

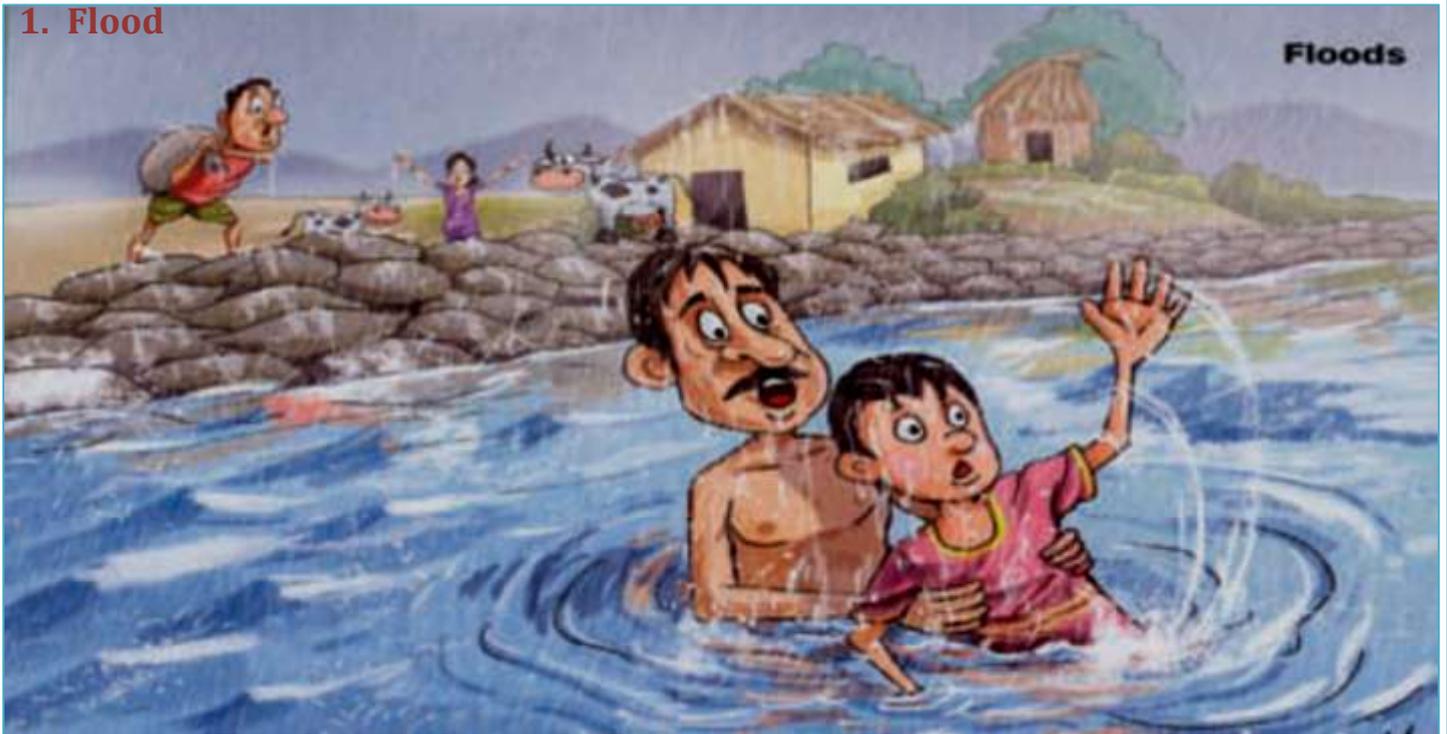


Individual Disaster Preparedness

Do's & Don'ts
During
Disasters



1. Flood



We ought to be smart and prepared to tide over a Flood. Some ways:

A) Before Floods

To prepare for a flood, you should:

- ✓ Avoid building in flood prone areas unless you elevate and reinforce your home.
 - ✓ Elevate the furnace, water heater, and electric panel if susceptible to flooding.
 - ✓ Install "Check Valves" in sewer traps to prevent floodwater from backing up into the drains of your home.
 - ✓ Contact community officials to find out if they are planning to construct barriers (levees, beams and floodwalls) to stop floodwater from entering the homes in your area.
- Seal the walls in your basement with waterproofing compounds to avoid seepage

B) When flood is likely to hit

- Ignore rumours, Stay calm, Don't panic
- ✓ **Stay available** - Keep your mobile phones charged for emergency communication; use SMS
- ✓ **Be alert** - Listen to radio, watch TV, read newspapers for weather updates
- ✓ **Don't ignore animals** - Keep cattle/animals untied to ensure their safety
- ✓ **Survival is key** - Prepare an emergency kit with essential items for safety and survival
- ✓ **Save your valuables** - Keep your documents and valuables in water-proof bags

D) After Floods

- ✓ **Protect children** - Do not allow children to play in or near flood waters. Don't use any damaged electrical goods, get them checked
- ✓ **Watch your step** - Watch out for broken electric poles and wires, sharp objects and debris
- ✓ **See what you eat** - Do not eat food that has been in flood waters
- ✓ **Mosquitoes can kill** - Use mosquito nets to prevent malaria
- ✓ **Use clean water** - Don't use the toilet or tap water if the

C) During Floods

- ✓ **Don't take risk** - Don't enter flood waters. In case you need to, wear suitable footwear
- ✓ **Watch your step** - Stay away from sewerage lines, gutters, drains, culverts, etc.
- ✓ **Don't get electrocuted** - Stay away from electric poles and fallen power lines to avoid electrocution
- ✓ **Remain healthy** - Eat freshly cooked or dry food. Keep your food covered
- ✓ **Evade illness** - Drink boiled/chlorinated water
- ✓ **Ensure cleanliness** - Use disinfectants to keep your surroundings clean

E) If you need to evacuate

- ✓ Raise furniture, appliances on beds and Tables
- ✓ Put sandbags in the toilet bowl and cover all drain holes to prevent sewage back flow
- ✓ Turn off power and gas connection
- ✓ Move to a higher ground/ safe shelter
- ✓ Take the emergency kit, first aid box and valuables with you
- ✓ Do not enter deep, unknown waters; use a stick to check water depth
- ✓ Come back home only when officials ask you to do so

2. Earthquake



What to do Before an Earthquake

- Repair deep plaster cracks in ceilings and foundations. Get expert advice if there are signs of structural defects.
- Anchor overhead lighting fixtures to the ceiling.
- Follow BIS codes relevant to your area for building standards
- Fasten shelves securely to walls.
- Place large or heavy objects on lower shelves.
- Store breakable items such as bottled foods, glass, and china in low, closed cabinets with latches.
- Hang heavy items such as pictures and mirrors away from beds, settees, and anywhere that people sit.
- Brace overhead light and fan fixtures.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- Secure water heaters, LPG cylinders etc., by strapping them to the walls or bolting to the floor.
- Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.
- Identify safe places indoors and outdoors.
 - Under strong dining table, bed
 - Against an inside wall
 - Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over
 - In the open, away from buildings, trees, telephone and electrical lines, flyovers and bridges
- Know emergency telephone numbers (such as those of doctors, hospitals, the police, etc)
- Educate yourself and family members

Have a disaster emergency kit ready

- Battery operated torch with extra batteries
- Battery operated radio
- First aid kit and manual
- Emergency food (dry items) and water (packed and sealed)
- Candles and matches in a waterproof container
- Knife
- Chlorine tablets or powdered water purifiers
- Can opener.
- Essential medicines

- Cash and credit cards
- Thick ropes and cords
- Sturdy shoes

Develop an emergency communication plan

- In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster.
- Ask an out-of-state relative or friend to serve as the 'family contact' after the disaster; it is often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

Help your community get ready

- Publish a special section in your local newspaper with emergency information on earthquakes. Localize the information by printing the phone numbers of local emergency services offices and hospitals.
- Conduct week-long series on locating hazards in the home.
- Work with local emergency services and officials to prepare special reports for people with mobility impairment on what to do during an earthquake.
- Provide tips on conducting earthquake drills in the home.
- Interview representatives of the gas, electric, and water companies about shutting off utilities.
- Work together in your community to apply your knowledge to building codes, retrofitting programmes, hazard hunts, and neighborhood and family emergency plans.

What to Do During an Earthquake

Stay as safe as possible during an earthquake. Be aware that some earthquakes are actually foreshocks and a larger earthquake might occur. Minimize your movements to a few steps that reach a nearby safe place and stay indoors until the shaking has stopped and you are sure exiting is safe.

If indoors

- DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. If there is no a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Protect yourself by staying under the lintel of an inner door, in the corner of a room, under a table or even under a bed.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, (such as lighting fixtures or furniture).
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall. In that case, move to the nearest safe place.
- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load bearing doorway.
- Stay inside until the shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.

If outdoors

- Do not move from where you are. However, move away from buildings, trees, streetlights, and utility wires.
- If you are in open space, stay there until the shaking stops. The greatest danger exists directly outside buildings; at exits; and alongside exterior walls. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

If in a moving vehicle

- Stop as quickly as safety permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that might have been damaged by the earthquake.

If trapped under debris

- Do not light a match.
- Do not move about or kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so rescuers can locate you. Use a whistle if one is available. Shout only as a last resort. Shouting can cause you to inhale dangerous amounts of dust.

3. Landslides



- ✓ Avoid building houses near steep slopes, close to mountain edges, near drainage ways or along natural erosion valleys.
- ✓ Avoid going to places affected by debris flow. In mud flow areas, build channels to direct the flow around buildings.
- ✓ Stay alert and awake. Many deaths from landslides occur while people are sleeping.
- ✓ Listen for unusual sounds that might indicate moving debris, such as trees cracking or boulders knocking together.
- ✓ Move away from the landslide path or debris flow as quickly as possible.
- ✓ Avoid river valleys and low-lying areas. Any person near a stream or channel, be alert for any sudden increase or decrease in water flow and notice whether the water changes from clear to muddy.
- ✓ Go to designated public shelter if you have been told to evacuate.
- ✓ Stay away from the slide area as there may be danger of additional slides.
- ✓ Check the injured and trapped persons near the slide, without entering the direct slide area.

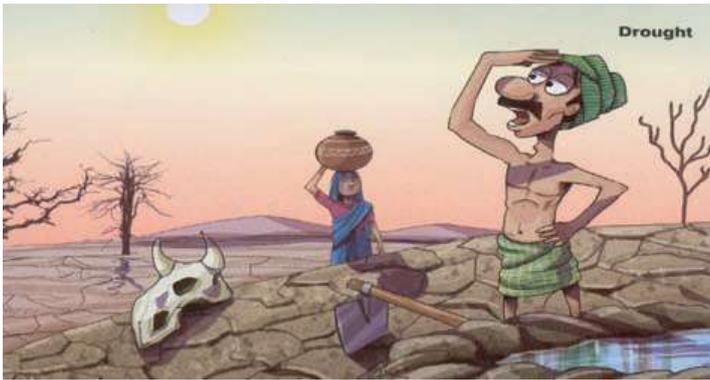
4. Fire



- ✓ In case of fire, dial Emergency number in your area/town.
- ✓ Learn at least two escape routes and ensure they are free from obstacles.
- ✓ Remain calm, unplug all electrical appliances.
- ✓ Keep bucket of water and blankets ready.
- ✓ If clothes catch fire; Stop, Drop and Roll.
- ✓ In case of uncontrolled fire, wrap the victim in a blanket till the fire ceases/stops.
- ✓ Don't burn crackers in crowded, congested places, narrow lanes or inside the house.
- ✓ Don't cover crackers with tin containers or glass bottles for extra sound effect.
- ✓ Avoid wearing long loose clothes during fire, as they increase the risk of catching fire.
- ✓ Don't remove burnt clothes unless it comes off easily.
- ✓ Don't apply adhesive dressing on the burnt area.
- ✓ Don't throw lighted cigarette butts.

5. Droughts

- ✓ Never pour water down the drain, use it water your indoor plants or garden.
- ✓ Repair dripping taps by replacing washers.
- ✓ Check all plumbing for leaking and get them repaired.
- ✓ Choose appliances that are more energy and water efficient.
- ✓ Develop and use cop contingency plan to meet drought situation.
- ✓ Plant drought-tolerant grasses, shrubs and trees.



- ✓ Install irrigation devices which are most water efficient for each use, such as micro and drip irrigation.
- ✓ Consider implementing rainwater harvesting wherever it is suitable.
- ✓ Avoid flushing the toilet unnecessarily.
- ✓ Avoid letting the water run while brushing, washing or bathing.

6. Epidemics

- ✓ Store at least two week supply of water and food.
- ✓ Periodically check availability of regular prescription medicines.
- ✓ Have non-prescription medicines and other health supplies in hand, including pain relievers, stomach remedies, cough & cold medicines, fluids with electrolytes and vitamins.
- ✓ Volunteer with local groups to prepare and assist during emergency response.
- ✓ Keep your surroundings clean and do not let the water be stagnant.



- ✓ Avoid close contact with people who are sick. When sick, keep distance from others to protect them from getting sick.
- ✓ If possible, stay at home; keep away from work, school, etc. when you are sick. This will help prevent others from getting infected.
- ✓ Cover mouth and nose with a tissue while coughing or sneezing. Washing hands often to help protect from harmful germs.
- ✓ Avoid touching eyes, nose or mouth. Germs often spread when a person touches something that is contaminated with germs and then touches his or her sensitive body parts.

7. Cold Wave



- ✓ Stay indoors; minimize travel.
- ✓ Keep the Emergency Kit ready along with snow shovels, wood for fireplace and adequate clothing.
- ✓ Listen to local Radio Station for weather updates.
- ✓ Keep dry. Change wet clothing frequently to prevent loss of body heat.
- ✓ Watch for symptoms of frostbite like numbness, white or pale appearance on fingers, toes, ear lobes and the tip of the nose.
- ✓ Protect yourself from frostbite and hypothermia by wearing warm, loose fitting, lightweight clothing in layers.
- ✓ Maintain proper ventilation when using kerosene heaters or coal oven to avoid toxic fumes.
- ✓ Go to a designated public shelter, if your home loses power or heat during extreme cold.

8. Forest Fire

- ✓ Try to maintain FOREST BLOCKS to prevent day litter from forests during summer season.
- ✓ Try to put the fire out by digging a circle around it by water, if not possible to call a Fire Brigade.
- ✓ Move farm animals and movable goods to safer places.
- ✓ During fire, listen regularly to radio for advance information and obey the instructions cum advice.
- ✓ Teach the causes and harm of fire to general masses and make them aware about forest fire safety.
- ✓ Do not be scared when a sudden fire occurs in the forest, be calm & encourage others and community overcome the problem patiently.
- ✓ Do not throw smoldering cigarette butts or bidi in the forests.
- ✓ Do not leave the burning wood sticks in or near the forests.
- ✓ Do not enter the forest during the fire.
- ✓ Discourage community to use Slash & Burn methods.

