



Get Ready for Disasters:

Workbook for Primary 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 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.

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!

Disaster Matching

A disaster is an event which causes damage to people, houses, and surroundings. Below are some of the natural disasters that can occur in the Philippines. Draw a line to connect the name of the disaster and the picture of the disaster.

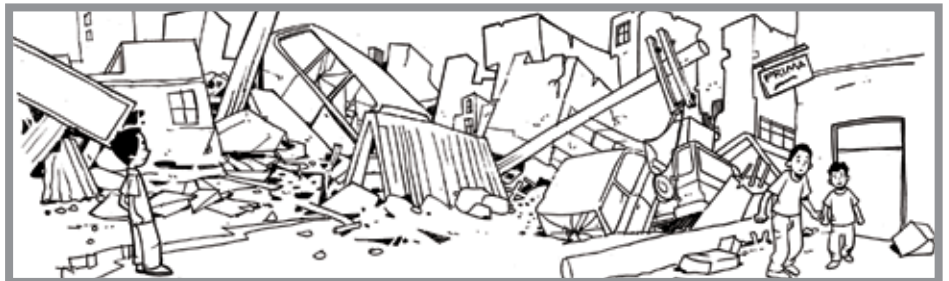
Fire



Typhoon



Flood



Earthquake

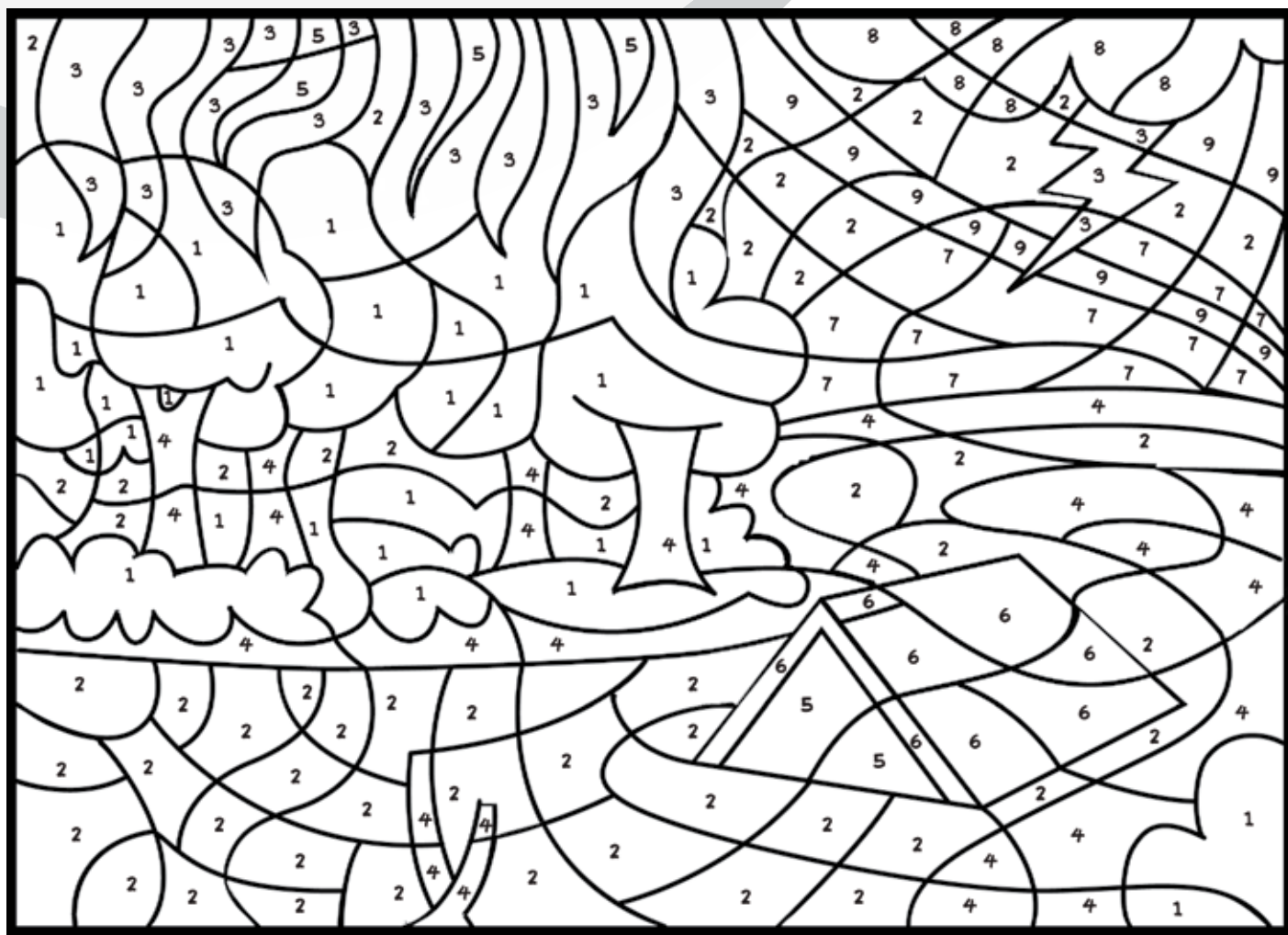


Landslide



Color by Numbers

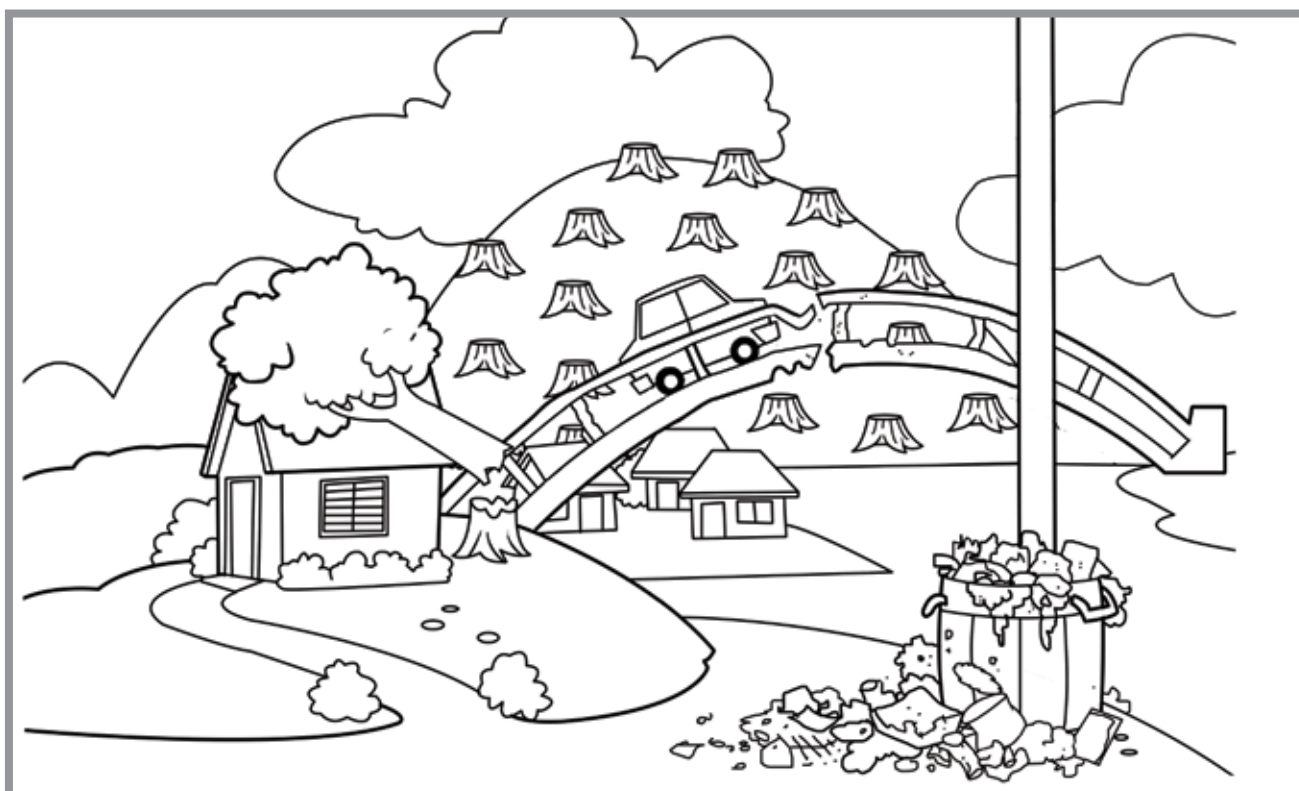
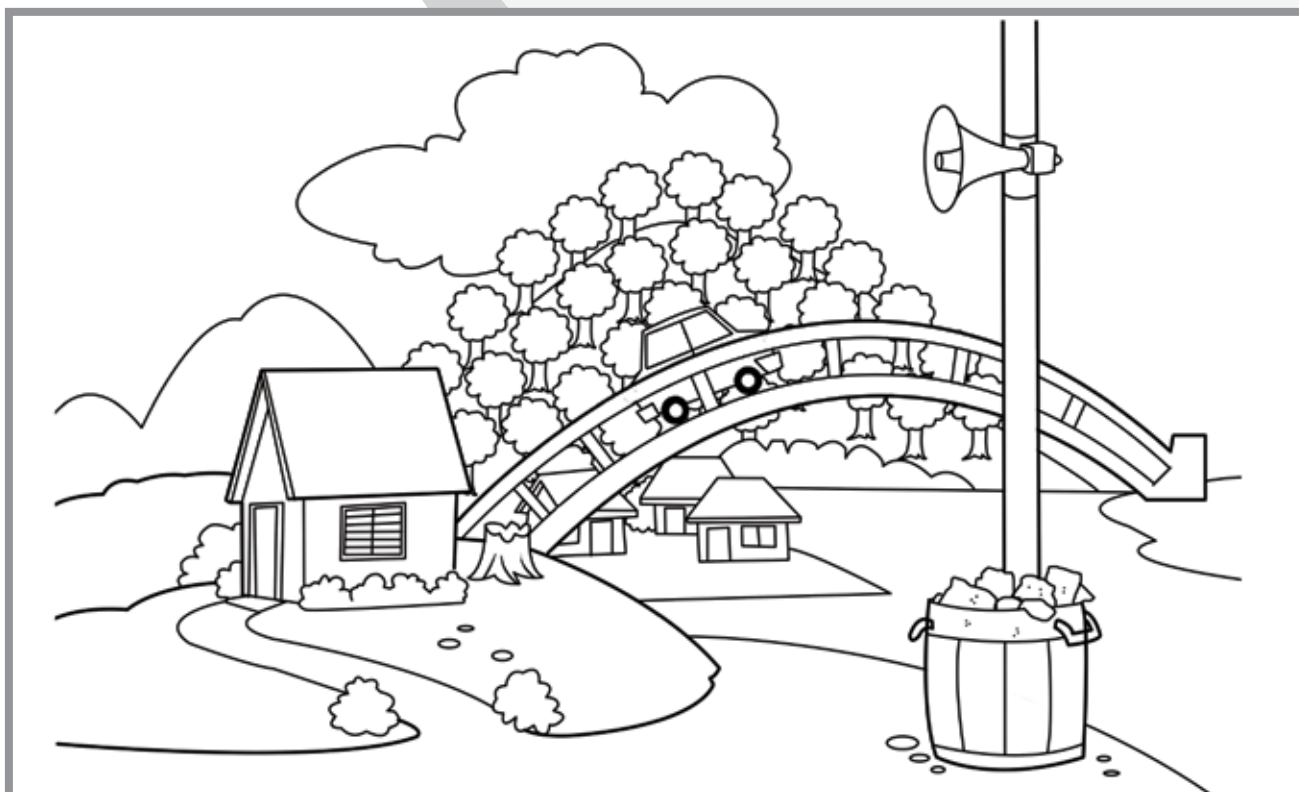
Match the numbers with the corresponding colors to see the hidden picture.



1-green 2-light blue 3-yellow 4-brown 5-orange
 6-red 7-violet 8-gray 9-white

Spot the difference

Spot the difference between the two communities below by drawing an "X" over them.



What To Do and What Not To Do

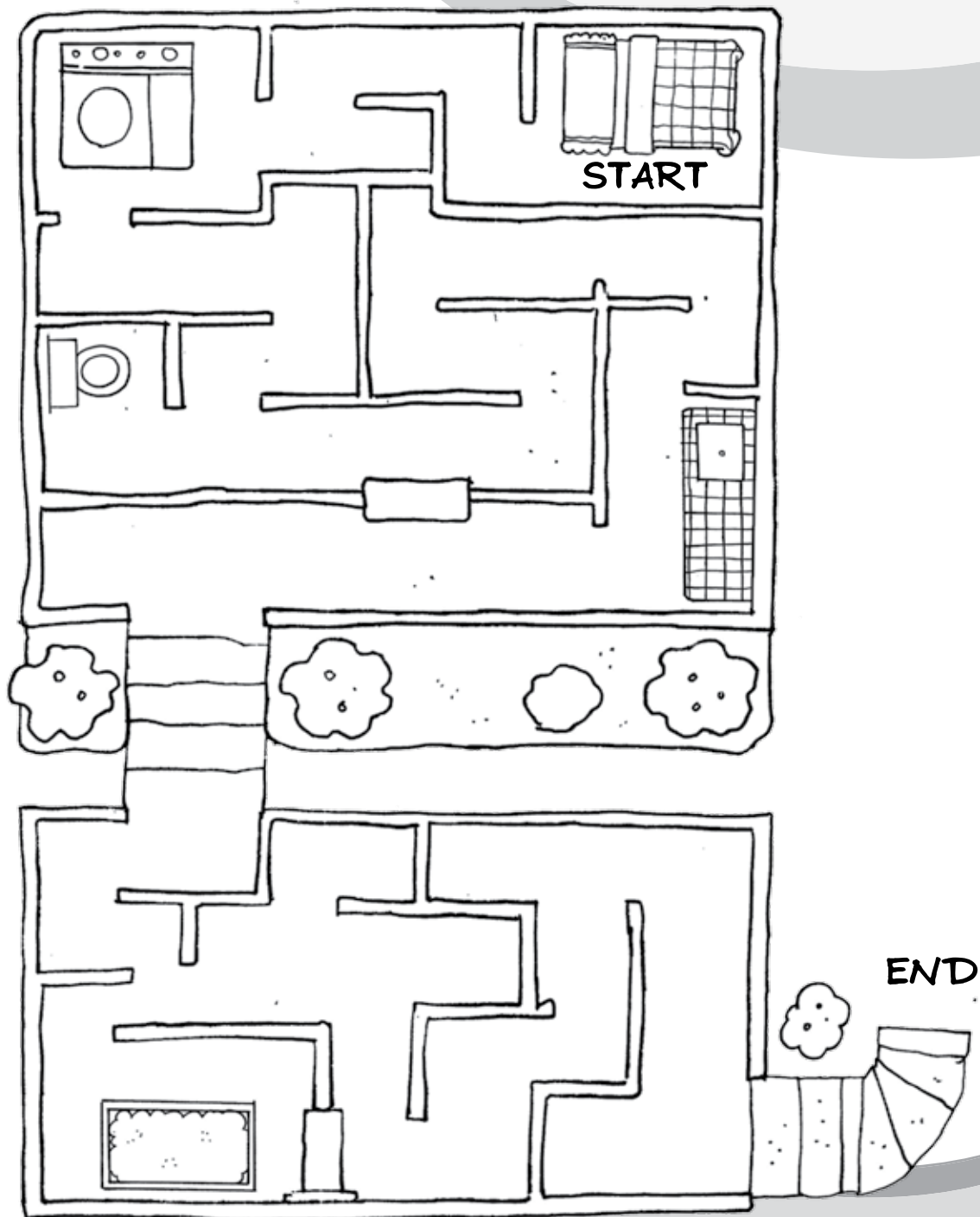
Below are pictures that show what you should do and not do in a disaster. Encircle the pictures that you think are the safe things that you should do.



Maze

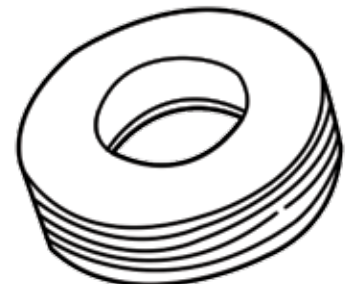
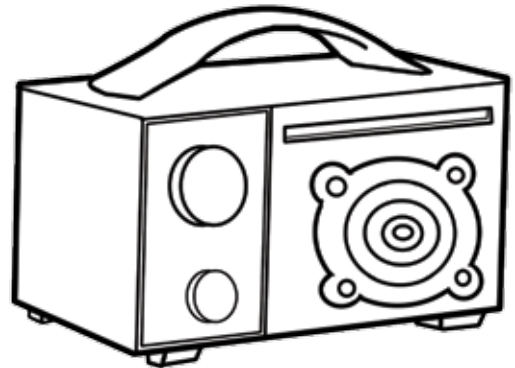
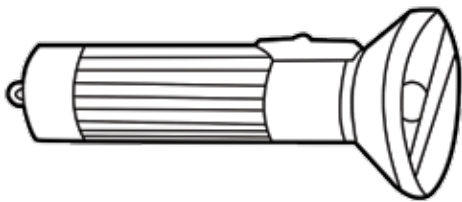
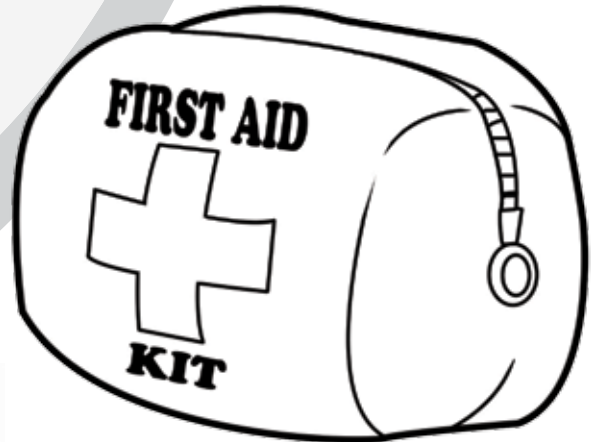
In some disasters, you need to get out of your home quickly. In other disasters, you need to stay inside your home. Your parents or teachers will be able to help you if a disaster happens. Also, ask your local RC 143 Disaster Management Team to help you in planning for a disaster.

If there is a fire, you would need to get outside quickly. Find the path from your bedroom to a safe meeting place outside your home.



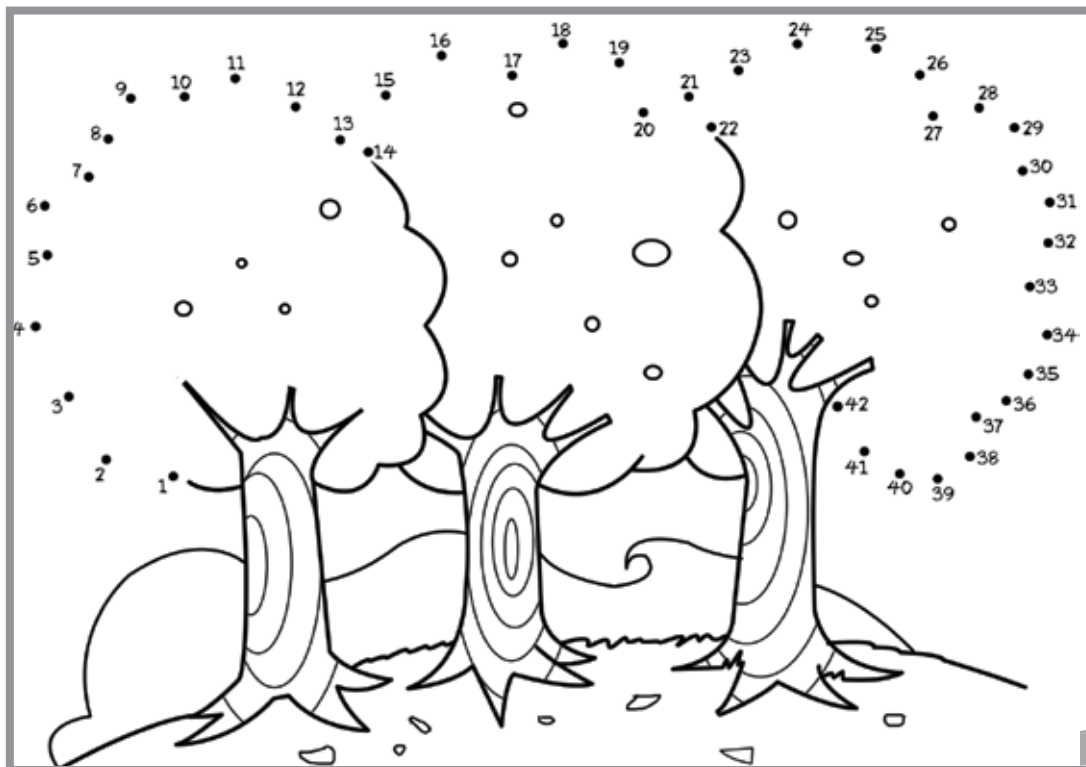
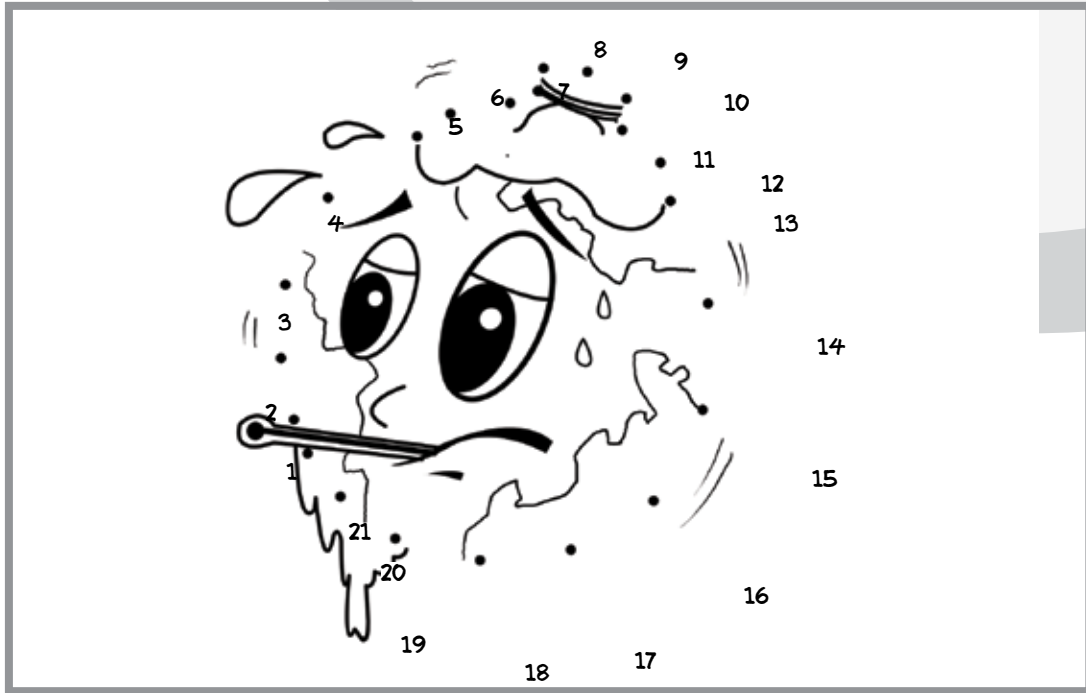
Pack your survival kit

Draw a circle on the things below which you think should be included in your survival kit.



Connect the dots

Starting with number 1, draw a line between the numbers to connect the dots and help save our planet. You can also color the picture once you've connected all the dots.



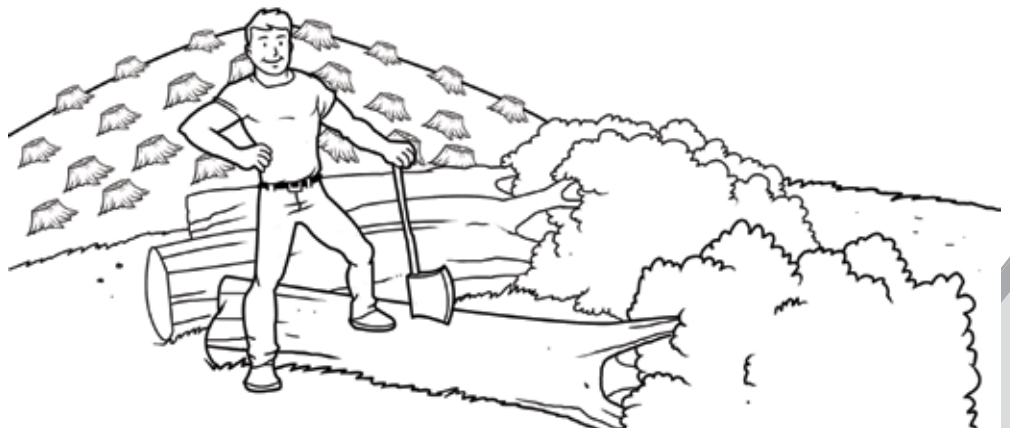
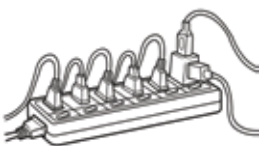
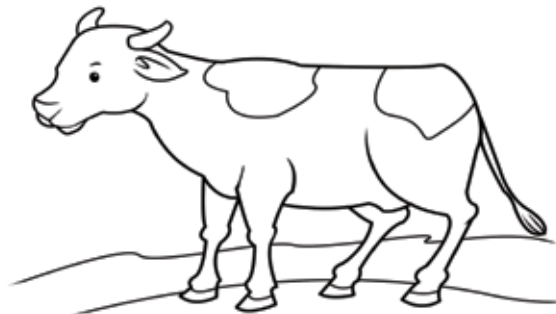
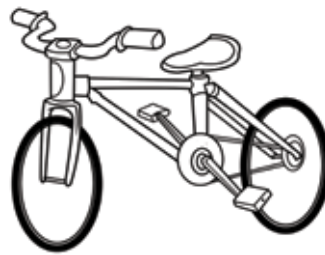
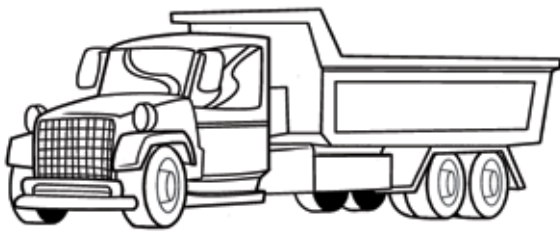
"Plant a Tree to Save Mother Earth"

Climate Change Detective

Natural gases like carbon dioxide exist in the skies above us and act like an invisible blanket. These gases are termed as greenhouse gases because they keep the temperature of the Earth at a warm enough level for us to live on. But, as the years go by, we have been adding a lot more gases to our atmosphere.

The gases come from different sources. These can be from the vehicles we use (such as cars, buses, and boats) and the trees we cut down. Even animals like cows release gases and the electricity we use in our homes produce greenhouse gases that trap extra heat and contribute to the climate change.

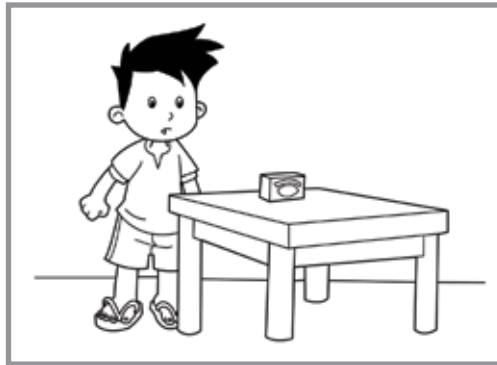
In the activity below, encircle the items that give off gases contributing to climate change.



Staying Safe at Home

There are many things that can be harmful at home, in our communities and at school. It is important that we do the right thing. Look at the items listed below and encircle the picture that shows the right thing to do so that we can stay safe.

FIRE



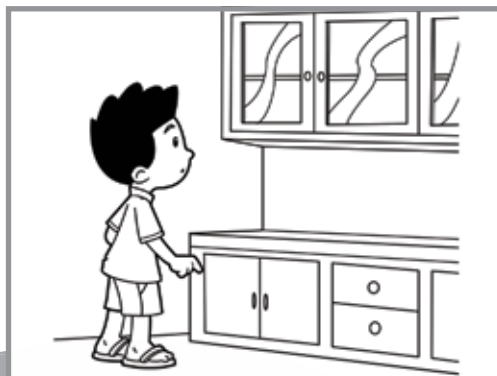
WOUNDS



ELECTRICAL



POISONING



The Flood

The Missing Words:

SCHOOL
EVACUATION
RED CROSS

RADIO
FIRST AID
FLASHLIGHT



Read the story and fill in the missing words.

One day, I was at home with my mom, dad and little sister. We were watching the television when we heard the news that we need to evacuate because of possible flooding in the area. My father told my sister and I to pack some things in case we need to leave for the 1 center at the local elementary 2.

Dad had a 3 while Mom packed a 4 kit, some water, food, a whistle, a blanket and my little sister's medicine. The battery powered 5 was on top of the table, giving us updates regarding the evacuation.

We were worried about an old woman in our neighborhood who has difficulty in hearing. We wanted to make sure she had heard the news. When we arrived at her house, she was already packed and ready to go to the evacuation center.

When we arrived at the evacuation center we saw many children from school. The local 6 143 Disaster Management Team was ready to go and check if everyone in the community was safe.

I was glad we were prepared. We were able to save some of our things and most importantly it meant we were all safe.

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

Always Wash Your Hands

Our teachers and parents are always telling us to wash our hands, because this is one of the most effective ways that we can prevent the spread of germs and diseases that can make us sick. Encircle the pictures below that depict activities wherein we need to always wash our hands.



2 - Before handling food



1 - After using the toilet



3 - After handling garbage

4 - Before going to the library



5 - Before playing in open ground



6 - After cleaning the toilet

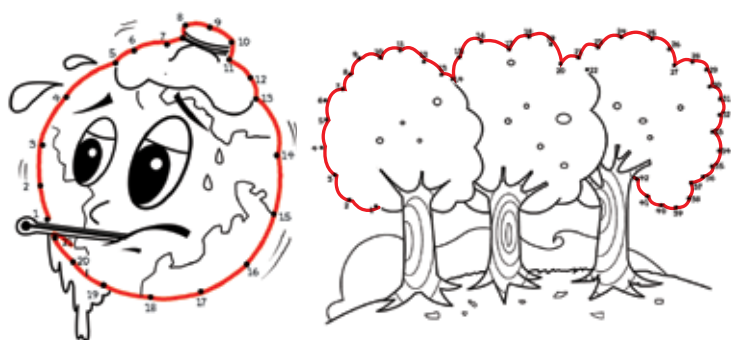
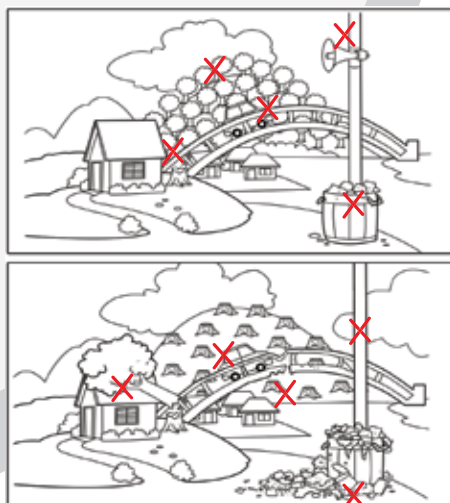
Fire

Typhoon

Flood

Earthquake

Landslide



- 1 EVACUATION
- 2 SCHOOL
- 3 FLASHLIGHT

- 4 FIRST AID
- 5 RADIO
- 6 RED CROSS

- 1 Before handling food
- 2 After handling the garbage
- 3 After using the toilet



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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or contact your local Red Cross Chapter

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