

# Get Ready for Disasters:

# Flip chart for Volunteers



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

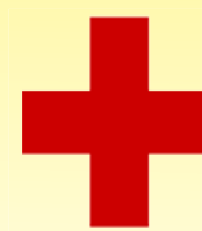
## International Humanitarian Law

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

The three recognized 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.



Red Cross



Red Crystal



Red Crescent

## Brief Philippine Red Cross History

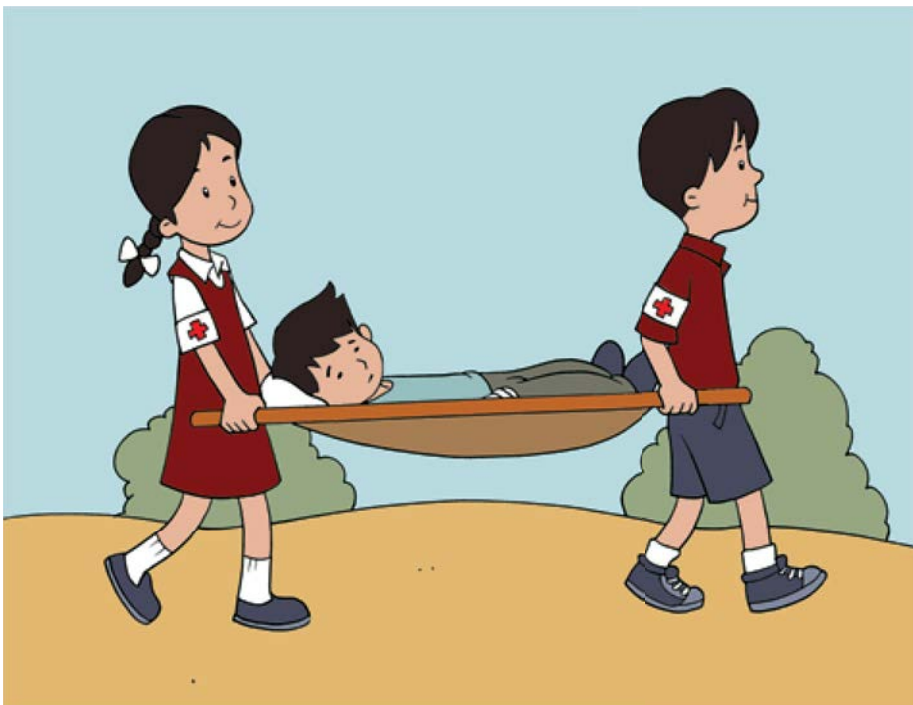
**1899** - Constitution of the National Association of the Red Cross was approved

**1947** - inauguration of the Philippine National Red Cross (PNRC), under RA 95

**2009** - passing of the new Charter, RA 10072, which renamed the PNRC as the Philippine Red Cross

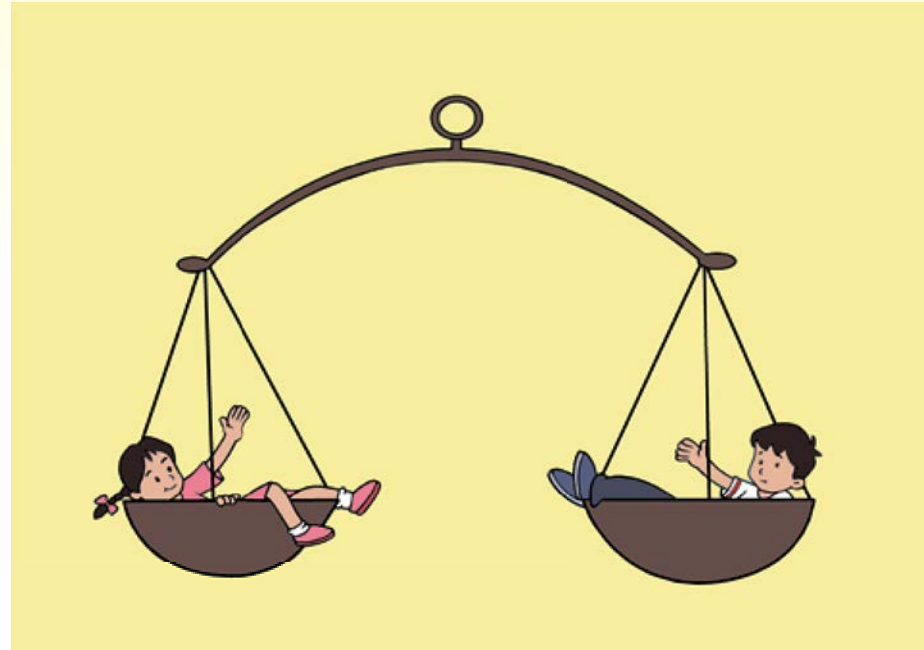
# FUNDAMENTAL PRINCIPLES of the RED CROSS and RED CRESCENT MOVEMENT

## HUMANITY:



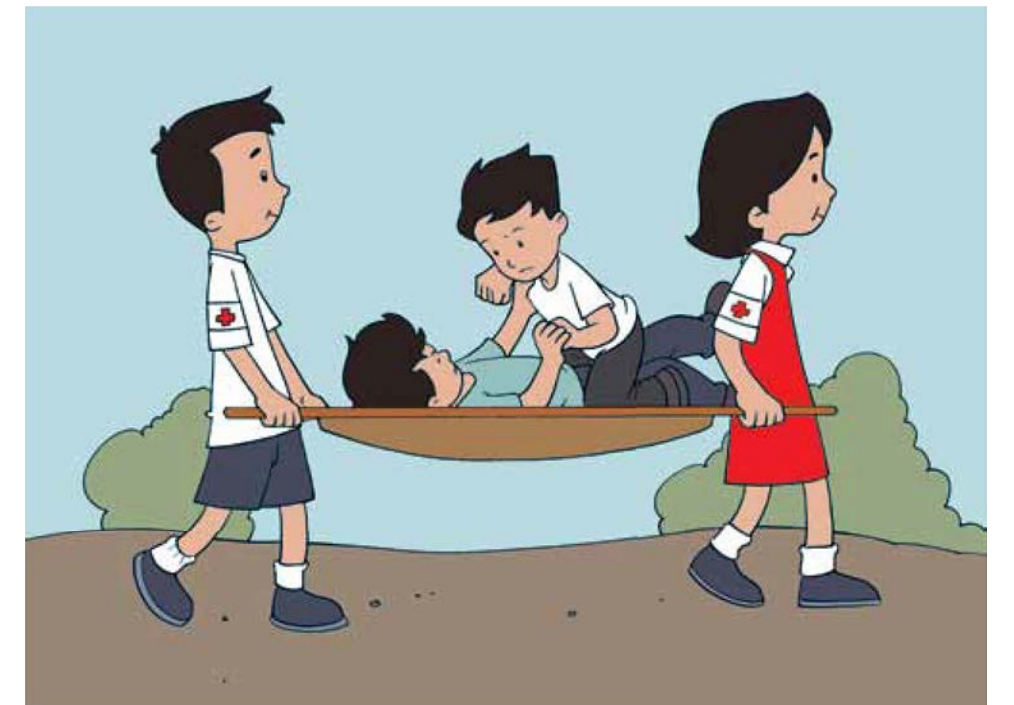
"We serve people but not systems."

## IMPARTIALITY:



"We care for the victims, without discrimination."

## NEUTRALITY:



"We take initiatives, but never sides."

## VOLUNTARY SERVICE:



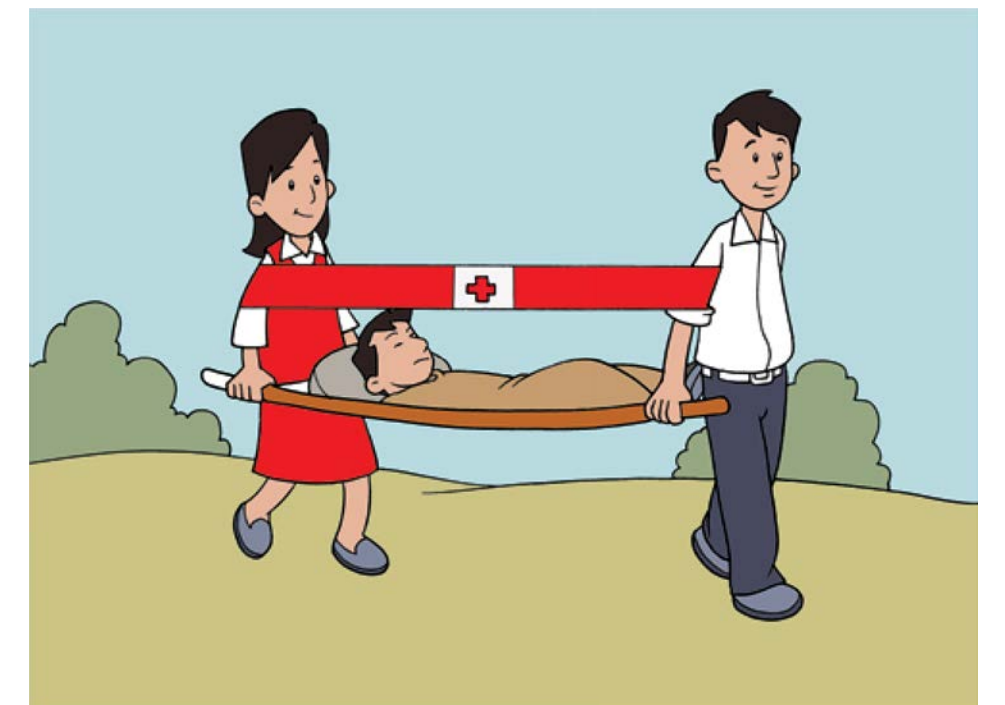
"We work around the clock, but never for personal gain."

## INDEPENDENCE:



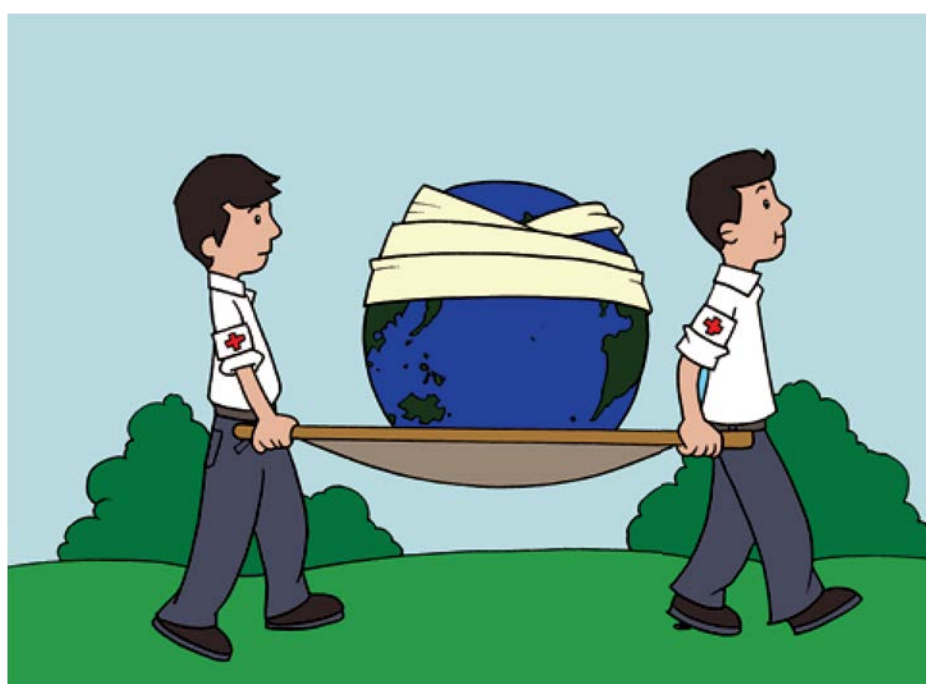
"We bow to need, but not to any person."

## UNITY:



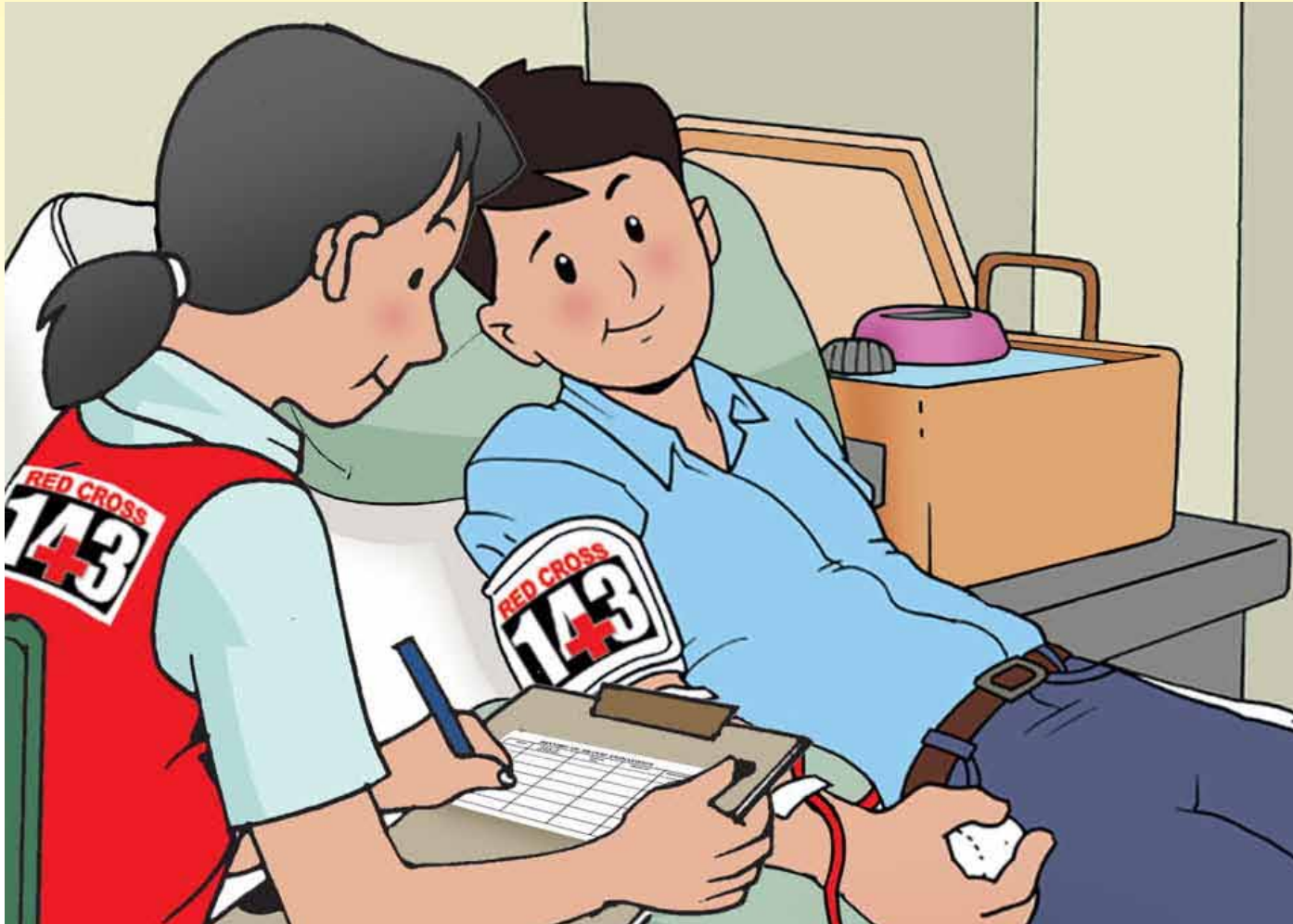
"We have many talents, but a single idea."

## UNIVERSALITY:



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

# PHILIPPINE RED CROSS 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 means a minimum of 1 leader and 43 members in every barangay, creating 44 on-site take-charge volunteers who will be first to prepare; first to know; first to report; first to respond; and, first to provide relief, recovery and rehabilitation.



The RC 143 Organization is within the *community*, in the *school*, and in the *workplace*.

## Objectives of 143 Volunteers:

- to build resilient communities
- to be the early warning agents
- to conduct local risk assessment
- to be the first responders and reporters
- to assist in the relief and rehabilitation process

The Team of 44 volunteers will perform the following **Basic Tasks:**

- **Predict** hazards;
- **Plan** to lessen vulnerability and increase your organization's capability;
- **Prepare** the equipment and the people; and,
- Constantly **Practice**, so that when the challenges come, they can cope.

## Minimum qualifications to be a Red Cross 143 Volunteer:

- Willing to render volunteer service anytime, anyplace without desire for remuneration;
- Physically, mentally and emotionally fit;
- Able to communicate effectively and work well with others;
- An active community member, has community network and linkages; and,
- Preferably not an official or a member of the local government.

## Mantra of RC 143 Volunteer:

*Always First, Always Ready, Always There*

# DISASTER RISK REDUCTION and MANAGEMENT CYCLE

DISASTER



DISASTER RESPONSE



DISASTER RESILIENT COMMUNITIES



PREPAREDNESS AND MITIGATION



RECOVERY

## Republic Act No. 10121

“An Act Strengthening the Philippine Disaster Risk Reduction and Management System, Providing for the National Disaster Risk Reduction and Management Framework and Institutionalizing the National Disaster Risk Reduction and Management Plan, Appropriating Funds therefore and for Other Purposes”

### ***“Philippine Disaster Risk Reduction and Management Act of 2010”***

This act provides for the development of policies and plans and the implementation of actions and measures pertaining to all aspects of disaster risk reduction and management, including:

- good governance, risk assessment and early warning;
- knowledge building, awareness raising, and reducing underlying risk factors; and,
- preparedness for effective response and early recovery.

## Republic Act No. 9729

“An Act Mainstreaming Climate Change into Government Policy Formulations, Establishing the Framework Strategy and Program on Climate Change, Creating for This Purpose the Climate Change Commission, and for Other Purposes”

### ***“Climate Change Act of 2009”***

This policy includes:

- stabilization of greenhouse gas concentrations in the atmosphere;
- ensure that food production is not threatened;
- prevent and reduce the adverse impacts of climate change; and,
- integrate disaster risk reduction into climate change programs and initiatives.

## 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 and carry on measures for alleviating the suffering caused by disasters; and,
- 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.



# 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.





# VULNERABILITY and CAPACITY

## VULNERABILITY

It is the conditions determined by physical, social, economic, environmental and political factors, which increase risk and susceptibility of people to the impact of hazards.



Livelihood



Well-Being



Well-Being



Self-Protection



Governance



Social Protection

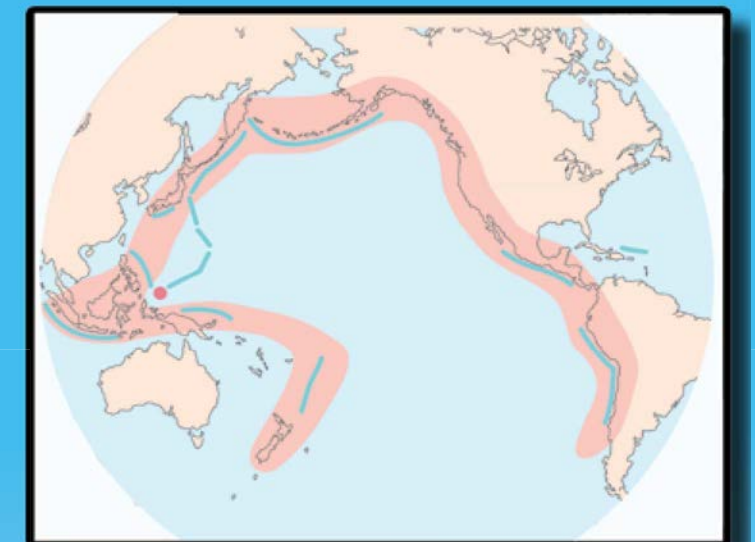
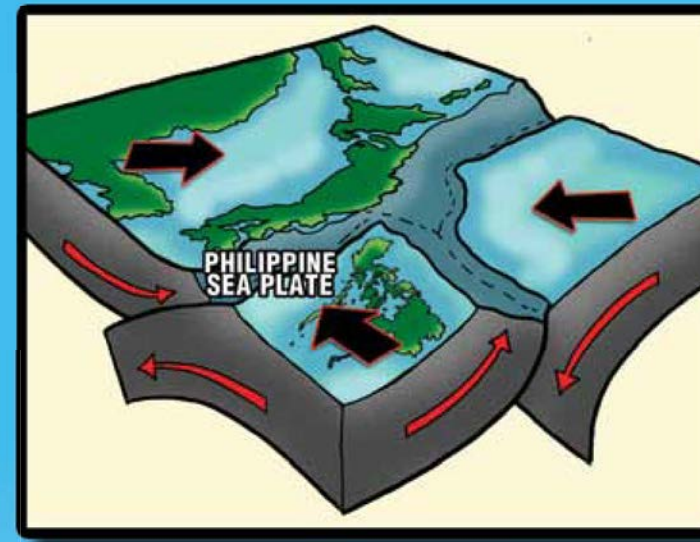
**Reduce  
Vulnerability  
and  
Increase  
Capacity**

## CAPACITY

This refers to the resources of individuals, households, communities, institutions, and nations to resist the impact of a hazard.

It is the community's actual or potential ability to withstand disasters through the presence of material and human resources that aid in the prevention and effective response to disasters.

# 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



ALWAYS FIRST

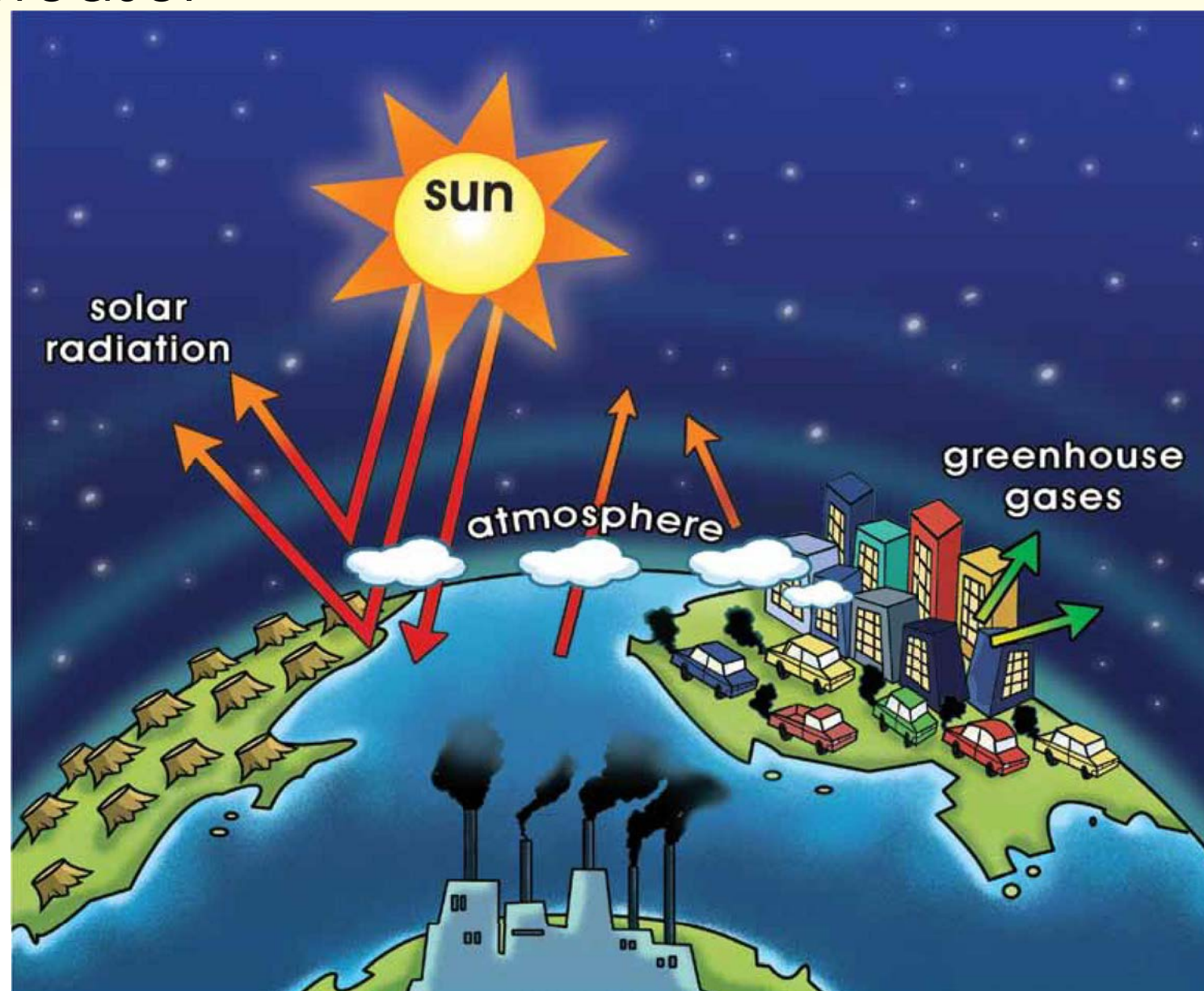
ALWAYS READY

ALWAYS THERE



# 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**.



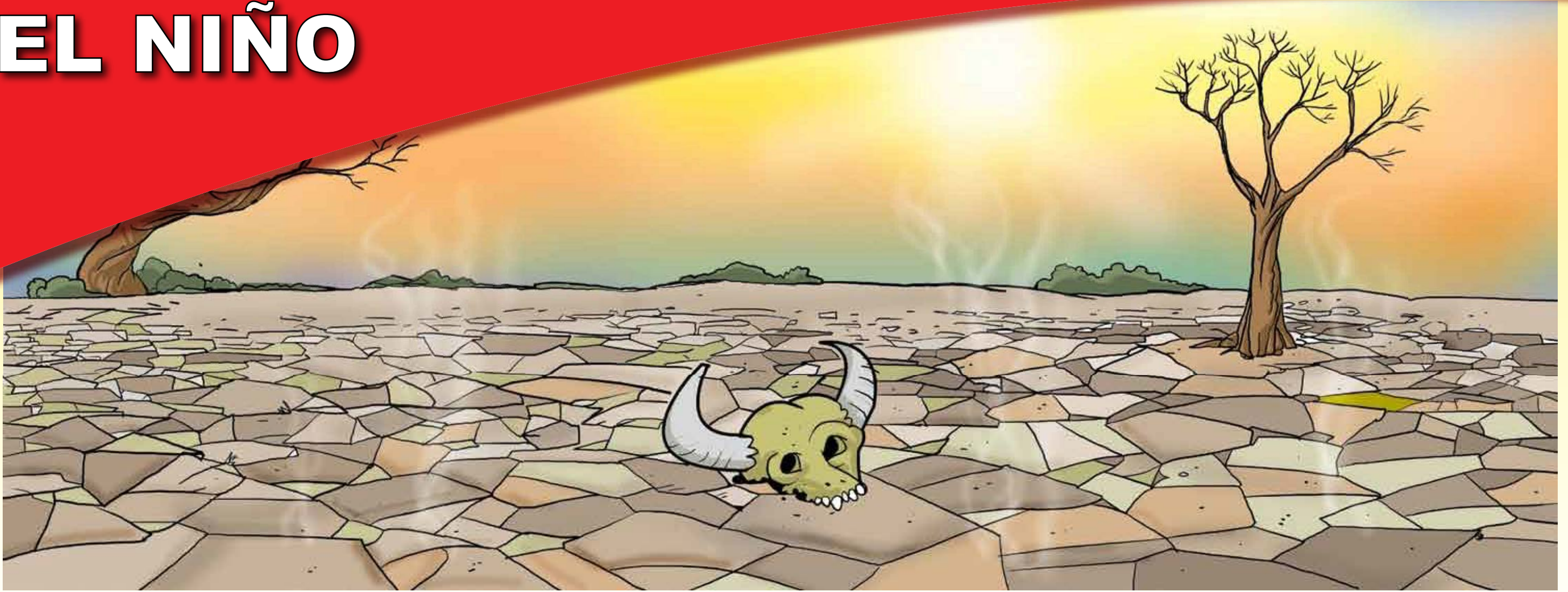
## CLIMATE CHANGE MITIGATION

- 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.

# TYPHOON



Typhoons or tropical cyclones 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
- 2** - Winds of 61 - 100 KPH may be expected in at least 24 hours
- 3** - Winds of 101-185 KPH may be expected in at least 18 hours
- 4** - Winds greater than 185 KPH may be expected in at least 12 hours

## **TO - DO BEFORE**

- Organize and train your RC 143 Disaster Management team.
- Have an updated school and community hazard/risk map and disaster plan with evacuation centers and routes.
- Participate in drills and simulations.
- Prepare your survival kit and have it ready at all times.
- Be familiar with the early warning system in your area. Listen to the radio or watch TV for news updates and storm warnings.

## **TO - DO DURING**

- Stay indoors and listen to the radio for 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.
- Unplug and secure electronic appliances.
- If you cannot evacuate, make sure the windows have been boarded with plywood and you are staying in the inner-most room of the house.

## **TO - DO 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.
- Do not touch any loose or dangling electrical wires.
- Be aware of other hazards, such as escaped or stray animals.
- Be careful of tap water, it may have been contaminated by the typhoon; better wait until it has been cleared safe by the authorities.

# FLOOD



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



## TO - DO **BEFORE**

- Work with your community to reduce risk, for example, through reforestation.
- If your house is in flood-prone areas, research on the tides and weather updates.
- Prepare your survival kit and have it ready at all times.
- Decide on a place if you will be evacuating your house.
- Store items higher up off the floor.

## TO - DO **DURING**

- Listen to news updates and early warning systems to alert you for possible evacuation.
- 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 walk through moving water, it can make you fall and drown.
- If you have to walk in water, use a stick to check the depth and condition of the ground in front of you to prevent you from tripping or slipping in the flood.

## TO - DO **AFTER**

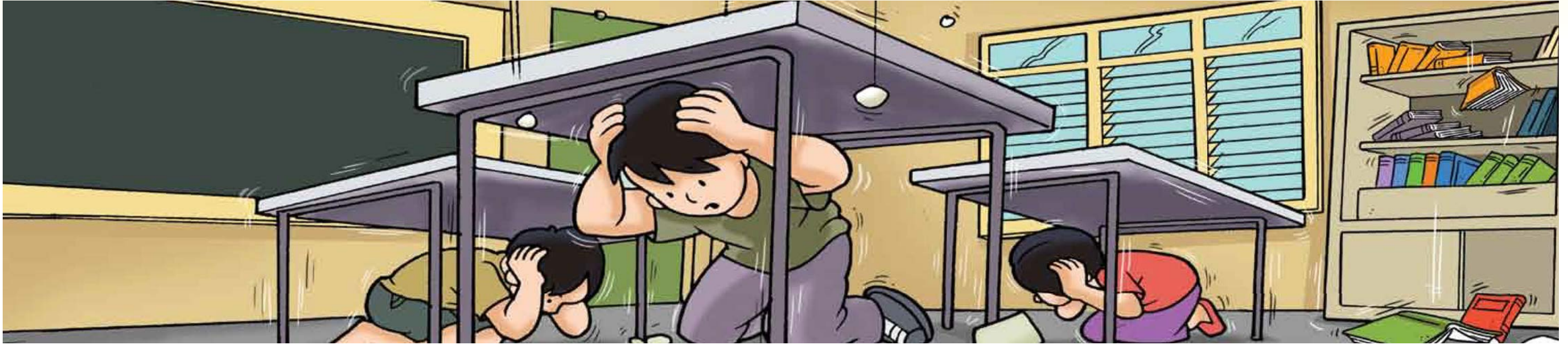
- Report any fallen posts, broken cables and phone lines to your barangay authorities.
- Stay clear of flood waters, they may be contaminated with garbage, sewage, and may have been in contact with downed power lines.
- Do not turn on the electricity switch if you are not sure it is dry and safe to do so.
- Mark the height of the flood level along your wall or posts as a guide for future preparedness measures.
- Be aware of other hazards, such as escaped or stray animals.

# 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 are fault-lines in your area.
- Install latches on your cabinets to prevent the items inside from falling. Keep the heavy items on the lower shelves or cabinets. Secure heavy appliances like refrigerators by strapping them to the wall.
- Know your evacuation area and routes.
- Prepare your survival kit and have it ready at all times.
- Together with your RC 143 Team, conduct and participate in drills in your community.

## TO - DO **DURING**

- If you are inside your house, "Drop, cover and hold on"; stay under a sturdy table or a doorframe, keep away from windows and possible falling objects, and do not try to run out of the structure during strong shaking.
- If you are outside, go to a safe place away from falling buildings, electrical posts, and trees that could fall on you.
- If you are in a crowded place, do not rush for the doors; take cover under something heavy and stay away from things that may fall on you.
- If you are inside the car, pull to the side of the road, stop, and keep away from bridges and posts.
- If you are near the coastal area, head to higher ground to avoid tsunamis.

## TO - DO **AFTER**

- Be prepared for aftershocks.
- Check yourself and the people around you for injuries; provide first aid.
- Report to your 143 Leader the situation in your area.
- Stay away from the coastal area.
- Use your phone only in cases of emergency to avoid interrupting communication lines for rescue and relief operations.
- Make sure you are wearing shoes after an earthquake; there may be broken glass on the ground and inside your home.
- Watch out for secondary hazards; turn off the electricity, gas and water as their lines may have been damaged by the earthquake.



# 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 area is prone to landslides.
- Together with the RC 143 Team, update your hazard maps and disaster plan, that should include evacuation area and routes.
- Prepare your survival kit and have it ready at all times.
- Look out for changes inside your house such as new cracks on the walls, jammed windows and doors, outside structures pulling away from the house, widening cracks on the ground, and bulges on the ground – these may be landslide warning signs.

## TO - DO **DURING**

- Consider evacuating the area during daytime.
- Get as far away as possible from the landslide.
- Report to your RC 143 Leader the situation in your area.

## TO - DO **AFTER**

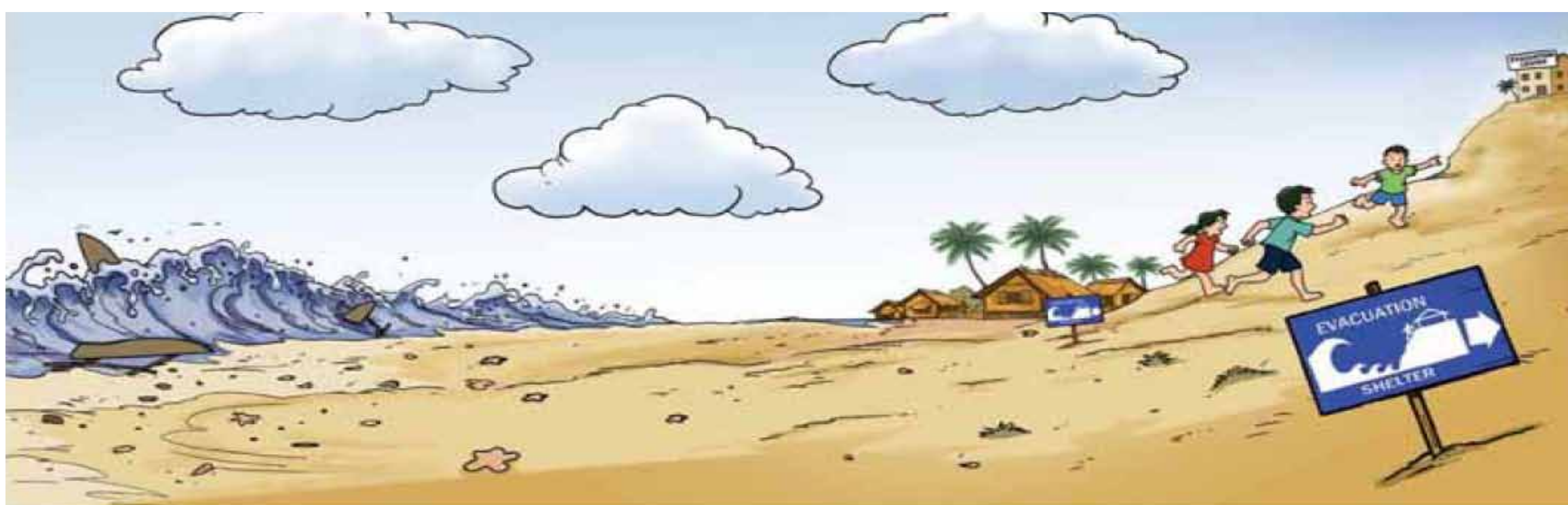
- Use the phone only in cases of emergency so as not to interrupt communication lines for rescue and relief operation.
- Do not go to landslide affected areas, secondary slides may occur.
- Wait for the go signal of the local authorities before returning to your areas.
- Replant trees as soon as possible in the damaged areas as a mitigation measure.

# 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)
- Listen to the radio for news updates.
- Participate in drills, familiarizing you with the route and the time to get there.
- Prepare your survival kit and have it ready at all times.

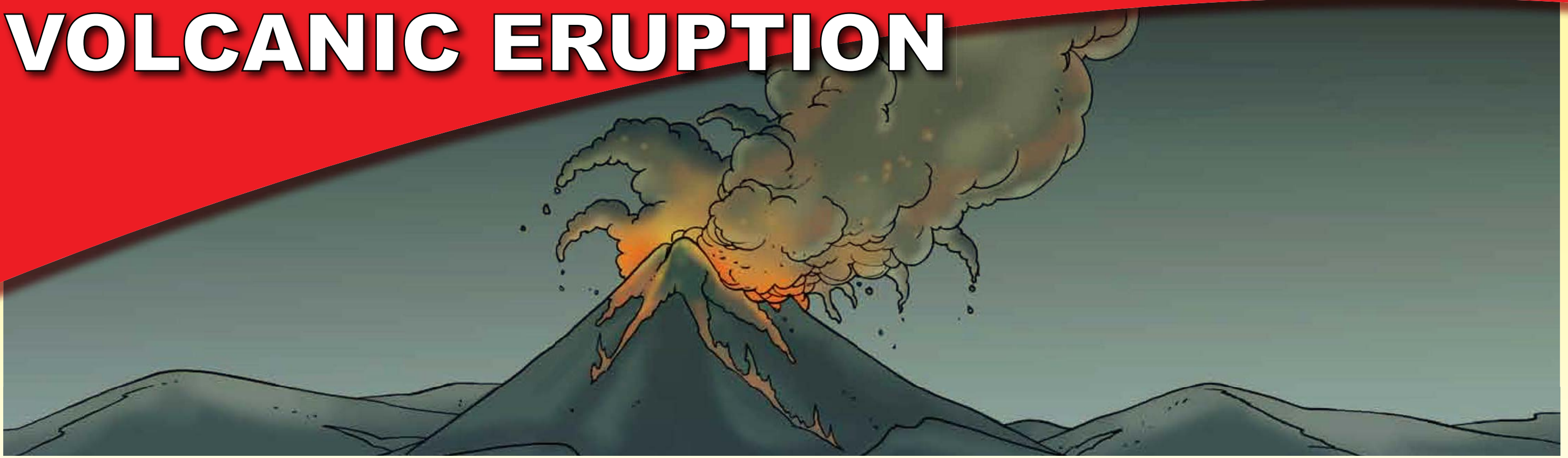
## IF THERE IS A TSUNAMI WARNING

- Move towards higher ground immediately.
- Stay on the upper floors of high-storey buildings if you cannot move to higher ground inland.
- Never go down to the beach to watch the tsunami.

## TO - DO **AFTER**

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

# 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.
- If you live near a volcano, prepare an evacuation plan and know what route to take to the evacuation center.
- Add a pair of goggles and disposable breathing masks to your survival kit.

## TO - DO **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.
- If ash is falling, cover your nose and mouth to avoid breathing ash.
- Be aware of flying rocks, lava flows and mud flows.

## TO - DO **AFTER**

- Report to your RC 143 Leader the situation in your area.
- Return to your home only if cleared by the authorities.
- If there is ash on your roof, clear it away as soon as you can. The ash is heavy and can cause the roof to collapse.

# 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 octopus connections.
- Keep flammable substances out of reach of children.
- Put out any flame before going to bed.
- Have your electrical appliances, wirings and sockets inspected regularly.
- Know how to use a fire extinguisher.

## TO - DO **DURING**

- Evacuate immediately, stay calm and do not panic.
- Call the fire department.
- If you see smoke under a door, find another way out.
- If the room is filled with smoke, drop down to the floor, cover your nose and mouth, and crawl towards the exit.
- If your clothes catch fire, STOP where you are, DROP to the ground and ROLL over and over to put out the flames.

## TO - DO **AFTER**

- If you are or someone is burnt, apply first aid and have it treated immediately.
- Do not enter a burnt room or building unless it has been cleared.

# WHAT TO DO IN YOUR COMMUNITY

- Organize a Red Cross 143
- Conduct Vulnerability Capacity Assessment and Baseline Surveys
- Identify Early Warning Systems
- Have Disaster Preparedness Kits and Lectures
- Prepare a Community Disaster Action Plan
- Conduct Drills and Simulations



## DON'T FORGET TO HELP OTHER PEOPLE

Keep an eye out for 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.



# RED CROSS 143

Each barangay should form a Red Cross 143 Team composed of at least 1 leader and 43 members.

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. **Respond** in terms of reporting the situation, responding and rescuing people, identifying and providing the immediate needs (including food, non-food, shelter, water, sanitation, and psychosocial support) of the affected people

## After the Disaster:

6. **Rehabilitate** by building back their lives, restoring their shelter, livelihood, and dignity and **Report** on all phases of disaster the situation happening

## Reporting Protocol

### What to report:

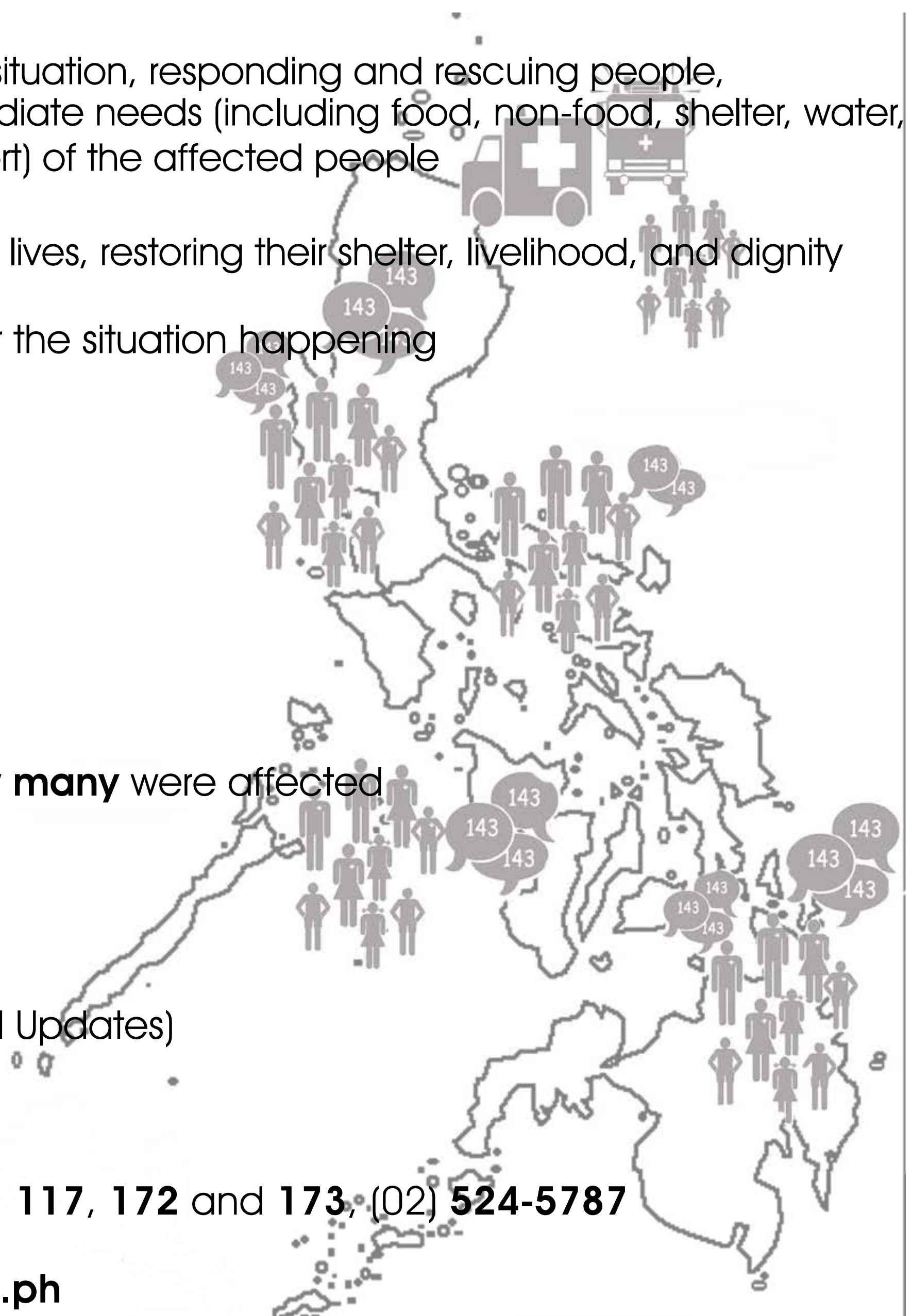
- **What** happened
- **How** did it happen
- **When** did it happen
- **Where** did it happen
- **Who** were involved and **how many** were affected
- **Why** did it happen

### 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



# VULNERABILITY and CAPACITY ASSESSMENT

Vulnerability and capacity assessment (VCA) is a process of participatory investigation designed to assess and address major risks affecting communities. VCA uses various tools to determine people's level of exposure to, and capacity to resist, the hazards.



ALWAYS FIRST

ALWAYS READY

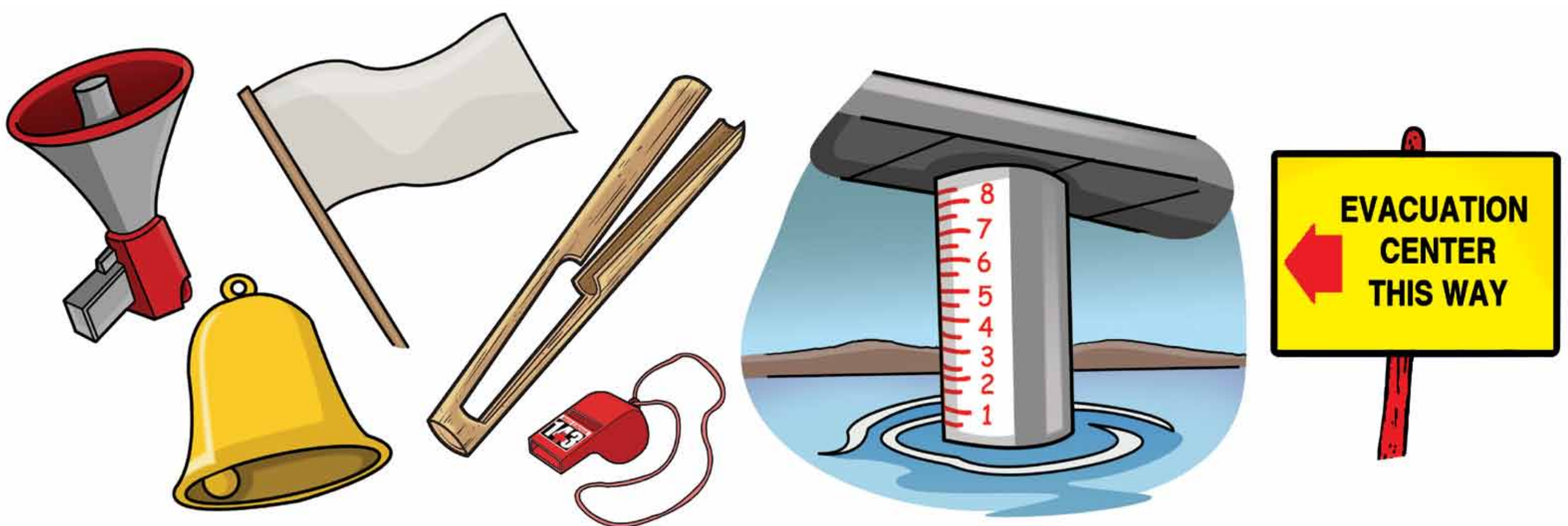
ALWAYS THERE



# 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.



## RC 143 Alert Signals using a whistle:

- One long whistle - this is the signal given to the community 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 the community 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

Each family has to prepare 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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