

READY...SET...PREPARE!



**DISASTER PREPARATION GUIDE
FOR KIDS IN PAKISTAN**

**This guide is designed for children
aged 8-12 in Pakistan region**



Editor: Mohsen Gul

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Hey Everybody!

We are the Disaster Crew! We are here to help you learn how to prepare for disasters. I am Snowy Khan, and if you are like me, you have heard reports about all sorts of disasters on the TV news and in newspapers. The fact is that disasters can happen anywhere at any time. And that can be a scary thought. But here is another fact: The better prepared you are, the safer you will be!

That's why the entire Disaster Crew – Stormy Khan, Blaze Gul, Tommy Twister, Cyclona, Rising Waters, "Quake" Johnson, and me – has pitched in to help teach you the best ways to get ready for a disaster!

Each topic in this guide has a fun game created just for you by the Disaster Crew! First, make sure you learn the steps about what to do before, during, and after each disaster. Then you will know the answers to the games. There is also a quiz at the end. By that time, you will be an expert on preparing for disaster!

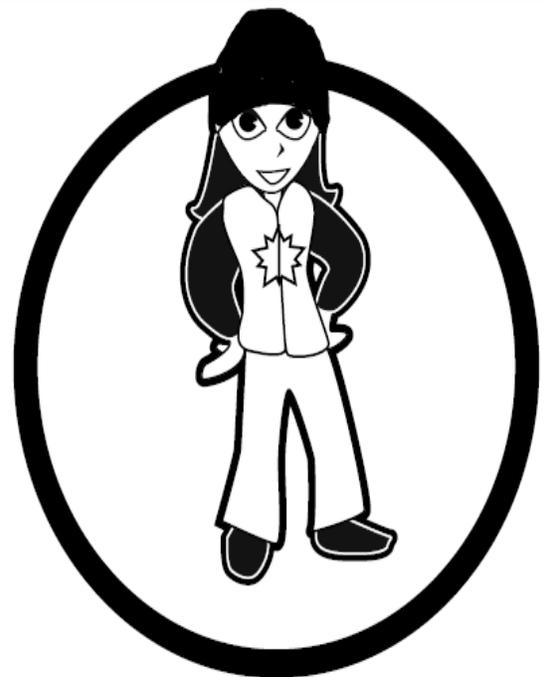
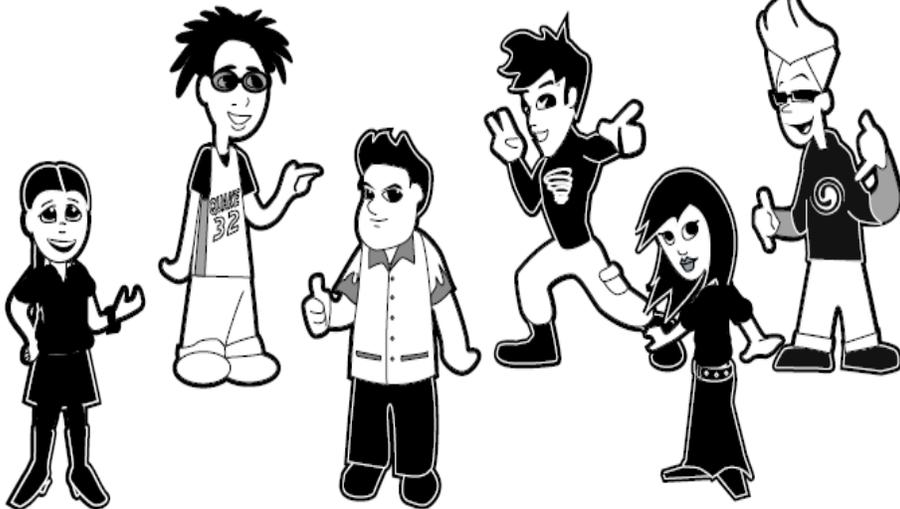
By creating a disaster plan, making a disaster supplies kit, and working through this book, you will know what to do if a disaster ever strikes where you live. You and your family will be prepared. Being prepared is being ready!

After you complete the games in this book, there are ways for you to learn even more. Check out the Learn More section in the back of the book.

Learn about the emergency disaster plan in your community. Most of all, share what you learn with your family and friends.

Have fun! Ready...set ...prepare!

DISASTER CREW



WORDS TO KNOW

Some words about disasters may be new to you. What are these words? What do they mean? Bright Shiness made a list of words to help you learn about disasters.

Aftershock: An aftershock is a small earthquake that often comes after a big earthquake.

Authorities: They are people who are in charge of a place during a disaster. They keep people safe. They can be police, or firefighters, or teachers.

Dangerous: Something is dangerous when it might hurt a person or destroy something. Playing with matches is dangerous.

Disaster: A disaster is a something that causes lots of damage to people and places. It can be a storm or a flood. It can be a fire, or an earthquake, or a landslide.

Emergency: An emergency is something you do not expect. It is a time when someone could be in danger or could be hurt. It is a time to get help right away.

Evacuate: To evacuate means to leave a place in a quick and organized way. We sometimes evacuate during an emergency. When there is a fire drill at your school, you evacuate the school.



Magnitude: The magnitude of an earthquake tells us how much power the earthquake has. A high number like 7.0 means the earthquake is strong. A low number means the earthquake is weak.

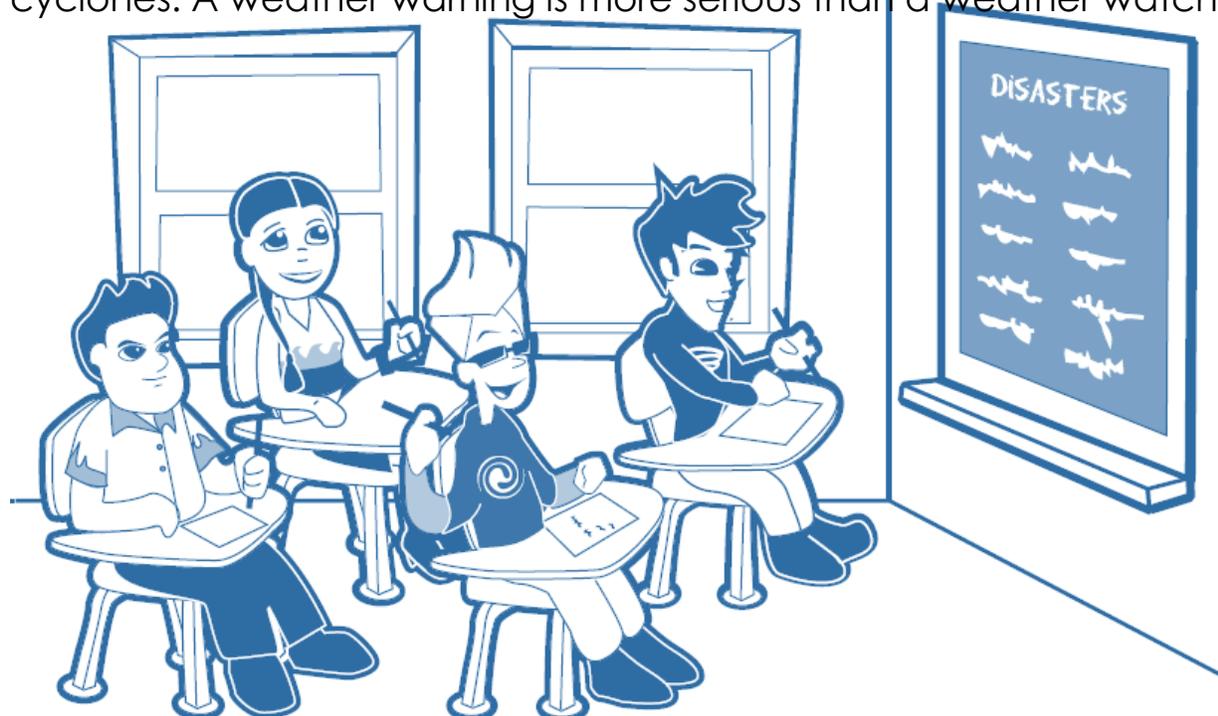
Officials: These people hold important jobs in your area. They help carry out the rules we live by.

Plan: A plan is what to do next. A plan can list things to do in an emergency. Or it can be a picture of where things are. A disaster plan has the steps of what to do in all kinds of disasters. A fire escape plan can be a picture of your home that shows you how to get out in case of a fire.

Prepare: Getting prepared means getting ready. Getting prepared for a disaster means you will know what to do and where to go when a disaster happens.

Storm Surge: A storm surge is a large amount of water pushed on to shore by strong winds. A storm surge can be 50 to 100 miles wide. It can be 25 feet high. It can be as high as a two-story home!

Warning: A warning lets you know that bad weather has been seen where you live or is coming soon. When bad weather is close to your home, you need to take cover or evacuate right away so you can stay safe. Warnings can be about floods, thunderstorms, and cyclones. A weather warning is more serious than a weather watch.



PREPARING FOR DISASTER

What does it mean to prepare for a disaster? It means that you find out all you can about disasters. Then you get ready for them.

Being prepared for a disaster is everyone's job. You can take steps to be prepared at home and at school. The first step is to learn about disasters and to make a disaster plan. Here are some ideas to help you get started!

Find out about disasters.

It is important to know about the kinds of disasters that can happen where you live and where you go to school. The best way to learn more is to ask questions.

You can ask adults questions like these:

- What kinds of disasters can happen here?
- What can we do to be ready?
- How does our town warn us that a disaster is coming?
- How will I know what to do?
- How will we know when to evacuate?

Ask teachers and principals about the emergency plans at your school.

Make a plan.

Meet with your whole family to talk about your disaster plan. Be sure to tell them what you have learned about disasters. Tell them how important it is to be prepared! Your family can also meet with your caregivers. Start with these steps to make your family disaster plan.

- **Choose an out-of-town contact.** Ask your parents to choose someone to call in an emergency. This person will be your contact. It is best if your contact lives in a different town. Learn your contact's phone number by heart. Practice dialing it. Know when to call. A disaster might happen when you are not with your family. Then you can call your contact. Tell your contact where you are so your family can find you right away.

- **Decide where to meet with your family.** A disaster can happen when you are not with all of your family. In case of a sudden emergency, like a fire, choose a place right outside your home. In case you cannot go home, choose a meeting place outside your neighborhood.

- **Complete a Family Communications Plan.** How will you contact your family? How will you reach your out-of-town contact? Where will you meet? What are the emergency phone numbers? Post your family communications plan near the phone in your home. Ask your family to make copies of your plan. Each family member can carry it in a wallet or purse.

YOUR FAMILY COMMUNICATIONS PLAN

If you have a family communications plan, it will be easy to contact your family or friends in a disaster! Fill out this emergency contact form with your family. Make sure they know where to meet and who to call. When you finish, cut out this page and hang it where all in your family can see it.

MY FAMILY COMMUNICATIONS PLAN



My Name: _____



My Address: _____



My Telephone Number: _____



My Family

Family work and cell numbers:



Work Number: _____



Cell Number: _____



Who to call in case of Emergency

Emergency Number:

Name and number of neighbor or relative:

Name and number of out-of-town contact:

MY FAMILY COMMUNICATIONS PLAN

More emergency numbers:



Local police station: _____



Local fire department: _____





Hospital emergency room: _____



Doctor: _____



Dentist: _____



Pharmacy: _____

Other important numbers:

MAKING A DISASTER SUPPLIES KIT

During a disaster, you may have to evacuate quickly. You might not have time to gather all the supplies you need. That is why it is important to make a disaster supplies kit. Remember to pack enough food, water, and supplies to last for three days for each person in your family. Place the supplies into a duffel bag or a backpack. Ask your parents to keep kits at home, at work, and in their cars.

Below is a list of sample list of items you need to have in your kit!

- Canned or dried foods that won't spoil
- Can opener that turns by hand
- Water (one gallon for each person each day)
- Flashlight
- Radio
- Extra batteries for the flashlight and radio
- First aid kit and handbook
- Soap, toilet paper, toothbrush, and other items to keep you clean
- Extra clothing and blankets
- Forks, spoons, knives, and paper plates
- Eye glasses and medicine
- Whistle
- Copies of IDs and credit cards
- Cash coins
- A map of the area
- Baby food, bottles, and diapers
- Pet food if you have a pet

If you live in a cold area, you and your family have to think about staying warm! Include these other items in your kit:

- Jackets and coats
- Long pants and long sleeve shirts
- Sturdy shoes or boots
- Hats, mittens, and scarves
- Sleeping bags and warm blankets

Remember to update your disaster supplies kit at least once a year!



PLANNING YOUR OWN DISASTER SUPPLIES KIT

The Disaster Crew made kits for each of their families. Now you can make a kit for your own family by completing the worksheet below.

1. How many people are in your family? _____

2. Water: You need a 3-day supply. Each person needs 1 gallon per day. How many gallons will your family need?

_____ People X 3 = _____ gallons of water.

3. Food: You need a 3-day supply of canned foods. List some foods you might put in your supplies kit:

4. Medicine and Supplies for your First Aid kit:

5. How will you listen to the news for weather updates and official instructions?

6. If the power goes out, what will you use to see in the dark?

7. What will you need to open cans of food?

FLOODS



Floods are one of the most common hazards in Pakistan. Be aware of flood hazards no matter where you live or work, but especially if you are in low-lying areas, near water, behind a levee or downstream from a dam. Even very small streams, gullies, creeks, dry streambeds or low-lying ground that appear harmless in dry weather can flood. Be alert to a possible emergency which will require an immediate action.

What to do before a flood? (Preventive measures)

- Prepare a family disaster plan.
- Keep a stock of food that requires no cooking or refrigeration. Store drinking water in clean, closed containers. Electric power, gas and water services may be disrupted.
- Find out if you live in a flood-prone area and what the average flood depths in your community are.
- Keep map of your area with yourself.
- Learn your community's flood evacuation routes and where to find high ground. In a flash flood you may need to seek high ground on foot quickly.
- You may need to store materials like sandbags, plywood, plastic sheeting and
- lumber to protect your house from flood waters and to make quick repairs after a severe storm.
- Keep insurance, important documents (such as copies of driver's license and credit cards), and other valuable items in a safe deposit box.



- Keep a portable, battery-operated radio and flashlights in working order; stock extra batteries.
 - Have first aid supplies and any medicines your family may need.
-

What to do during a flood?

1. Move immediately to higher ground. Do not wait for instructions to move.
2. Prepare to evacuate and to seek shelter.
3. Listen to radio and television for information and instructions from your local government and emergency managers.



4. If you are advised to evacuate:
 - Secure your home before leaving. If you have time, move essential items and furniture to the upper floors of your house; lock doors and windows.
 - Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.
 - Carry the disaster supply kit while evacuating.
 - Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
 - Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be swept away quickly.
5. Be with your family and tell others where you are going.
6. Stay away from flooded areas, even if it seems safe, the water may still be rising. Never try to cross a flooding stream on foot.

What to do after a flood?

1. Do not visit disaster areas, until authorized to do so. Flood dangers do not end when the water begins to recede.
2. If you have flood insurance and suffer a loss, notify your agent.
3. Tune in to radio and television for advice and instructions on where to obtain medical care and where to get assistance for such necessities as housing, clothes and food. Outreach programs will help you cope with the stress of the situation.
4. Stay hopeful and be patient.
5. Discuss your concerns with others and seek help. Contact Red Cross for information on emotional support available in your area.
6. Do not enter your home if flood waters are over the first floor; you cannot tell whether the building is safe to enter.
7. Use battery-powered lanterns or flashlights (not oil or gas lanterns or torches) to examine buildings.
8. Watch out for wild animals, especially poisonous snakes that may have come into your home with the floodwater.
9. Check with local civil defense or emergency management authorities before using any water for drinking. Water sources are often contaminated by the flood. Wells should be pumped out and the water tested by authorities before drinking.
10. Do not eat food that has come in contact with flood waters.
11. Do not handle live electrical equipment in wet areas. Have an expert check all equipment before returning it to service.
12. Ask the gas company to check your home for leaks and to turn the gas back on.
13. Take the recommended vaccinations if necessary to avoid the diseases.

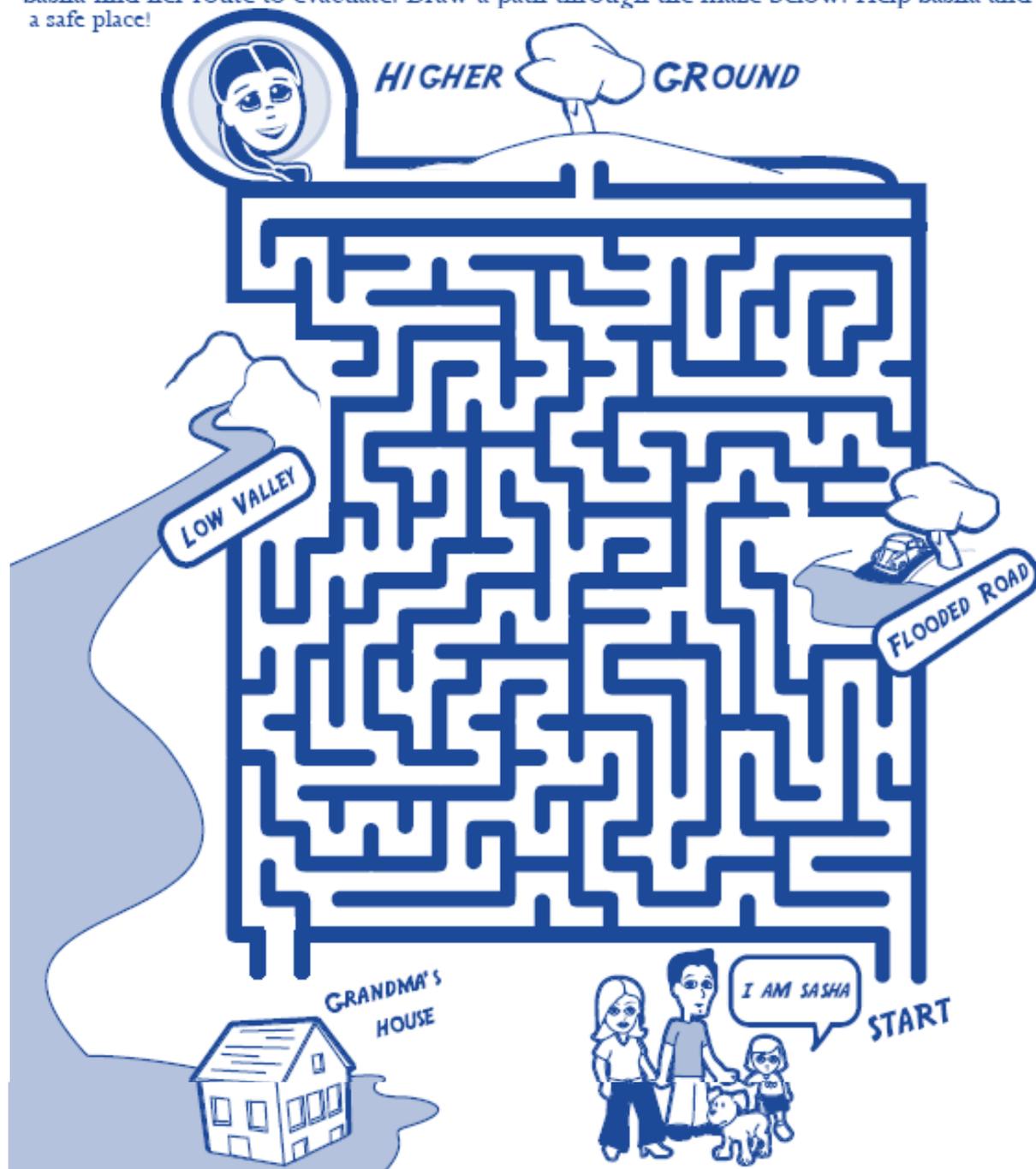


*DID YOU KNOW... THAT FLASH
FLOODS CAN OCCUR IN DRY
AREAS AND IN CITIES WHERE
NO STREAMS ARE PRESENT?*

WATER, WATER EVERYWHERE

Hi everyone, my name is Rising Waters. We all know that "April showers bring May flowers," but showers that turn into heavy rains can also cause floods. I'm here to remind you that during a flood, you and your family can get to higher ground to stay safe.

My friend Sasha needs your help! Last week, there was a lot of rain where she lives. Now the river in her town is rising fast. The river is spilling over its banks. There is flooding near her home. Help Sasha find her route to evacuate. Draw a path through the maze below. Help Sasha and her family get to a safe place!



EARTHQUAKES

PREPARING FOR EARTHQUAKE



“Earthquake refers to sudden and violent shaking of the ground, sometimes causing great destruction”

EMERGENCY RESPONSE ACTIONS

Drills

Each school site is responsible for conducting routine earthquake drills.

Earthquake Drills:

The following standards must be met to ensure a successful earthquake drill:

- ✓ The Early Warning Alarm/Public Announcement can be heard or seen by all staff and students.
- ✓ immediately after the earthquake alarm/public announcement sounds, all students, teachers and other employees should:
 - DROP down on the floor;

- take COVER under a desk, table, or other furniture with backs to the windows and protect head and neck with arms; and



- HOLD onto the furniture and be prepared to move with it.
- Pre-assigned teachers and staff will report to the Principal's Office to check-in for the Emergency Response Team.
- Upon sounding of the all clear, students and staff will return to their appropriate classroom, and the teacher will take roll.
- Missing students must be reported to the principal/site manager or designee immediately.

PREVENTIVE MEASURES

DURING AN EARTHQUAKE

If indoors:

- Stay inside, move away from windows, shelves, heavy objects or furniture which may fall over. Take cover under a table or desk. Instruct the students to "DUCK-COVER-HOLD".
- In halls, stairways, or other areas where cover is not available, move to an interior wall.
- In library, immediately move away from windows and bookshelves. Take appropriate cover.
- In laboratories, all burners should be extinguished (if possible) before taking cover. Stay clear of hazardous chemicals, which may spill.

- In the multi-use room, take cover under the tables or move close to the interior walls away from windows.

- Be prepared for aftershocks.

If outdoors:

- Move to an open space, away from buildings and overhead power lines. Lie down or crouch low to the ground (legs will not be steady). Keep looking around to be aware of dangers, which may demand movement.

- On the school bus, stop the bus away from power lines, bridges, overpasses and buildings. Students should remain in their seats and hold on.

POST-EARTHQUAKE EVACUATION OF A SCHOOL BUILDING

Before evacuating the building after an earthquake, consider the following:

- There may be dangers outside of the building, which you must consider before evacuating the students.

- There may be no safe assembly area in the immediate vicinity.

- There may be no clear route out of the building to evacuate the students. Primary or alternate evacuation routes may need to be cleared before the students can be evacuated.

- The lighting inside the building will probably be out; it will be dark.

Before evacuating students, do the following:

- Assess the situation. Coordinate with your Buddy teacher.

- Determine if the primary or alternate building evacuation routes are clear. If not, coordinate with other staff to have them cleared of dangers.

- Determine if the assembly site is safe. If not, select an alternative assembly site.

- If wires are down, they should be avoided.

- Areas near chain link fences should be avoided; they are an electric shock hazard if live wires touch them.
- Don't forget to consider students with disabilities as you determine your evacuation routes.

After you have determined it is safe to do so, proceed with the evacuation of the school building.

IF THIS IS A SEVERE EARTHQUAKE, the school site may have to care for children up to 3 days after the event. The following supplies should be accumulated before an earthquake and stored in a shed separated from the school building. Having minimally these supplies will help in the aftermath of a severe earthquake. Remember: Prepare to be isolated 72 hours.

AFTER THE EARTHQUAKE

- ✓ Evacuate students from the building. Take class roster, emergency backpack and student kits. Check to be sure all students have left the school building. Tag the room with a green search and rescue tag if everyone is accounted for and is able to evacuate the room. If there are trapped or injured left in the room, tag the room with a red search and rescue tag to alert search and rescue teams.
- ✓ Students are not to be left unattended at any time during evacuation process. Students are to remain quiet during evacuation.
- ✓ Upon arrival at prearranged safe site, take roll and report attendance to Principal/designee immediately.
- ✓ Set up Emergency Operations Center with your Emergency Operations Center Team.
- ✓ Notify police and fire if you have trapped or missing individuals. Organize Search and Rescue (SAR) teams, consisting of adults, to search for missing or trapped people.
- ✓ Begin a search of the entire school building. Search rooms tagged with red Search and rescue tags for missing, trapped or injured people. When everyone has been removed from the room, change the red tag to a green tag. Check rooms with

green Search and Rescue tags to be sure no one is left in the rooms. Report activities to Principal or designee. After each room is searched and no one is left in the room, close and lock the door if possible.

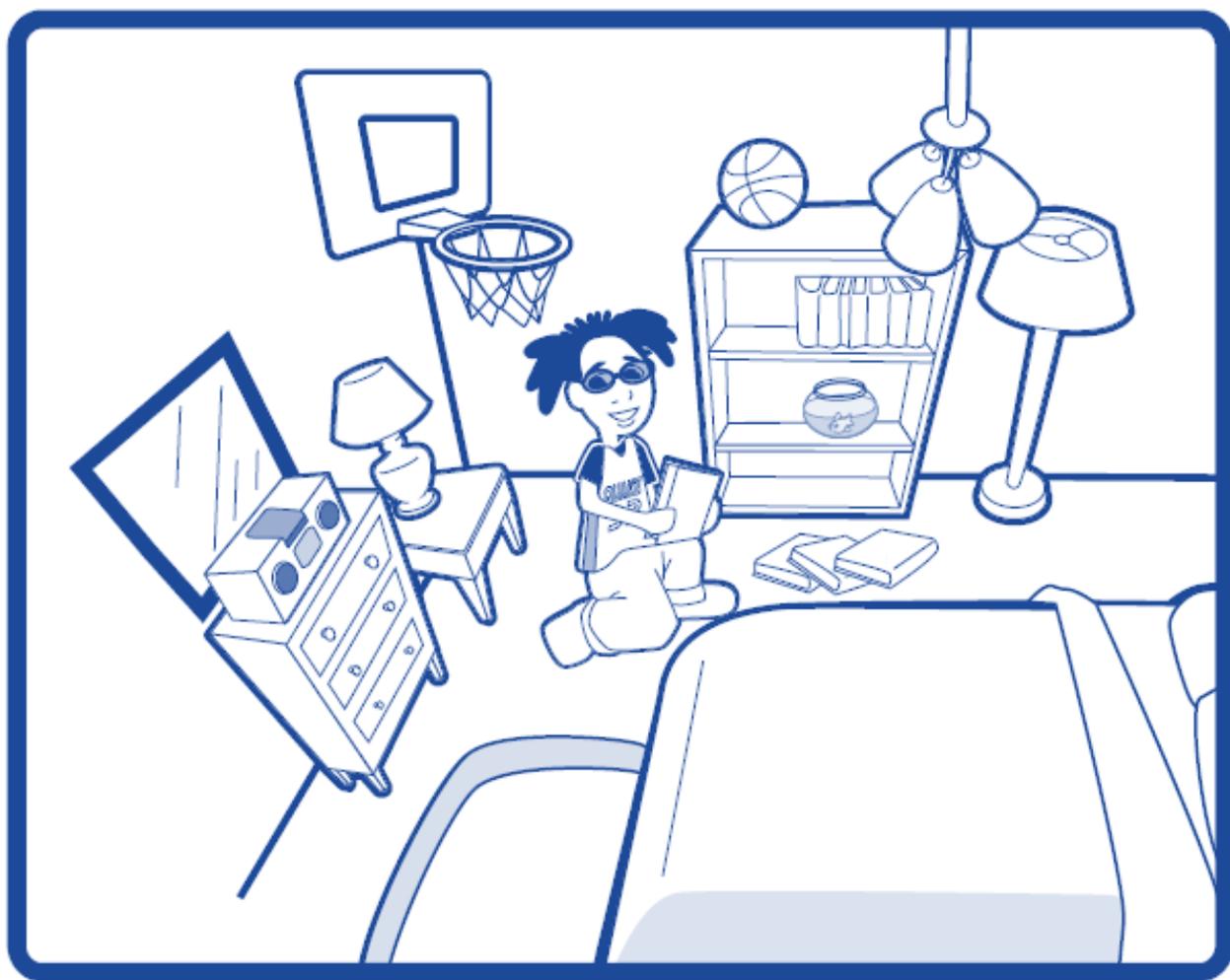
- ✓ Organize the other Emergency Response Teams: the First Aid Team, Security/Damage Assessment Team, Student Release Team and the Support Team.
- ✓ Inspect all utilities for leaks. Shut off the mains of any known or suspected leaking utilities. Notify Principal/designee of actions.
- ✓ Notify utility companies of any break or suspected break in utility lines as reported from Security/Damage Assessment Team.
- ✓ Set up the treatment area. Categorize patient injuries. Care for the injured. Report casualties and injuries to the Principal/designee.
- ✓ Provide for the welfare and positive morale of the student Population. Set up the cooking area to prepare food service for the students and staff. Maintain the food and water supplies. Provide for sanitation needs.
- ✓ Students should be released only to authorized adults. Fill out student release forms for each student allowed to leave.

HANDLE WITH CARE

What's up, gang? My friends in the Disaster Crew call me "Quake" Johnson. When I think about earthquakes, I try to think of ways to make the places around me safer. Then I tell my friends about them so they can stay safe too.

Below is a picture of my room. Can you help me find the things that might be dangerous in an earthquake? Use a blue crayon or pencil to draw a circle around the items that I can move so they will not fall on me. Use a red crayon or pencil to circle the items that an adult needs to move or fasten so they will not fall.

Below is a picture of my room. Can you help me find the things that might be dangerous in an earthquake? Use a blue crayon or pencil to draw a circle around the items that I can move so they will not fall on me. Use a red crayon or pencil to circle the items that an adult needs to move or fasten so they will not fall.



THUNDERSTORMS

Thunderstorms may pass by quickly but can damage property or harm people in an instant— and thunderstorms can produce Cyclones and Hurricanes. Although some storms can't be predicted, you can take steps to protect yourself and your property.

Prepare Ahead of Time

- Know where your pets or animals like to hide so you can find them before a storm.
- Learn the thunderstorm danger signs: dark, towering or threatening clouds and the sound or appearance of distant lightning and thunder.
- Take an inventory of your personal property.

Take Steps to Protect Your Property

- Trim tree branches that could break windows and penetrate your home.
- Install lightning rods to conduct lightning safely to the ground.
- Have a **household safety kit** established and ready to go with you as needed.
- Bring furniture and toys into the house or a secured garage. Secure large items, such as boats or swing sets, to the ground.
- If hail is predicted, it is important to get animals to shelter, as they are especially vulnerable.
- Close all doors and secure all windows.

If You Can Be Indoors

- Avoid using utilities during the storm— rely on candles and battery-powered appliances instead.
- Listen for radio reports (on a battery- or crank-powered radio only) from the National Weather Service and follow all instructions.
- Do not handle any electrical equipment or telephones, as lightning can follow the wire. TV sets are particularly dangerous at this time.
- Avoid bathtubs, water faucets and sinks, because metal pipes can transmit electricity.

- If high winds are predicted, identify the safest rooms in your house in which to weather the storm, preferably internal rooms with no windows, and wait out the storm there.

If Caught Outdoors

- Get into a building or car if at all possible.
- If shelter isn't available, stay in the open and squat low to the ground as quickly as possible. Do not shelter under anything tall, such as a tree, fence, tower or telephone lines.
- If you are in the woods, get under a low clump of trees.
- Avoid metal objects that will act as natural lightning rods; these could be anything from farm equipment to fishing rods, bicycles, golf clubs or camping equipment.
- Avoid water in rivers, lakes, ponds or streams. Be aware of the potential for flooding in low-lying areas.
- If you are isolated in a level field or prairie and you feel your hair stand on end (which indicates that lightning is about to strike), drop to your knees and bend forward, putting your hands on your knees. Do not lie flat on the ground.

If in a Car

- Pull off the road— don't stop under trees.
- Stay in your car with the emergency flashers turned on until the storm is over.
- Avoid low-lying areas where flooded roads are likely.

After the Storm

- Listen to the radio to determine whether the storm has passed.
- Stay away from fallen power lines; report any you find.
- Do not drive unless necessary; roads may be washed out or flooded.

Creating a Household Safety Kit

Having a portable household safety kit ready if a home and region must be evacuated can be a lifesaver. All contents of a safety kit should be packed neatly

into easily accessible plastic storage bins or bags. Contents should be easy to transfer quickly from your home to your car if you are forced to evacuate.

Here are important items to consider including in your kit

- Enough water to last each member of your family at least three days—one gallon per day per person— as public water supplies can become contaminated following a catastrophe.
- Enough nonperishable food to last your entire family at least three days. Choose foods that do not require heat to eat safely. For example, energy bars take up little space and are nutritious.
- A fully stocked first aid kit.
- Flashlights.
- A whistle to signal for help.
- A battery- or crank-powered radio to listen to weather alerts, directions from local authorities and other catastrophe information.
- Spare batteries for flashlights and radio.
- Keep a secure cash supply available— ATMs will not work if the electricity is out.
- Blankets and extra clothing for each family member.
- Sturdy shoes for all members of your family to provide adequate protection against glass and other debris.
- All prescription medications and over-the-counter painkillers.
- Include personal hygiene items such as toilet paper, hand towels, soap, deodorant, feminine products, toothbrushes, toothpaste, hand sanitizer and diapers.
- Pet supplies. If at all possible, pets should not be left behind in a catastrophe— include their food as well as leashes, etc.
- Cleaning supplies and garbage bags to collect your waste.
- Sleeping bags and a tent may provide temporary shelter.
- A small toolbox with basic tools and work gloves.



LANDSLIDES

A landslide is the movement of rock, earth, or debris down a sloped section of land. Landslides are caused by rain, earthquakes, volcanoes, or other factors that make the slope unstable. Debris flows "muddy" or "liquefied" landslides are most destructive when they are caused by volcanic eruptions.

If You Are at Risk from Landslides, You Should:

- Develop an evacuation plan. If your home could be damaged in a landslide, you should know where to go if you have to leave. Making plans at the last minute can be upsetting, create confusion, and waste precious time
- Familiarize yourself with the land around you. Knowing the land can help you assess your risk.
- Watch the patterns of storm water drainage on slopes near your home and especially the places where runoff water converges, increasing flow over soil covered slopes. Watch the hillsides around your home for any signs of land movement, such as small landslides or debris flows, or progressively tilting trees.

During a Severe Storm, if you are in an Area Susceptible to Landslides, You Should:

- Stay alert and awake. Many landslide fatalities occur when people are sleeping.
- Listen to local stations on a portable, battery-powered radio or television for warnings of heavy rainfall. Be aware that short bursts of heavy rain may be particularly dangerous, especially after longer periods of heavy rain and damp weather.

- Consider leaving if it is safe to do so. Remember that driving during a severe storm can be hazardous. If you remain at home, move to a second story if possible. Staying out of the path of a landslide or debris flow can save your life.
- Listen for any unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together. A trickle of flowing or falling mud or debris may precede a large landslide. Moving debris can flow quickly and sometimes without warning.
- If you are, near a stream or channel, be alert for any sudden increase or decrease in water flow and for a change from clear to muddy water. Such changes may indicate landslide activity upstream, so be prepared to move quickly. Act quickly. Save yourself, not your belongings.
- Be especially alert when driving. Embankments along roadsides are particularly susceptible to landslides. Watch the road for collapsed pavement, mud, fallen rocks, and other indications of a possible debris flow.
- Recognize landslide warning signs before they happen so you know what to do when they happen.

Landslide Warning Signs

- Changes occur in your landscape such as patterns of land movement, small slides, flows, or progressively leaning trees.
- Doors or windows stick or jam for the first time.
- New cracks appear in plaster, tile, brick, or foundations.
- Outside walls, walks, or stairs begin pulling away from the building.

- Slowly developing, widening cracks appear on the ground or on paved areas such as streets or driveways.
- Bulging ground appears at the base of a slope.
- Fences, retaining walls, utility poles, or trees tilt or move.
- A faint rumbling sound that increases in volume is noticeable as the landslide nears.
- Unusual sounds, such as trees cracking or boulders knocking together, might indicate moving debris.
- Collapsed pavement, mud, fallen rocks, and other indications of possible debris flow can be seen when driving

After a landslide, you should:

- Stay away from the slide area. There may be danger of additional slides.
- Check for injured and trapped persons and animals near the slide, without entering the slide area. Direct rescuers to their locations.
- Help people who require special assistance infants, elderly people, those without transportation, large families who may need additional help in an emergency situation, people with disabilities, and the people who care for them.
- Listen to local stations on a portable, battery-powered radio or television for the latest emergency information.
- Watch for flooding, which may occur after a landslide or debris flow. Floods sometimes follow landslides and debris flows.
- Look for and report broken utility lines to appropriate authorities.

- Reporting potential hazards will get the utilities turned off as quickly as possible, preventing further hazard and injury.
- Check your home's foundation, chimney, and surrounding land for damage.
- Replant damaged ground as soon as possible because erosion caused by loss of ground cover can lead to flash flooding.



FIRES

Fires spread quickly. If a fire breaks out in your home, there is no time. You have no time to pack the toys you love. You have no time to make phone calls. Heat and smoke from fire can be more dangerous than the flames. Breathing the superhot air can hurt your lungs. If a fire starts, you need to get out of the home right away. Remember that firefighters will come to help you.

Prevent Fires

- If you find matches or a lighter, leave them alone. Go get an adult. Show the adult where you found the matches or lighter. Let the adult put them away.
- If you see a candle burning when no one else is in the room, do not touch it. Find an adult to blow out the candle.
- Keep objects like paper towels and pot holders away from the stove.

Be Safe

Smoke Alarms

- Do you have a smoke alarm on every floor of your home? Is one near the rooms where you sleep? Do you have enough smoke alarms where you live? If not, talk to your family. Ask an adult to install more smoke alarms.
- Remind an adult to test your smoke alarms once a month. Testing smoke alarms will help you know they are working. You will also know what they sound like.

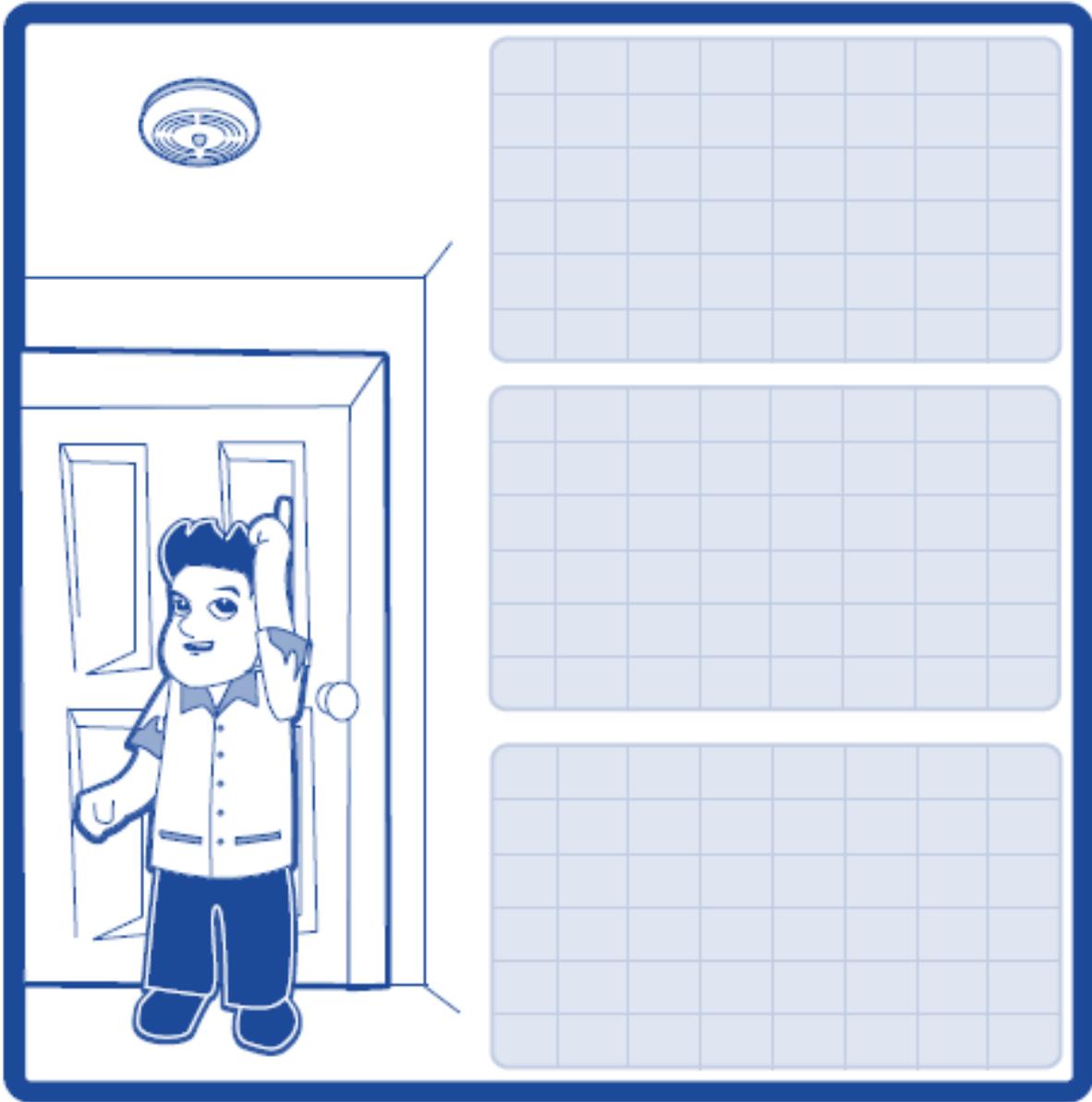
Escape Safely

- Walk around in your home to all of the rooms. In each room, find at least TWO escape routes.
- Practice your fire escape plan at least two times every year.
- Practice meeting your family members at your outside meeting place.
- If a fire starts:
 - Get out and stay out.
 - Use your safest escape route – the one away from fire and smoke.
 - If you see a closed door, stop. Do not open it. Feel the door with the back of your hand. If the door is hot, leave it closed. Use a different way out. If the door is not hot, you can open it.
 - Crawl on your hands and knees. Crawl low under smoke. But keep your head up.
 - Meet at your outside meeting place.
 - Tell a family member to go to a friend's home and call THE FIRE FIGHTERS.
 - Stay outside. It is only safe to go back inside after the firefighters say it is OK.



BE SAFE! GET OUT!

Draw a picture of three rooms in your home in the grids below. Make it show all the windows, doors and furniture. Then draw arrows that point to two safe ways out of each room.



The image shows a large blue-bordered box. On the left side of the box, there is a line drawing of a young boy with dark hair, wearing a light-colored short-sleeved shirt and dark pants. He is standing in a doorway, looking towards the viewer with a slight smile. Above him, there is a circular ceiling light fixture. To the right of the boy, there are three empty 10x10 grids stacked vertically, intended for drawing rooms and marking safe exits.

Nice work! With your family, find two ways out of all other rooms in your home.

WARS

Do you know the meaning of “war”? if not, then we are here to tell you about war.

War is a situation in which people or groups compete with or fight against each other. Mostly it is a state or period of fighting between countries. Now you must be thinking that how you are concerned if there occur fight within your country or with some other country. You have a great linkage with that fight because you and your family will have to suffer for so many things and you will be in great danger!!

But.. Hold on! There are so many ways through which you can save yourself in case of a war

Take a cover or shelter in case of an air raid warning:

Firstly you should know what is an air raid? It is an attack in which bombs are dropped from aircraft on to a ground target. When air raids are threatened, warning will be given to you by sirens, which will be sounded. When you hear the warning, take cover at once. Stay under cover until you hear the sirens or hooters sounding continuously for two minutes on the same note, which is the signal “Raiders Passed”.

Gas Masks:

In wars, the opposite country also spread the poisonous gases. You can protect yourselves from these harmful gases by putting masks on your face. When you have your gas mask, make sure that you are keeping it safely and in good condition for immediate use. If you are going outside either permanently or for short time, remember to take your gas mask with you.

Lighting Restrictions:

Usually in wars, people are warned to switch off their lights. So all window ,doors, or other openings which would show a light, will have to be screened in war time with dark blinds or blankets, or brown paper pasted on the glass, so that no light is visible from outside. You should obtain now any materials you may need for this purpose

Fire Precautions:

An air attack may cause a small fire attack. You should be prepared to do all you can to tackle a fire started in your own house.

Clearing the top floor of all inflammable materials, lumber etc., will lessen the danger of fire, and prevent a fire spreading. See that you can reach your roof space readily. In case of fire, use some water which can be sprayed on the flamed place.

Identity labels:

In war you should carry about with you your name and address clearly written. This should be on an envelope, card, luggage label, not on some odd piece of paper easily lost. The best way is that you should have your name and address label sewn on your dress s that it will not be readily lost by you.

Food:

You should have your food with you because it is so difficult or usually impossible to get food during war. So try to have food and water storage for atleast 3 days.

Radio and Television:

When the war is broken outside, you must listen to FM Radio and must watch news channels so that you can get to know the latest situation of the crises and if there is some latest warning given through FM or TV you can get to know about that.

Stay in the basement portion of your house:

If you have a basement portion in your house, try to stay in their along with your family. You will be much safer if you stay in most covered and hidden portion.



EPIDEMICS

PREPAREDNESS

In each emergency situation, the lead agency for health is responsible for preparation for and response to a sharp increase in the numbers of cases of disease. To prepare for such an eventuality, it is essential that:

- a surveillance system is put in place to ensure early warning of an increase in the incidence or numbers of cases of diseases;
- an outbreak response plan is written for the disease – covering the resources, skills and activities required;
- Standard treatment protocols for the disease are available to all health facilities and agencies and that clinical workers are trained;
- Stockpiles of essential treatment supplies (medication and material) and laboratory sampling kits are available for the priority diseases, such as oral rehydration salts, intravenous fluids, vaccination material, tents, transport media and water purification supplies;
- A competent laboratory is identified for confirmation of cases;
- Sources of relevant vaccines are identified in the event that a mass vaccination campaign is required, and that supplies of needles and syringes are adequate;

PREPARATION

- Health coordination meetings.
- Surveillance system: weekly health reports to Ministry of Health and WHO (during an outbreak, this may be daily rather than weekly)
- Outbreak response plan for each disease: resources, skills and activities required.
- Stockpiles: sampling kits, appropriate antimicrobial, intravenous fluids, vaccines
- Contingency plans for isolation wards in hospitals
- Laboratory support.

DETECTION

The surveillance system must have an early warning mechanism for epidemic-prone diseases. If cases of any of the following diseases/syndromes are diagnosed (i.e. alert threshold is passed), inform the health coordinator as soon as possible; the health coordinator should inform the Ministry of Health and WHO: (diseases/syndromes in list to be modified according to country profile).

Take clinical specimen (e.g. stool, serum, cerebrospinal fluid) for laboratory confirmation. Include case in weekly health report.

RESPONSE

Confirmation

- The lead health agency should investigate reported cases or alerts to confirm the outbreak situation – number of cases higher than expected for same period of year and population; clinical specimens will be sent for testing.

The lead health agency should activate an outbreak control team with membership from relevant organizations: Ministry of Health, WHO and other United Nations organizations, nongovernmental organizations in the fields of health and water and sanitation, veterinary experts

Investigation

- Confirm diagnosis (laboratory testing of samples).
- Define outbreak case definition.
- Count number of cases and determine size of population (to calculate attack rate).
- Collect/analyze descriptive data to date (e.g. time/date of onset, place/location of cases and individual characteristics such as age/sex).
- Determine the at-risk population.
- Formulate hypothesis for pathogen/source/transmission.
- Follow up cases and contacts.
- Conduct further investigation/epidemiological studies (e.g. to clarify mode of transmission, carrier, infectious dose required, better definition of risk factors for disease and at-risk groups).
- Write an investigation report (investigation results and recommendations for action).

Control

- Implement control and prevention measures specific for the disease.
 - Treat cases with recommended treatment as in WHO/national guidelines.
1. **Prevention of exposure:** the source of infection is reduced to prevent the disease spreading to other members of the community. Depending on the disease, this may involve prompt diagnosis and treatment of cases using standard protocols (e.g. cholera), isolation and barrier nursing of cases (e.g. viral hemorrhagic fevers), health education, improvements in environmental and personal hygiene (e.g. cholera, typhoid fever, shigellosis, hepatitis A and hepatitis E), control of the animal vector or reservoir (e.g. malaria, dengue, yellow fever, Lassa fever) and proper disposal of sharp instrument

2. **Prevention of infection:** susceptible groups are protected by vaccination (e.g. meningitis, yellow fever and measles), safe water, adequate shelter and good sanitation.
3. **Prevention of disease:** high-risk groups are offered chemoprophylaxis (e.g. malaria prophylaxis may be suggested for pregnant women in outbreaks) and better nutrition.
4. **Prevention of death:** through prompt diagnosis and management of cases, effective health care services (e.g. acute respiratory infections, malaria, bacterial dysentery, cholera, measles, meningitis).ts (e.g., hepatitis B).

Selection of control measures depends on:

- Feasibility (technical/operational),
- Availability (stockpiles),
- Acceptability,
- Safety (of operators and population),
- Cost.

EVALUATION

- Assess appropriateness and effectiveness of containment measures.
- Assess timeliness of outbreak detection and response.
- Change public health policy if indicated (e.g. preparedness).
- Write and disseminate outbreak report.

CERTIFICATE OF COMPLETION

Congratulations! By completing the activities in this book, you have demonstrated that you know how to prepare for all kinds of disasters. Great job!

Cut out this certificate and keep it where all in your family can see it.

