

DISASTER DO'S AND DON'TS

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DO'S AND DON'TS ON EARTHQUAKE

Earthquakes : Preparedness

Earthquake strikes suddenly, violently and without warning. Identifying potential hazards ahead of time and advance planning can reduce the dangers of serious injury or loss of life from an earthquake.

Before : Checks for Hazards in the home

- ◆ Fasten shelves securely to walls.
- ◆ Place large or heavy objects on lower shelves.
- ◆ Store breakable items such as glass, and china pot etc. in low, closed cabinets with latches.
- ◆ Hang heavy items such as pictures and mirrors away from beds and anywhere people sit.
- ◆ Brace overhead light fixtures.
- ◆ Repair defective electrical wiring and leaky gas connections. These are potential fire risks.
- ◆ Secure a water heater by strapping it to the wall studs and bolting it to the floor.
- ◆ Repair any deep cracks in ceilings or foundations.
- ◆ Get expert advice if there are signs of structural defects.
- ◆ Store weed killers, pesticides, and flammable products securely in closed cabinets with latches and on bottom shelves.

Identify safe places in each room

- ◆ Under sturdy furniture such as a heavy desk or table
- ◆ Against and inside wall
- ◆ Away from where glass could shatter around windows, mirrors, pictures or where heavy bookcases or other heavy furniture could fall over.

Locate safe places outdoors

- ◆ In the open, away from buildings, trees, telephone and electrical lines, overpasses or elevated expressways.
- ◆ Make sure all family members know how to respond after an earthquake.
- ◆ Teach all family members how and when to turn off gas, electricity, and water.
- ◆ Teach children how and when to call police, or fire department and which radio station to tune for emergency information

Have disaster supplies in hand

- ◆ Flashlight and extra batteries.
- ◆ Portable battery-operated radio and extra batteries.
- ◆ First aid kit and manual
- ◆ Emergency food and water
- ◆ Essential medicines
- ◆ Cash
- ◆ Sturdy shoes

Develop an Emergency Communication Plan

In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster.

Ask an out-of-state relative or friend to serve as the “family contact”. After a disaster, it’s often easier to call long distance. Make sure everyone in the family know the name, address and phone number of the contact person.

During : If indoors

- ◆ Take cover under a piece of heavy furniture or against an inside wall and hold on
- ◆ Stay inside
- ◆ The most dangerous thing to do during the shaking of an earthquake is to try to leave the building because objects can fall on you.

If Outdoor

- ◆ Move into the open, away from buildings, street lights, and utility wires.
- ◆ Once in the open, stay there until the shaking stops.

If in a Moving Vehicle

- ◆ Stop quickly and stay in the vehicle
- ◆ Move to a clear area away from buildings, trees, overpasses, or utility wires
- ◆ Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake.

Pets after the Earthquake

- ♦ The behaviour of pets may change dramatically after an earthquake. Normally quiet and friendly cats and dogs may become aggressive or defensive. Watch animals closely. Leash dogs and place them in a fenced yard.
- ♦ Pets may not be allowed into shelters for health and space reasons.
- ♦ Prepare an emergency pen for pets in the home and include a 3 day supply of dry food and a large container of water.

Be prepared for Aftershocks

Although smaller than the main shock, aftershocks cause additional damage and may bring weakened structure down. Aftershocks can occur in the first hours, days, weeks, or even months after the quake.

Help injured or trapped persons

- ♦ Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help.
- ♦ Listen to a battery-operated radio or television for the latest emergency information.
- ♦ Remember to help your neighbours who may require special assistance - infants, the elderly, and people with disabilities.
- ♦ Stay out of damaged buildings. Return home only when authorities say it is safe.
- ♦ Use the telephone only for emergency calls.
- ♦ Clean up spilled medicines, bleaches or gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes of other chemicals.
- ♦ Open closet and cupboard doors cautiously.
- ♦ Inspect the entire length of chimneys carefully for damage. Unnoticed damage could lead to a fire.

Inspecting Utilities in a damaged Home

- ♦ Check for gas leaks if you smell gas or hear blowing or hissing noise, open a window and quickly leave the building.
- ♦ Look for electrical system damage if you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker.
- ♦ Check for sewage and water lines damage. If you suspect lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the PHE/Municipality and avoid using water from the tap. You can also obtain safe water by melting ice cubes.

DO'S AND DON'TS ON STORM/CYCLONE

- ♦ Keep the valuables in a safe place.
- ♦ Arrange transistor radio, torch, battery, candle, match box, water purifying tablets
- ♦ Insure house and household articles
- ♦ Move the cattle to a safe place with ample fodder and drinking water
- ♦ Listen to radio for detail and latest news warning on cyclone/storm
- ♦ Store dry food, drinking water and fuel at safe place when there is warning,
- ♦ Store of secure loose boards, corrugated iron, unused tins or anything else that could become dangerous during strong winds.
- ♦ Strong wind can break windows and doors so keep them secured.
- ♦ Move to the nearest identified safe shelter/place as per the village plan.
- ♦ Don't move outside during heavy storm/cyclone.
- ♦ Don't create and believe in rumours.
- ♦ Don't take medicines with date expired and all medicines on empty stomach. Always consult ANM, First Aid Team of your village before taking any medicines.

DO'S AND DON'TS ON FLOOD

- ♦ Move to the safer place or highlands with dry food/baby food/ and potable water on receipt of warning
- ♦ Valuable household articles/documents etc. to be tied to a high roof or concealed with polythene in deep under ground for safety. Insure any household articles
- ♦ Move the cattle to a safe place/high land with ample fodder and drinking water
- ♦ Listen to radio for detail and latest news warning on flood
- ♦ Turn off all the electrical systems and equipments
- ♦ Disinfect the drinking water before use and keep the food covered always
- ♦ Beware of snakes
- ♦ Don't venture out from the shelter/safe place. Don't mess up the living place.
- ♦ Keep surrounding clean and hygienic
- ♦ Don't take stale food. Take dry food as far as possible.
- ♦ Don't create and believe in rumours

DO'S AND DON'TS ON FIRE

- ◆ Dial the nearest Police Control Room or Fire Station the moment fire breaks out. Inform District Control Room as well. Always remember their phone numbers or you may indicate it in a calendar or on wall where all the family members can see.
- ◆ Never allow children to handle match box/lighter
- ◆ Don't run if your dress catches fire. Roll on the floor and try to put out the fire.
- ◆ Don't wear synthetic dress/sarees while cooking
- ◆ Don't dry twigs, hay, kerosene, etc. by the hearth/dpei/chankol
- ◆ Put the hearth completely out when cooking is done.
- ◆ Cling to the floor to escape from smoke and fire.
- ◆ Don't throw a burning cigarette/biri here and there
- ◆ Rescue team must know where to get buckets, water, sand, long bamboo, etc. to extinguish fire.
- ◆ Switch off the cylinder valve when not in use and/or follow all instructions for using gas cylinder/stove.