



# **Get Ready for Disasters:**

## **Workbook for Intermediate Students**



**ALWAYS FIRST**

**ALWAYS READY**

**ALWAYS THERE**

Dear Parents, Guardians, and Teachers,

Disasters happen anywhere. In recent years, partially as a result of climate change and environmental degradation, we have seen how frequent and devastating disasters have become. Thousands of families, livelihood, and properties are being affected with the occurrences of typhoons, earthquakes, fires, floods, and landslides. The lack of knowledge and information on the causes of disaster, disaster preparedness and disaster risk reduction is one main factor why this happens.

The Philippine Red Cross is working on strengthening the capacities of communities on disaster risk reduction by preparing for, and limiting the effects of disasters. We are linking with the Local Government Units as well as the Department of Education and concerned agencies in spreading this information to the communities and tapping its members, particularly the schools, to be information-disseminators, as embodied by the Republic Act 10121 "Philippine Disaster Risk Reduction and Management Law," and supported by DepEd Memo No. 55 "Prioritizing the Mainstreaming of DRR in the School System," and the DepEd Order No. 38 which recognizes the Red Cross Youth as an official organization in the schools.

The Philippine Red Cross is also propagating the Red Cross 143 program, composed of community-based sets of volunteers with specific tasks to enable them to be mobilized during disaster and non-disaster times, serving as "the eyes, ears, hands, and feet" of the Red Cross in the community. And, we are including the schools in this program.

This workbook will be very useful in both formal and informal teaching by giving information in a fun way to our children and students on disasters and what to do before, during, and after.

For more information, you can visit our website at [www.redcross.org.ph](http://www.redcross.org.ph) or contact your local Philippine Red Cross office.



**RICHARD J. GORDON**  
**PRC Chairman**



**GWENDOLYN PANG**  
**PRC Secretary General**



# RED CROSS 143 VOLUNTEER PROGRAM

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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**: **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 \**

**143 Red Cross Youth** (RCY) is a youth volunteering program of the Philippine Red Cross.

**143 RCY School Council** = **1** adviser and  
**1** 143 RCY Leader + at least 43 student members

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

With the **DepEd Order No. 38 s. 2005** signed by USec. Ramon Bacani, 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. Also supported by the **DepEd Memo No. 102 s. 2011** signed by Sec. Armin Luistro, it is encouraged that all schools establish the Councils, and students to enlist as members of the Council.





# 143 RED CROSS YOUTH VOLUNTEER PROGRAM

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:

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

## Roles and Responsibilities of RC 143 Volunteer:

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

The Red Cross, together with the School Disaster Risk Reduction Management Group will do the following:

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

(please cut below dotted line and submit to PRC)

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Grade / Year Level: \_\_\_\_\_

School: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Home Address: \_\_\_\_\_

Barangay: \_\_\_\_\_ City / Municipality: \_\_\_\_\_

Province: \_\_\_\_\_

Telephone: \_\_\_\_\_ Mobile Number: \_\_\_\_\_

Email address: \_\_\_\_\_

# RED CROSS 143 VOLUNTEER 5

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
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 areas and routes to get there
4. **Practice** based on the plan made, including conduct of evacuation drills based on identified hazards

## 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 psychological support)

## After the Disaster:

6. **Rehabilitate** by building back their lives, restoring their shelter, livelihood, and dignity

...and **Report** the situation happening on all three phases of disaster.

## RC 143 Alert Signals using a whistle:

- One long whistle = there is an impending threat
- Two long whistles = be ready for a possible evacuation
- Three long whistles = evacuate the area immediately

*\* each whistle blow should last for 5 seconds \* there should be a 3-second interval between each whistle blow \**

## 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 and Update Report)
- **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 operation."*

# MATBUHAY!



## Welcome to *Get Ready for Disasters.*

This book has fun activities that can help you learn about disasters as well as how to be prepared.

A disaster can happen any time and there are a lot of things that you can do to be prepared and limit the damage that a disaster can bring.

The first thing we need to know is about hazards and disasters.

So, let's start learning about disasters and how we can be prepared for these. Join the 143 Red Cross Youth in your school now!



# What is a Hazard?

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A hazard is a phenomenon that could pose a threat to people, houses, and the environment. It can also cause disasters.



This is a picture of a hazard, when there are strong winds and heavy rainfall.

# What is a Disaster?

A disaster is an event which causes widespread damage, injury, and loss of lives.

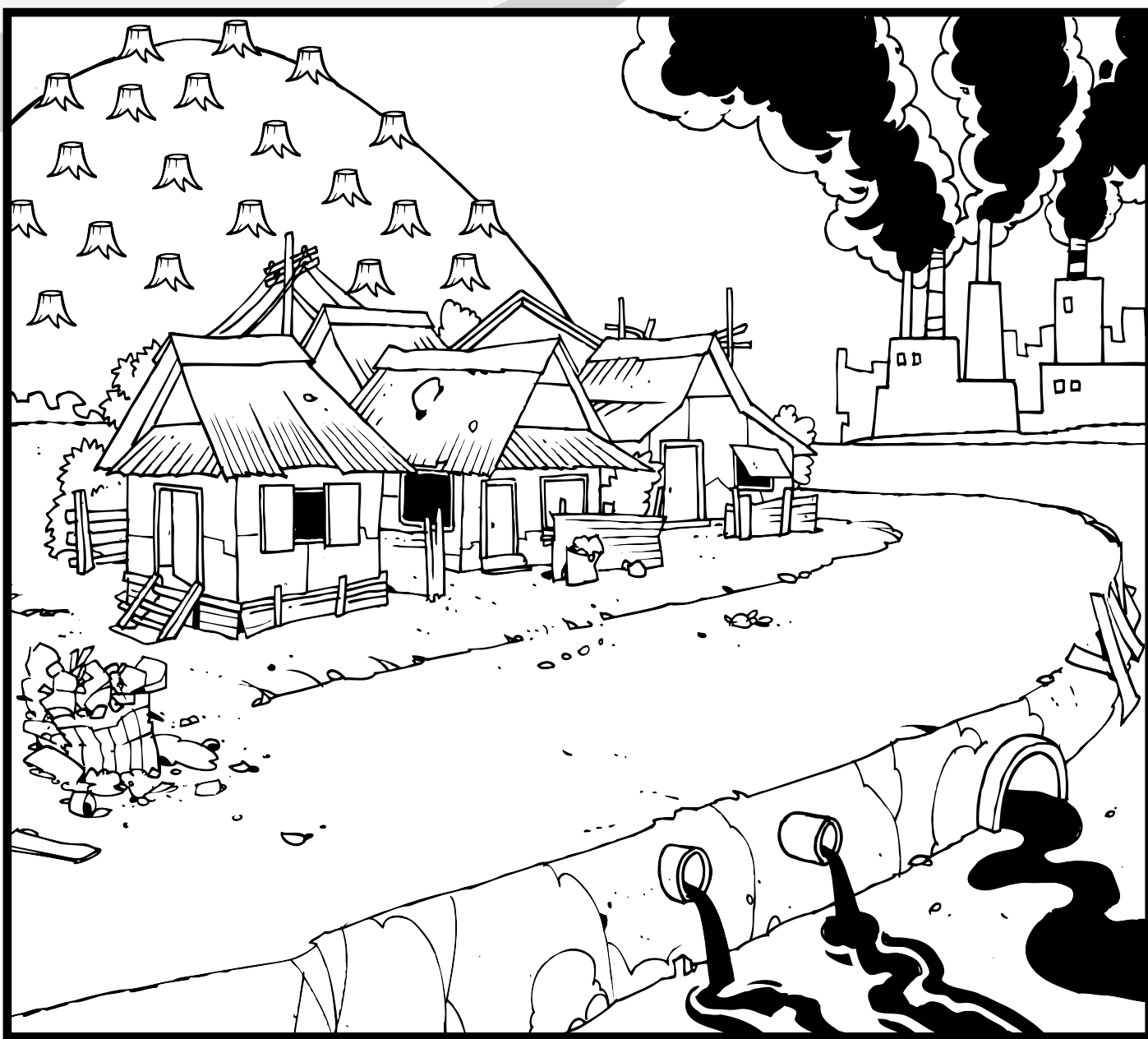


This picture shows a disaster, when people are injured and houses are destroyed.

In the Philippines, some of the disasters that occur are tropical cyclones, earthquakes, fires, and landslides that can result in flooded roads, fallen buildings, and damaged houses. Climate change may increase the number and intensity of disasters into the future.

# Spot the Hazards

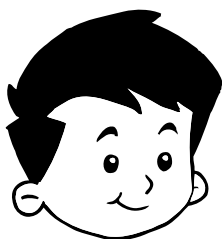
In the picture below, spot the potential hazards in the community which make people, houses and surroundings prone to a disaster. Mark these with an X.



We need to protect and preserve our environment. In the long run, a healthy environment will protect us from disasters.



# Find the Disaster



The Philippines is a disaster-prone country situated along the typhoon belt. An average of 20 typhoons occurs in the country each year. We have more than 200 volcanoes, 22 of which are active, and 5 are closely monitored. The country is situated between 2 major plates and has an average of 20 earthquakes a day!

Can you find hazards or disasters hidden in the grid? You can look for these as they have been written down, across, diagonally and in reverse in the puzzle.

ACCIDENT  
LANDSLIDE  
DROUGHT  
FLOOD

TSUNAMI  
EARTHQUAKE  
TERRORISM

VOLCANO  
TYPHOON  
FIRE

L	T	N	E	D	I	C	C	A	W	H	Y	I	J	F
S	I	S	T	A	F	N	L	F	T	K	M	M	I	L
T	Q	E	I	Q	R	P	O	E	L	A	N	R	X	A
O	I	P	U	V	R	T	R	O	N	O	E	G	O	N
R	S	K	E	I	A	R	H	U	H	Y	O	F	N	D
M	O	I	K	E	O	D	S	Q	W	P	M	D	A	S
G	E	Y	R	R	F	T	R	O	U	X	Y	U	C	L
M	W	A	I	P	S	K	X	K	F	A	L	T	L	I
P	K	S	D	R	O	U	G	H	T	M	K	F	O	D
T	M	V	T	X	J	Z	G	Q	U	H	V	E	V	E
P	V	Q	V	U	E	D	Z	O	G	Y	Z	V	A	I
X	C	H	F	B	G	E	U	C	D	Q	G	J	Q	Q
D	J	X	F	O	T	X	A	A	G	F	X	B	C	Z
B	Q	O	E	Z	K	T	F	D	J	V	P	P	S	D
Y	W	A	Y	K	H	T	D	Y	I	Q	M	I	M	U

# What to do in a disaster

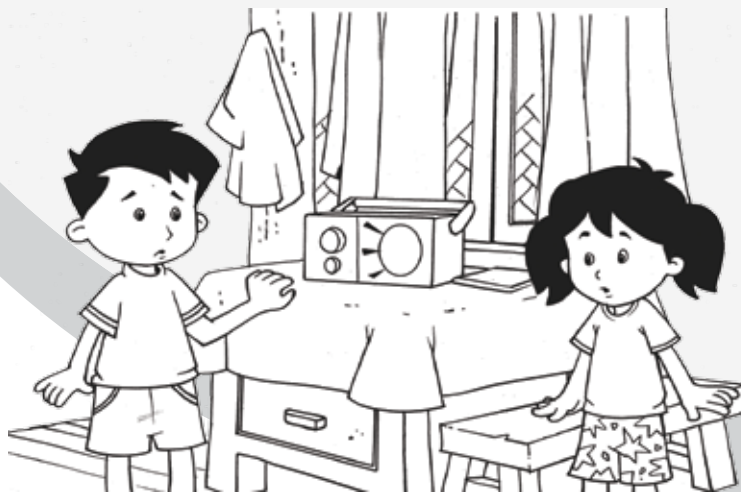
There are a lot of things that you can do to be prepared before, during, and after a disaster. Fill in the grid below and list at least one thing you should do before, during, and after each disaster. See the examples listed below.

Disaster		What to Do:		
		Before	During	After
1	Typhoon	Prepare your survival kit. Store food and clean water.		
2	Flood			Do not turn on the electricity until it has been checked.
3	Fire	Never leave a lighted candle unattended.		
4	Earthquake			Be prepared for aftershocks.
5	Landslide		Stay away from the landslide area.	
6	Volcanic Eruption		Wear long sleeved shirts to protect yourself from ashfall.	Return to your home if you are already allowed to do so by the authorities.

# Early Warning

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There are some ways we can learn that a disaster is coming, like monitoring the weather, observing increasing water levels in rivers, or knowing that a tsunami often follows an earthquake.



There are different people who can keep you informed about what you should do and where you can go. This could be your family, neighbors, and the media. Sometimes, police or local officials will also inform you if you need to leave your home. You may even have a local RC 143 Disaster Management Team that will help you in these times, guiding you about when to evacuate, what to bring and where to go to stay safe in times of disaster. Your community may have a local warning system to announce if a hazard is approaching. This warning system could be a megaphone, a bell, a rain gauge, colored flags, or bamboo clappers. It's important to listen, watch, and talk to people around you.

Does your community have an early warning system? What is it?

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What will you do when you receive an early warning?

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If not, how will you keep yourself informed in a disaster?

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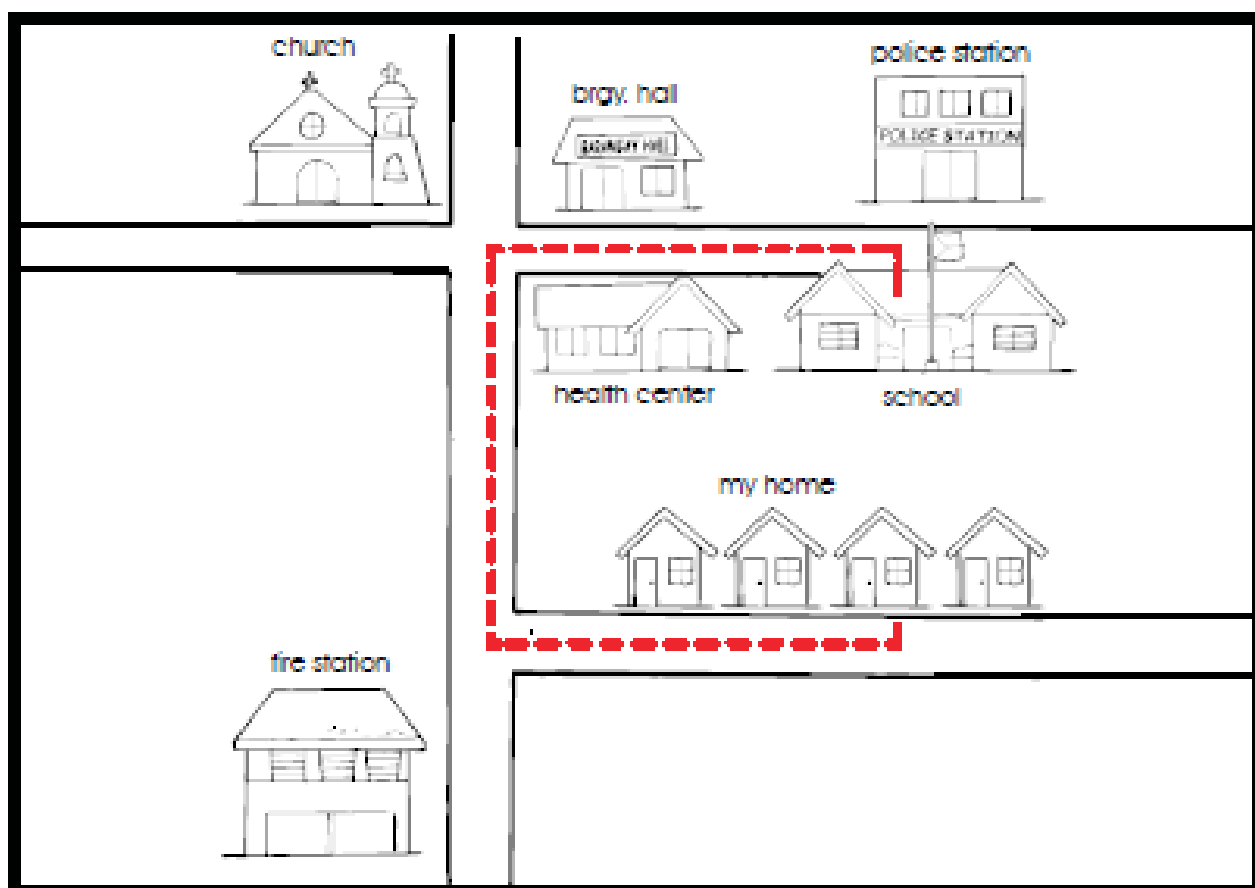


# EVACUATION MAP

In times of disaster, you may need to evacuate from your house to a safe place. At other times, you may need to stay indoors.

If you are asked to evacuate your house, it is best to have an evacuation map to get to a safe place. The map should be known to all members of the family. It should contain landmarks in the community (ex. churches, schools, health centers, fire stations, police stations, *barangay* halls) and if possible, evacuation centers, with routes that show how to get there from your house.

On the next page, you will see a blank space. Draw in your house and the route to get to the evacuation center. Mark all the roads as well as the buildings mentioned above. See our example below. This activity can be done with the help of your parents or teachers.



# MY EVACUATION MAP

In your community, where do you go in times of disaster?

# MY EMERGENCY NUMBERS

Office of Civil Defense (OCD) :

Weather (PAGASA) :

Provincial DRRMC :

Poison Control :

City/Municipal DRRMC:

Electrical Company :

Fire (BFP):

Water Company :

Police :

PHIVOLCS :

Philippine Red Cross Chapter Office:

Hospital :

Radio Station:

TV Station :

School:

Principal:

## HOUSEHOLD NUMBERS

NAME

WORK/HOME

MOBILE

NUMBER

NUMBER

## NEIGHBORS' NUMBERS

NAME

WORK/HOME

MOBILE

NUMBER

NUMBER

## BARANGAY OFFICIALS' NAMES AND NUMBERS

NAME and POSITION

WORK/HOME

MOBILE

NUMBER

NUMBER

Brgy. Chairman :

Brgy. Health Center :

Brgy. Health Worker :

Brgy. Tanod :



# Survival Kit

With the increase of disasters that happen every year, we should always be prepared by having a survival kit in our home. This is a pre-packed bag of all the things you will need in a disaster.

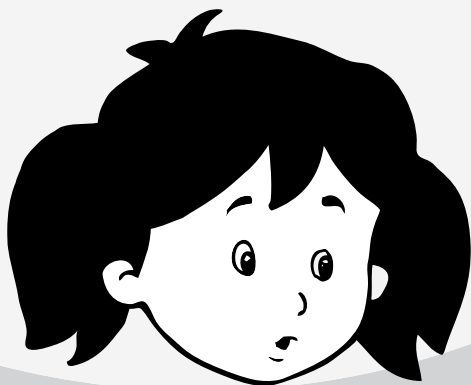
Crack the code below to find out what are some of the things that should be inside your survival kit.



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
23	6	26	11	1	22	15	18	9	4	10	20	24	2	17	14	8	5	21	19	13	7	16	12	25	3

ITEMS	YES	NO
1. $\overline{16} \overline{23} \overline{19} \overline{1} \overline{5}$		
2. $\overline{22} \overline{17} \overline{17} \overline{11}$		
3. $\overline{22} \overline{9} \overline{5} \overline{21} \overline{19} \overline{23} \overline{9} \overline{11} \overline{10} \overline{9} \overline{19}$		
4. $\overline{24} \overline{1} \overline{11} \overline{9} \overline{26} \overline{23} \overline{19} \overline{9} \overline{17} \overline{2}$		
5. Battery powered $\overline{5} \overline{23} \overline{11} \overline{9} \overline{17}$		
6. $\overline{22} \overline{20} \overline{23} \overline{21} \overline{18} \overline{20} \overline{9} \overline{15} \overline{18} \overline{19}$		
7. $\overline{16} \overline{18} \overline{9} \overline{21} \overline{19} \overline{20} \overline{1}$		
8. $\overline{6} \overline{20} \overline{23} \overline{2} \overline{10} \overline{1} \overline{19} \overline{21}$		
9. Extra $\overline{26} \overline{20} \overline{17} \overline{19} \overline{18} \overline{1} \overline{21}$		
10. Important $\overline{11} \overline{17} \overline{26} \overline{13} \overline{24} \overline{1} \overline{2} \overline{19} \overline{21}$		

# Climate Change

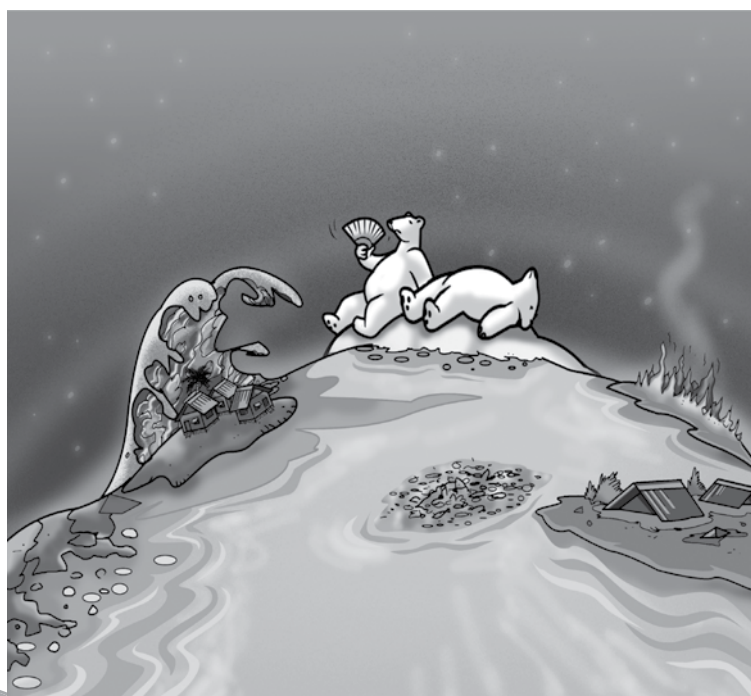
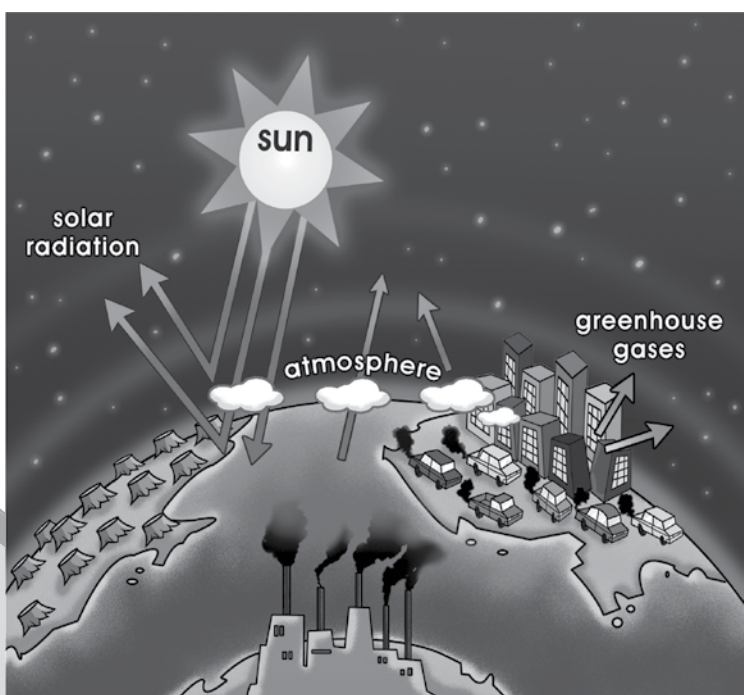


Climate change is any change in climate over a long period of time. Temperatures are changing mainly because of an increase in the greenhouse gases we produce.

Emissions from cars, planes, buses, factories, and even cows all release gases that spread around the earth's atmosphere.

These gases act like a blanket around the earth, letting less heat escape into space. More heat is trapped inside the earth's atmosphere, causing the temperature to increase.

A warmer Earth may lead to changes in rainfall patterns, a rise in sea level, and a wide range of impacts on plants, wildlife, and humans. Tropical storms will get more intense, with higher wind speeds and more rainfall. More heavy rainfall causes destructive floods, landslides and contamination of water supplies.

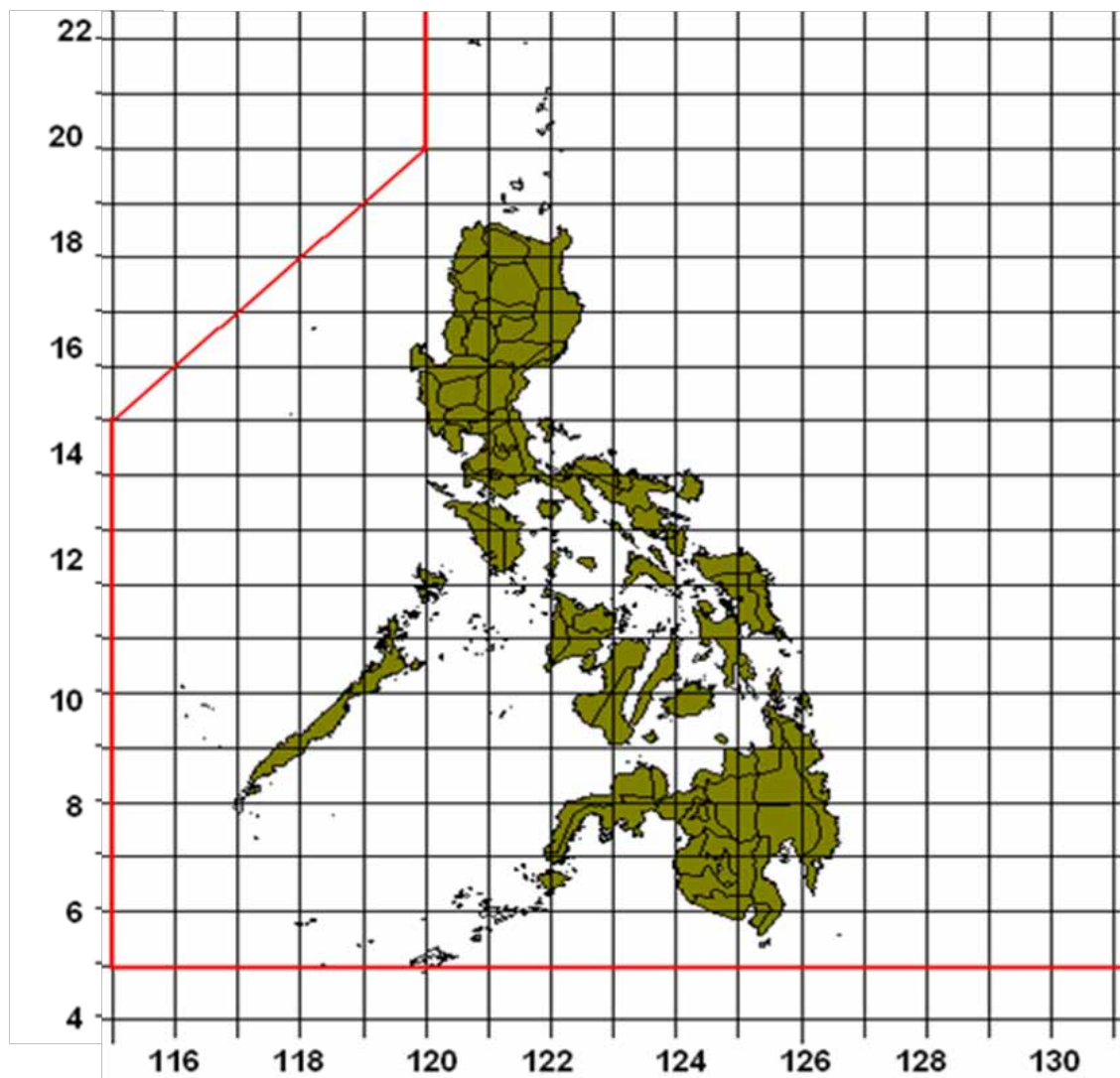


# Typhoon Tracking<sup>1</sup>

One effect of climate change is the increasing intensity of tropical cyclones or typhoons coming into our country. In order for the communities to prepare, the Philippine Atmospheric, Geophysical and Astronomical Services Administration or PAGASA issues early warnings by monitoring the progress of these typhoons thru typhoon tracking.

In the typhoon tracking chart below, find out where the typhoon is by plotting the coordinates given.

	<b>Date</b>	<b>Time</b>	<b>Longitude (°E)</b>	<b>Latitude (°N)</b>
1.	September 24	2:00 AM	129.3	14.3
2.	September 25	8:00 AM	127.2	14.8
3.	September 25	2:00 PM	126.2	14.9
4.	September 25	8:00 PM	124.2	14.9

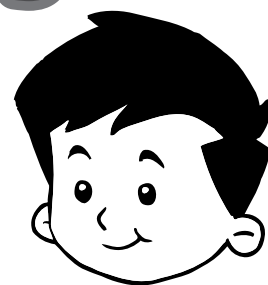


If the typhoon does not change its course and speed, where do you think it will be after six (6), twelve (12), and twenty-four (24) hours?

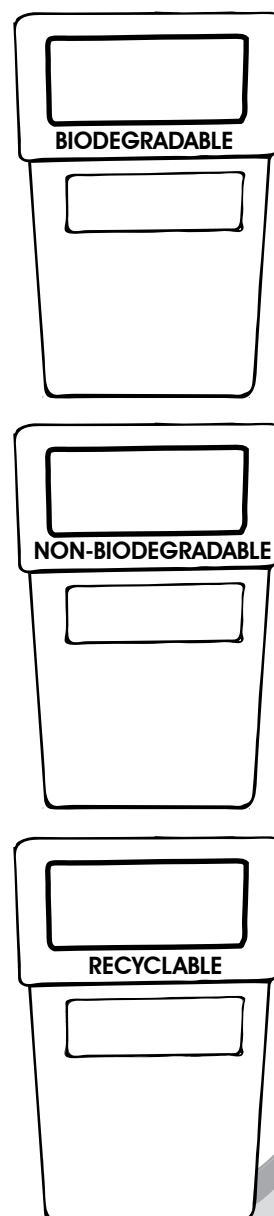


You can also help preserve the environment by saving electricity and water. Always turn the lights off when you are not inside a room and do not leave water running from the faucet unless you need it.

# Recycling



One of the ways you can help our planet is by recycling! In the activity below, draw a line from each item of trash to the correct garbage bin it should go into.



# The Flood

**Read the story and answer the questions on page 17.**

I was at school and it was raining very hard. A warning had been issued on the radio that the area might be flooded. Our teacher told us that classes have to be cancelled because of the bad weather. We finished school 2 hours early so everyone could go home safely.

My friend Jose's mother was supposed to pick us up as Jose was in a wheelchair, but she did not arrive. We decided to go home and took the high road. Marie, our classmate, came with us.

As we were walking, the sky got really dark and it was raining. By the time we got to Marie's house, our clothes were dripping wet.

When we got to Jose's house, his father was very glad we arrived safe and explained that Jose's mother had called to say that she was stranded on the other side of the river.

He told us that it was announced on the radio that everyone should evacuate the area. I left Jose's house and ran the rest of the way home, it was still raining but I was keen to help get everything ready for us to evacuate.

As I arrived home, I saw mom and dad in the kitchen preparing some dinner, they have not heard the announcement! So I told them about it.

Dad packed a first aid kit, some water, food, a whistle, a blanket, a flashlight, and my little sister's medicine. Mom and I went next door to see if our elderly neighbor Anna knew about the evacuation. Anna has difficulty in hearing and she had not heard the warning on the radio. When mom told her that we need to leave, she got her survival kit from her closet.

We collected our favorite things to take with us quickly. Dad also told us to take our raincoats and shoes, in case there were some sharp objects in the water.

As soon as we walked outside, I was surprised to see the road under water. It was dark and the whole street had no power.

We went to the evacuation center, and when we arrived, we could see the local Red Cross 143 Disaster Management Team with rubber boats ready to go once they are sure that everyone in the community was safe.

Three days later, we returned to our place to find our house had been totally flooded. So much had been destroyed. I was glad we had been prepared. We were also able to save some of our valuables but most importantly, it meant that we were all safe.

# Being prepared can save lives. Everyone should be prepared!

After you have read the story, answer the questions below.

Q.1 Why did the students choose to take the high road to get home?

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Q.2 How did Jose's father know they had to evacuate?

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Q.3 What 5 things did the father pack?

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Q.4 Why is it important for the family to have a flashlight?

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Q.5 What do you think was the most important thing the characters in the story did to keep safe?

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# Proper hand washing!

Handwashing has been recognized as the most important step to avoid illness and prevent the spread of germs to others. We know that we need to wash our hands, but do we know how to do it properly?

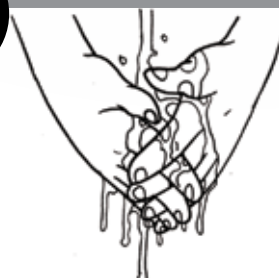
The pictures have been scrambled below. Arrange them from 1 – 9 to show the correct steps of proper handwashing.



Rub left palm against the back of the right hand and vice versa.



Rub palms together with fingers interlaced.



Wet hands with running water.



Rinse hands with running water.



Apply soap, create lather, and rub all surfaces for 20 seconds.



Rub the backs of fingers against the opposite palm.



Dry hands in the air.

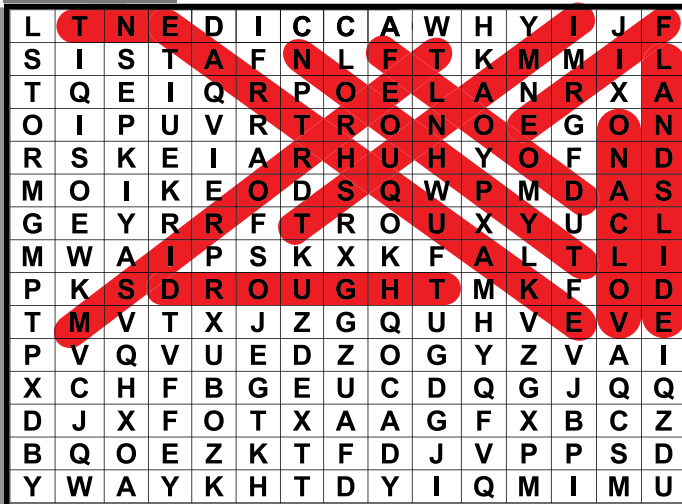


Grasp thumb and rub with a twisting motion. Repeat for other thumb.



Rub right hand over left and vice versa.

## Page 5



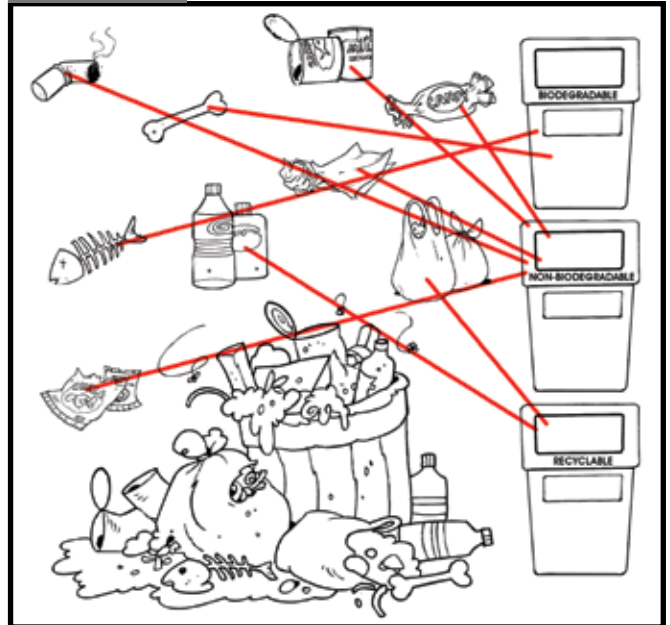
## Page 12

ITEMS	YES	NO
1. <u>WATER</u> 16 23 19 1 5		
2. <u>FOOD</u> 22 17 17 11		
3. <u>FIRST AID KIT</u> 22 9 5 21 19 23 9 11 10 9 19		
4. <u>MEDICATION</u> 24 1 11 9 26 23 19 9 17 2		
5. Battery powered <u>RADIO</u> 5 23 11 9 17		
6. <u>FLASHLIGHT</u> 22 20 23 21 18 20 9 15 18 19		
7. <u>WHISTLE</u> 16 18 9 21 19 20 1		
8. <u>BLANKETS</u> 6 20 23 2 10 1 19 21		
9. Extra <u>CLOTHES</u> 26 20 17 19 18 1 21		
10. Important <u>DOCUMENTS</u> 11 17 26 13 24 1 2 19 21		

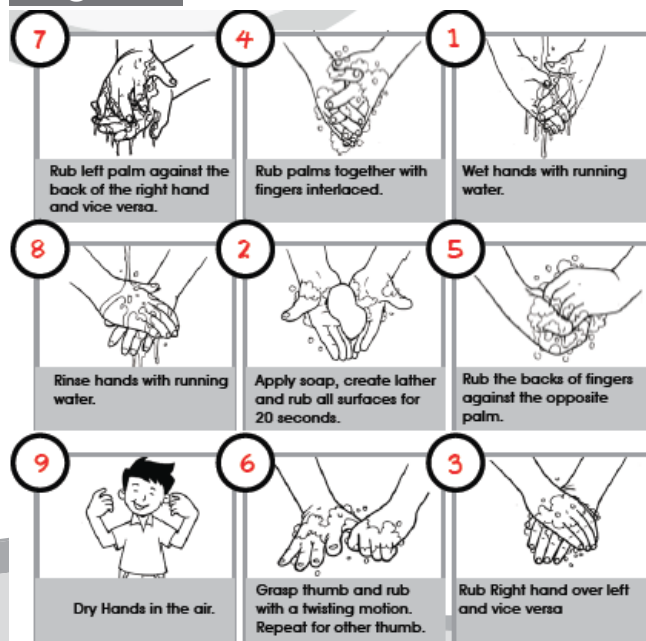
## Page 6



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# 7 PRINSIPYO NG RED CROSS

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## HUMANITY/ SANGKATAUHAN

Ang layunin ng Red Cross ay maibsan at mapagaan ang paghihirap ng sangkatauhan. Itinataguyod nito ang pag-uunawaan, pagkakaibigan at pagtutulungan.



## IMPARTIALITY/ PAREHONG PAKIKITUNGO

Ang Red Cross ay walang kinikilingang nasyonalidad, lahi, pananampalataya, paniniwala o opinyong politikal. Ang tanging mithiin nito ay maibsan ang pagdurusa ng tao.



## NEUTRALITY/WALANG PINAPANIGAN

Upang magpatuloy ang pagtitiwala ng sinuman, ang kilusan ay hindi kumakampi sa anumang kontrobersiya o alitang politikal, relihiyon at lahi.



## INDEPENDENCE/KASARINLAN

Ang kilusan ay may kasarinlan. Datapwat ito ay gumagalang sa batas ng bansa, ito ay sumusunod sa kanyang mga prinsipyong ginagalawan.



## VOLUNTARY SERVICE/ KUSANG LOOB NA PAGLILINGKOD

Ang Red Cross ay naglilingkod ng kusang loob at hindi naghihintay ng anumang pabuya o kabayaran.



## UNITY/ PAGKAKAISA

Mayroon lamang iisang samahan ng Red Cross sa isang bansa, bukas ang paglilingkod sa lahat.



## UNIVERSALITY/ PANDAIGDIGAN

Ang Red Cross ay samahang pandaigdigan kung saan lahat ng kilusan ay may pantay pantay na katayuan, responsibilidad at tungkulin sa pagtulong saan man sa mundo.



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**For more information, contact:**

PHILIPPINE RED CROSS  
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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 / 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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