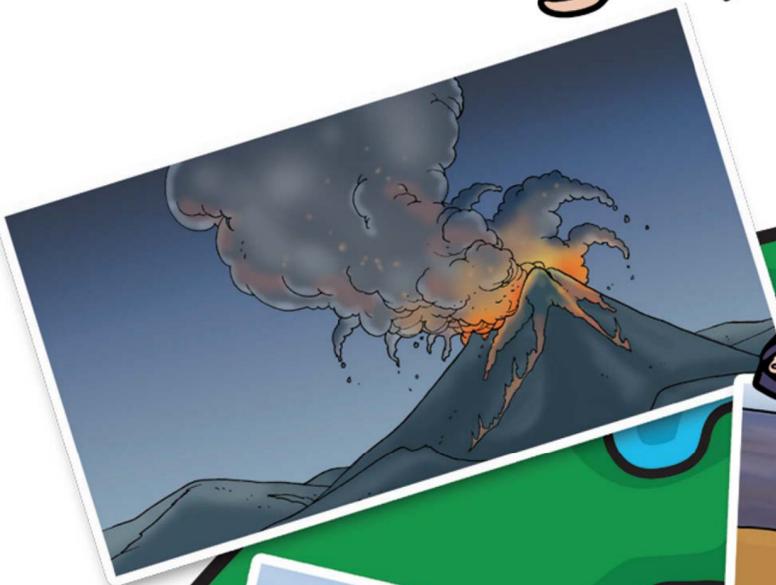


# Get Ready for Disasters: Flip chart for Teachers



ALWAYS FIRST

ALWAYS READY

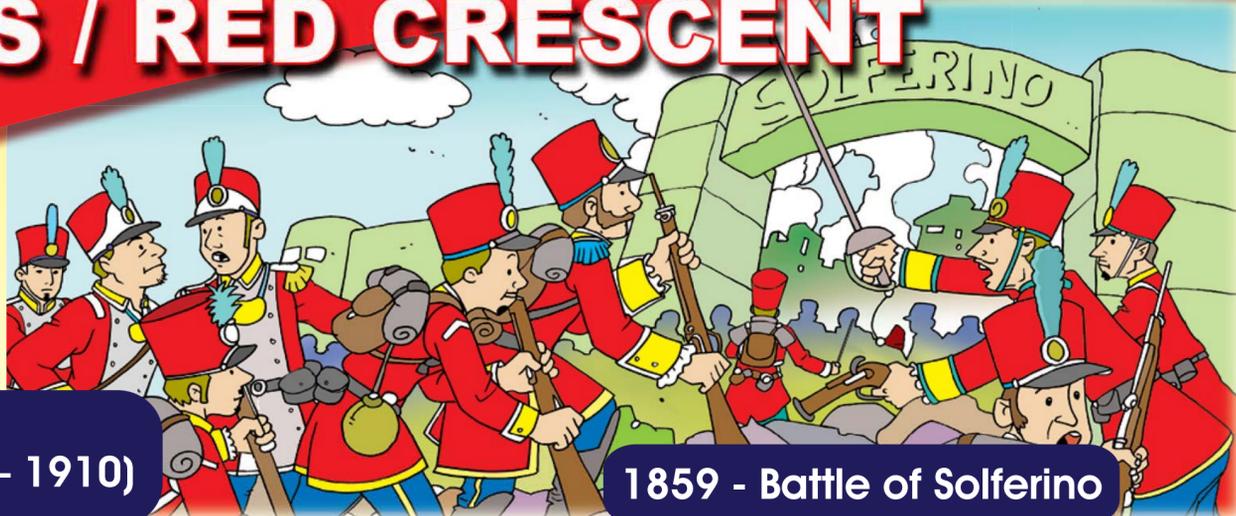
ALWAYS THERE



# RED CROSS / RED CRESCENT



Father of Red Cross:  
Jean Henri Dunant (1828 – 1910)



1859 - Battle of Solferino

## Brief Red Cross History

**1863** - establishment of the International Committee of the Red Cross

**1864** - first Geneva Convention

**1919** - formation of the League of Red Cross Societies, which was renamed in 1993 as the International Federation of Red Cross and Red Crescent Societies

## International Red Cross and Red Crescent Movement

- International Committee of the Red Cross
- National Societies
- International Federation of the Red Cross and Red Crescent Societies



ICRC



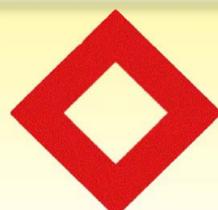
## International Humanitarian Law

International Humanitarian Law (IHL) is a set of rules which place restrictions on the use of weapons and methods of warfare. IHL aims to protect human dignity and to limit suffering during times of war.

## Emblems



Red Cross



Red Crystal



Red Crescent

## Proper Use of Emblem

The emblems are used as:

- **Protection** for Red Cross workers, AFP medical personnel/units, transport units and hospitals in times of armed conflict.
- **Identification** for the member, objects and vehicles connected to the Red Cross.

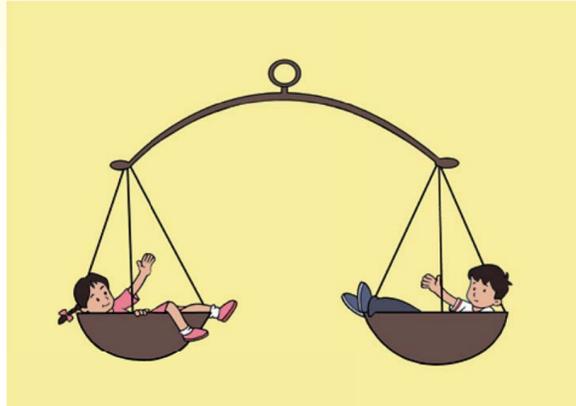
# FUNDAMENTAL PRINCIPLES of the RED CROSS and RED CRESCENT MOVEMENT

## HUMANITY:



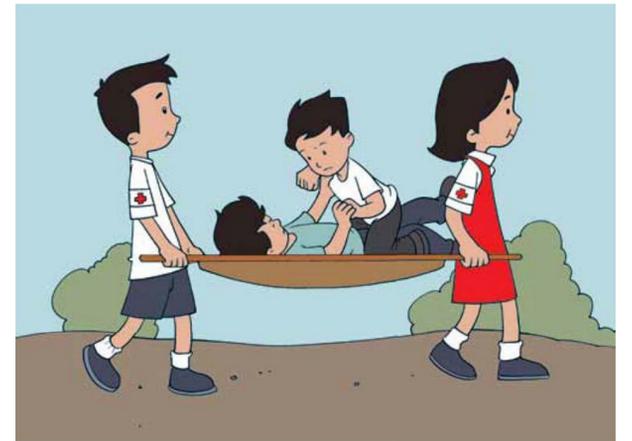
"We serve people but not systems."

## IMPARTIALITY:



"We care for the victims, without discrimination."

## NEUTRALITY:



"We take initiatives, but never sides."

## VOLUNTARY SERVICE:



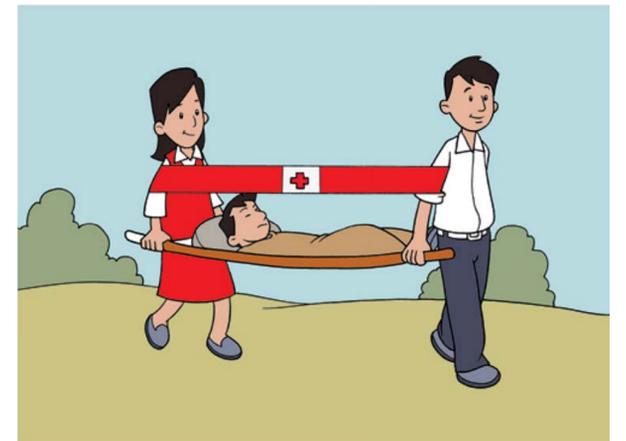
"We work around the clock, but never for personal gain."

## INDEPENDENCE:



"We bow to need, but not to any person."

## UNITY:



"We have many talents, but a single idea."

## UNIVERSALITY:



"We respect nations, but our work knows no bounds."

# PHILIPPINE RED CROSS

## HISTORY

17 February 1899

The Constitution of the National Association of the Red Cross was approved.

22 March 1947

President Roxas signed the Philippine National Red Cross (PNRC) Charter, Republic Act 95.

15 April 1947

The PNRC was inaugurated at the Malacanang Palace.

2009

The consolidation of the Senate Bill 3285 and House Bill 6509 was signed by the president, and is now known as Republic Act No. 10072 or The Philippine Red Cross Act of 2009. This law was authored by Sen. Richard J. Gordon and Sen. Juan Miguel Zubiri.

This act recognizes the Philippine Red Cross as an independent, autonomous, nongovernmental organization auxiliary to the authorities of the Republic of the Philippines in the humanitarian field.

2011

The Philippine Red Cross currently has 100 chapters and sub-chapters throughout the country carrying out the services of the Red Cross (Disaster Management Service, Community Health and Nursing Service, Safety Service, Blood Service, Social Service, and Red Cross Youth).

## VISION

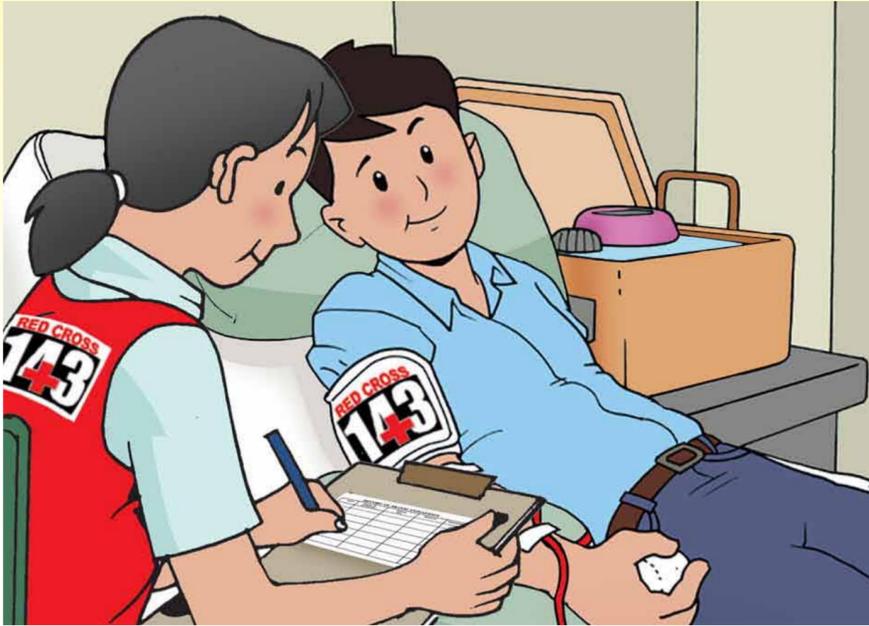
The Philippine Red Cross will be the foremost humanitarian organization in the Philippines, in services provided and number of people served.

## MISSION

The Philippine Red Cross brings timely, efficient and compassionate humanitarian assistance for the most vulnerable without consideration of nationality, race, creed, gender, social status or political belief.



# PHILIPPINE RED CROSS SERVICES



**NATIONAL BLOOD SERVICES**



**COMMUNITY HEALTH AND NURSING SERVICES**



**DISASTER MANAGEMENT SERVICES**



**SOCIAL SERVICES**



**SAFETY SERVICES**



**RED CROSS YOUTH**



**ALWAYS FIRST**

**ALWAYS READY**

**ALWAYS THERE**



# RED CROSS 143 VOLUNTEER PROGRAM

Red Cross 143 is a volunteer program of the Philippine Red Cross to initiate, uphold, and encourage the spirit of volunteerism in all levels of communities. Thus, timely, effective, and compassionate humanitarian assistance will be delivered.

RC **143**: minimum of **1** leader + **43** members in every barangay = 44 on-site volunteers

*\* first to prepare \* first to know \* first to report \* first to respond \* first to provide relief, recovery and rehabilitation \**



The PRC signed a Memorandum of Agreement with the Department of Education for the *DepEd-PRC Red Cross 143 Partnership Program* (DepEd Memo No. 172, s.2009), wherein:

- the Barangay Elementary School Principal will be the Community Team Leader;
- creation of the RC 143 Team will be done; and,
- its 43 members will be trained in disaster preparedness and response, and in health and welfare; and, advocates and supporters of school and community-based voluntary blood donations.

**Red Cross Youth (RCY)** is one of the six major services of the Philippine Red Cross.

**Mission:** to educate and empower the children and youth in the spirit of Red Cross through constructive trainings and effective leadership, and provide opportunities for directing and harnessing their energy and idealism into worthwhile activities.

**Composition:** 1 adviser + at least 43 student members

As of July 2005, the RCY is recognized as one of the *official co-curricular organizations in the school*, provided that RCY activities shall observe the time-on-task policy of the Department of Education. All students are encouraged to enlist as members of the council.

# PHILIPPINE RED CROSS ACT

## Republic Act No. 10072

“An Act Recognizing the Philippine National Red Cross as an Independent, Autonomous, Nongovernmental Organization, Auxiliary to the Authorities of the Republic of the Philippines in the Humanitarian Field, to be known as the Philippine Red Cross”

### *“Philippine Red Cross Act of 2009”*

Purposes of the Philippine Red Cross shall be in terms of disaster are as follows:

- to organize, and act in liaison with public authorities, emergency relief operations and other services to assist the sick and wounded in times of peace and in time of armed conflict;
- to establish and maintain a system of national and international relief in time of peace and in time of armed conflict and apply the same in meeting emergency needs caused by typhoons, floods, fires, carry on measures for alleviating the suffering caused by disasters;
- to devise and promote such other services in time of peace and in time of armed conflict as may be found desirable in improving the health, safety and welfare of the Filipino people, and of all peoples in general

The **Red Cross 143** teams, as supported in the mandate, will do the following:

#### **Before the Disaster:**

1. **Predict** the hazards or threats to their communities, as well as establishing early warning systems that can aid in
2. **Plan** specific measures to how to reduce vulnerability to the hazards, increase the capacities, mitigate the effects of disaster, and cope with possible disasters
3. **Prepare** equipment including survival kits, and evacuation routes and areas
4. **Practice** based on the plan made, including conduct of evacuation drills

#### **During the Disaster:**

5. **Cope and mitigate** in terms of reporting the situation, responding and rescuing people, identifying and providing the immediate needs (emergency relief) of the affected people

#### **After the Disaster:**

6. **Relief** or provision of the basic needs, including food, non-food, shelter, water, sanitation, and psychosocial support
7. **Rehabilitate** by building back their lives, restoring their shelter, livelihood, and dignity



ALWAYS FIRST

ALWAYS READY

ALWAYS THERE



# HAZARD and DISASTER

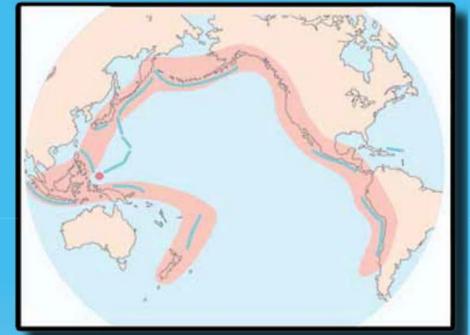
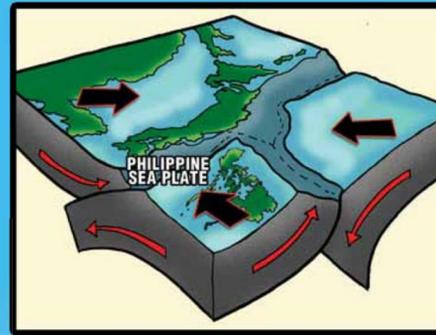
Hazard - a phenomenon that poses a threat to people, buildings, roads, or livelihood, which may cause a disaster.



Disaster - a serious disruption, causing damage or injury to people, buildings, roads, livelihoods, or the environment, which exceed the community's ability to cope.



# PHILIPPINE HAZARD PROFILE



Plates

Ring of Fire

- The Philippines is an archipelago with 7,107 islands.
- It is surrounded by the Philippine Sea on the east, West Philippine Sea on the west, and Celebes Sea on the south.
- There are three main islands: Luzon, Visayas and Mindanao.
- It is surrounded by 2 major plates, the Eurasian and Pacific plates, causing frequent quakes with an average of 20 per year.
- It is part of the Pacific Ring of Fire.
- There are 200 volcanoes, 22 of which are active and 5 are closely monitored: Pinatubo, Mayon, Bulusan, Hibok-Hibok, and Canlaon.
- It is situated along the typhoon belt, having an average of 20 typhoons per year.
- The Philippines is particularly vulnerable to climate change.



Earthquake

Flood



Tropical Cyclone

Landslide

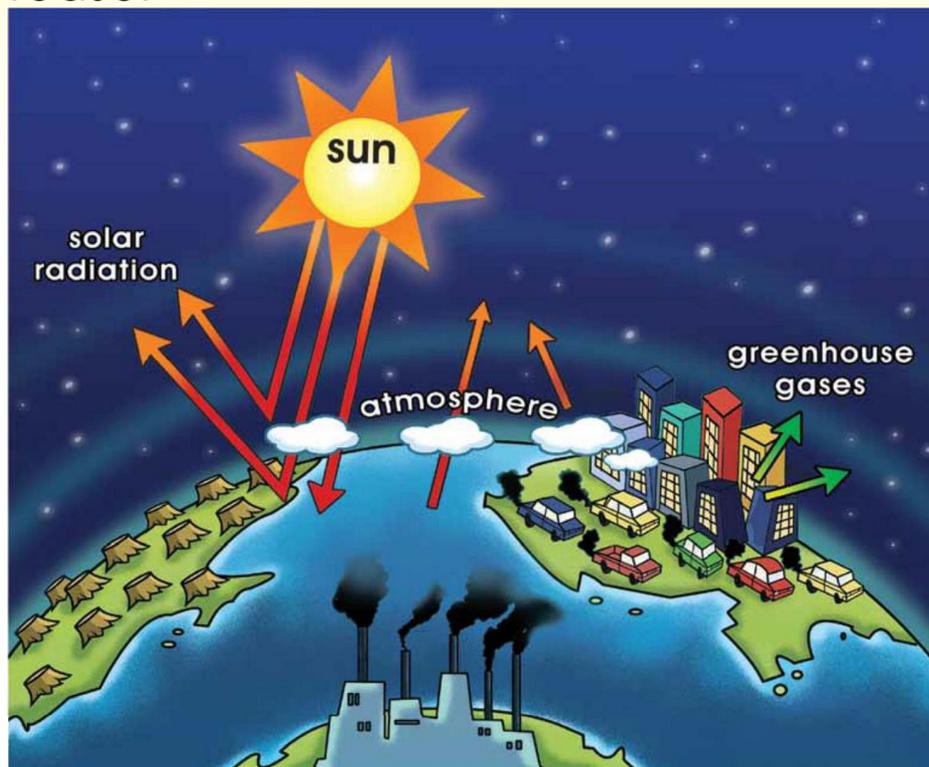


Tsunami

Volcano

# CLIMATE CHANGE

Climate change is the changing of the weather over a long period of time. Temperatures are changing mainly due to an increase in the greenhouse gases we produce. These greenhouse gases are emitted by cars, factories and the energy we use in our houses, schools and lives. The greenhouse gases we emit act like a blanket around the earth, trapping more heat inside the earth's atmosphere causing the temperature to increase.



A warmer Earth may lead to changes in rainfall patterns, more and stronger 'weather-disasters,' a rise in sea levels, and a wide range of impacts on plants, wildlife, and humans, including:

- more intense tropical storms with higher wind speeds and more rainfall, causing destructive floods, landslides and contamination of water supplies
- frequent heatwaves, endangering humans, animals, and plants
- prolonged droughts threaten food security and water availability
- disease-carrying mosquitoes and ticks move to new areas, spreading malaria and dengue fever



# CLIMATE CHANGE

Climate change is already happening and the adverse effects will just keep on multiplying. More extreme and more erratic weather will occur in the future. Hundreds of millions of poor people in poor countries will be hit the hardest.

It's time to get our acts together. We can ease the effects of climate change now through **Early Prevention and Early Action**.



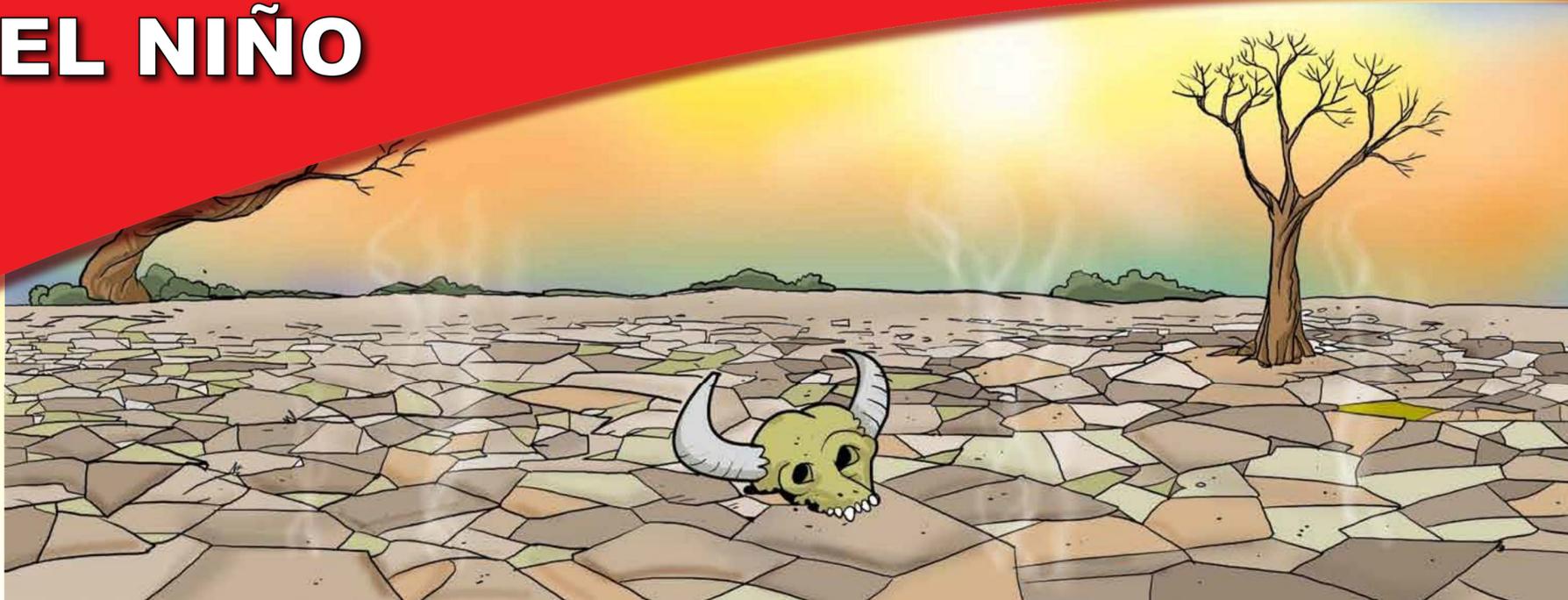
## CLIMATE CHANGE MITIGATION

- Conserve water and electricity to save energy and resources.
- Plant trees for clean air and to prevent landslides
- Reuse, reduce, and recycle to protect the environment and lessen garbage.

## CLIMATE CHANGE ADAPTATION

- Do all the things mentioned earlier to prepare for 'weather disasters'
- Be aware of early warnings and how you should react to them
- Remind your friends and family that the next disaster could be worse than any of the previous ones
- Conserve forests and plant trees to prevent landslides and reduce floods
- Clean up canals and drainage systems to prevent flooding and the risk of water-borne diseases such as dengue

# EL NIÑO



El Niño is a climatic phenomenon which tends to occur in the tropical waters of the Pacific Ocean. The warmer than normal sea-surface temperatures (SSTs) in the tropical Pacific Ocean impact global weather patterns. The effects of El Niño vary across the globe. In the Philippines, El Niño can lead to drought.

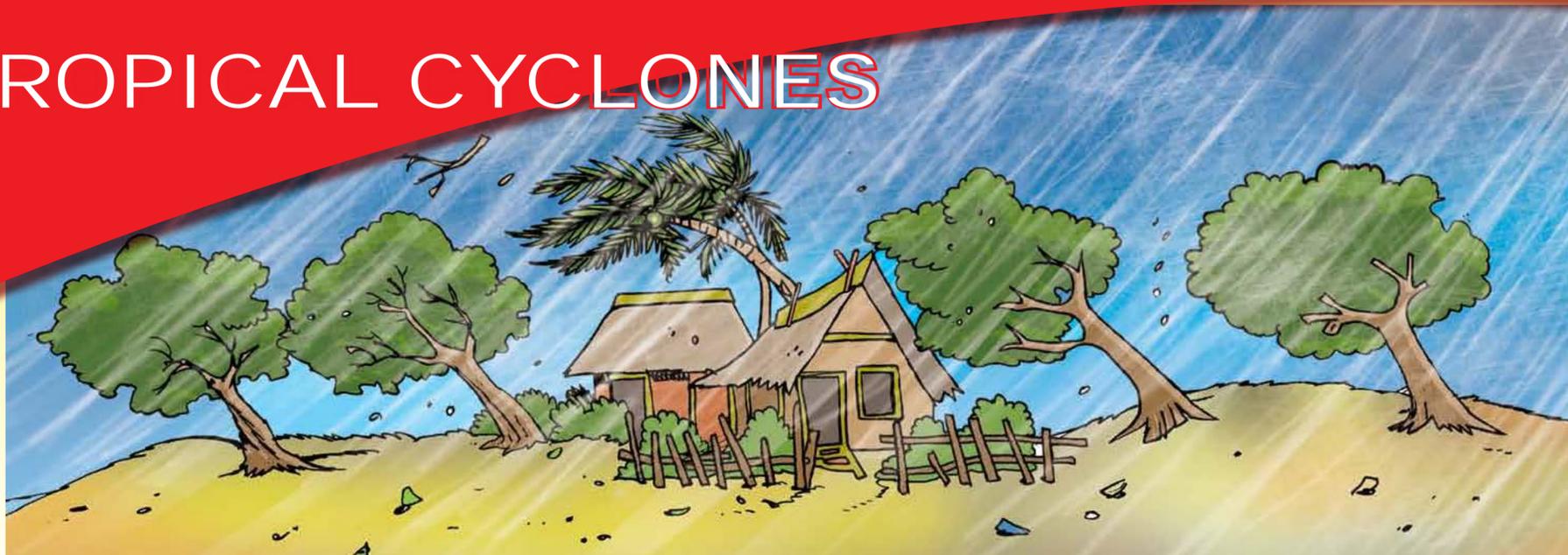
Drought occurs when there has been minimal rainfall over an extended period of time, which leads to inadequate water supply for plants, animals, and people.



## CONSERVE WATER

- Turn off the faucet when not in use.
- Re-use washing and laundry water for flushing the toilet.
- Instead of the shower, use a bucket and a dipper.

# TROPICAL CYCLONES



Tropical cyclones or typhoons are characterized by a large low-pressure center and numerous thunderstorms that produce strong winds and heavy rain. They are classified according to their strength which is determined by the speed of the maximum sustained winds near the center.

## PUBLIC STORM WARNING SIGNALS:



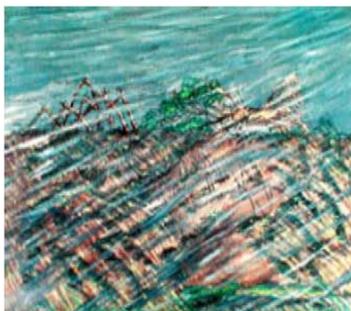
**1** - Winds not more than 60 KPH may be expected in at least 36 hours



**3** - Winds of 101-185 KPH may be expected in at least 18 hours



**2** - Winds of 61 - 100 KPH may be expected in at least 24 hours



**4** - Winds greater than 185 KPH may be expected in at least 12 hours

## TO - DO:

### BEFORE

- Be alert for early warnings that may be given. Listen to the radio or watch TV for news updates.
- Know the nearest evacuation center.
- Help your parents pack a survival kit.
- Participate in drills and simulations.

### DURING

- Stay indoors and listen to the radio for weather updates.
- Report to your 143 Leader the situation in your area.
- If you need to evacuate, stay calm, close the windows, turn off the main electricity switch, and bring your survival kit.

### AFTER

- If your house was affected, make sure that it is safe before you enter.
- Report any fallen posts or open cables to the authorities.
- Be aware of other hazards.

# FLOOD



A flood occurs when there is an increase in the level of water from continuous or heavy rainfall, release of water from dams, and overflowing water systems. Blocked water canals can also contribute to floods.



## TO - DO:

### BEFORE

- If your house is in flood-prone areas, be updated on the weather and tide heights.
- Help your parents pack a survival kit.
- Keep items, especially the important ones higher up off the floor.
- Know the nearest evacuation center in your area.

### DURING

- Monitor weather news update and report to your 143 Leader the situation in your area.
- Disconnect appliances in your house that may be reached by the flood.
- If you will evacuate your house, close all doors and windows, turn off the electricity, and take your survival kit.
- Do not go into the flood water to avoid diseases and accidents.

### AFTER

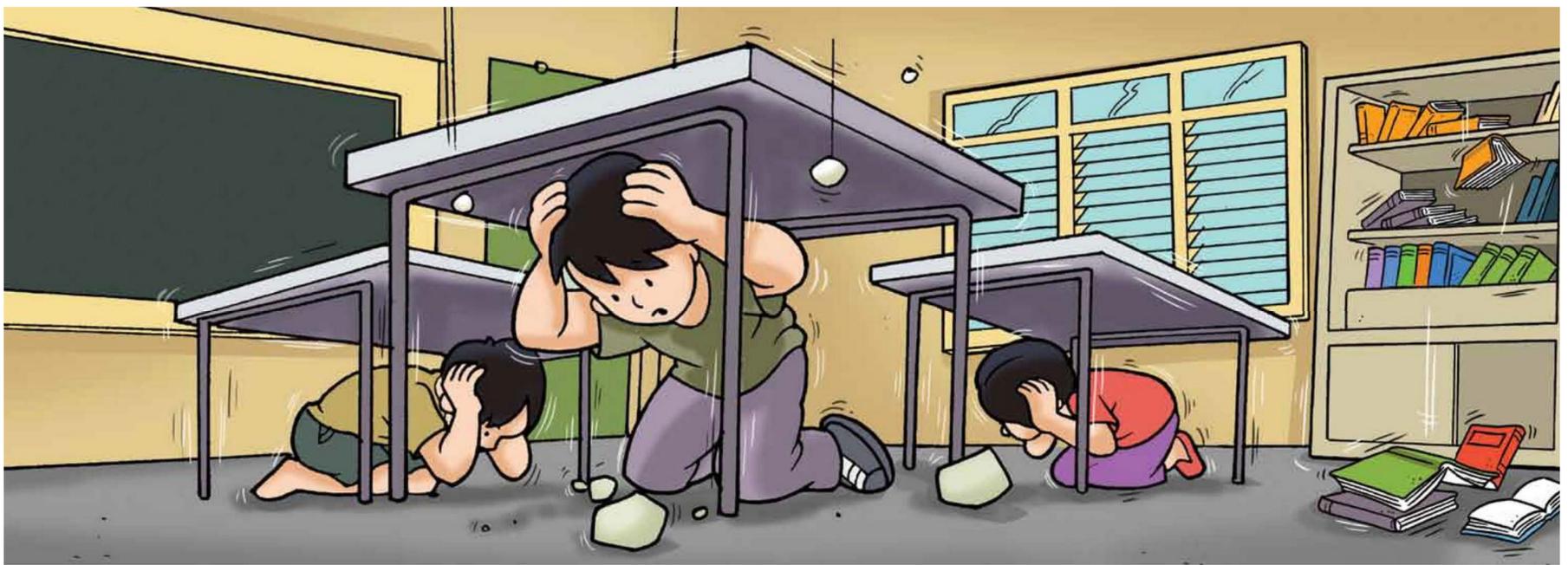
- Report any fallen posts, broken cables and phone lines to your barangay authorities.
- Do not turn on the electricity switch, not unless you are sure it is dry and safe to do so.
- Mark the height of the flood level along your walls as a guide for future preparedness measures.

# EARTHQUAKE



Earthquakes are shaking of the ground produced by the sudden movement of tectonic plates along faults below the earth's surface or underground volcanic eruptions. Aftershocks can be more powerful than the original quake.

The Philippines is surrounded by two major plates and experiences an average of 20 quakes a year.



## TO - DO:

### BEFORE

- Find out if there is a fault line in your area.
- Help your parents pack a survival kit.
- Know your evacuation area and routes.
- Participate in drills and simulations, together with RC 143 in your school and community.

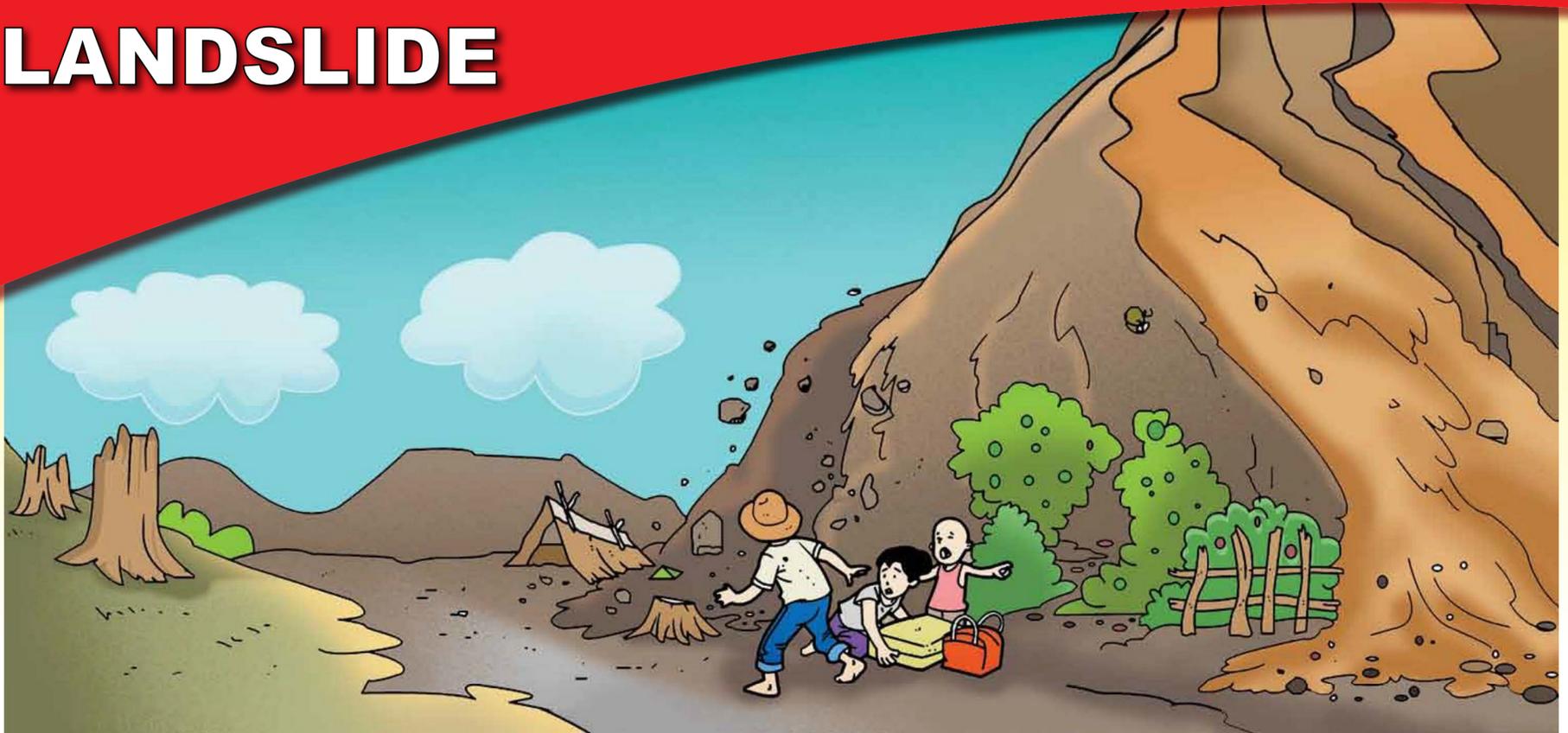
### DURING

- If you are inside your house, stay under a sturdy table or a doorframe, and keep away from windows and possible falling objects.
- If you are outside, go to a safe place away from falling buildings, electrical posts, and trees.
- If you are inside your car, keep away from bridges and posts.
- If you are near the coastal area, move to higher ground to avoid tsunamis.

### AFTER

- Be prepared for aftershocks.
- Stay away from the coastal area.
- Avoid interrupting communication lines for rescue and relief operations.
- Report to your 143 Leader the situation in your area.

# LANDSLIDE



Landslides are the movement of rocks, soil and other debris falling down a hill, mountain or slope. Weak soil and rock material, sparse or no vegetation, earthquakes or heavy rain fall can contribute to landslides.



## TO - DO:

### BEFORE

- Find out if your school is prone to landslides.
- Together with the RC 143 in your school and community, update your hazard maps and disaster plans that should include evacuation areas and routes.
- Help your parents pack a survival kit.

### DURING

- As soon as you notice the warning signs, such as the ground shaking or you hear a rumbling sound, get out of the building already.
- Follow the school and barangay evacuation plan.
- Report to your RC 143 Team Leader the situation in your area.

### AFTER

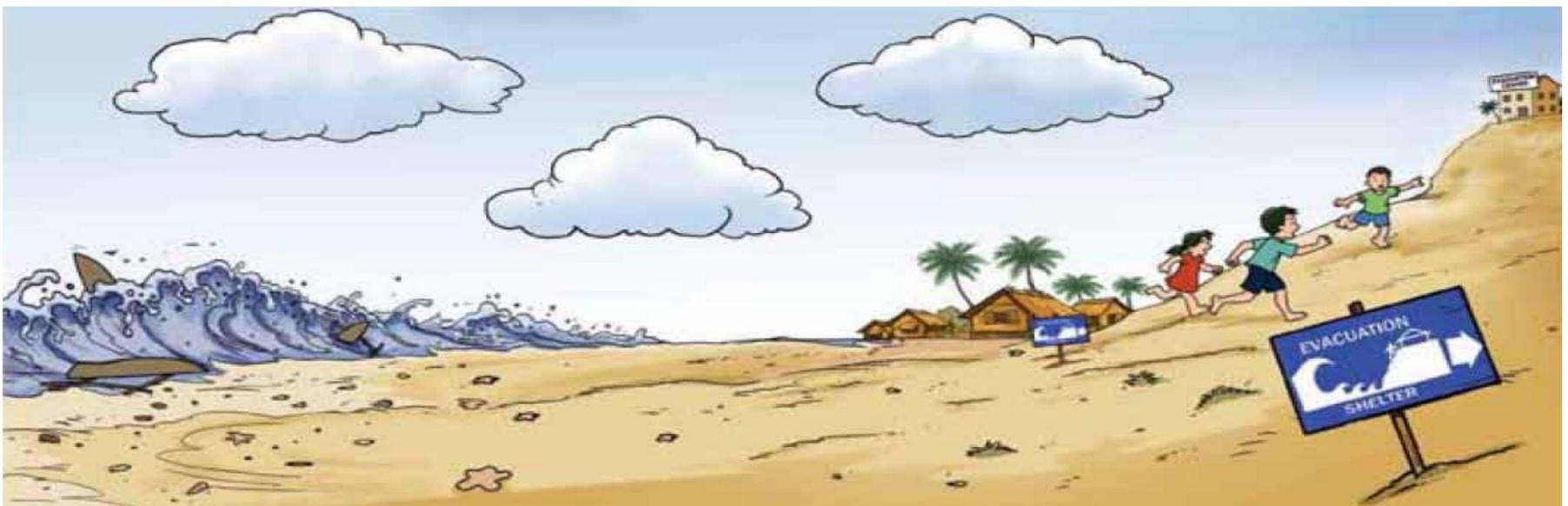
- Stay away from the landslide.
- Avoid interrupting communication lines for rescue and relief operations.

# TSUNAMI



A tsunami is a series of enormous waves caused by rapid displacement of water due to underwater earthquake or volcanic eruption. Tsunamis can occur when the earthquake is shallow-seated but strong enough to displace parts of the seabed and disturb the water over it. Waves travel outward in all directions from the point of origin and can move hundreds of kilometers per hour and reach heights over 100 feet.

Tsunamis are erroneously called tidal waves and sometimes mistakenly associated with storm surges.



## TO - DO:

### BEFORE

- Watch out for signs of a tsunami:
  - Strong earthquake
  - Unusual sea conditions (noticeable rise and fall of water)
  - Rumbling sound (roaring sound, jet-like sound)
- Have an evacuation plan ready, and practice it.

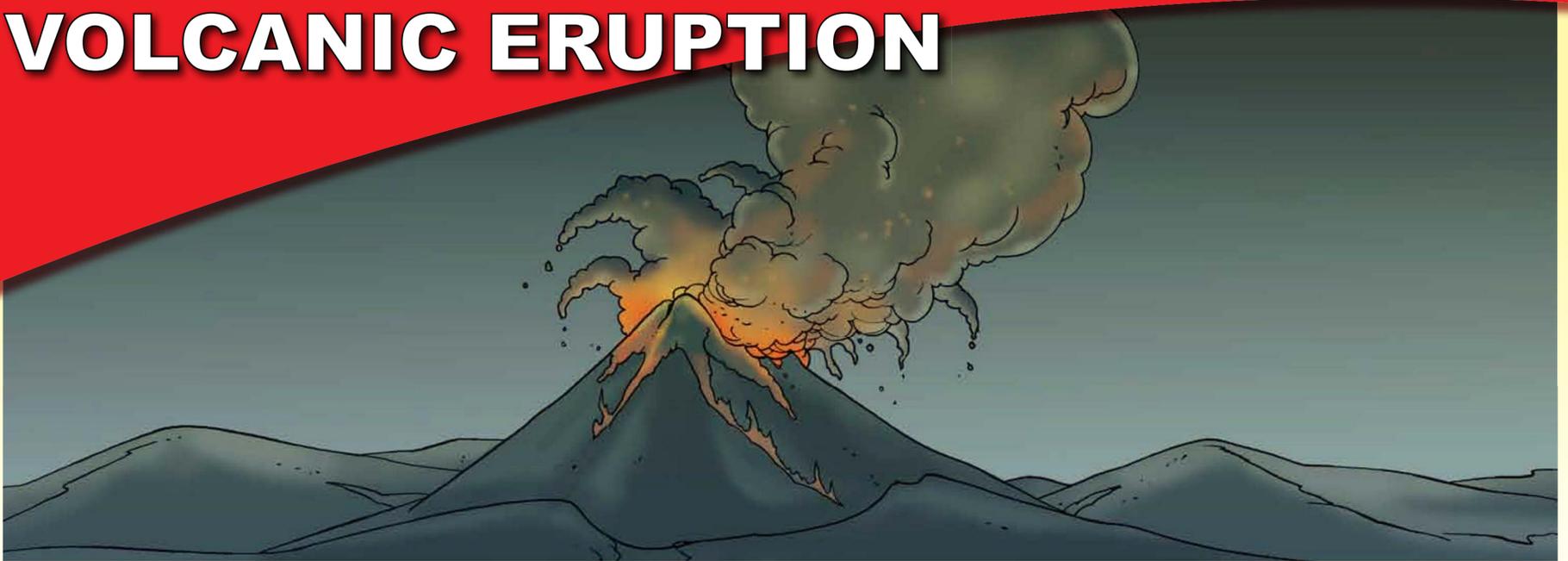
### DURING

- Move towards higher ground immediately.
- Never go down to the beach to watch the tsunami.

### AFTER

- Stay away from flooded and damaged areas until officials say it is safe to return.
- Stay away from debris in the water.
- Report to your RC 143 Leader the situation in your area.

# VOLCANIC ERUPTION



A volcano is an opening (vents, craters) on the ground from where hot gas and rocks are ejected. Volcanic eruptions occur when magma from underground is expelled out of open vents due to heat and pressure. Volcanic hazards include gases, lava, lahars, and ashes.

The Philippines has 22 active volcanoes, 5 of which are destructive and are being closely monitored.



## TO - DO:

### BEFORE

- Know if there are volcanoes, active or inactive, in your area.
- Add a pair of goggles and disposable breathing masks to your survival kit.
- Together with your local RC 143, have an evacuation plan ready in case an eruption will occur.

### DURING

- Follow the authorities' instructions regarding evacuation.
- Tune in to the TV or radio for updates.
- If outdoors, evacuate the area and protect yourself from ash fall by wearing long-sleeved shirts, long pants, and using goggles and masks.

### AFTER

- Only return to your home if cleared by the authorities.
- Stay away from volcanic ashfall areas.
- Report to your RC 143 Leader the situation in your area.

# FIRE



Fire is the perceptible phase of burning or combustion, which is the chemical reaction between oxygen, fuel, and heat. Fire can destroy houses, buildings, forests and properties. Fire is also accompanied by smoke that blocks vision, and stings the eyes. It also irritates the nose, throat and lungs when inhaled.



## TO - DO:

### BEFORE

- Know the fire department's number.
- Never leave a lit stove or lit candles unattended.
- Unplug appliances after use.
- Avoid having multiple appliances plugged in one socket / outlet.

### DURING

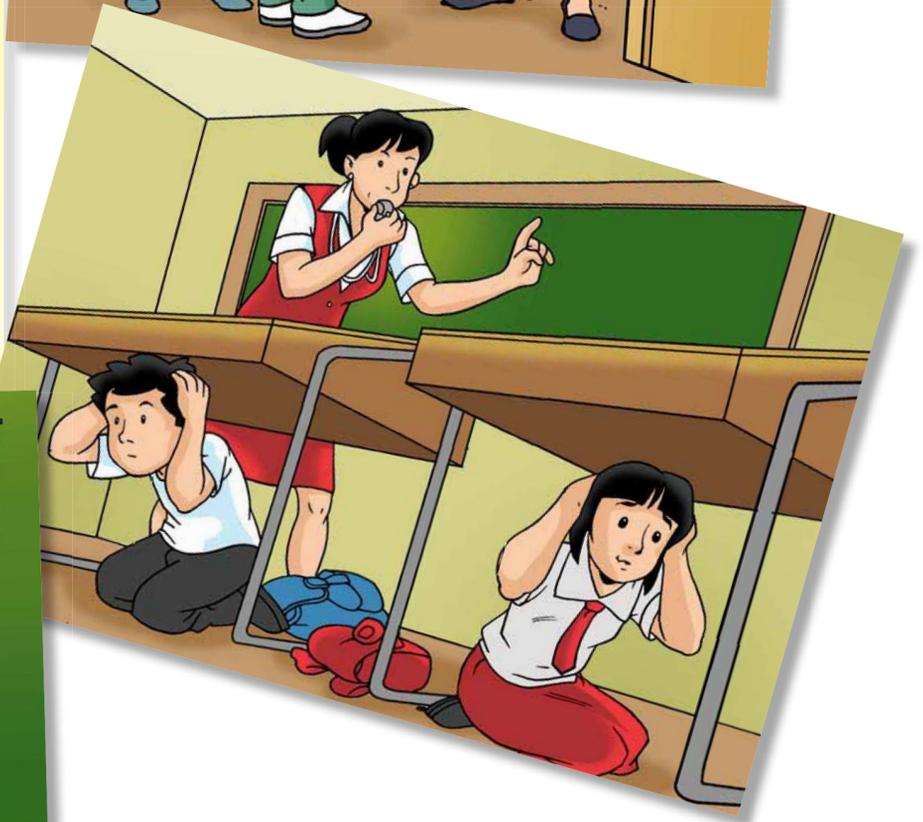
- Stay calm and do not panic.
- Call the fire department.
- If the room is filled with smoke, drop down to the floor, cover your nose and mouth, and crawl towards the exit.

### AFTER

- If you are burnt, have it treated immediately.
- Do not enter a burnt room or building unless it has been cleared.

# WHAT TO DO IN YOUR SCHOOL

- Organize a School DRRM Unit / Group together with the Red Cross Youth Council
- Conduct Vulnerability Capacity Assessment and Baseline Surveys
- Identify Early Warning Systems
- Have Disaster Preparedness Kits and Lectures
- Prepare a School Disaster Action Plan
- Conduct Drills and Simulations



## DON'T FORGET TO HELP OTHER PEOPLE

Keep an eye out for your schoolmates, neighbours and those in the community who might need more help. These could be older people, young children, sick and injured or people with a disability. You can help them before, during and after a disaster.



# SCHOOL DISASTER MANAGEMENT UNIT

It is highly encouraged for every school to form a School Disaster Risk Reduction and Management Unit / Group made up of the teachers and other school staff. This Unit will take the lead in planning, implementing, coordinating and monitoring of activities related to disaster risk reduction and management, including climate change adaptation.

## Composition:

- Early Warning and Coordination Team
- Physical and Psychological First Aid Team
- Search and Evacuation Team

Each Team will have a leader and its members, tasked to plan and act accordingly to their function, in times of disaster and emergencies (before, during and after).

Together with the Red Cross, there will be:

- identification of hazards, risks, vulnerabilities, and capacities of the school;
- identification and implementation of early warning systems;
- School Disaster Action Plans, linked with the Barangay Action Plan, drawn up;
- information-dissemination campaigns in the school and community; and,
- conduct of regular drills in the school and community.

## RED CROSS 143

Each school, together with the community, should form a Red Cross 143 Team composed of at least 1 leader and 43 members.

## Roles and Responsibilities of RC 143 Volunteer:

- a. **PREDICT**      b. **PLAN**      c. **PREPARE**      d. **REPORT**      e. **RESPOND**

## Reporting Protocol

### What to report:

- **What** happened
- **How** did it happen
- **When** did it happen
- **Where** did it happen
- **Who and how many** were involved
- **Why** did it happen

### When to report:

- **Onset** (Assessment Report)
- **During** (Progress Reports and Updates)
- **After** (Summary Report)

### How to report:

- Call **143**, (02) **527-0000** loc. **117, 172** and **173**, (02) **524-5787**
- Text **0917-806-8513**
- Email **opcen@redcross.org.ph**
- or submit your report to the **local Red Cross Chapter** nearest you

Volunteers must be the **eyes** and **ears** then eventually the **hands** and **legs** of the organization.

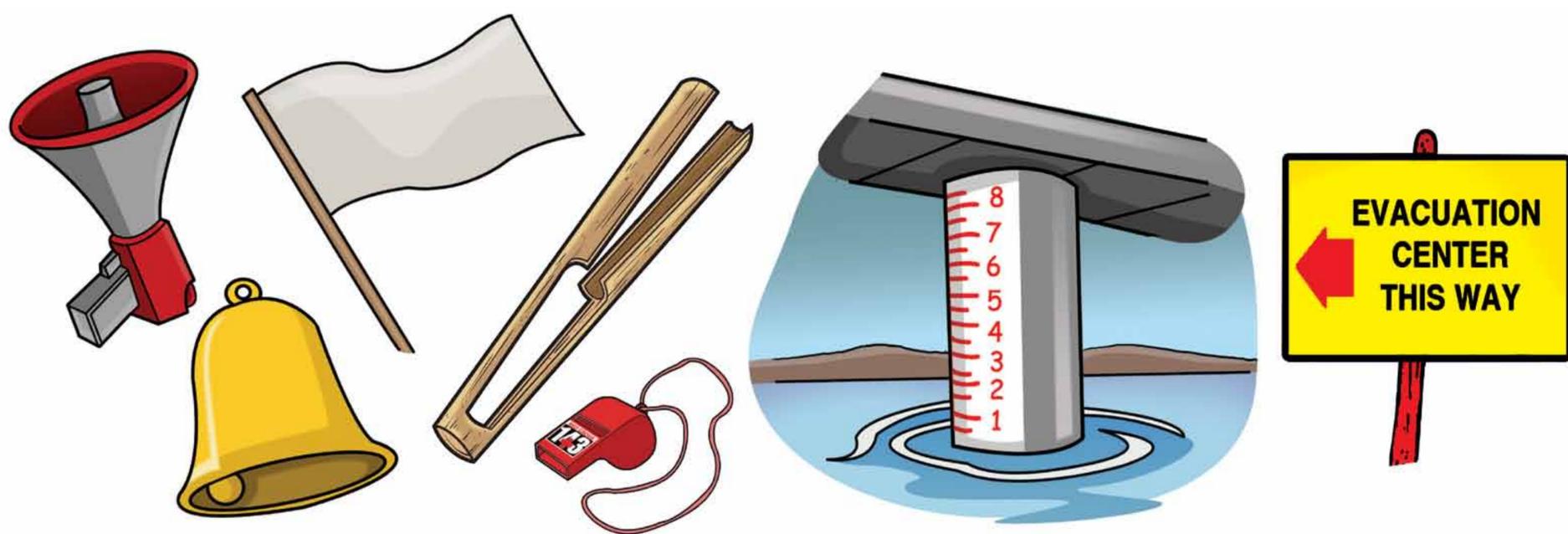


# EARLY WARNING SYSTEMS

An early warning system is any system technical in nature used to inform of a future danger. Its purpose is to enable the communities to prepare for the danger and act accordingly to mitigate against or avoid it.

It is important that: 1) early warning systems are in place; 2) communities are taught how to use the systems and how to transmit warnings; and, 3) what you should do when the warning is issued.

In your school, warning signs of an incoming hazard such as landslide or tsunami as well as signs leading to evacuation areas can be posted. Bells are also commonly used to sound an alarm if there is an incoming hazard. It is best that you and your other classmates and school personnel are also aware of these.

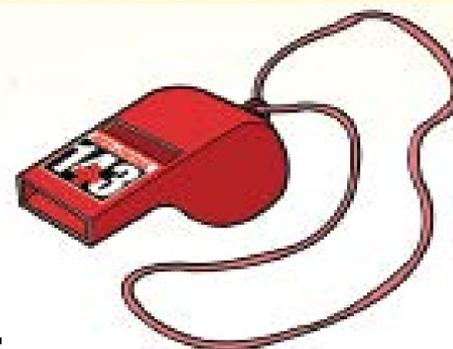


## RC 143 Alert Signals:

- One long whistle - this is the signal given that there is an impending threat.
- Two long whistles - this alerts the community to be ready for a possible evacuation.
- Three long whistles - this is the signal given to evacuate the area immediately.

## Reminders:

- Always carry a whistle with you.
- Each long whistle blow should last for 5 seconds.
- There should be a 3 second interval between each whistle blow.



# SURVIVAL KIT

Make sure that your family has a survival kit. This kit contains items that are needed to survive for the first 72 hours when evacuating from a disaster. This kit should be checked every 6 months to make sure that goods are not yet expired.



MAKE SURE YOU HAVE AT LEAST THE FOLLOWING IN YOUR SURVIVAL KIT:

## I. WATER

- 1 gallon (3.78 litres) per person for at least 3 days
- water purification supplies (1 tablet per person for at least 3 days)

## II. FOOD

- non-perishable food (i.e. protein / granola bars, dried fruit, crackers, cereals, easy-to open canned goods)
- canned juice and hard sweet candies are also recommended to prevent hypoglycemia
- food should be good for 3 days consumption of every family
- disposable plates and utensils

## III. EMERGENCY TOOLS / GEAR

- emergency numbers to call (i.e. Red Cross, hospital, fire station)
- map with evacuation sites and routes
- whistle
- flashlight with extra batteries
- AM radio transistor with extra batteries
- cellphone charger
- matches or lighter and candles
- ropes (avoid nylon)
- sleeping bag

## IV. PERSONAL EFFECTS and HYGIENE KIT

- extra clothing for each person
- toothbrush and toothpaste
- antibacterial soap, alcohol
- hand towels

## V. IMPORTANT DOCUMENTS and MONEY

- legal documents (i.e. birth certificates, marriage contracts, insurance certificates, land titles)
- important information (i.e. bank account details, insurance policies, tax identification number, security insurance number)
- identification cards (i.e. passport, driver's license)
- other documents: medical records, academic credentials, etc.
- money in the form of cash and loose change (in case banks are closed or not available)
- prepaid cards for communication
- all these should be placed in plastic envelopes

## VI. SPECIAL NEEDS

- emergency medication (i.e. for fever, pain, diarrhea, cough and colds)
- prescription medicine good for 3 days (i.e. anti hypertension, insulin)
- children's food and medications

## VII. FIRST AID KIT

- triangular bandage
- adhesive strips, hypo-allergenic medical tape
- scissors
- disposable gloves
- tweezers, forceps
- wound dressing
- safety pins
- plastic bags
- BP apparatus and stethoscope

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**For more information, contact:**

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Bonifacio Drive, Port Area, Manila  
(632) 527-0000 / 143  
[www.redcross.org.ph](http://www.redcross.org.ph)

Disaster Management Services  
(632) 527-0000 loc 134, 186  
527-0864 / 524-5787  
e-mail: [dms@redcross.org.ph](mailto:dms@redcross.org.ph)

Volunteer Services and Red Cross Youth  
(632) 527-0000 loc 130 / 524-2101  
email: [volunteer@redcross.org.ph](mailto:volunteer@redcross.org.ph)  
[rcy@redcross.org.ph](mailto:rcy@redcross.org.ph)

or contact your local Red Cross Chapter

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