



VOLCANIC ERUPTION • FLASH FLOOD • FIRE • HAZARDOUS MATERIAL SPILL • EARTHQUAKE • TYPHOON

# Your Family Disaster Plan

Where will your family be when disaster strikes? They could be anywhere —



How will you find each other? Will you know if children are safe? How will you attend to the elderly and infirm?

Disasters can happen quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if basic services - water, wi-fi, electricity or telephone - were cut off? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

Families can - and do - cope with disasters by preparing in advance and working together as a team. Follow the steps listed in this brochure to create your family's disaster plan. Knowing what to do is your best protection and your responsibility.



## UTILITIES

Locate the main electric circuit breakers and water valves. Learn how and when to turn these utilities off. Teach all responsible family members. Keep necessary tools near power and water shut-off valves. Remember, turn-off the utilities only if you suspect the lines are damaged or if you are instructed to do so.

## HOME HAZARD HUNT

During a disaster, ordinary objects in your home can cause injury or damage, Anything that can move, fall, break, or cause a fire is a home hazard. For example, a hot water heater or a bookshelf can fall. Inspect yours at least once a year and fix potential hazards.

Contact DVA to learn about home fire hazards.

## 4 Steps to Safety

1

### Find out What Could Happen to You

Contact DVA, Barangay, and Philippine Red Cross Makati Chapter - be prepared to take notes:

- Ask what types of disasters are most likely to happen. Request information on how to prepare for each.
- Learn about DVA's warning signals: what they sound like and what you should do when you hear them.
- Ask about animal care after disaster. Animals may not be allowed inside emergency shelters due to health regulations.
- Find out how to help elderly or disabled persons, if needed.
- Next, find out about the disaster plans in your workplace, your children's school, daycare center, country club, and other places where your family spends time.



## EMERGENCY SUPPLIES

Keep enough supplies in your home to meet your needs for at least 3 days. Assemble a Disaster Supplies Kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffel bags, or covered trash containers.



SURVIVAL EMERGENCY KIT

Include:

- A 3-day supply of water (one liter per person per day), and food that won't spoil.
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- A first aid kit that includes your family's prescription medications.
- Emergency tools including a battery-powered radio, flashlight, and plenty of extra batteries.
- An extra set of flashlight, car keys and a credit card, cash or debit card.
- Sanitation supplies.
- Special items for infant, elderly, or disabled family members.
- An extra pair of eyeglasses.

Keep important family documents in a waterproof container. Keep a smaller kit in the trunk of your car.

## NEIGHBORS HELPING NEIGHBORS

Working with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood can work together after a disaster until help arrives. DVA will introduce disaster preparedness as a new activity. Know your neighbors' special skills (medical, technical) and consider how you can help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care in case parents can't get home.

## DVA WARNING SIGNAL: ONE MINUTE SIREN BLAST

# 2

### Create a Disaster Plan

Meet with your family and discuss why you need to prepare for a disaster. Explain the dangers of fire, severe weather, volcanic eruption and earthquakes to children. Plan to share responsibilities and work together as a team.

- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
  - Pick two places to meet:
    1. Right outside your home in case of a sudden emergency, like a fire.
    2. Outside your neighborhood in case you can't return home.
  - Ask an out-of-town friend to be your "family contact." After a disaster, it's often easier to call. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
  - Discuss what to do in an evacuation. Plan how to take care of your pets.
- Everyone must know the address and phone number of your meet-up area.

# 3

### Complete This Checklist

- Post emergency telephone numbers by phones (DVA emergency, fire, police, ambulance, etc.).
- Teach children how and when to call a local emergency medical services number for emergency help.
- Show each family member how and when to turn-off the water and electricity at the main switches.
- Check if you have adequate insurance coverage.
- Teach each family member how to use the fire extinguisher (ABC type), and show them where it's kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt.
- Stock emergency supplies and assemble a Disaster Supplies Kit.
- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

## EMERGENCY CONTACT NUMBERS

DVA Emergency: 8810 8484

PRC Makati Chapter: 8403 5826

MWCI hotline: 1627

Barangay Emergency: 8893 0215

Makati Fire Department: 8813 2328

MERALCO hotline: 16210



## 4

### Practice and Maintain Your Plan

- Quiz your kids every 6 months so they remember what to do.
- Conduct fire and emergency evacuation drills.
- Replace stored water every 3 months and stored food every 6 months.
- Test and recharge your fire extinguisher(s) according to manufacturer's instructions.
- Test your smoke detectors monthly and change the batteries at least once a year.

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| June <input type="checkbox"/> | Dec. <input type="checkbox"/>  |

## IF DISASTER STRIKES

### If disasters strikes

Remain calm and patient, Put your plan into action.

### Check for injuries

Give first aid and get help for seriously injured people. DVA emergency can help.

### Listen to your battery-powered radio for news and instructions

Evacuate, if advised to do so. Wear protective clothing and sturdy shoes.

### Remember to

- Confine or secure your pets.
- Call your family contact. Do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case service is cut-off.
- Stay away from downed power lines.

### Check for damage in your home

- Use flashlight, do not light matches or turn on electrical switches, if you suspect damage.
- Check for fires, fire hazards, and other household hazards.
- Sniff for gas leaks. If you smell LPG gas or suspect a leak, turn-off the main gas valve, open windows and get everyone outside quickly.
- Shut-off any other damaged utilities.
- Clean-up spilled medicines.



## EVACUATION

### Evacuate immediately if told to do so:

- Listen to your battery-powered radio and follow the instruction of local emergency officials.
- Wear protective clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your home.
- Use travel routes specified by local authorities don't use shortcuts because certain areas may be impassable or dangerous.

### If you're sure you have time:

- Shut-off water and electricity mains before leaving, if instructed to do so.
- Post a note telling others when you left and where you are going.
- Make arrangements for your pets.

## SUPPLIES

There are 6 basics you should stock in your home; water, food, first aid supplies, clothing, and bedding, tools and emergency supplies, and special items. Keep the items that your would most likely need during an evacuation in an easy-to-carry container, suggested items are marked with an asterisk (\*).

Possible containers include:



a large, covered trash container,



Duffle bag



Camping backpack,

## SUGGESTION AND REMINDERS

Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car

Keep item in air tight plastic bags. Change your stored water supply every 6 months. Re-think your kit and family need at least once a year. Replace batteries, update clothes, etc. Ask your physician or pharmacist about strong prescription medications.

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## Water

Store water in plastic containers such as water or softdrink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least 1 liter of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- Store 2 liters of water per person per day (1 liter for drinking, 1 liter for food preparation/sanitation)\*
- Keep at least a three-day supply of water for each person in your household

## Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact, lightweight, and have an easy-to-open lids.

\*Include a selection of the following, foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples: sugar, salt, pepper
- High energy foods: peanut butter, jelly, crackers, granola bars
- Vitamins
- Food for infants, elderly persons or persons on special diet
- Comfort/stress food: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

## First Aid Kit

Assemble a first aid kit for your home and one for each car, A first aid kit\* should include:

- Sterile adhesive bandages in assorted sizes
  - 2-inch sterile gauze pads (4-6)
  - 4-inch sterile gauze pads (4-6)
  - Hypoallergenic adhesive tape
  - Triangular bandages (3)
  - 2-inch sterile roller bandages
  - 3-inch sterile roller bandages
  - Scissors
  - Tweezers
  - Needle
  - Moistened towelettes
  - Antiseptic
  - Thermometer
  - Tongue blades (2)
  - Tube of petroleum jelly or other lubricant
  - Assorted sizes of safety pins
  - Cleansing agent/soap
  - Latex gloves (2 pairs)
  - Sunscreen
- Non-prescription drugs**
- Aspirin or other pain relievers
  - Anti-diarrhea medication
  - Antacid (for upset stomach)
  - Syrup of Ipecac (used to induce vomiting if advised by the Poison Control Center)
  - Laxatives
  - Activated charcoal (use if advised by the Poison Control Center)

## Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils\*
- Emergency preparedness manual
- Battery operated radio extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister. ABC type
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

- Tube tent
  - Pliers
  - Tape
  - Compass
  - Matches in a waterproof container
  - Aluminum foil
  - Plastic storage containers
- Sanitation**
- Toilet paper, towelettes
  - Soap, liquid detergent
  - Feminine supplies
  - Personal hygiene items
  - Plastic garbage bags, ties (for personal sanitation cases)
  - Plastic bucket with tight lid
  - Disinfectant
  - Household chlorine bleach

## Clothing and Bedding

\*Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Extra underwear
- Sunglasses

## Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

### For Baby

- Formula
- Diapers
- Bottles
- Powdered milk
- Medication

### For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Entertainment - games and books

- Important Family Documents (Keep these records in a waterproof, portable container.)
  - Will, insurance policies, contracts, deeds, stocks and bonds
  - Passport, social security cards, immunization records
  - Bank account numbers
  - Credit card account numbers and companies
  - Inventory of valuable household goods, important telephone numbers
  - Family records (birth, marriage, death certificates)

## DASMARIÑAS VILLAGE ASSOCIATION

### Board of Governors and Officers

President and Chairman of the Board  
**Philip Sigfrid A. Fortun**

Vice President, Vice Chairman of the Board  
**Fernando L. Imperial**

Treasurer  
**Solita Collas-Monsod**

Corporate Secretary  
**Philip Dexter P. Ang**

Governors  
**Philip Sigfrid A. Fortun**  
**Fernando L. Imperial**  
**Mario Angelo B. Rossi**  
**Philip Dexter P. Ang**  
**Rouel M. Azores**  
**Benjamin G. Herbosa**  
**Solita Collas-Monsod**

**DVA July 2024: Reference: American Red Cross**

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