

A photograph showing several people wading through floodwaters. In the foreground, a man in a yellow shirt and a red cap wades towards the left, holding a blue hat. Next to him, a man in a white t-shirt and black shorts wades towards the right, holding a pair of shoes. In the background, other people are visible, some using long poles to navigate the water. The scene is a flooded area with debris and damaged structures in the background.

HOW TO SURVIVE FLASH FLOODS

RED CROSS

143

VOLUNTEERS
TOOLKIT

DID YOU KNOW...

Each year hundreds or even thousands of deaths occur due to flooding. It also causes destruction of infrastructures, and even deaths of many livestock.

WOULD YOU CARE?

Flooding and Flash Floods poses a very real danger. Every year, people are injured. Some people lose their lives because they are taken off guard by storms or rushing floodwaters.

GETTING TO KNOW FLASH FLOODS

Flash Flood is a rapid flooding of low-lying areas - washes, rivers and streams. It is caused by the intense rainfall associated with a thunderstorm, or multiple thunderstorms. Flash floods can also occur after the collapse of a dam, or any human structure.

FOR YOUR INFORMATION:

Flood involves water rising and overflowing its normal path. But a flash flood is a specific type of flood that appears and moves quickly across the land, with little warning that it's coming.

Flash floods are the result of heavy rainfall concentrated over one area. Most flash flooding is caused by slow-moving thunderstorms, thunderstorms that repeatedly move over the same area, or heavy rains from hurricanes and tropical storms.

Flash flood waters move at very fast speeds. They have the power to move boulders, tear out trees, destroy buildings, and obliterate bridges. Walls of water can reach heights of 10 to 20 feet and generally carry a huge amount of debris with them.

WHAT'S THE WORST?

Dam failures can create the worst flash flood events. When a dam breaks, a gigantic quantity of water is suddenly let loose downstream, destroying anything in its path.

HOW DO FLASH FLOODS OCCUR?

Flash flooding occurs when the ground becomes drenched with water that has fallen too quickly to be absorbed. The runoff collects in low-lying areas and rapidly flows downhill. Flash floods most often occur in normally dry areas that have recently received precipitation, but may be seen anywhere downstream from the source of the precipitation - even dozens of miles from the source.

Flash floods may occur also after a volcanic eruption as a result of the change in weather such as thunderstorms and the soil getting over soaked.



HOW TO BE ALERT AND PREPARED

- ✓ A flash flood doesn't call ahead and let you know it's coming. You need to protect yourself by tracking the weather and being alert to danger.
- ✓ Keeping track of the weather forecast can help keep you safe.
- ✓ Flash floods occur when heavy rain falls in an area. When forecasters predict storms, stay away from streams, ditches, and gullies. A storm upstream from you could send water rushing down your way.
- ✓ If the sky looks stormy, turn on the television or radio. You should listen for weather alerts like the ones announced on our TV station.



KNOW WHAT TO EXPECT

- ✓ **Know your area's flood risk--if unsure, call your local Red Cross chapter, or your local barangay.**
- ✓ **If it has been raining hard for several hours, or steadily raining for several days, be alert to the possibility of a flood.**
- ✓ **Listen to local radio or TV stations for flood information.**

BE INFORMED!

1 **FLOODS CAN TAKE SEVERAL HOURS TO DAYS TO DEVELOP**

2 **FLASH FLOODS CAN TAKE ONLY A FEW MINUTES TO A FEW HOURS TO DEVELOP**

PREPARE A FAMILY DISASTER PLAN

Your family disaster preparedness plan includes ways to reduce hazards, a family contact list and a supplies kit to meet the needs of everyone in case of a disaster or emergency situation. Here are some final points to consider, including plans to get to stay safe.

A. Be familiar with the school's plan—

- * Students and parents know the school's emergency plan.
- * If an emergency happens while children are at school, they must follow the direction of the teachers, principal or emergency teams.
- * Students know to stay at school or with school personnel in the event of a disaster.

B. Neighbors helping neighbors—

- * Meet with your neighbors to plan how the neighborhood could work together after a disaster.
- * Agree to check on each other in the event of an emergency. Create a chart or checklist where everyone checks on one or two other neighbors.
- * Determine where children might go for help in the neighborhood.

C. If a disaster happens, we plan to—

- * Drop, Cover and Hold On if there is an earthquake.
- * Get out and get help if there is a fire.
- * Get to higher ground if there is danger of a flood.
- * Stay inside if there is danger outside.
- * Act the best procedure (for other disasters).
- * Follow our family contact list.

D. After the emergency passes—

- * Check everyone around you; give first aid when possible and get help for seriously injured people.
- * Wear protective clothing and sturdy shoes to avoid injury from debris.
- * If the structure is unsafe for any reason, get everyone outside quickly.
- * Sniff for gas leaks. If you smell gas or suspect a leak, get everyone outside quickly, and turn off the main gas valve.

E. Next steps to take—

- * Listen to radio and television reports for instructions. Follow the directions of local emergency officials.
- * Check on your neighbors.
- * Stay away from fallen power lines.
- * Following an earthquake, expect aftershocks that might cause more damage. Stay where nothing can fall or cause injury.

F. Practice-

- * Seriously participate in drills conducted by your community or school.
- * Randomly check with your family members if they can remember what to do in case of an emergency or disaster.



REMEMBER:

IT IS MOST IMPORTANT TO DISCUSS ALL THE STEPS IN YOUR DISASTER PLAN AND TO PRACTICE SAFE ACTIONS FOR DIFFERENT TYPES OF EMERGENCY. PLANNING AND PRACTICING WILL KEEP YOUR FAMILY SAFE.

ASSEMBLE A DISASTER SUPPLIES KIT CONTAINING **(SEE HOW TO BUILD YOUR FAMILY SURVIVAL KIT)**



- **First aid kit** and essential medications.
- **Canned food** and **can opener**.
- **At least enough drinking water per person.**
- **Protective clothing, rainwear, and bedding or sleeping materials.**
- **Battery-powered radio, flashlight, and extra batteries.**
- **Special items for infants, elderly, or disabled family members.**
- **Have emergency contact numbers.**
- **Identify where you could go if told to evacuate. Choose several places . . . a friend's home in another town, a motel, or a shelter.**

KNOW WHAT TO DO DURING FLASH FLOODS



- **Move your furniture and valuables to higher floors of your home.**
- **Identify evacuation area and fastest and safest route.**
- **Listen to local radio and TV stations for information and advice. If told to evacuate, do so as soon as possible.**
- **Be alert to signs of flash flooding and be ready to evacuate on a moment's notice.**



WHEN A FLASH FLOOD WARNING IS ISSUED...



Or if you think it has
already started,
evacuate immediately.
You may have only seconds to
escape. **Act quickly!**





Move to higher ground

away from rivers, streams, creeks, and storm drains.

Do not drive around barricade!

They are there for your safety.



If your vehicle stalls in rapidly rising waters, abandon it immediately and climb to higher ground.

HOW TO PROTECT YOUR FAMILY

There are some tips you can learn before the next storm. These tips will help to keep you and your family safe from flash floods:

Do not build in a floodplain



**unless you
elevate and
reinforce
your home.**

Construct barriers (sand bags, beams, floodwalls) to stop floodwater from entering your home.

Clean the canals and drainage that may possibly be the cause of flood in your surrounding.

Encourage your family and community members to do ***tree planting activities.***



TIPS FOR YOUR CHILD SAFETY

WHAT TO TELL CHILDREN

1

If you come upon flood waters, stop, turn around, and go another way. Climb to higher ground. If it is moving swiftly, even water six inches deep can knock you off your feet. Many people are swept away wading through flood waters, resulting in injury or death.

2

Stay away from flooded areas. Even if it seems safe, flood waters may still be rising.

3

Never try to walk, swim, or play in flood water. You may not be able to see on the surface how fast flood water is moving or see holes and submerged debris.

4

If you are in a vehicle and become surrounded by water, if you can get out safely, do so immediately and **move to higher ground**. Vehicles can be swept away in two feet of water.

5

Watch out for snakes in areas that were flooded. Flood waters flush snakes from their homes.

6

Stay away from creek and stream banks in flooded and recently flooded areas. The soaked banks often become unstable due to heavy rainfall and can suddenly give way, tossing you into rapidly moving water.

7




Never play around high water, storm drains, or ditches. It is very easy to be swept away by fast moving water.

8


Throw away all food that has come into contact with flood waters. Contaminated flood water contains bacteria and germs. Eating foods exposed to flood waters can make you very sick.


DURING FLASH FLOODS

Flash floods can occur anywhere with no rain in sight. A storm that's miles away can produce rushing water that can take you by surprise.

-  **Listen** to the radio or television **for information.**
-  **Know flash flooding can occur.** If there is any possibility of a flash flood, move to higher ground right away. Do not wait for instructions to move.
-  **Be aware of streams, dry riverbeds, drainage channels, various creeks and other areas known to flood suddenly.** Flash floods can occur in these areas with or without typical warnings like rain clouds or heavy rain.



IF YOU MUST PREPARE TO LEAVE, YOU SHOULD DO THE FOLLOWING:

-  **Secure your home.** If you have time, bring in outdoor furniture. Move essential items to an upper floor.

- 
- Turn off utilities at the main switches or valves if asked to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.







IF YOU HAVE TO LEAVE

- 
- Do not walk through moving water, it is deceptively strong.
- 
- Choose a route with still water if at all possible.

Use a stick to check the firmness of the ground in front of you.



IF YOU ARE IN A MOVING VEHICLE

- 
- Do not drive into flooded areas.
- 
- If floodwaters rise around your car, abandon it. Move to higher ground safely.
- 
- Know that 6 inches of water will reach the bottom of most passenger cars causing loss of control and possible stalling.
- 
- Know that most vehicles begin to float in just 12 inches of water. 24 inches of water will sweep most vehicles (including SUVs and pick-ups) away.

AFTER A FLOOD

After a flood happens is when a lot of injuries take place. These tips will help to keep you and your family safe from the aftermath of a flood:

Stay away from power lines and electrical wires. The number two flood killer after drowning is electrocution. Electrical current can travel through water. Report downed power lines to the power company or the nearest barangay.

Have your electricity turned off by the power company. Some appliances, such as television sets, keep electrical charges even after they have been unplugged. Don't use appliances or motors that have gotten wet unless they have been taken apart, cleaned, and dried.

Look out for animals, especially snakes. Small animals that have been flooded out of their homes may seek shelter in yours, or in debris left on your property. Use a pole or stick to poke and turn things over and scare away small animals.

Look before you step. After a flood, the ground and floors are covered with debris including broken bottles and nails. Floors and stairs that have been covered with mud can be very slippery.

Be alert for gas leaks. Use a flashlight to inspect for damage. Don't smoke or use candles, lanterns, or open flames unless you know the gas has been turned off and the area has been ventilated.

Wait before entering a structure damaged by flooding. Structures that have been damaged by flooding may not be safe to enter. Wait for the building to be inspected before entering. If the structure is deemed unsafe, arrangements will be made for you to be able to retrieve valuables left behind.

IN CASE OF EMERGENCY

CALL YOUR NEAREST BARANGAY:

Landline _____

Mobile Phone _____

CALL YOUR NEAREST RED CROSS CHAPTER:

CHAPTER _____

Landline _____

Mobile Phone _____

**We should all be prepared for emergencies.
Knowing what to do in advance can mean the
difference between life and death.**

**BEST RESPONSE is to MOVE FAST,
and STEP HIGH!!!**



**LET'S LEARN
AND HAVE
SOME FUN!**

FLASH NAMES:

FLASH _ _ _ _ _

American Cartoon Hero of the 60's

FLASH _ _ _ _ _

Illuminates darkness

FLASH _ _ _ _ _

Study Tool Kit

_ _ _ **FLASH**

Sweating and redness of face



WATER, WATER EVERYWHERE

WATER _____ – flower

_____ **WATER** – healthy drink

WATER _____ – toy

_____ **WATER** – in trouble or in an embarrassing situation

WATER _____ – amniotic fluid

_____ **WATER** – in a difficult or complicated situation

WATER _____ – lowest point

_____ **WATER** – to offer somebody a bribe

WATER _____ – cascade

_____ **WATER** – to be well-founded

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