

disaster preparedness

Are you prepared?

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**Disaster
Preparedness
Pamphlet**



U.S. Embassy, Manila

disaster preparedness

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Are you prepared?

be prepared!

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News Sources in an Emergency:

Earthquake & Volcanic Eruptions: (02) 426-1468
<http://www.phivolcs.dost.gov.ph/>

Typhoon: <http://www.typhoon2000.ph>
<http://metocph.nmci.navy.mil/jtwc.html>

Road Conditions: (02) 304-3000
<http://www.mmda.gov.ph/main.html>

Radio Stations (mostly Tagalog)
ABS-CBN: 630-khz
GMA: 594-khz

National Disaster Coordinating Council
<http://ndcc.gov.ph/ndcc/>

National Poison Control: (02) 524-1078



U.S. Embassy, Manila

1201 Roxas Blvd., Ermita, Manila
Philippines 1000
Tel. No.: (02) 301-2000
<http://manila.usembassy.gov>

Weather Concern: **TYPHOONS**



A typhoon, or tropical cyclone, is a weather system characterized by a large low-pressure center and many thunderstorms, capable of producing strong winds and heavy rains. "Tropical" refers to the geographic origin of these storms, and their formation in maritime tropical air masses. "Cyclone" refers to the storms' cyclonic nature with counterclockwise rotation in the Northern Hemisphere and clockwise rotation in the Southern Hemisphere. Depending on its location and strength, a tropical cyclone is referred to by different names, such as hurricane, typhoon, tropical storm, cyclonic storm, tropical depression, and simply cyclone. In the Philippines, the name of any tropical cyclone is *bagyo*.

PAGASA, or Philippine Atmospheric Geophysical & Astronomical Services Administration, is responsible for monitoring weather and providing flood and typhoon warnings. PAGASA is also responsible for naming all the tropical cyclones in the Philippines.

Tropical depressions and typhoons are common this time of year for the Philippines. Reports on developing storm activity are available on <http://metocph.nmci.navy.mil> and

www.typhoon2000.ph.

In the event of severe tropical depressions, please note the following recommendations to ensure minimal disruption or damage to yourself and your property:

- secure loose outdoor items around the home;
- fill vehicles and generator fuel tanks;
- check and charge all cell phones and emergency radios;
- make ice blocks;
- check and assemble flashlights, tools, and first aid kits;
- procure batteries, candles, matches, potable water, canned or dry food, pet foods, medications, etc.

Two Web sites: www.ready.gov and www.americanredcross.org offer additional emergency preparedness plans for your immediate review.

Information about approaching weather patterns can be found at <http://www.typhoon2000.ph/> and <http://www.pagasa.dost.gov.ph/wb/wxfcst.html>.



To prepare for a flood:

- Avoid building or buying a home in a floodplain (unless you elevate and reinforce the building).
- Elevate the furnace, water heater, and electric panel if home has been damaged by flood waters in the past.
- Install "check valves" in sewer traps to prevent flood water from backing up through the drains of your home.
- Construct barriers (levees, beams, or floodwalls) to stop floodwater from entering your home. Seal walls in basements with waterproofing compounds to avoid leaks from outside.

During a Flood:

If a flood is likely in your area:

Listen to local radio stations, commercial radio, or television for information. Check the latest weather update at <http://www.typhoon2000.ph/> or <http://www.pagasa.dost.gov.ph/> or call their 24-hour hotline at 433-ULAN (433-8526).

- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.
- Be aware of streams, drainage channels, canyons, and other areas known to flood suddenly. Flash floods can occur in these areas with or without warning when there are sudden, heavy downpours.

If you must prepare to evacuate:

- Secure your home. If you have time, bring in outdoor furniture and move essential items (don't forget keepsakes) to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. But remember, do not touch electrical equipment if you are wet or standing in water.

Evacuation Tips:

- 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, you and your vehicle can be quickly swept away. If you can do so safely, abandon the vehicle and move to higher ground.

Driving in Flood Conditions:

The following are important points to remember when driving in flood conditions:

- Six inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- A foot of water will float many vehicles.
- Two feet of rushing water can carry away most vehicles including sport utility vehicles (SUVs) and pick-up trucks.

After a Flood:

- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Avoid moving water.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of your vehicle.
- Stay away from downed power lines, and report them to the power company.
- Return home only when authorities indicate it is safe.
- Stay out of any building, if it is surrounded by floodwaters.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards. Clean and disinfect everything that got wet during the flood. Mud left from floodwater can contain sewage and chemicals.



A volcano is a mountain that opens downward to a reservoir of molten rock below the surface of the earth. Unlike most mountains, which are pushed up from below, volcanoes are built up by an accumulation of their own eruptive products. When pressure from gases within the molten rock becomes too great, an eruption occurs. Eruptions can be quiet or explosive. There may be lava flows, flattened landscapes, poisonous gases, and flying rock and ash.

Because of their intense heat, lava flows are great fire hazards. Lava flows destroy everything in their path, but most move slowly enough that people can move out of the way.

Fresh volcanic ash, made of pulverized rock, can be abrasive, acidic, gritty, gassy, and odorous. While not immediately dangerous to most adults, the acidic gas and ash can cause lung damage to small infants, to older adults, and to those suffering from severe respiratory illnesses. Volcanic ash also can damage machinery, including engines and electrical equipment. Ash accumulations mixed with water become heavy and can collapse roofs. Volcanic ash can affect people hundreds of miles away from the cone of a volcano.

Sideways directed volcanic explosions, known as "lateral blasts," can shoot large pieces of rock at very high speeds for several miles. These explosions can kill by impact, burial, or heat. They have been known to knock down entire forests.

Volcanic eruptions can be accompanied by other natural hazards, including earthquakes, mudflows and flash floods, rock falls and landslides, acid rain, fire, and (under special conditions) tsunamis.

What to Do Before a Volcanic Eruption

- Add a pair of goggles and a disposable breathing mask for each member of the family to your disaster supply kit.
- Stay away from active volcano sites.
- If you live near a known volcano, active or dormant, be ready to evacuate at a moment's notice.

What to Do During a Volcanic Eruption

If a Volcano Erupts Where You Live:

- Follow the evacuation order issued by authorities and evacuate immediately from the volcano area to avoid flying debris, hot gases, lateral blast, and lava flow.



VOLCANIC ERUPTIONS

Be Prepared!

- Be aware of mudflows. The danger from a mudflow increases near stream channels and with prolonged heavy rains. Mudflows can move faster than you can walk or run. Look upstream before crossing a bridge, and do not cross the bridge if a mudflow is approaching.
- Avoid river valleys and low-lying areas. Remember to help your neighbors who may require special assistance—infants, elderly people, and people with disabilities.

Protection from Falling Ash

- Listen to a battery-powered radio or television for the latest emergency information.
- If you have a respiratory ailment, avoid contact with any amount of ash.
- Wear long-sleeved shirts and long pants.
- Use goggles and wear eyeglasses instead of contact lenses.
- Use a dust mask or hold a damp cloth over your face to help with breathing.
- Stay away from areas downwind from the volcano to avoid volcanic ash.
- Stay indoors until the ash has settled unless there is a danger of the roof collapsing.
- Close doors, windows, and all ventilation in the house (chimney vents, furnaces, air conditioners, fans, and other vents.)
- Clear heavy ash from flat or low-pitched roofs and rain gutters.
- Avoid running car or truck engines. Driving can stir up volcanic ash that can clog engines, damage moving parts, and stall vehicles.
- Avoid driving in heavy ash fall unless absolutely required. If you have to drive, keep speed down to 35 MPH or slower.

EARTHQUAKES

Be Prepared!



One of the most frightening and destructive phenomena of nature is a severe earthquake and its terrible aftereffects. Earthquakes strike suddenly, violently, and without warning at any time of the day or night. If an earthquake occurs in a populated area, it may cause many deaths and injuries and extensive property damage.

Six Ways to Plan Ahead

1. Check for Hazards in the Home

- 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, couches, and anywhere people sit.
- Brace overhead light fixtures.
- Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- Secure a water heater by strapping it to the wall studs and bolting it to the floor.

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, overpasses, or elevated expressways.

3. Educate Yourself and Family Members

- Contact your local emergency management office or Red Cross chapter for more information on earthquakes. Also read the "How-To Series" for information on how to protect your property from earthquakes.
- Teach children how and when to call the police or fire department and which radio station to tune to for emergency information.
- Teach all family members how and when to turn off gas, electricity, and water.

5. 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 a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name, address, and phone number of the contact person.

6. 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, the Red Cross, and hospitals.
- Conduct a week-long series on locating hazards in the home.
- Work with local emergency services and Red Cross officials to prepare special reports for people with mobility impairments 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 programs, hazard hunts, and neighborhood and family emergency plans.



- Repair any deep cracks in ceilings or foundations. Get expert advice if there are signs of structural defects.
- Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.

2. Identify Safe Places Indoors and Outdoors

- Under sturdy furniture such as a heavy desk or table.
- Against an inside wall.
- Away from where glass could shatter around

4. Have Disaster Supplies on Hand

- Flashlight and extra batteries
- Portable battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Nonelectric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes



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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 to 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 isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- 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 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.
- DO NOT use the elevators.

If outdoors

- Stay there.
- Move away from buildings,

streetlights, and utility wires.

- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits, and alongside exterior walls. Many of the 120 fatalities from the 1933 Long Beach earthquake occurred when people ran outside of buildings only to be killed by falling debris from collapsing walls. Ground movement during an earthquake is seldom the direct cause of death or injury. 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.

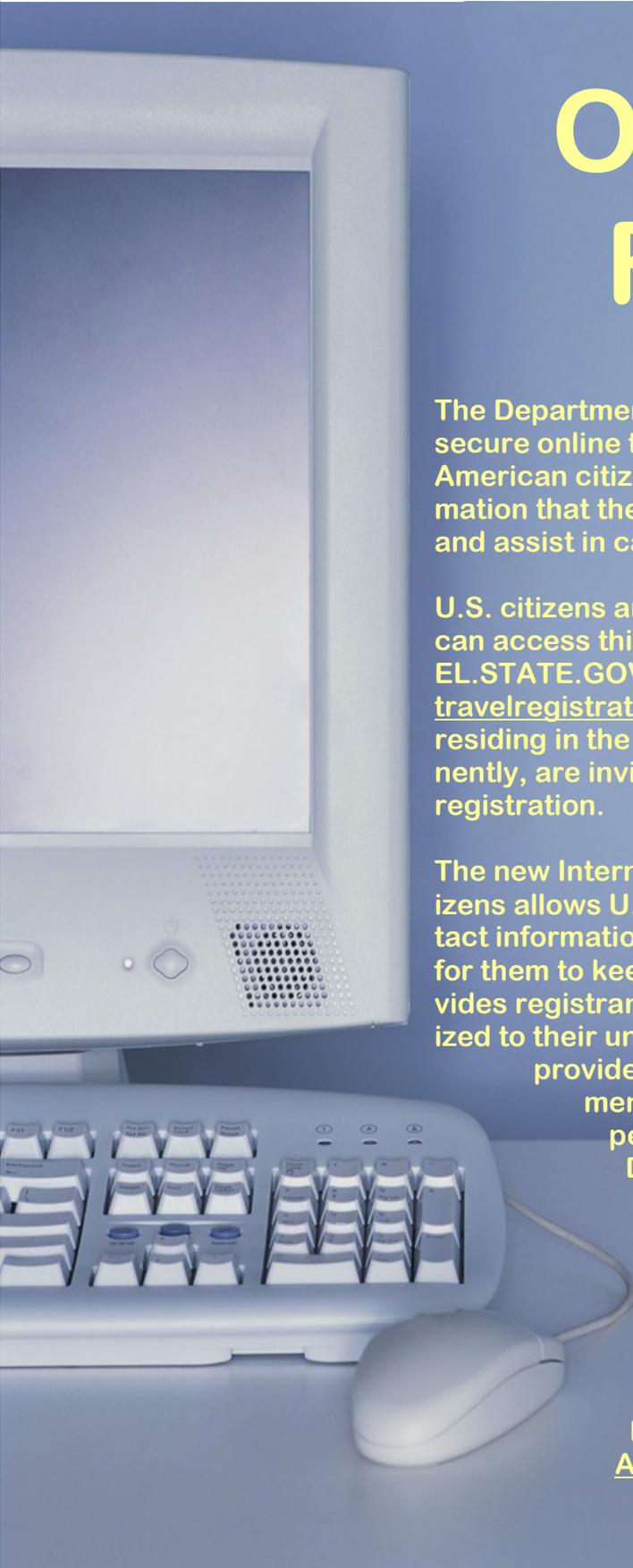
If trapped under debris

- 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.

What to Do After an Earthquake

- **Expect aftershocks.** These secondary shockwaves are usually less violent than the main quake but can be strong enough to do additional damage to weakened structures and can occur in the first hours, days, weeks, or even months after the quake.
- **Listen to a battery-operated radio or television.** Listen for the latest emergency information.
- **Use the telephone only for emergency calls.**
- **Open cabinets cautiously.** Beware of objects that can fall off shelves.

- **Stay away from damaged areas.** Stay away unless your assistance has been specifically requested by police, fire, or relief organizations. Return home only when authorities say it is safe.
- **Be aware of possible tsunamis if you live in coastal areas.** These are also known as seismic sea waves (mistakenly called "tidal waves"). When local authorities issue a tsunami warning, assume that a series of dangerous waves is on the way. Stay away from the beach.
- **Help injured or trapped persons.** Remember to help your neighbors who may require special assistance such as infants, the elderly, and people with disabilities. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.
- **Clean up spilled medicines, bleaches, gasoline or other flammable liquids immediately.** Leave the area if you smell gas or fumes from other chemicals.
- **Inspect the entire length of chimneys for damage.** Unnoticed damage could lead to a fire.
- **Inspect utilities.**
 - ⇒ **Check for gas leaks.** If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can and call the gas company from a neighbor's home. If you turn off the gas for any reason, it must be turned back on by a professional.
 - ⇒ **Look for electrical system damage.** If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.
 - ⇒ **Check for sewage and water lines damage.** If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap. You can obtain safe water by melting ice cubes.

A photograph of a computer workstation on a desk. On the left, a CRT monitor is visible, showing a dark screen. Below the monitor is a keyboard and a mouse. The background is a solid blue color.

Online Travel Registration

The Department of State in Washington, D.C. has launched a secure online travel registration website which will allow American citizens to record foreign trip and residence information that the Department of State can use to communicate and assist in case of an emergency.

U.S. citizens around the world who travel or reside abroad can access this site either through a link on TRAVEL.STATE.GOV or directly at <http://travelregistration.state.gov>. U.S. citizens and their families residing in the Philippines, whether temporarily or permanently, are invited to register and get acquainted with travel registration.

The new Internet travel registration service for American citizens allows U.S. citizens to register and update their contact information on the Internet at any time, making it easier for them to keep their information current. The site also provides registrants with up-to-date travel information customized to their unique travel agenda and itinerary. The data provided in the registration is secured behind Department of State firewalls, accessed only by cleared personnel in Embassies, Consulates, and the Department of State, and releasable only under the provisions of the Privacy Act.

If you encounter any difficulties or have any questions about our travel registration website, please send an e-mail to CAI-brs@state.gov. If you have specific questions about your registration with this Embassy please contact the U.S. Embassy at ACSInfoManila@state.gov.



Family Emergency Plan

Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in a emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name:	Local Emergency Contact:
Email:	Police:
Neighborhood Meeting Place:	Fire Station:
Regional Meeting Place:	Hospital:
Evacuation Location:	Local Barangay Official:

Fill out the following information for each family member and keep it up to date.

Name:	Passport Number:
Date of Birth:	Important Medical Information:
Name:	Passport Number:
Date of Birth:	Important Medical Information:
Name:	Passport Number:
Date of Birth:	Important Medical Information:
Name:	Passport Number:
Date of Birth:	Important Medical Information:
Name:	Passport Number:
Date of Birth:	Important Medical Information:

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings may have site specific emergency plans.

Work Location One	School Location One
Address:	Address:
Phone Number:	Phone Number:
Evacuation Location:	Evacuation Location:
Work Location Two	School Location Two
Address:	Address:
Phone Number:	Phone Number:
Evacuation Location:	Evacuation Location:
Other place you frequent	Other place you frequent
Address:	Address:
Phone Number:	Phone Number:
Evacuation Location:	Evacuation Location:

Important Information	Name	Telephone Number	Policy Number
Doctor(s):			
Other:			
Pharmacist			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets)			

Through its **Ready Campaign**, the U.S. Department of Homeland Security educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks.

Ready asks individuals to do three key things:

- get an emergency supply kit
- make a family emergency plan
- be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
 - Cash or traveler's checks and change
 - Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper
 - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers

In the Philippines, disasters disrupt thousands of lives each year. Unfortunately, each disaster has lasting and irreversible effects.

When disasters happen, Philippine local government agencies and disaster relief organizations are always available to provide assistance. However, local responders may not be able to reach the affected areas immediately. Therefore, being prepared is the best defense to unexpected disasters.

The next time disaster strikes, you may not have much time to act. Being prepared and understanding what to do can reduce fear, anxiety and losses that accompany disasters.

For a more detailed information, please visit the Ready.Gov website at: <http://www.ready.gov/america/getakit/index.html>