

► 2021 Edition

RESILIENCE GUIDE

EARTHQUAKE • FIRE • PANDEMIC • SECURITY
TECHNOLOGY • TERRORISM • TYPHOON

*Compilation of best practices
in family and home disaster preparedness
and resilience based on Philippine conditions*



For the members of:



A public service project of the Philippine Federation of Professional Associations, Inc.
In cooperation with
The Philippine Technological Council, Council of Professional Health Associations,
Council for Business and Management Professionals and Council for Built and Natural Environment.

**PHILIPPINE INSTITUTE OF
CHEMICAL ENGINEERS, INC. (PIChe)**



THE PFPA HYMN

A Tribute of the Philippine Federation of Professional Association
to All the Filipino Professionals Around the World

“PINAGBIGKIS NA GALING”

(Panata ng Propesyonal)

Titik at Musika: Rommel Gojo

Sinukat ng panahon, talino nati't kakayahan
Sinubok ng kasaysayan, diwa nating makabayan
Sa isa't isa natagpuan, tunay nating kalakasan
Mga bagong bayani tayong umusbong, sa gitna ng bawat laban
Pinagbigkis na galing, tugon at handog natin
Pinagbigkis na galing, laging lakas at dalangin ng PFPA..

Hinubog ng katatagan, nagkaisang propesyonal ng lipunan
Maging sa ibang bayan, natanyag ang kagalingan
Mula sa silangan at kanluran ay maglilingkod sa nangangailangan
Ating puso ay ilalaan sa Diyos, kapwa, at bayan
Pinagbigkis na galing, tugon at handog natin
Pinagbigkis na galing, laging lakas at dalangin ng PFPA,
Laging lakas at dalangin ng PFPA...





**DISASTER
PREPAREDNESS
AND
RESILIENCE GUIDE**

2021 EDITION

ENGLISH VERSION

FOREWORD

THE PFPA DISASTER RESILIENCE COMMITTEE

The creation and the regionalization of the Disaster Resilience Committee by the Philippine Federation of Professional Associations, Inc. is an expression of commitment by its leaders for the organization to play a more relevant and active role in building disaster risk reduction models in the communities to sustain our overall economic and development goals.

The PFPA is a unique organization having a multi-professional membership represented in the health, business, technical and built and environmental sectors of the society. The lessons of the recent public health emergency highlighted the importance of a unified, coordinated private and public sector actions in the national and local levels.

The PFPA Regional Disaster Resilience units will be composed of volunteer professionals mirroring the PFPA organizational set-up, a multi-professional team that is willing to mobilize to respond to the needs of the community in pre-, during and post- disaster situations towards risk reduction and mitigation of the impact therefrom. It may offer its expert services to assist, support or cooperate with the private and public sectors.

ABOUT THE PFPA DISASTER RESILIENCE GUIDEBOOK

In a major disaster, it may take at least 72 hours or 3 days before rescuers arrive at ground zero, relief goods distributed, and vital services restored. Unfortunately, in many areas, it may take even longer than 72 hours – with no food and water, shelter, energy, and security.

This guide provides vital information to help you and your family prepare at home, in school, and at the workplace for this critical 72-hour period and beyond. Information provided herewith are collected from various disaster risk reduction sources such as the FEMA Ready Campaign website (www.ready.gov) and adapted for Philippine conditions.

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In cooperation with:

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Council of Professional Health Associations, Inc.
Council for the Built and Natural Environments, Inc.

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EVACUATION MAP FOR FLOOD

Direction: Download google map showing the vicinity or your home or office, cut and paste on this page. Make the area and direction towards evacuation site. Select an evacuation site that...

EVACUATION MAP FOR EARTHQUAKE / FIRE

Direction: Download google map showing the vicinity of your home or office, cut and paste on this page. Make the area and direction towards evacuation site. Select an evacuation site that...

YOYO! You're On Your Own

We have seen it in the news. You might have personally experienced it as a victim of a disaster. Disaster Response (rescue and relief) will be delayed. Devastation will be so massive first responders and other rescue and relief organizations will be overwhelmed.

We saw it during Hurricane Katrina 2005 (USA), Tohoku Earthquake and Tsunami 2011 (Japan), Super Typhoon Yolanda (Haiyan) in 2013, and the 7.8 magnitude mega earthquake in Nepal last April 25, 2015.

Remember - You can't stop it, but you can prepare for it!

HOW TO USE THIS GUIDE

	<p>Know the disaster threats in your area - home, school, workplace, and in your community. Are you on or near a fault line? Are you in a flood prone area? Are you near bodies of water such as the beach, lake, or even a canal ("estero")? Is your area a possible target for criminal activity such as looting?</p>
	<p>Prepare your Disaster Emergency Plan based on your unique situation, because your family, household, workplace, school, and neighborhood are unique. Therefore, no plans are the same. Use your foresight in creating your Disaster Emergency Plan.</p>
	<p>Inform and ensure that all family members understand the mechanics of your Disaster Emergency Plan, otherwise, your plan is useless.</p>
	<p>Review your plan regularly. Individual or family activities change such as routines, schedules, and places they frequent. Do not forget to check your supplies regularly, at least every six (6) months. Food and medicine may expire. Clothing sizes change, especially for growing children. Batteries may be drained. Gasoline fuel expires (Diesel fuel does not).</p>

BASIC PREPAREDNESS

PLAN AND PREPARE FOR ANY DISASTER

- Assemble emergency kits (see “Basic Emergency Supplies” on page 6).
- Keep copies of important documents (e.g. passports, driver’s licenses, social security cards, medical prescriptions, marriage contract, birth certificates, wills, land titles, financial statements, health /medical and life insurance, etc.) in an off-site location such as a safety deposit box. You may take a digital photo or scan these documents and upload it to your “draft” or “personal” folder file of your email account for future downloading. To facilitate insurance claims, include an inventory of your valuables with photographs or video.
- Learn how and when to shut off your utilities (see “Utilities” on page 8).
- Discuss all possible exit routes from each room, building, and neighborhood. Ensure that your family has at least two exits from each. Check keys and locks of exit points regularly as they rust overtime.
- Decide where you will reunite after a disaster. Choose at least two places, one outside your home and another outside your neighborhood, like a park or other open areas.
- Conduct emergency drills and practice “DROP, COVER, and HOLD ON” at least once every six months.
- Always keep your car’s gas tank at least half-full. Make it a practice to refuel when at half full instead of at “E” empty or when “reserve” light goes on.
- Have extra mobile phone chargers (cigarette lighter plug type) and cables in each vehicle.

SOME STEPS TO MAKE YOUR HOME SAFE

- Be sure your house or unit number is clearly visible and unobstructed so that emergency responders can find you.
- Install at least one smoke alarm outside of each sleeping area and one additional alarm on each additional living level, including the basement and attic. If hallways are longer than 40 feet between the sleeping and living areas, use two smoke alarms. Test every 6 months and replace batteries once each year.
- Keep at least one ABC type fire extinguisher on each level of your home. Learn how and when to use them. Check the pressure gauges annually to ensure that they are fully charged.
- Keep hallways and exits clear for easy evacuation. Ensure that all window safety bars have emergency releases.
- Ensure that valuable electronics and tall, large, or heavy furnishings in your home are equipped with earthquake straps (fasten or secure it).
- Move heavy objects to lower shelves and install cabinet door latches.
- Make sure your water heater tank is properly braced so that it does not tip over during an earthquake.
- Remove paintings/photo frames and decors over your headboard as these may fall on your head.
- Store and secure hazardous chemicals (e.g., gasoline, bleach, paint thinners) to prevent spills and accidental fire.
- Have a structural engineer check and inspect your home’s structural integrity to include the condition of the ground it stands on. See your Local Government Units (LGUs) for the latest disaster hazard map of your area.

BASIC EMERGENCY SUPPLIES

You can buy pre-made disaster kits from a range of sources, or you can assemble one yourself using items you already own. Either way, make sure to familiarize yourself with your kit's contents and to replace any perishable items before they expire.

Divide your emergency supplies into a Household Disaster Kit to share at home and personal GO-BAGS for individual family members in case of evacuation.

Store your Household Disaster Kit and Go Bag in a place that will still be accessible if your home is damaged and unsafe to enter (e.g., a backyard shed). If this is not an option, put it in an accessible location inside your home like the garage

HOUSEHOLD DISASTER KIT CHECKLIST

If your home is structurally sound following a disaster, your Household Disaster Kit will allow you to remain in place, even without utilities. Put contents in a watertight container that you can move easily (e.g. a large plastic garbage bin with wheels). Include:

- Sanitation supplies (e.g., towels, washcloths, unscented bleach with eyedropper and heavy-duty garbage bags)
- Flashlights and battery-operated lanterns (with extra batteries & bulbs), solar operated ones are also an option
- Plates, utensils, and paper towels, etc.
- Cooking supplies, (manual can opener, camp stove, fuel, lighter, pots, etc.)
- Items to protect you from the elements such as warm clothing, raincoats, sleeping bags, mats, blankets, sturdy shoes, a tent or heavy-duty sheet plastic like advertising tarpaulin, ropes, and pegs to set up tents, and covers
- Basic tools, work gloves, goggles, crowbar, hammer, staple gun, adjustable wrench, vehicle jack

GO-BAGS AND/OR GET HOME BAG

Each household member should have his or her own GO-BAG and/or GET HOME BAG as a part of the Household Disaster Kit.

GO-BAGS are designed for use:

- At home, so you can remain in place even without utilities
- If you must evacuate your home or
- If you cannot return home.

Since you may be away from home when disaster strikes, you are advised to keep a GET HOME BAG at the workplace, school, and in your vehicle.

For children or infants' GO-BAGS, include medical consent forms, a family photo for reunification purposes, a favorite toy, cards, or book. You could also include flares and jumper cables in your vehicle's GO-BAG. Remember to make a GO-BAG for your pet (see "Tips for Pet Owners" on page 12).

Every Go-Bag should include:

- Food and water as much as you can practically carry (remember water weighs 1 kilo per 1 liter)
- Portable AM/FM radio and extra batteries
- First Aid Kit and Handbook
- 5-day supply of medications you take regularly and a copy of your prescriptions
- Whistle (prefer aluminum not plastic)
- Personal hygiene supplies (including sanitary napkins and toilet paper)
- Emergency lighting (e.g., glow sticks, flashlight, headlamp) and extra batteries
- Large garbage bags and paper towels
- Change of clothing and a hat
- Sturdy shoes, in case an evacuation requires walking long distances
- Dust mask (Type N-95 preferred)
- Permanent pen, paper, and tape (masking or duct tape is preferred)
- Cash in small denominations
- Copy of health insurance card, driver's license, and HELP+ID card
- Photos of family members for reunification purposes (album size)
- List of emergency contact phone numbers

FOOD

- Store enough food for everyone in your family to last for at least 5 days.
- Store food items that your family is used to especially for your children rather than buying special “emergency” food or military grade MREs (Meal Ready to Eat).
- Consider any dietary restrictions you may have especially for senior citizens.
- Consider stocking up on food that does not require refrigeration or cooking (e.g., canned fruits and vegetables, peanut butter, jam, low-salt crackers, cookies, cereals, dried fruit, canned soup or meats, juices, and non-fat dry milk).
- Mark a rotation date on food containers that do not have a manufacturer’s expiration date on the package.
- Include baby food, formula milk or other special diet items for infants and seniors.
- Store food in airtight, pest-resistant containers in a cool, dark place.
- Most canned food can safely be stored for at least 18 months. Low acid food like meat products, fruits, and vegetables will normally last at least 2 years. Use dry products, like boxed cereals, crackers, cookies, dried milk, or dried fruit, within six months.
- Do not consume food from cans that show any signs of deterioration (rust or bulging).
- After a power outage, refrigerated food will stay cold longer if you keep the door closed. Food should be consumed within 4 hours. Food in the freezer will normally remain safe for 2 days.
- We are Filipinos. We love RICE. It is highly recommended to store an extra sack of rice. Rice in sealed plastic bags are available in supermarkets. Rotate and use every three (3) months. During a disaster, cooked rice with a little salt or anchovy (bagoong) is already a meal!

WATER

Water supply may be cut-off or contaminated. Store enough water for everyone in your family to last for at least 5 days. Store 4 liters (1 gallon) of water per person, per day. This amount will be adequate for general drinking purposes, 12 liters (3 gallons) per person per day will give you enough for cooking and for limited personal hygiene. Remember to plan for your pets.

Storing Tap Water:

- Tap water from a municipal water system can be safely stored without additional treatment.
- Store drinking water in food grade plastic containers such as 2-liter soft drink bottles. (1 gallon = approx. 4 liters). Heavy duty, reusable plastic water containers are also available at many water refilling stations.
- Replace water at least once every six months. Keep away from sunlight and heat!



Computing for water requirement:

4 liters/person/day x 5 days = 20 liters/person

These standard water containers hold 5 gallons or 19 liters each.

Assign one (1) per person, including your house helpers. Use Purified Drinking Water sourced from a reputable water refilling station.

Buying commercially bottled water:

- Keep water in its original container. Do not re-store a bottle once opened.
- Label bottles with their replacement date, and store in a cool, dark place.
- Replace water at least once each year if bottles are not marked with the manufacturer's expiration date.

Treating water after disaster:

If you run out of stored drinking water, strain and treat water from your water heater or the toilet reservoir tank (except if you use toilet tank cleaners). You cannot drink swimming pool or spa water. Use it for flushing toilets or washing.

Treatment Process:

Begin by straining large particles of dirt by pouring the water through a couple of layers of paper towels or clean cloth. Next, purify the water one of two ways:

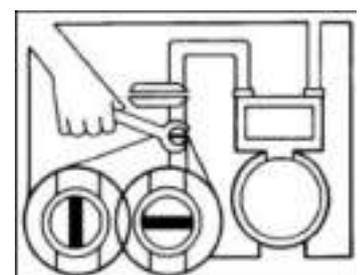
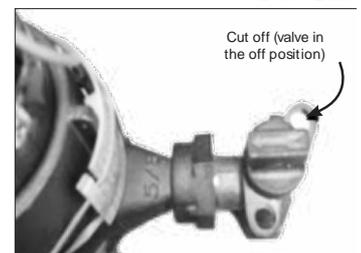
Boil	Bring to a rolling boil and maintain for 3-5 minutes. After the water cools, pour it back and forth between two clean containers to add oxygen back; this will improve its taste.
Disinfect	If the water is clear, add 8 drops (1/8 teaspoon) of bleach per gallon of water. If it is cloudy, add 16 drops (1/4 teaspoon) per 4 liters or 1 gallon. Make sure you are using regular bleach— 5.25% percent sodium hypochlorite— rather than the “ultra” or “color safe” bleaches. Shake or stir, then let stand 30 minutes. A slight chlorine taste and smell is normal.

UTILITIES

GAS / LPG

Natural gas leaks can cause fires and explosions inside a building.

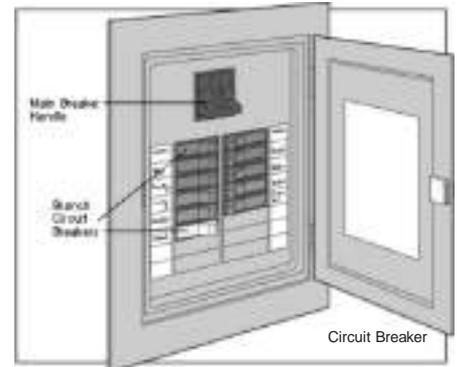
- If you smell gas, hear gas escaping, see a broken gas line, or if you suspect a leak, shut off the main valve and open all windows and doors.
- If you suspect a leak, never use candles or matches, and do not turn on electrical switches or appliances.
- Identify the main shutoff valve, located on the gas line coming into the main gas meter.
 - For condominiums/apartments: this is usually on the exterior of your unit or building, or in an external closet.
- To turn gas off, give the valve a quarter turn in either direction. When the lever crosses the direction of the pipe (see image), the gas is turned off.
- Keep a crescent wrench or gas shut-off tool nearby to turn the lever.
- Once you turn off the gas, never attempt to turn it back on yourself. Wait for your utility company to do it but be aware that it may take several days for them to switch it back on.



ELECTRICITY

Electrocution can result from direct contact with live wires or anything that had been energized by these wires.

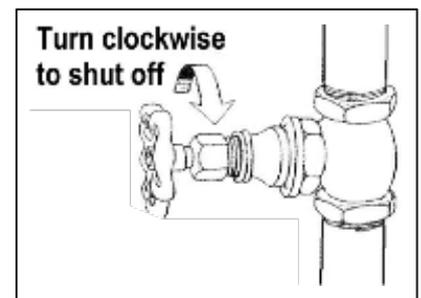
- Locate your home's main electric switch, which is normally in the garage or outdoors, where the power lines enter the home. The panel box may have a flip switch or pull handle on a large circuit breaker.
- Shut off electricity when:
 - Arcing or burning occurs in electrical devices.
 - There is a fire or significant water leak.
 - You smell burning insulation.
 - The area around switches or plugs is blackened and/or hot to the touch.
 - A complete power loss is accompanied by the smell of burning material.



WATER

After a major earthquake, shut off water lines in your house to protect the water in your water heater, toilet tanks, and house pipes. Cracked pipes may allow contaminants into the water supply. In addition, water leaks can create property damage and electrocution hazards.

- The water gate valve is usually located in the basement, garage, or where the water line enters the home. The water shut off is located on a riser pipe and is usually a red or yellow wheel. Turn wheel clockwise to shut off.
- If you need to access water from the water heater, look for the drain line at the bottom of the water heater. Exercise caution - water may still be hot.



SEWER SERVICE

A disaster that disrupts all or part of your community's water and/or sewer lines could affect the way you deal with human waste.

- If there is no water in your toilet, but the sewer lines are intact, pour 3-5 gallons of water into the toilet bowl to flush. You may use fishpond water, bath, and laundry or swimming pool water.
- If you suspect damage in your home's water lines, DO NOT flush the toilet. Turn off water valves of the house so contaminated water does not enter your water system.
- If sewer lines are broken, line the bowl with double-bagged plastic garbage bags to collect human waste. Before discarding the bag, add a small amount of bleach; then seal the bag and place in a tightly covered container, away from people.
- If the toilet is unusable, use a sturdy bucket with a tight-fitting lid, and line it with a double-bagged plastic garbage bag.

DISASTER SHELTER

In an emergency, you should remain at your home or workplace if it is safe to do so, as these will provide a more comfortable environment if sheltering in place is necessary. If your home or workplace is unsafe and you do not have an alternative, evacuate to emergency shelters as designated by local officials.

- Tell a neighbor or a family point of contact where you are going.

- Take your GO-BAG with you to the shelter (see “Go-Bags and/or Get Home Bag” on page 6).
- Initially, emergency shelters may not be able to provide basic supplies consider bringing the following items extra items (e.g., blanket, pillow, air mattress, towel, washcloth, diapers, food, water, and supplies for infants).
- Provide for your pet: Animal Care and Control staff may be available at human shelters to help with pet sheltering needs.

PREPARE TO COMMUNICATE POST-DISASTER

- Designate an Out-of-Area contact person who is unlikely to be affected by the same disaster. Instruct family members inside the affected area to contact this person with their status following a disaster. This person will act as a liaison between the family members affected by the disaster and others who need to be informed of your family’s status.
- Keep at least one standard fixed land line telephone in your home; portable phones rely on electrical power and will not work during a power outage.
- Display emergency numbers beside each telephone.
- Learn how to use your mobile phone’s text messaging feature. Text messaging uses a different part of the cell network, and it might be possible to send and receive text messages when voice channels for mobile phones and landlines are jammed.
- Save the battery power of your mobile phone. Call only if necessary and keep it short. Arrange on synchronized time to turn on your mobile phone to make and receive calls or texts (for example, switch on every first 10 minutes of every hour; 12:00 to 12:10 pm, then 1:00 to 1:10 pm).
- Major disasters such as earthquake, typhoon, and flooding may knock off cellular mobile phone services. Telephone lines will be cut off. Internet services will be affected too. Satellite phones and two-way radios may be the only form of communication. These are expensive to have and maintain. You must establish a post disaster reunification plan such as agreeing on a pre-designated meeting place in school, workplace, and neighborhood. During the post disaster chaos, it will be easier to find and reunify with your family members if you have a pre-designated meeting point.

GETTING INVOLVED

Get to know your neighbors. Find out if anyone has specialized equipment, like a power generator, or expertise such as medical knowledge, that might help during a crisis. Identify neighbors who might need assistance after a disaster. Make arrangements with your neighbors to check on each other’s home and family or pets if one of you is away when a disaster strikes.

ADDITIONAL TRAINING AND RESOURCES

- Volunteer for your barangay or homeowners’ association.
- Take Basic First Aid Training with the Philippine National Red Cross (www.redcross.org.ph).

SENIOR CITIZENS & PERSONS WITH DISABILITY

- **Set up a personal network:** Designate someone to check on you during an emergency and to help with evacuation or sheltering-in-place.
- **Prepare and carry with you an emergency help information card:** Carrying a health information (e.g., HELP+ ID Card) with you will help inform rescuers what they need to know about you if they find you unconscious or incoherent and if you need to be evacuated you. Include information on your medications, adaptive equipment, blood type, allergies and sensitivities, insurance numbers,

immunization dates, communication difficulties and preferred treatment, as well as contact information of your health providers, personal support network, and emergency contacts.

- **Personal Care Assistance:** If you receive assistance from a home healthcare agency or in-home support provider, find out how the provider will respond during an emergency. Designate backup or alternative providers that you can contact in an emergency.
- **For Persons Using a Wheelchair:** Plan on how you will evacuate during an emergency and discuss it with your Personal Support Network. If you use a motorized wheelchair, have a manual wheelchair as a backup.
- **For Persons who are Blind or Visually Impaired:** Keep an extra collapsible cane by your bed. Attach a whistle to the cane; use it if you need to attract attention. Exercise caution when moving around after an earthquake; items may fall and block paths that are normally unobstructed.
- **For Persons who are Hearing Impaired:** Keep extra batteries for your hearing aids with emergency supplies. Consider storing your hearing aids in a container attached to your nightstand or bedpost, so you can locate them quickly after a disaster.
- **For persons with Communication Disabilities:** Determine how you will communicate with emergency personnel if you do not have your communication devices. Store paper, writing materials, copies of a word or letter board, and preprinted key phrases specific to anticipate emergencies in all your emergency kits, your wallet, purse, etc.

TIPS FOR PARENTS

Include your children (ages 6 to 17 years old) in preparing for emergencies so that they know what to do and how to get help after a disaster.

- Provide your children with emergency contact numbers and teach them how to call Emergency Telephone Numbers.
- Warn your children never to touch wires that are hanging on poles or lying on the ground.
- Tell your children to leave the building if they smell gas.
- Practice skills by including your children in emergency drills and evacuation / reunification planning (see “Plan and Prepare for Any Disaster” on page 5).
- Make arrangements to have your children picked up from school or daycare if you are unable to do so.
- Regularly update your child’s school with current information regarding emergency contacts and persons authorized to pick up your child.
- Learn the emergency plans and policies of your child’s school or daycare facility.
- Make arrangements with your child on a safe meeting place inside the school campus for reunification purposes if a disaster strikes during school hours.

TIPS FOR PET OWNERS

PLAN

- Provide a collar, current license, and updated ID tags on your pet at all times. If technology is available locally, consider having your pet micro chipped.
- Make sure your pet is comfortable being handled and is used to being in an appropriate carrier, box, or cage for transporting.
- Keep an updated list of trusted neighbors who could assist your animals in case of an emergency.
- Tighten and secure latches on birdcages. Fasten aquariums on low stands or tables.

PET KIT

Make a Pet GO-BAG for each pet to include:

- Sturdy leashes and / or carriers for transporting. A pillowcase is a good option for transporting cats and other small animals.
- Muzzles for dogs, food, potable water, and medicine for at least one week
- Non-spill bowls, manual can opener, and plastic lid
- Plastic bags, litter box, and litter
- Current photos of your pet for reunification purposes
- Names and phone numbers of your emergency contact, local emergency veterinary hospitals and animal shelters, immunization records, and information on any medical conditions and/or behavior problems
- Pet first-aid kit and handbook
- Portable fencing or baby gates

RESPOND

- Remember that animals react differently under stress. The most docile pets may panic, hide, try to escape, or even bite or scratch. Outside your home and in the car, keep dogs securely leashed and transport cats in carriers or pillowcases.
- If your pet is lost, contact the nearest animal shelter to report your missing pet as soon as possible. When it is safe, return to your neighborhood to search and distribute “Lost Pet” posters.

EVACUATION

Do your best to locate all your animals and keep them with you. If you must evacuate to a disaster shelter, be aware that shelters will only allow service animals for persons with disabilities.

If you must leave your pets behind:

- Inform animal rescue workers of your pets’ status: On your front door or in a highly visible window, use chalk, paint, or markers to write the number and types of pets in your residence. Include their location in your home and the date that you evacuated.
- Leave plenty of water in a large open container that will not tip over.
- Leave plenty of food in timed feeders to prevent your pet from overeating.
- Do not keep them on a leash when left at home.

Philippine Animal Welfare Society (PAWS)

Aurora Blvd., Katipunan Valley, Loyola Heights
Quezon City

Telefax: (02) 8475-1688

WHEN TO CALL FOR HELP

- Call your Barangay Captain only to request for emergency medical, fire or disaster help.
- During major disasters, your Barangay Captain may be flooded with calls. Be prepared to wait.
- Be ready to answer questions from rescuer’s telephone operator. Stay on the line until the operator hangs up.
- Call only if it is an extreme emergency. Others may be in a worse situation that requires priority attention.

EVACUATION VEHICLE

An Evacuation Vehicle is a good precaution against being stranded in a disastrous situation. Throughout our history of disasters, we have never had a problem that was not localized. In short, all disasters are local. Typhoons Ondoy, Peping, and Yolanda could all be avoided by driving for a few hours to almost any direction. The key is having a vehicle with the capability to move in those situations.

If you are one of the millions of people who own a vehicle, you should seriously consider it as an option for your emergency Evacuation Plan. However, this may be more difficult than simply throwing your GO BAGs in your vehicle and flooring the gas pedal. The truth is, the best Evacuation Vehicle will vary from person to person, depending on their circumstances and needs. We will walk through each of these points and demonstrate how to effectively incorporate an Evacuation Vehicle into your Evacuation Plan.

Advantages of Evacuation Vehicle

- Greater travel radius
- You can carry more supplies
- Serves as additional shelter
- Used to charge electronic devices
- Tune in to AM/FM Radio news

Disadvantages of Evacuation Vehicle

- It can create dependence
- It is not as versatile as traveling on foot
- Prone to hijacking
- Lack of fuel source
- Vulcanizing/Repair shops are required
- Limited capacity in transporting people

TWO-WAY COMMUNICATIONS

When mobile cellular services are down after a disaster, two-way radios provide an inexpensive way to ensure adequate communication. It is important to get a quality radio set or multiple sets. Always keep the radio's battery fully charged and in an accessible location should they be needed.

The Philippines has a radio service for use of families and small businesses. The National Telecommunication Commission (NTC) permits the use of "license-free" two-way radios under the Philippines SRRS (Short Range Radio Service) allocated in the 325 Mhz band with 40 pre-programmed channels. There are no licensing requirement when purchasing this type of radios from NTC-accredited radio stores. These radios come with pre-approved license with fee inclusive of the radio price.

These radios are capable of communicating within a radius of 2 to 5 kilometers depending on the terrain, and surroundings such as buildings. With unobstructed line-of-sight, it can communicate as far as 8 to 10 kilometers. Do not compromise quality. Radios are mission critical equipment for your survival. Stay away from the walkie-talkie type disposable radios flooding the market today.

EARTHQUAKE

IF YOU ARE INDOORS WHEN SHAKING STARTS

- “DROP, COVER AND HOLD ON.” If you are not near a strong table or desk, drop to the floor against an interior wall and cover your head and neck with your arms.
- Stay away from windows, hanging objects, mirrors, tall furniture, large appliances, and cabinets filled with heavy objects.
- If you are inside, remain indoors during the earthquake.
- If you are in bed at the time of an earthquake, stay there and cover your head with a pillow.
- In high-rise buildings, be aware that the fire alarms and/or sprinklers may activate.
- If you are on a wheelchair, lock the wheels and cover your head.

IF YOU ARE OUTDOORS WHEN SHAKING STARTS

- Move to a clear area once you can walk safely. Avoid power lines, buildings, post, billboards, and man-made structures.
- If you are driving, pull to the side of the road and stop. Avoid stopping under overhead hazards (e.g., bridges, overpasses, power lines, or large overhead signs).
- If you are on the beach or other low-lying areas close to the ocean or bay, you could be in the path of a tsunami. (See Tsunami)

ONCE THE EARTHQUAKE STOPS

- Check yourself first before those around you for injuries; provide First Aid. Do not move seriously injured persons unless they are in immediate danger. Keep them warm with blankets or additional clothing.
- Evacuate buildings using stairs; avoid elevators.
- Check around for danger, such as fires, downed power lines, gas leaks, and structural damage.
- Use fire extinguishers to put out small fires immediately.
- Avoid broken glass on the ground or floor.
- Use extreme caution around spilled hazardous materials, such as bleach, lye, garden chemicals, paint, gasoline, or other flammable liquids. When in doubt, leave the area.
- Return phones that may have shaken from their cradles.

IF YOU ARE TRAPPED IN DEBRIS

- Move as little as possible so that you do not kick up dust.
- Cover your nose and mouth with a handkerchief or clothing.
- Use a whistle; always carry one.
- Know the International Whistle Code.
- Only shout as a last resort.
- Check yourself for wounds and bleeding. If you can, administer first aid to stop bleeding.

THUNDERSTORM AND LIGHTNING

Lightning is a leading cause of injury and death from weather-related hazards. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Thunderstorms are dangerous storms that include lightning and can:

- Include powerful winds over 70 kph
- Create hail
- Cause flash flooding and tornadoes (*Buhawi*).

IF YOU ARE UNDER A THUNDERSTORM WARNING

- Find safe shelter right away.
- When thunder roars, go indoors!
- Move from outdoors into a building or car.
- Pay attention to alerts and warnings.
- Unplug appliances.
- Do not use landline phones.

HOW TO STAY SAFE WHEN A THUNDERSTORM THREATENS

Prepare NOW

- Know your area's risk for thunderstorms. In most places, they can occur year-round and at any hour.
- Identify nearby, sturdy buildings close to where you live, work, study, and play.
- Cut down or trim trees that may be in danger of falling on your home.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

Survive DURING

- When thunder roars, go indoors. A sturdy building is the safest place to be during a thunderstorm.
- Pay attention to weather reports and warnings of thunderstorms. Be ready to change plans, if necessary, to be near shelter.
- When you receive a thunderstorm warning or hear thunder, go inside immediately.
- If indoors, avoid running water or using landline phones. Electricity can travel through plumbing and phone lines.
- Protect your property. Unplug appliances and other electric devices. Secure outside furniture.
- If boating or swimming, get to land and find a sturdy, grounded shelter, or vehicle immediately.
- If necessary, take shelter in a car with a metal top and sides. Do not touch anything metal.
- Avoid flooded roadways. Turn Around. Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.

Be Safe AFTER

- Listen to authorities and weather forecasts for information on whether it is safe to go outside and instructions regarding potential flash flooding.
- Watch for fallen power lines and trees. Report them immediately.

SEVERE TYPHOON AND FLOODING

Severe storms can cause landslides or flooding. Avoid lower elevation streets, drainage channels, and other areas that may flood.

- If flooding is likely, and time permits, move valuable household possessions to the upper floors of your home.
- Do not walk through your flooded basement or garage.
- Do not walk through moving water. Six inches of moving water can make you fall. If you must walk in water, walk where the water is still. 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 quickly swept away.
- Stay clear of water that is in contact with downed power lines.
- Do not allow children to play around high waters, storm drains, or any flooded area.
- If you are asked to leave your property, shut off electric circuits and gas pipes as well (see “Utilities” on page 8).

FLOOD EVACUATION

If you are on or near a river and see the water ascending in an unusually rapid manner, immediately evacuate to higher ground—even if no official warning has been issued.

When evacuating a flood prone area:

- Walk to higher ground by traveling towards higher streets.
- Bring your pets in a carrier or on a leash.
- Offer assistance to persons who are mobility impaired.
- Only take necessary items (keys, wallet, ID, mobile phone, appropriate outerwear).
- Wait for the “all clear” message before returning to low-lying areas. Floodwaters can continue to flow for several hours after the initial flash flood and sometimes followed by more floodwater gushing rapidly from other sources upstream.
- Do not waste time trying to save your belongings. They are replaceable. Lives are not.

It is important to make sure that all family members know how to respond after a flood or flashflood:

- Teach all family members how and when to turn off gas, electricity, and water.
- Teach children how and when to call the barangay office, community leaders, police, fire department, and which radio station to tune into for emergency information.
- Be prepared to evacuate.
- Keep children away from creeks, streams, and drainage systems.
- Do not drive through standing or flowing water.

Individuals living in flash-flood areas should have several alternative plans. An emergency communication plan for getting back together is important in case family members are separated from one another during floods or flashfloods. This is a real possibility during the day when adults are at work and children are at school.

An out-of-city relative or friend can serve as the “family contact.” After a disaster, it is often easier to call the out-of-city “family contact”. Make sure everyone in the family knows the name, address, and phone number of the contact person.

ONLY IF THERE IS TIME

Here are other steps that you can take before the flood waters come:

- Turn off all utilities from the main power switch and close the main gas valve if evacuation appears necessary.
- Move valuables, such as documents, jewelry, and clothing to upper floors or higher elevations.
- Fill bathtubs, sinks, and plastic soda bottles with clean water. Sanitize the sinks and tubs first by using bleach. Rinse, fill with clean water.
- Tie-down outdoor furniture and trash cans securely.

LANDSLIDES AND DEBRIS FLOW

Landslides occur in the Philippines and can be caused by many factors including earthquakes, storms, volcanic eruptions, fire and human modification of land. The deadliest landslides are the ones that occur quickly, like debris flows, often with little notice. Whether you are at home or out for a hike, the best way to prepare is to stay informed, and understand when a dangerous landslide is likely to occur.

BEFORE A LANDSLIDE

The following are things you can do to protect yourself, your family and your property from the effects of a landslide or debris flow:

- To begin preparing, you should build an emergency kit and make a family communications plan.
- Connect with your local emergency services, heed evacuation warnings.
- Leave if you have been told to evacuate or you feel it is unsafe to remain in your home.
- Prepare for landslides by following proper land-use procedures - avoid building near steep slopes, close to mountain edges, near drainage ways or along natural erosion valleys.
- Become familiar with the land around you. Learn whether landslides have occurred in your area by contacting local officials. However, don't assume that what happened last time will happen next time. Debris flows can start in places they've never been and return to slopes where they've already been.
- Get an assessment of your property by a qualified geotechnical professional.
- Consult a professional for advice on appropriate preventative measures for your home or business, such as flexible pipe fittings, which can better resist breakage.
- Protect your property based on of recommendations from the 'qualified geotechnical professional' and/or local city/county guidance on protection from debris flow and flooding. You can't stop or change the path of a debris flow. However, you may be able to protect your property from floodwaters or mud by use of sandbags, retaining walls or k-rails (Jersey barriers).
- In mud and debris flow areas, consider building channels or deflection walls to try to direct the flow around buildings. Be aware, however, that when a flow is big enough, it goes where it pleases. Also, if you divert a flow and it flows on a neighbor's property, you may be liable for damages.
- If you are at risk from a landslide talk to your insurance agent. Debris flow may be covered by flood insurance policies.
- Watch for debris flows and other fast-moving landslides that pose threats to life.
- If you are near a wildfire burn area, sign up for emergency alerts and pay attention to weather forecasts for the burn area. The weather in the burn area could be very different from where you are.
- Listen and watch for rushing water, mud, unusual sounds.
- Unusual sounds, such as trees cracking or boulders knocking together, might indicate moving debris.

- A faint rumbling sound that increases in volume is noticeable as the landslide nears.
- Fences, retaining walls, utility poles, k-rails, boulders, or trees move.
- Huge boulders in the landscape can be signs of past debris flows.

Watch for slow-moving landslides that pose threats to property:

- Changes occur in your landscape such as patterns of storm-water drainage on slopes (especially the places where runoff water converges) 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.
- Underground utility lines break.
- Bulging ground appears at the base of a slope.
- Water breaks through the ground surface in new locations.
- Fences, retaining walls, utility poles, or trees tilt or move.
- The ground slopes downward in one direction and may begin shifting in that direction under your feet.

DURING A LANDSLIDE

- Listen to local news stations on a battery-powered radio for warnings.
- Heed all warnings and evacuation notices.
- During a storm that could cause a landslide, stay alert and awake. Many deaths from landslides occur while people are sleeping.
- Be aware that by the time you are sure a debris flow is coming, that will be too late to get away safely. Never cross a road with water or mud flowing. Never cross a bridge if you see a flow approaching. It can grow faster and larger too quickly for you to escape.
- If you do get stuck in the path of a landslide move uphill as quickly as possible.
- Avoid river valleys and low-lying areas during times of danger.
- If you are near a stream or channel, be alert for any sudden increase or decrease in water flow or water that changes from clear to muddy. These can be signs that a landslide is coming.

AFTER A LANDSLIDE

- Stay away from the slide area. There may be danger of additional slides.
- Listen to local radio or television stations for the latest emergency information.
- Watch for flooding. Floods sometimes follow landslides and debris flows because they may both be started by the same conditions.
- Check for injured and trapped persons near the slide, without entering the direct slide area. Direct rescuers to their locations.
- Report broken utility lines and damaged roadways and railways to appropriate authorities. Reporting potential hazards will get the utilities turned off as quickly as possible, preventing further hazard and injury.

- Allow trained professionals to check the building foundation, chimney, and surrounding land for damage.
- Replant damaged ground as soon as possible since erosion caused by loss of ground cover can lead to flash flooding and additional landslides in the near future.
- Seek advice from a geotechnical expert for evaluating landslide hazards or designing corrective techniques to reduce landslide risk. A professional will be able to advise you of the best ways to prevent or reduce landslide risk, without creating further hazard.

STORM SURGE

Storm surge is water from the ocean that is pushed toward the shore by the force of the winds swirling around a typhoon. Storm surge is fast and can produce extreme coastal and inland flooding. When typhoon cause storm surge, over 20 feet of water can be produced and pushed towards the shore and several miles inland destroying property and endangering lives in its path.

BE INFORMED

- Storm surge is historically the leading cause of typhoon-related deaths in the country.
- Water weighs about 1,000 kilos (1 ton) per cubic meter, so battering waves from surge can easily demolish buildings and cause massive destruction along the coast.
- Storm surge undermines roads and foundations when it erodes material out from underneath them.

TSUNAMI

A tsunami can kill or injure people and damage or destroy buildings and infrastructure as waves come in and go out. A tsunami is a series of enormous ocean waves caused by earthquakes, underwater landslides, volcanic eruptions, or asteroids.

Tsunamis can:

- Travel 30-60 kilometers per hour with waves 10-100 feet high.
- Cause flooding and disrupt transportation, power, communications, and the water supply.
- Happen anywhere along coastlines.

If you are under a tsunami warning:

- First, protect yourself from an Earthquake. Drop, Cover, then Hold On.
- Get to high ground as far inland as possible.
- Be alert to signs of a tsunami, such as a sudden rise or draining of ocean waters.
- Listen to emergency information and alerts.
- Evacuate: DO NOT wait! Leave as soon as you see any natural signs of a tsunami or receive an official tsunami warning.
- If you are in a boat, go out to sea.

HOW TO STAY SAFE WHEN A TSUNAMI THREATENS

Prepare NOW

- If you live near, or regularly visit a coastal area, learn about the risk of tsunami in the area. Some at-risk communities have maps with evacuation zones and routes. If you are a visitor, ask about community plans.
- Learn the signs of a potential tsunami, such as an earthquake, a loud roar from the ocean, or unusual ocean behavior, such as a sudden rise or wall of water or sudden draining of water showing the ocean floor.
- Know and practice community evacuation plans and map out your routes from home, work, and play. Pick shelters 100 feet or more above sea level, or at least two kilometers inland.
- Create a family emergency communication plan that has an out-of-town contact. Plan where to meet if you get separated.
- Consider earthquake insurance and a flood insurance policy. Standard homeowner's insurance does not cover flood or earthquake damage.

Survive DURING

- If you are in a tsunami area and there is an earthquake, then first protect yourself from the earthquake. Drop, Cover, and Hold On. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover, but do not go through an area with more debris.
- When the shaking stops, if there are natural signs or official warnings of a tsunami, then move immediately to a safe place as high and as far inland as possible. Listen to the authorities, but do not wait for tsunami warnings and evacuation orders.
- If you are outside of the tsunami hazard zone and receive a warning, then stay where you are unless officials tell you otherwise.
- Leave immediately if you are told to do so. Evacuation routes are often marked by a wave with an arrow in the direction of higher ground.
- If you are in the water, then grab onto something that floats, such as a raft, tree trunk, or door.
- If you are in a boat, then face the direction of the waves and head out to sea. If you are in a harbor, then go inland.

Be Safe AFTER

- Listen to local alerts and authorities for information on areas to avoid and shelter locations.
- Avoid wading in floodwater, which can contain dangerous debris. Water may be deeper than it appears.
- Be aware of the risk of electrocution. Underground or downed power lines can electrically charge water. Do not touch electrical equipment if it is wet or if you are standing in water.
- Stay away from damaged buildings, roads, and bridges.
- Document property damage with photographs. Conduct an inventory and contact your insurance company for assistance.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.

VOLCANO

A volcano is an opening in the Earth's crust that allows molten rock, gases, and debris to escape to the surface. A volcanic eruption may involve lava and other debris that can flow up to 100 kph, destroying everything in their path. Volcanic ash can travel 100s of kilometers and cause severe health problems. A volcanic eruption can:

- Contaminate water supplies.
- Damage machinery.
- Reduce visibility through smog and harmful gases that may threaten low-lying areas.
- Make it hard to breathe and irritate the skin, eyes, nose, and throat.

IF YOU ARE UNDER A VOLCANO WARNING

- Listen for emergency information and alerts.
- Follow evacuation or shelter orders. If advised to evacuate, then do so early.
- Avoid areas downstream of the eruption.
- Protect yourself from falling ash.
- Do not drive in heavy ash fall.

HOW TO STAY SAFE WHEN A VOLCANO THREATENS

Prepare NOW

- Know your area's risk from volcanic eruption.
- Ask local emergency management for evacuation and shelter plans, and for potential means of protection from ash.
- Get necessary supplies in advance in case you have to evacuate immediately, or if services are cut off. Keep in mind each person's specific needs, including medication. Do not forget the needs of pets.
- Consult your doctor if you have existing respiratory difficulties.
- Practice a communication and evacuation plan with everyone in your family.
- Have a shelter-in-place plan if your biggest risk is from ash.
- Keep important documents in a safe place. Create password-protected digital copies.
- Find out what your homeowner's insurance policy will cover when a volcano erupts.

Survive DURING

- Listen to alerts. Phivolcs provides up-to-date information about eruptions.
- Follow evacuation orders from local authorities. Evacuate early.
- Avoid areas downwind, and river valleys downstream, of the volcano. Rubble and ash will be carried by wind and gravity.
- Take temporary shelter from volcanic ash where you are if you have enough supplies. Cover ventilation openings and seal doors and windows.
- If outside, protect yourself from falling ash that can irritate skin and injure breathing passages, eyes, and open wounds. Use a well-fitting, certified facemask such as an N95.
- Avoid driving in heavy ash fall.

Be Safe AFTER

- Listen to authorities to find out when it is safe to return after an eruption.
- Send text messages or use social media to reach out to family and friends. Phone systems are often busy after a disaster. Only make emergency calls.
- Avoid driving in heavy ash. Driving will stir up volcanic ash that can clog engines and stall vehicles.
- If you have any breathing problems, avoid contact with ash. Stay indoors until authorities say it is safe to go outside.
- Do not get on your roof to remove ash unless you have guidance or training. If you have to remove ash, then be very careful as ash makes surfaces slippery. Be careful not to contribute additional weight to an overloaded roof.

HUMAN-INDUCED HAZARDS

FIRE

IF YOUR SMOKE ALARM GOES OFF OR YOU SEE FIRE

- Remain calm and get out.
- If you see smoke under the door, find another way out.
- Feel the door with the back of your hand before you open it. If it is hot, find another way out.
- Drop on the floor to avoid smoke and fumes. Crawl to safety.
- If your clothes catch fire, STOP where you are, DROP to the ground, and ROLL over and over to smother the flames.
- Call for help from a safe location.
- If you are trapped in a burning building, stay near a window and close to the floor. If possible, signal for help.
- Do not go back inside the building unless instructed that it is safe to do so.
- Make sure each family member is accounted for outside the building. Advise rescuers immediately if someone is missing and maybe trapped inside.

TERRORISM, RIOTS, CIVIL UNREST

A terrorist's primary objective is to create fear. You can keep yourself and your family safe with accurate information and basic emergency preparedness. When help is delayed looting and other forms of civil disorders are imminent.

Be Responsible:

- Be aware of your surroundings. Take note of emergency exits, pay phones, fire alarms, and fire extinguishers. Consider the best means of evacuation wherever you are.
- Report suspicious objects, vehicles, or persons to public safety authorities.

If there is a terrorist attack or other threats:

- Stay calm.
- Be vigilant. Look out for secondary hazards such as falling debris, suspicious packages, or persons. Report any concerns to public safety authorities.

- Follow the instructions of emergency service personnel.
- Avoid spreading rumors – confirm information from a credible source.

Defending Yourself and Your Family against Looters and acts of “Desperate Behavior”:

Disasters often bring out the best in people. Unfortunately, they also bring out the worst. After any disaster, there will be individuals who intend to create mischief. Lawlessness and disorder frequently become the rule of the day. While some individuals are helping their neighbors, others will be helping themselves. There will be looting, stealing, and an increase in acts of violence. Gang violence will become more common, even among individuals who formerly took no part in gang activity. The police will be overwhelmed, so the responsibility will fall on the individual to provide protection for himself and his family.

Even a well-armed individual with military training will be unable to hold out long if there is violent intent (groups or gangs) to take his or her possessions. Your chances for survival will increase substantially if you are able to band together with your neighbors for your mutual defense. In our communities these days, it is unfortunate that neighbors can sometimes live side-by-side for years without knowing each other. Know your neighbors and befriend as many as you can. Do not wait until a disaster occurs. Do it now! Someday your life may depend on it.

PROTECTION “GET” CHECKLIST

- Pepper spray for each adult family member
- Stun gun especially for adult females
- Intruder alarms (battery operated)
- Firearms* (handgun or shotgun)
- Extra ammunition*

** MUST BE QUALIFIED TO OWN and OPERATE*

PROTECTION “TO DO” CHECKLIST

- Install deadbolt locks on all outside doors.
- Make sure your house is secure at all points of possible entry.
- Install intruder alarms.
- Enroll family member in a self-defense class.
- Enroll adult family member in a firearms safety class.
- Practice using pepper spray or Mace. (Do not practice on a real person!)
- If you are a licensed firearms owner, visit your practice range and become proficient with the use of your firearms.

SOME TIPS AGAINST LOOTERS

- Lay low and stay low.
- Keep your supplies a secret; avoid being a magnet for looters.
- Have a guard dog roaming within your property.
- Do not show off your firearms - it might be the target of looters and other criminal elements.
- Organize a neighborhood watch.
- Store some food such as instant noodles for give-away to other disaster victims searching for food to survive.

- Not all looters are poor people. They may be your next-door neighbor who did not prepare and will kill to get your food and water to survive.

ACTIVE SHOOTER

BEFORE

- Make a plan with your family, and ensure everyone knows what they would do, if confronted with an active shooter.
- Look for the two nearest exits anywhere you go, and have an escape path in mind & identify places you could hide.
- Understand the plans for individuals with disabilities or other access and functional needs.

DURING

- **RUN** and **ESCAPE**, if possible.
 - Getting away from the shooter or shooters is the top priority.
 - Leave your belongings behind and get away.
 - Help others escape, if possible, but evacuate regardless of whether others agree to follow.
 - Warn and prevent individuals from entering an area where the active shooter may be.
 - Call the police when you are safe, and describe shooter, location, and weapons.
- **HIDE**, if escape is not possible.
 - Get out of the shooter's view and stay very quiet.
 - Silence all electronic devices and make sure they won't vibrate.
 - Lock and block doors, close blinds, and turn off lights.
 - Don't hide in groups- spread out along walls or hide separately to make it more difficult for the shooter.
 - Try to communicate with police silently. Use text message or social media to tag your location, or put a sign in a window.
 - Stay in place until law enforcement gives you the all clear.
 - Your hiding place should be out of the shooter's view and provide protection if shots are fired in your direction.
- **FIGHT** as an absolute last resort.
 - Commit to your actions and act as aggressively as possible against the shooter.
 - Recruit others to ambush the shooter with makeshift weapons like chairs, fire extinguishers, scissors, books, etc.
 - Be prepared to cause severe or lethal injury to the shooter.
 - Throw items and improvise weapons to distract and disarm the shooter.

AFTER

- Keep hands visible and empty.
- Know that law enforcement's first task is to end the incident, and they may have to pass injured along the way.

- Officers may be armed with rifles, shotguns, and/or handguns and may use pepper spray or tear gas to control the situation.
- Officers will shout commands and may push individuals to the ground for their safety.
- Follow law enforcement instructions and evacuate in the direction they come from, unless otherwise instructed.
- Take care of yourself first, and then you may be able to help the wounded before first responders arrive.
- If the injured are in immediate danger, help get them to safety.
- While you wait for first responders to arrive, provide first aid. Apply direct pressure to wounded areas and use tourniquets if you have been trained to do so.
- Turn wounded people onto their sides if they are unconscious and keep them warm.
- Consider seeking professional help for you and your family to cope with the long-term effects of the trauma.

MASS ATTACKS IN CROWDED AND PUBLIC SPACES

While the threat of mass attacks is real, we can all take steps to prepare, protect ourselves, and help others. What are Mass Attacks? Assailant(s):

- Use weapons to attack crowds
- Target less protected indoor or outdoor spaces
- Intend to harm multiple victims
- Use the attack(s) to intimidate
- Can use makeshift or modern weapons

TYPES OF MASS ATTACKS

- Active shooter: Individuals using firearms to cause mass casualties.
- Intentional Vehicular Assault (IVA): Individuals using a vehicle to cause mass casualties.
- Improvised Explosive Device (IED): Individuals using homemade bombs to cause mass casualties.
- Other methods of mass attacks may include knives, fires, drones, or other weapons.

PROTECT YOURSELF AGAINST A MASS ATTACK

- Stay alert.
- Seek safety.
- Cover and hide.
- Defend yourself.
- Help the wounded.
- If you see something, say something.
 - Report suspicious behavior, items, or activities to authorities.
 - Observe warning signs
 - Signs might include unusual or violent communications, expressed anger or intent to cause harm, and substance abuse. These warning signs may increase over time.
 - Be alert to your surroundings

- Observe what is going on around you and avoid distractions such as texting, listening to headphones or being on your cell phone.
- Have an exit plan.
 - Identify exits and areas of protective cover for the places you go such as work, school, and special events.
 - Plan to seek cover for protection
 - Map out places to seek cover. Place a barrier between yourself and the threat using solid objects, walls, and locked doors as protection.
- Learn lifesaving skills.
 - Take trainings such as Basic First Aid and Basic Life Support to assist the wounded before help arrives.

HOW TO STAY SAFE WHEN A MASS ATTACK THREATENS

Prepare NOW

- Be alert to your surroundings. If you see something, say something.
- Observe warning signs:
 - Unusual or threatening communications.
 - Expressed grievances related to a workplace, personal, or other issues.
 - Ideologies promoting violence.
 - Suspicious behavior such as excessive questioning or attention to security details.
 - Unusual items or packages.
- Know exits and areas to cover and hide
- When visiting new places, take time to identify at least two nearby exits.
- Identify areas in familiar places, such as work, school, and outdoor events where you could hide and seek protective cover in case of attack.
- Be ready to help by:
 - Learn and practice skills such as casualty care, CPR, and first aid. Teach others.
 - Organize and participate in safety drills in places where people gather like home, school, and work.

Survive DURING

- Stay Alert. Pay attention to what is happening around you so that you can react quickly to attacks.
- Run to Safety. If there is an accessible escape path, attempt to evacuate the building or area, regardless of whether others agree to follow.
- Cover and Hide. If evacuation is not possible, find a place to hide out of view of the attacker and if possible, put a solid barrier between yourself and the threat. Keep silent.
- Defend, disrupt, fight. As a last resort, when you can't run or cover, attempt to disrupt the attack and/or incapacitate the attacker. Be aggressive and commit to your actions.
- Help the wounded. Take care of yourself first and then, if you are able, help the wounded get to safety and provide immediate first care.

Be Safe AFTER

- Call Police or Security. When you are safe, call Police or Security and be prepared to provide information to the operator including location of the incident, number of injured, and details about the attacker(s).

- Continue lifesaving assistance. If you are able, continue to provide care until first responders arrive.
- When law enforcement arrives
 - Remain calm and follow instructions.
 - Keep hands visible and empty.
 - Report to designated area to provide information and get help.
- Monitor communications. Listen to law enforcement's messages for information about the situation. Share updates with family and friends.
- Consider seeking professional help. Be mindful of your health. If needed, seek help for you and your family to cope with the trauma.

POWER OUTAGE

- Turn off and unplug appliances and computers. Leave one light on in the house or building to indicate when power has been restored.
- Avoid using candles, as they are fire hazards.
- Do not use a gas stove for heating or operate generators indoors (including the garage). Both actions could cause carbon monoxide poisoning.
- If a traffic signal is not working, treat it as a stop sign.

CYBERSECURITY

Cybersecurity involves preventing, detecting, and responding to cyberattacks that can have wide ranging effects on the individual, organizations, the community, and at the national level. Cyberattacks are malicious attempts to access or damage a computer system. Cyberattacks can lead to loss of money, theft of personal information, and damage to your reputation and safety.

Cyberattacks are malicious attempts to access or damage a computer system. Cyberattacks:

- Can use computers, mobile phones, gaming systems, and other devices;
- Can include identity theft;
- Can block your access or delete your personal documents and pictures;
- Can target children; and
- Can cause problems with business services, transportation, and power.

PROTECT YOURSELF AGAINST A CYBERATTACK

- Keep software and operating systems up-to-date
- Use strong passwords and two-factor authentication (two methods of verification).
- Watch for suspicious activity. When in doubt, don't click. Do not provide personal information.
- Use encrypted (secure) internet communications.
- Create backup files.
- Protect your home and/or business WiFi network.

BEFORE A CYBERATTACK

You can increase your chances of avoiding cyber risks by setting up the proper controls. The following are things you can do to protect yourself, your family, and your property before a cyberattack occurs:

- Use strong passwords that are 12 characters or longer. Use upper and lowercase letters, numbers, and special characters. Change passwords monthly. Use a password manager.
- Use a stronger authentication such as a PIN or password that only you would know. Consider using a separate device that can receive a code or uses a biometric scan (e.g., fingerprint scanner).
- Watch for suspicious activity that asks you to do something right away, offers something that sounds too good to be true, or needs your personal information. Think before you click.
- Check your account statements and credit reports regularly.
- Use secure internet communications.
- Use sites that use HTTPS if you will access or provide any personal information. Do not use sites with invalid certificates. Use a Virtual Private Network (VPN) that creates a secure connection.
- Use antivirus solutions, malware, and firewalls to block threats.
- Regularly back up your files in an encrypted file or encrypted file storage device.
- Limit the personal information you share online. Change privacy settings and do not use location features.
- Protect your home network by changing the administrative and Wi-Fi passwords regularly. When configuring your router, choose the Wi-Fi Protected Access 2 (WPA2) Advanced Encryption Standard (AES) setting, which is the strongest encryption option.

DURING A CYBERATTACK

- Limit the damage. Look for unexplained charges, strange accounts on your credit report, unexpected denial of your credit card, posts you did not make showing up on your social networks and people receiving emails you never sent.
- Immediately change passwords for all of your online accounts.
- Scan and clean your device.
- Consider turning off the device. Take it to a professional to scan and fix.
- Let work, school, or other system owners know. Information
- Contact banks, credit card companies, and other financial accounts. You may need to place holds on accounts that have been attacked. Close any unauthorized credit or charge accounts. Report that someone may be using your identity.
- Check to make sure the software on all of your systems is up to date.
- Run a scan to make sure your system is not infected or acting suspiciously.
- If you find a problem, disconnect your device from the Internet and perform a full system restore.
- If in a public setting immediately inform a librarian, teacher, or manager in charge to contact their IT department.

AFTER A CYBERATTACK

- File a complaint with the PNP Anti Cyber Crime Group (www.pnpacg.ph).
- File a report with the local police so there is an official record of the incident.
- Report identity theft to the PNP Anti Cyber Crime Group.

DISASTER EMERGENCY KIT CHECKLIST

You can assemble your own basic emergency supplies using items you already have. Make sure to familiarize yourself with your kit's contents and to replace any perishable items before they expire. Remember to divide your emergency supplies into a Household Disaster Kit to share at home and personal Go-Bags for individual family members in case of evacuation.

HOUSEHOLD DISASTER KIT

If your home is structurally sound following a disaster, your Household Disaster Kit will allow you to remain in place, even without utilities. Put contents in a watertight container that you can move easily (e.g. a large plastic garbage can with wheels). Include the following:

OK	GOOD FOR	ITEMS
		Sanitation supplies (e.g. towels, washcloths, hand-gel sanitizer, rubbing alcohol, baby wipes or personal wipes, and heavy duty garbage bags)
		LED type flashlights (with extra batteries) and battery-operated lanterns, solar powered type rechargeable preferred
		Plates, laminated paper plates, eating utensils, drinking cups, and paper towels
		Cooking supplies (manual can opener, camp stove, fuel, lighter, pots, etc.)
		Items to protect you from the elements, (e.g. warm clothing, raincoats, sleeping bags, mats, blankets, sturdy shoes, and a tent or heavy-duty sheet plastic)
		Work gloves, goggles, crowbar, hammer, staple gun, adjustable wrench, basic tools, axe, saw, etc.
		Cooler Chest (e.g. Coleman), air/water tight container
		CASH in small denominations

FIRST AID KIT CHECKLIST

OK	GOOD FOR	ITEMS
		Disposable gloves
		Sterile dressings to stop bleeding / Adhesive bandages in a variety of sizes
		Cleansing agent / soap and antibiotic wipes to disinfect
		Antibiotic ointment to prevent infection / Burn ointment
		Eye wash solution to flush the eyes or as general decontaminant
		Scissors, box cutter
		Over-the-counter medicines such as Aspirin or other pain reliever, laxative, anti-diarrhea medication
		Antibiotics good for 7 to 10 days per person
		Maintenance medicine or prescription medications you take every day such as, insulin, heart medicine, or Asthma Inhaler (include copy of prescription)
		Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors

GO-BAG CHECKLIST

A component of your disaster kit is your GO-BAG. Put the following items together in a backpack or another easy to carry container in case you must evacuate quickly. Prepare one GO-BAG for each family member and make sure each has an I.D. tag.

OK	GOOD FOR	ITEMS
		Personal Identification Card with emergency information
		LED type flashlight with extra batteries, and other blinking LED lights
		AM / FM Transistor Radio
		Extra Batteries
		Whistle with lanyard, or chain
		Dust mask (disposable)
		Pocket handy tools, pocket knife, Swiss-army knife type
		CASH in small denominations
		Mobile phone car chargers/cables/extra wall chargers/prepaid cards
		Sturdy shoes for walking, and rubber slippers
		Clothing good for at least 3 days (bright colors)
		Underwear good for 5 days
		Large zip-lock plastic bags to keep clothes dry
		Towel (placed in plastic bag)
		Local maps, GPS, compass
		Bottled water at least 2 liter, or 4 X 500 ml bottles per person
		Writing pen, permanent marker, paper, masking / duct tape
		Individual album size photos of family members for re-identification purposes
		List of emergency numbers (do not rely on your mobile phone's phonebook)
		List of allergies (drugs / food / animals / other matters)
		Maintenance medicines, and prescriptions
		Extra prescription eye glasses, hearing aid, hearing aid batteries
		Personal hygiene supply, sanitary napkins for women
		Extra keys to your house and vehicle

GET-HOME BAG FOR SCHOOL, VEHICLE OR WORKPLACE

You may not be at home when an emergency strikes so keep some additional supplies in your GET-HOME BAG. Keep it in your car, workplace, or school. Include what you would need for your immediate safety.

OK	GOOD FOR	ITEMS
		Personal Identification Card with emergency information
		LED type flashlight with extra batteries and other blinking signal LED light
		Whistle with lanyard, or chain
		Dust mask (Type N95 preferred)
		Pocket tools, and pocket knife (Swiss army knife)
		CASH in small denominations
		Extra battery pack for mobile phone, car charger with cable, prepaid cards
		Sturdy shoes for walking, sports socks, rubber slippers
		Bright colored shirt, hat, raincoat with hood
		Long pants (especially for women)
		Extra Underwear two(2) days
		Large zip-lock plastic bag to keep clothes dry
		Towel (placed in plastic bag)
		Local maps, GPS, compass
		Bottled water: at least 1 liter, or 2 X 500 ml bottles per person
		Snack food, biscuits, energy bars, etc.,
		Permanent pen / markers, paper, masking / duct tape
		List of emergency numbers (do not rely on your mobile phone's phonebook)
		Small first aid kit-small, Asthma Inhaler, maintenance medicines
		Extra prescription eye glasses, hearing aid, hearing aid batteries
		Personal hygiene supply and toiletries
		Hand sanitizer / rubbing alcohol
		Sanitary napkins / tampons / panty liners
		Wet wipes, tissue paper (in plastic pack)
		Extra keys to your house and vehicle

HOUSEHOLD EMERGENCY MEDICAL INFORMATION

Keep this information in your GO-BAG folded and wrapped in watertight plastic. MAKE SEVERAL COPIES.

FULL NAME		YEAR BORN	BLOOD TYPE
ILLNESSES	MEDICATIONS EYEGLOSS Rx RIGHT LEFT	ALLERGIES	

FULL NAME		YEAR BORN	BLOOD TYPE
ILLNESSES	MEDICATIONS EYEGLOSS Rx RIGHT LEFT	ALLERGIES	

FULL NAME		YEAR BORN	BLOOD TYPE
ILLNESSES	MEDICATIONS EYEGLOSS Rx RIGHT LEFT	ALLERGIES	

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AND RESILIENCE GUIDE**

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