

10 Key Messages: Multi-Hazard

Being prepared starts with you. Be prepared and know what to do when disaster strikes. Taking simple steps can save your life.

Are you ready? Prepare a disaster action plan with your family. Agree on a meeting point outside in a safe open space. Plan escape routes in case the main door is blocked. Keep a whistle on you at all times. Identify safe places that are accessible, keep copies of information on any special needs you have, medications being taken and any allergies or sensitivities.

Have an emergency bag ready for your family. This should contain essential items you will need immediately after a disaster. Contents: a torch and batteries, a small radio, enough dry food such as beaten rice or instant noodles for one day, a plastic bottle of drinking water, a bottle of Piyush chlorine drops for purifying drinking water, a basic medical kit and photocopies of your ID cards. Store the bag in a safe place that is easily reached.

Carry a whistle with you at all times to attract attention in an emergency. Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice.

Always defecate in proper toilets or latrines to prevent the spread of water-borne diseases such as diarrhoea. If you cannot use a latrine, bury your faeces in the ground. Do not defecate on open ground or near water sources.

Dangerous diseases such as cholera are transmitted through dirty and polluted water. Make water safe to drink by boiling it. Boil water for at least five minutes before you drink it, even if it looks clear and clean. Stay safe from diseases that are transmitted through dirty and polluted water.

After a disaster, family members may be split apart and lose contact with each other. Make sure children and the elderly can remember or keep a document, official or handwritten, with them at all times that provides their name, address and family contact information and mobile telephone number if available. This information will help make sure children and elderly can be reunited with their family after a disaster.

Disaster can happen at any moment. Never leave your stove, lit cigarettes, or candles unattended. Turn off and unplug electrical appliances when not in use to protect from fire before, during or after disasters like earthquakes or floods.

Learn basic first aid skills and be prepared for an emergency. First aid skills will help you treat yourself and your family from minor injuries. Maintain and refresh those skills at least every three years.

Ensure you and your family follow proper building codes when constructing a home for disaster safety and to protect it from collapse due to an earthquake. A building code compliant home can save lives and property.

10 Key Messages: Earthquakes

What to Expect?- when an earthquake strikes, expect the ground to shake, buildings, bridges and power lines to collapse and glass to shatter. Keep calm when you feel the ground shake, do not panic.

Are you ready? Prepare an earthquake action plan with your family. Agree on a meeting point outside in a safe open space. Plan escape routes in case the main door is blocked. Keep a whistle on you at all times.

Have an emergency bag ready for your family. This should contain essential items you will need immediately after a flood or landslide. Contents: a torch and batteries, a small radio, enough dry food such as beaten rice or instant noodles for one day, a plastic bottle of drinking water, a bottle of Piyush chlorine drops for purifying drinking water, a basic medical kit and photocopies of your ID cards. Store the bag in a safe place that is easily reached.

Carry a whistle with you at all times to attract attention in an emergency. Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice.

Build safely: Follow proper building codes when constructing your home for fire safety and to protect it from collapse due to an earthquake. A building code compliant home can save lives and property.

In your home, school or workplace, learn and practise the safety position which you should adopt in an earthquake. This is called Drop, Cover, and Hold On. Drop down low to make yourself small. Then cover your head and neck with your arms. These two actions will help to protect you from falling objects. If there is strong furniture nearby such as a table, hold on to it. This will also help to protect you. Once you have assumed this safety position, stay where you are until the shaking stops.

After an earthquake, communication networks may be down or overloaded. Use text message instead of calling to prevent network outage.

If trapped, keep calm, and use your whistle to signal to others. Using a whistle saves energy and protects you from breathing in rubble and dust. If you do not have a whistle, knock on a hard surface to draw attention to your location.

Learn first aid: Learn basic first aid skills and be prepared for an emergency. First aid skills will help you treat yourself and your family from minor injuries. Maintain and refresh those skills at least every three years.

Are you ready? Shaking during an earthquake may cause loose objects to fall. Falling objects may injure or kill. Protect yourself and your family from injury by securely screwing or chaining heavy objects such as shelves, cupboards, flower pots, water tanks, and mirrors to the wall or floor.

10 Key Messages: Floods

Ask your local authorities if your community has a flood early warning system. If so, understand the early warning system to help prepare for floods.

Are you ready? Prepare a flood evacuation plan with your family. Agree on a meeting point at a safe place on high ground outside your home, such as a community flood platform if you have one. Establish safe evacuation routes to the meeting point for your family and livestock.

Have an emergency bag ready for your family. This should contain essential items you will need immediately after a flood or landslide. Contents: a torch and batteries, a small radio, enough dry food such as beaten rice or instant noodles for one day, a plastic bottle of drinking water, a bottle of Piyush chlorine drops for purifying drinking water, a basic medical kit and photocopies of your ID cards. Store the bag in a safe place at least 3 feet above ground.

Carry a whistle on your person at all times to attract attention in an emergency. Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice. Keep the whistle on your key ring or hang it on a chord round your neck.

Monitor the weather for heavy rain which may cause floods or landslides, especially during the rainy season. Listen to local radio stations regularly and watch out for any warnings issued by the local authorities. Follow the advice given by the local authorities to protect yourself and your family against harm from floods and landslides.

Stay out of flood water to be safe. Do not play, bathe or swim in flood water. It is dangerous. Strong currents can sweep you away. Debris in the water can cause injury. Snakes in the water may bite you. The water may be contaminated and make you ill.

Do not drink water left by floods. It may be contaminated and make you ill. Make water safe to drink by boiling it for at least five minutes. You can also make water safe to drink by treating it with Piyush chlorine drops or the prescribed dose of other water purification chemicals.

Keep your children safe from drowning. Do not allow your children to play in flood water. Make sure they stay close to you at all times where you can see and hear them.

If you are isolated by flood water, use your mobile phone to call for help. If you do not have a working mobile phone, use a whistle or wave bright coloured clothing to attract attention. Flash a torch at night to identify your position.

Always defecate in proper toilets or latrines to prevent the spread of water-borne diseases such as diarrhoea. If you cannot use a latrine, bury your faeces in the ground. Do not defecate on open ground or near water sources.

10 Key Messages: Landslide

Have an emergency bag ready for your family. This should contain essential items you will need immediately after a flood or landslide. Contents: a torch and batteries, a small radio, enough dry food such as beaten rice or instant noodles for one day, a plastic bottle of drinking water, a bottle of Piyush chlorine drops for purifying drinking water, a basic medical kit and photocopies of your ID cards. Store the bag in a safe place at least 3 feet above ground.

Carry a whistle on your person at all times to attract attention in an emergency. Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice. Keep the whistle on your key ring or hang it on a chord round your neck.

Mitigate your landslide risk by avoiding cutting down trees. Practicing land conservation on farmed hillsides such as terracing is more effective for growing crops.

Prepare a landslide evacuation plan with your family. Agree on a meeting point outside your home in a safe open space away from unstable slopes and cliff edges. Establish evacuation routes from your home to the meeting point.

Pay attention to the following warning signs to prepare for landslide risk: cracks in land, road or home, dirty underground water sources, and small stones falling for no apparent reason. If you notice these warnings, get to a safe place away from the risk area.

Monitor the weather for heavy rain which may cause floods or landslides, especially during the rainy season. Listen to local radio stations regularly and watch out for any warnings issued by the local authorities. Follow the advice given by the local authorities to protect yourself and your family against harm from floods and landslides.

During heavy rainfall, listen for rumbling sounds that may indicate an approaching landslide. If you hear a rumbling sound, move away from the noise immediately to safer ground away from the landslide.

Be alert for landslides during heavy rainfall. Be especially alert for landslides at night when many people may be asleep.

After a landslide check for people who may have been trapped in debris. Direct rescuers to their location. Do not enter the landslide area alone. You may also become injured or trapped.

If you are trapped in a landslide, use a whistle to alert rescuers. Whistles can be heard easily. They also use less energy than shouting. If you do not have a whistle, make a loud noise by knocking objects together.

10 Key Messages: Fire

Keep your home safe from fire. Keep your roof clear from hay, leaves and debris. Remove all hay, dead wood and vegetation at least 30 feet away from your home. This will protect your home from the potential cause and spread of fire.

Identify a source of water nearby, such as a pond, pool, or water tank that can be accessed to put out a fire. Knowing where water can be accessed can help you act fast and reduce the spread of fire.

Are you ready? Prepare a fire action plan with your family. Agree on a meeting point outside in a safe open space. Plan an alternative escape route in case the main door is blocked. Keep a whistle on you at all times to act as a warning sound.

Have a dry fire extinguisher to put out small fires. To make a dry fire extinguisher, pour 3 kg of fine sand into a large container and add 1 kg of baking soda. Stir the mixture thoroughly. Keep the container in your shop, garage, or kitchen. This mixture can be sprinkled directly on small oil, grease, and petroleum fires. Dry earth will also be effective to put out small fires.

Avoid burning materials such as garbage near your house as a fire can spread quickly. If you do burn materials, make sure it is in a controlled space surrounded by rocks and at least 10 feet away from flammable materials. Pay attention to the wind direction and strength if burning outside. Dispose of ashes safely in a bucket as it can take 3 days for ashes to cool.

If there is a fire in your home, workplace or school, do not hide; go outside. You should never hide when there is a fire. Get to a safe open space outside and away from fire to keep safe. Request help as soon as possible. For a small fire, adults should try to extinguish it. If the fire is too large warn others in the building so they can get out.

If there is a fire in your home, workplace or school, drop to the ground and crawl to the nearest safe exit. Crawling will help you stay away from dangerous smoke. Use the back of your hand to test if a door is hot before opening it. If it is hot, try to find another way out like a window.

If you smell gas or smoke or your smoke detector sounds, get your family out immediately and warn your neighbours. Call local authorities from your mobile when outside in a safe place away from the fire risk for assistance.

Fire can happen at any moment. Never leave your stove, lit cigarettes, or candles unattended. Turn off and unplug electrical appliances when not in use. Ensure all appliances are unplugged during the times of power shedding, due to the power surge when the power is restored giving the potential to start a fire.

Do not overload extension cords or wall sockets as this can cause a fire. An electrical fire can destroy a home in minutes. Ensure the correct fuses are used.

7 Key Messages: **Wildfire**

Prevent Wildfires: Wildfires can kill and destroy property. Never discard cigarettes on the ground or leave a fire unattended. Dispose of ashes safely in a bucket as it can take 3 days for ashes to cool. These measures can reduce wildfire risk.

During a wildfire, stay informed by listening to your local radio. Follow instructions and evacuate if ordered by authorities or if you feel in danger from wildfire.

Protect your livestock during a wildfire by keeping flammable feed away from barns or stables. Keep barn doors open so livestock can escape to a safer area if needed.

During a wildfire, wear protective clothing such as shoes, long pants, long sleeved shirt and gloves. Keep a damp towel with you to protect your face. This can protect you as you escape from the fire hazard area.

After a wildfire, be aware of hazards such as hot spots, burned trees, power poles, fallen wires and ash pits. Stay away from these hazards and only re-enter an area when cleared by local authorities.

After a wildfire, be aware of hazards when cleaning damages such as toxic fumes. Use damp clothes to protect your face and keep children away from clean-up sites. Use gloves when cleaning to avoid contact with dangerous materials.

Avoid starting new fire by using a burning stick from an existing fire. Carrying burning wood is dangerous and can spread fires. Use a lighter or match instead. Do not use an open fire or ranko for light; use a torch instead. Children should not handle fires.