threat in your area.
- Avoid constructing structures along the side or foot of a mountain, ravine or pit, and areas that have been affected by landslides.
- If you are caught indoors during a landslide, go to the part of the building that is away from the impending landslide.
- If you are outdoors, stay away from possible landslide lanes and trees, power poles, and building areas.
- Evacuate to an evacuation center if there is a warning from the DRRMO.

REMINDERS OR WARNING SIGNALS

- Recent cracks on walls and floors
- Expansion of clearance on roads
- Damages of groundwater lines
- Movement of or tilting fences, walls, poles, or trees

FLOOD

Flood or flooding is an overflow of water that submerges land brought about by continuous rainfall, wave or storm surge, tsunami, and high tide. It can also be caused by human activities such as mismanagement of waste and sewers, cutting down of trees, or releasing water from a dam. Floods can be predicted by observing the rainfall rates in your area.

FLOOD CAN CAUSE

- Floodwaters flooding inside houses
- Submerging of houses
- Diseases such as leptospirosis and diarrhoea
- Electrocutation caused by floodwaters
- Drowning
- Floodwaters drag objects and other debris, as well as dangerous animals such as snakes



HOW CAN A DISASTER BE AVOIDED?

- Install wiring and electrical connections at the upper part of the house.
- Make sure that gutters are unobstructed.
- Build floodwalls and sandbags if needed.
- Avoid driving in flooded areas. Flowing water that is two feet high can carry a vehicle.
- Do not play in floodwaters or walk in floods.
- Evacuate to an evacuation center if there is a warning from the DRRMO.

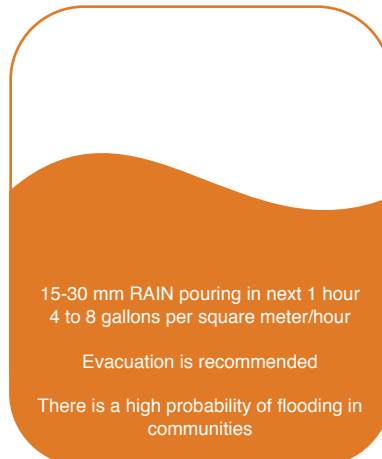
REMINDERS OR WARNING SIGNALS

The rainfall warnings serve as guides on deciding actions that need to be taken.

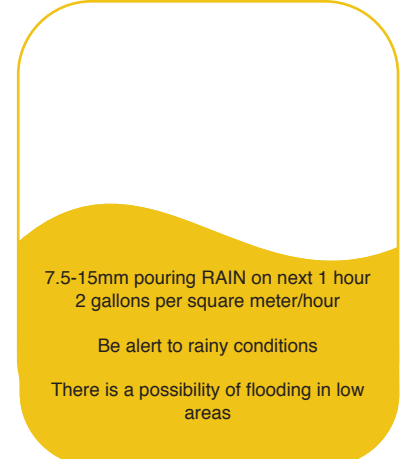
Red rainfall warning:



Orange rainfall warning



Yellow rainfall warning



FIRE

Fire is a destructive burning event caused by the rapid and uncontrollable spread of fire. It can be caused by broken power cords, appliances that were left plugged in, lighted candles left to burn, gas stoves, and other items that can be a source of fire. Always be cautious of things that can cause fires.



FIRE CAN CAUSE

- Bring about haze or build thick smoke in nearby areas
- Damage houses, buildings, and other infrastructure
- Be the source of lung diseases due to the smoke from fires
- Burn down the neighbourhood

HOW CAN A DISASTER BE AVOIDED?

- Know the emergency exit of your house
- Always close gas tanks
- Learn to use fire extinguishers
- Keep the fire station telephone numbers in a conspicuous place
- Call an electrician or inform the nearest electric company of any broken power lines

REMINDERS OR WARNING SIGNALS DURING A FIRE:

- Don't panic.
- Turn off the main power switch.
- When the smoke in the house is thick, drop to the floor and crawl out.
- Provide enough space in your house for rescuers and firefighters to move around, as well as space outside the house for fire trucks.
- Notify the appropriate local officials or the nearest government agency.

AFTER THE FIRE:

- Return home only if the place is declared safe by your local officials.

STORM SURGE AND TSUNAMI



A storm surge is a coastal flood or tsunami-like phenomenon of unusual rising water as a storm approaches the shore that is caused by strong winds pushing the seawater onshore, causing the waves to rise way above the normal height.

A tsunami is an unusual rise in coastal waters caused by earthquakes, mudslides, and volcanic eruptions.

HOW CAN A DISASTER BE AVOIDED?

- Move to higher ground if there is a noticeable, unusual rising or falling of seawater in the coastal area.
- Do not live along the seashore or in no-build zones.
- Plant mangroves or build a seawall if your house is near the sea.
- Check with the Disaster Risk Reduction Management (DRRM) office about Warning Signals in your community on tsunami and storm surge.
- Put up warning signs near the dangerous parts of a beach.
- Pay attention to news about a tsunami or storm surge.
- Evacuate to an evacuation center if there is a warning from the DRRMO.

REMINDERS OR WARNING SIGNAL

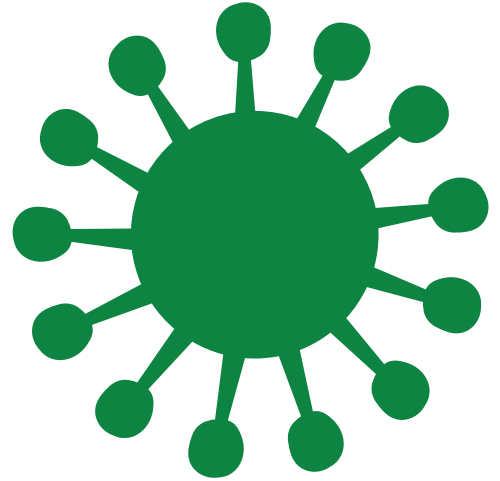
Keep in mind that a tsunami can also come from outside the country. If this is the case, there is enough time to evacuate. Be on the alert for warning signals that are announced in your country.

But, at the same time, pay attention to the natural signs listed below that tell you to move to higher ground. Do not wait for an announcement to evacuate:

- Strong earthquakes
- Abnormal rise and fall of seawater
- The drone of strong sea waves

COVID-19

COVID-19 is an infectious disease caused by a newly discovered coronavirus that has been spreading rapidly all over the world. COVID-19 affects different people in different ways. It has been found that most infected people may develop mild to moderate illnesses and recover without hospitalization. But, COVID-19 can be severe and fatal to some.



WHAT ARE THE SYMPTOMS OF COVID 19?

- Fever
- Cough and cold
- Sore throat
- Difficulty in breathing

HOW IS COVID 19 PASSED?

- Coughing and sneezing without covering the nose and mouth or without any face mask
- Use of uncleaned items that may have contracted the virus from a person with COVID-19
- Close interaction with people infected with COVID-19 at home, at work, or in a health facility

HOW CAN COVID19 INFECTION BE PREVENTED?

- Wash hands with soap and clean water regularly.
- Wear a face mask and face shield when you are outside your house.
- Cook food well.
- Cover your mouth and nose when coughing or sneezing.
- Stay in your house.
- Avoid crowded places.
- Avoid touching animals.
- Avoid borrowing items from a sick person.
- Practice checking your body temperature.
- Maintain personal and environmental hygiene.
- Increase your immune system by eating proper food and getting adequate rest.
- Stay at least one meter away from anyone.
- Get accurate information.

FAMILY

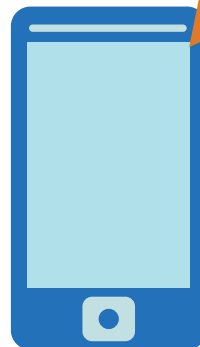
DISASTER PREPAREDNESS PLAN

MEMBER OF FAMILY	MUST DO BEFORE DISASTER	MUST DO WHILE EVACUATING	MUST DO AFTER DISASTER	SPECIAL NOTES (elderly, special needs, young girl, young boy, toddler, infant, newborn, pregnant)
Father				
Mother				
Eldest Child				
Second Child				
Third Child				
Daughter				
Grandfather				
Grandmother				
Member of PWD family				



FOR YOUR SUGGESTIONS OR QUESTIONS:

If you have any questions, messages, or complaints to Plan International regarding our assistance, you can reach our staff or text the following contact numbers:



HOW TO SEND A MESSAGE:

STEP 1:

Subscribe: Text **YES** and send to:
GLOBE/TM: 215886464
SMART/SUN/TNT: 225658646

You will receive a text message confirming that you are subscribed to Plan International Philippines.

STEP 2:

Send a message using the following format:

NAME (OPTIONAL) <SPACE>
GENDER <SPACE> AGE <SPACE>
MUNICIPALITY OR CITY <SPACE>
YOUR MESSAGE SMART/SUN/TNT:
225658646

You may wish not to mention your name. All your messages are confidential.

REPORT VIOLENCE AND ABUSE ON CHILDREN AND WOMEN



PNP HOTLINE: 117
ALENG PULIS HOTLINE:
Landline: (8) 532 6690
Smart: 0919 777 7377
Globe: 0966 725 596

CONTRA COVID



**TALK TO KIRA
AND CHECK YOUR COVID-19
STATUS!**

DOH FACEBOOK MESSENGER:
<http://m.me/OfficialDOHgov>
DOH VIBER:
<http://www.viber.com/phkontracovid>
KONTRACOVID PH WEBAPP:
<http://www.kontracovid.ph>

COVID HOTLINES



DILG/DOH:
(02) 894 26843
for immediate consultation

**PLDT, SMART, SUN AND TNT
SUBSCRIBERS** can also call at
1555



ABOUT PLAN INTERNATIONAL PHILIPPINES

Plan International is a development and humanitarian organization that has been working in the Philippines since 1961. We ensure children realize their rights to education, protection, health care, and high quality of life. We strive for a just world, working together with children, young people, our supporters, and partners to advance children's rights and equality for girls.

Together, we are transforming lives.

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