As a 143 volunteer, there are many ways you can help build more resilient communities. By reporting disasters, crimes and mass casualty events, responding and helping rehabilitate, you can unleash the power of humanity in your community.

- **PREPARE**
  - Early warning using flood watch and use whistle to give alarms
  - Use SAR (Search and Rescue) drill to prepare the training materials, facilitate the session, or ensure that volunteers are certified with proper procedures and guidelines
  - Conduct and enhance the emergency number to call in case of an emergency/disaster (network of 143 local people in your community or PRC Emergency Network (143))
  - Map available resources within community

- **PRACTICE**
  - Conduct drills and simulations for 143 volunteers regularly in community, schools and government offices. Utilize the PRC Chapter to identify and refine the simulation that is most relevant for your community
  - Use the help you can provide with your barangay to organize the drill. Drills and simulations are conducted at least twice a year

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**TEAMS YOU CAN JOIN**

- Disaster management team
- Logistic support team

**TOOLS TO HELP YOU**

- Hazard maps
- Community profiling (risk and resource mapping)
- Vulnerability Capacity Assessment (VCA)
- Historical data of disasters

**OPERATIONS CENTER**

**TEAMS YOU CAN JOIN**

- All teams

**PLANNING**

- PREDICT
  - Identify hazards, vulnerability and capacity of your community (e.g., floods, landslides, sea surges, earthquakes, epidemics, armed conflict)
  - Know what hazards and possible disaster event threaten your community (e.g., past historical events)
  - Assess what changes within your community are highly prone to hazard (e.g., seas, shores)
  - Identify families, households, household members, and key figures 
  - Do a hazard and risk map of your community

- PLAN
  - List specific household members/persons of the hazard and risk that they are exposed, what they need to do to ensure safety
  - Identify evacuation routes, safe access/routes, and means of transport
  - Send out to local communities in case of an emergency

- PREPARE
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**TEAMS YOU CAN JOIN**

- Disaster management team
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**TOOLS TO HELP YOU**

- Hazard maps
- Community profiling (risk and resource mapping)
- Vulnerability Capacity Assessment (VCA)
- Historical data of disasters
Before, during and after a disaster, there are many ways you can help. 143 has special teams with different areas of responsibility, which require different skills. Check out which one is right for you!

HEALTH AND SAFETY

- Provide psychosocial support to disaster survivors or play therapy to children
- Conduct tracing activities in the chapter as part of the Restoring Family Links program
- Establish welfare desks and implement camp management solutions (e.g., welfare aid to affected community)
- Provide Psychosocial First Aid (PSA) to those affected by disasters to help them cope in the aftermath of disasters and to reduce the initial distress caused by traumatic events

SOCIAL SERVICES

- Monitor disasters and accidents via TV, email, text message, phone and radio
- Help in identifying and reporting areas where help is needed
- Monitor situation on the ground
- Collect data by taking photos, filming videos, or writing reports
- Coordinate with the PRC chapter to provide media coverage, when appropriate

COMMUNICATIONS

- Be a blood donor recruiter: know and list down the blood types of every person in your barangay (e.g., leukemia, hemodialysis)
- Be a blood donor (the blood that you donated may be the blood that you will need someday)
- Be a blood donation recruiter and donor: donate or encourage non-qualified persons to contribute blood instead to cover the blood requirements for the blood donors

BLOOD

- Be a 방해용 전파 가능하다 and able to lead and coordinate your community
- Be a blood donation recruiter: know and list down the blood types of every person in your barangay (e.g., leukemia, hemodialysis)
- Be a blood donor (the blood that you donated may be the blood that you will need someday)
- Be a blood donation recruiter and donor: donate or encourage non-qualified persons to contribute blood instead to cover the blood requirements for the blood donors

SIGN UP IF YOU ARE

- Be able to lead and share knowledge to your community
- Be an effective communicator
- Able to lead and share knowledge to your community
- Be effective communicator
- Able to lead and share knowledge to your community

MEDICAL

- Participate in Immunization campaigns
- Join emergency deployments for medical stations and field hospitals
- Man mobile clinics (“medical mission”) during disasters
- Provide consultation services in emergency health stations

BENEFICIARY IDENTIFICATION

- Assist in identifying and reporting areas where help is needed
- Monitor disasters and accidents via TV, email, text message, phone and radio
- Help in identifying and reporting areas where help is needed
- Monitor situation on the ground
- Collect data by taking photos, filming videos, or writing reports
- Coordinate with the PRC chapter to provide media coverage, when appropriate

WEBSITE DEVELOPMENT

- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community

LOGISTICS

- Provide distribution site, including crowd control
- Assist in identifying and reporting areas where help is needed
- Monitor disasters and accidents via TV, email, text message, phone and radio
- Help in identifying and reporting areas where help is needed
- Monitor situation on the ground
- Collect data by taking photos, filming videos, or writing reports
- Coordinate with the PRC chapter to provide media coverage, when appropriate

NEEDS ASSESSMENT

- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community

REPACKAGING

- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community

RELIEF DISTRIBUTION

- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community
- Be able to lead and share knowledge to members of your community

1 leader and 43 members in every organization to mobilize the power of humanity

Coordinate your local Red Cross chapter with Redcross.org.ph