

EMERGENCY PREPAREDNESS GUIDE

For Kids

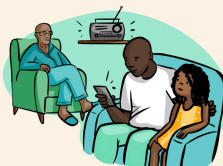
Flood and
Strong Winds
Preparedness



Fire and Smoke
Preparedness



Earthquake
Preparedness



Increasing Disaster Risk Awareness through
Strategic Training in Coastal Communities (IDRASTICC)



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Credits

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Welcome to the Emergency Preparedness Guide

BEFORE

FLOOD AND STRONG WINDS PREPAREDNESS



Stay tuned to
weather updates.



Pack a small bag with
clothes, snacks, flashlight.



Create a family plan
for where to go.

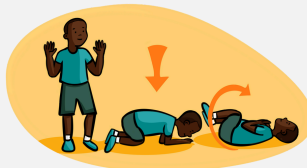
FIRE AND SMOKE PREPAREDNESS



Have a meeting
spot outside.



Practice crawling
low under smoke.



Know how to stop,
drop, and roll!

EARTHQUAKE PREPAREDNESS



Practice "Drop, Cover,
and Hold On."



Secure heavy
furniture.



Make an
emergency kit.

Hello friends! We are very excited to present this **Emergency Preparedness Guide**, specially designed to help you be safe and prepared for any unexpected situation that may arise, such as **floods, storms, fires, or earthquakes**.

In this guide, you'll find important information and practical tips for what to do before, during, and after each type of emergency. We will learn how to identify hazards and take steps to protect ourselves and our families.

Each section of this guide is designed to be easy to understand and is full of helpful tips to help you be prepared for any situation. They will also find colorful illustrations that will make the information even more interesting and easy to remember.

Remember, **preparedness is the key to staying safe**, and we hope this guide gives you the information you need to feel safe and secure at any time. Let's start learning and preparing together! Let's get started!

In Case of Floods and Storms



1.1

Definitions

Storms are atmospheric phenomena that can bring with them heavy rain, thunder and lightning, sometimes accompanied by powerful winds. When a storm is particularly large and violent, it is called a hurricane.

Hurricanes are like super storms with extremely strong winds and a lot of rain.

In the **Dominican Republic**, we expect storms and hurricanes periodically due to our geographic location in a region prone to these types of phenomena. The hurricane season, which typically occurs between the months of June and November, is when tropical storms and hurricanes are most likely to develop in the Caribbean area, including the Dominican Republic.

After storms and hurricanes, **flooding** is common due to the large amount of rain that falls in a short period of time. This precipitation can cause rivers and streams to overflow, flooding nearby areas.

Flooding can pose a danger to people and property, as it can destroy homes, roads, and infrastructure. It is important to be prepared and take precautions during the hurricane season to adequately protect ourselves from these extreme weather events.

How to develop an emergency plan

An **emergency plan** is like a map that helps you know what to do if something dangerous or unexpected happens, such as an earthquake, fire, or very strong storm. Having an emergency plan in your family is very important because it helps you stay safe and secure when something bad happens.

How can you create an emergency plan as a family? First, sit down with your parents or guardians and talk about the different types of emergencies that could happen in your area, such as an earthquake, fire, or flood. Then, think together about what you should do in each situation to stay safe.

Then, decide on a safe place where you can meet if you get separated during an emergency. It can be a large tree in the backyard or a trusted neighbor. Make sure everyone in the family knows how to get to that place from different parts of the house. Once we have talked about the different emergencies, we can create a plan together, the plan can contain escape routes, meeting points, and emergency kits, among others.



Create a family plan for where to go.



Have a meeting spot outside.



Make an emergency kit.

How to create an Emergency Kit

An **emergency kit** is like a toolbox that helps us be prepared for any difficult situation that may occur, such as a hurricane, earthquake, or medical emergency. This kit contains different objects and supplies that can be useful in case of an emergency.

Here's a checklist for creating your own emergency kit:



- **Water:** Having enough water is essential. You should store at least one gallon of water per person per day, for a minimum of three days.
- **Non-perishable foods:** Includes foods that don't need refrigeration and won't spoil easily, such as granola bars, canned foods, dried fruit, or cookies.
- **Flashlight:** A flashlight with extra batteries can be helpful if the power goes out during an emergency.
- **Batteries:** Make sure you have extra batteries for your flashlight and any other devices that need power.
- **Portable radio:** A battery-powered or hand-cranked radio will help you stay informed about weather conditions and the news during an emergency.
- **First aid kit:** Includes bandages, gauze, antiseptic, scissors, adhesive bandages, and basic medications such as analgesics and antidiarrheals.
- **Blankets:** Extra blankets may be needed to keep you warm in case of an emergency.
- **Important documents:** Keep copies of important documents such as IDs, passports, insurance papers, and medical records in a waterproof bag.
- **Personal hygiene items:** Includes items such as toothbrushes, toothpaste, wipes, and menstrual products, if needed.
- **Multi-purpose tools:** A multi-purpose tool can be useful in various emergency situations.

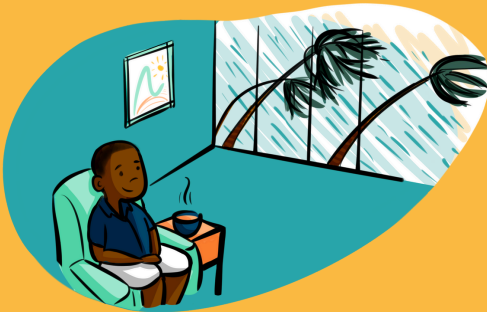
It's important to **review and update your emergency kit regularly**, at least once a year. It's also a good idea to check your kit after a major weather event or if you've used any of the supplies. Keeping your emergency kit in a place that is accessible and known to everyone in the family will help you be prepared for any situation that may arise.

How to identify safe evacuation routes

An **evacuation route** is like a safe path that takes us away from dangers, such as a hurricane or flood.

When there is an emergency and we need to get out of a place quickly, following an evacuation route helps us stay safe.

DURING



Stay inside and away from windows if safe.



Walk carefully if leaving home, avoid floodwater.



Listen to adults and follow their instructions.

To identify an evacuation route during a hurricane or flood, there are a few things you can do:

- **Know where the exits are:** In your home or building, know where the doors and emergency exits are. Here are the quickest ways to get out in a pinch.
- **Watch for signs:** Many places have signs that show you the direction of emergency exits. Look for these signs and memorise where they are.
- **Avoid dangerous places:** During an evacuation, it is important to avoid areas where water is rising rapidly, such as overflowing rivers or flooded streets. Look for higher and safer routes.
- **Follow instructions:** If you're at school or in a public place during an evacuation, listen carefully to adult instructions and follow the evacuation plan.



Don't go back home until it's safe.



Be careful around damaged areas.



Talk to your family about what happened.

When you're following an evacuation route, remember these things:

- Stay calm and follow the adults.
- Stay away from downed power lines and dangerous objects.
- Help others if you can, but don't put yourself in danger.
- If you're home, gather with your family in a safe place outside the house.

In Case of Fires



2.1

Definitions

Fires and smoke can be very dangerous to our health and safety. When there is a fire, the smoke that is produced can be very toxic and can cause serious problems if we inhale it.

Smoke from a fire can contain dangerous gases and harmful chemicals that can irritate our eyes, nose, and throat. In addition, it can hinder our ability to breathe properly. Inhaling smoke for a long time can make us feel dizzy, weak, or confused, and can even lead to fainting.

In addition to smoke, the **extreme heat of a fire** can burn our skin and cause serious injuries. That is why it is very important to stay away from the fire and seek help as quickly as possible if we are near a fire.

To protect ourselves from smoke and fires, it is important to follow these precautions:

- **Crouch:** If there's smoke in the air, stay crouched near the ground where the air is cleaner and cooler.
- **Cover your mouth and nose:** Use a damp cloth to cover your mouth and nose to filter out the air you're breathing.
- **Get out of the house:** If there is smoke in your home, get out immediately and stay outside until help arrives.
- **Don't go back in:** Never go back into a burning building. Let the firefighters do their job.
- **Call 911:** If you see a fire or inhale a lot of smoke, call 911 or ask an adult for help right away.



Get out of the house quickly, stay low to the ground.



Don't go back inside for anything.



Call 911 or yell for help if can't get out.

2.2

What is a fire alarm

A **fire alarm** is like a guardian that alerts us when there is smoke or fire in our home or elsewhere. It is a device that makes a loud sound, like a bell or siren, to alert us to the danger of a fire.

The fire alarm is designed to detect the smoke or heat that is produced when there is a fire. When it detects these dangers, the alarm starts sounding so we can hear it and take action to stay safe.

It is important to know where the fire alarms are located in our home and what to do if we hear one start to sound. If we ever hear the fire alarm, we should get out of the house quickly and seek help from an adult.

The fire alarm is a very important device that helps us protect ourselves and our family in the event of a fire. We should always pay attention to its sound and take appropriate safety measures when we hear the alarm.

2.3

Why it's important not to play with fire

Avoiding fires is very important to keep us safe at home and wherever we are.

Here are some things we can do to prevent them:

- **Do not play with fire:** It is very dangerous to play with matches, lighters, candles or anything that produces fire. Fire can spread quickly and cause serious damage.
- **Do not play near stoves:** We should always stay away from stoves and stoves when they are on. We can get burned if we touch something hot or if clothes accidentally catch fire.
- **Extinguish candles and cigarettes:** If we see a lit candle or a lamp we must make sure to extinguish them correctly before leaving the room or going to sleep.
- **Do not leave flammable objects near heat:** We must keep objects such as paper, fabric or chemicals away from stoves, heaters or other devices that generate heat.
- **Know what to do in case of fire:** It is important to know how to get out of our house quickly if there is a fire. Having an escape plan and practicing it regularly with our family will help us to be prepared.



Have a meeting spot outside.



Practice crawling low under smoke.



Know how to stop, drop, and roll.

2.4

How to practice stop, fall, and roll

If you ever find yourself in a situation where your clothes catch fire, it's important to know what to do to put out the fire and stay safe. **Here are some steps to follow:**

- **Stop, fall, and roll:** The first thing you need to do is stop, then lie down on the ground and surround yourself to put out the fire. Do not run, as the air can fan the flames.
- **Cover your face:** If you can, cover your face with your hands to protect it from heat and flames.
- **Wheel:** If you're on the ground, roll from side to side to put out the flames. This will help extinguish the fire more quickly.
- **Call for help:** After putting out the fire, call for help immediately. Find a nearby adult or call 911 for medical help.

It's important to remember that **if your clothes catch fire**, you should act quickly but remain calm.

AFTER



Stay away from home until firefighters say it's safe.



Talk to an adult if scared or sad.



Be thankful for firefighters and helpers.

In Case of Earthquakes



3.1

Definitions

An **earthquake** is a natural phenomenon that occurs when the earth shakes or shakes due to the movement of tectonic plates, which are like huge puzzle pieces that make up the earth's crust. These plates are in constant motion, and when they collide with each other or slide over each other, they can cause an earthquake.

During an earthquake, you may feel the ground moving or shaking. Sometimes, it can be mild and feel like a slight sway, but in other cases it can be stronger and cause damage to buildings and other structures.

It is important to know what to do during and after an earthquake to stay safe:

- **During the earthquake:** If you're inside a building during an earthquake, find a safe place like under a sturdy table or door frame. Stay away from windows, mirrors, and falling objects. If you're outside, stay away from buildings, trees, and light poles.
- **After the earthquake:** Once the earthquake has passed, check to see if you're injured and help others if you can do so safely. If you're inside a damaged building, get out carefully and away from any dangers. If you're outside, stay away from damaged buildings and areas with a danger of collapse.

In the Dominican Republic, earthquakes are common due to its location near the Caribbean Plate and the North American Plate, which are constantly moving. This means that the land in this region can occasionally shake due to the interaction of these tectonic plates. It is important to be prepared and know what to do in the event of an earthquake to stay safe.

DURING

AFTER



Drop to the ground,
take cover under
a sturdy table.



Stay away from windows,
heavy furniture, and
falling items.

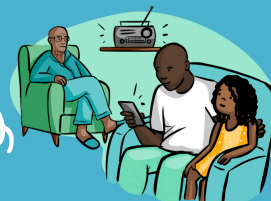


Move to an open area
if outside.

Check for injuries,
get help if needed.



Listen to radio or
TV for updates,
instructions.



Be prepared for
aftershocks, follow
safety guidelines.



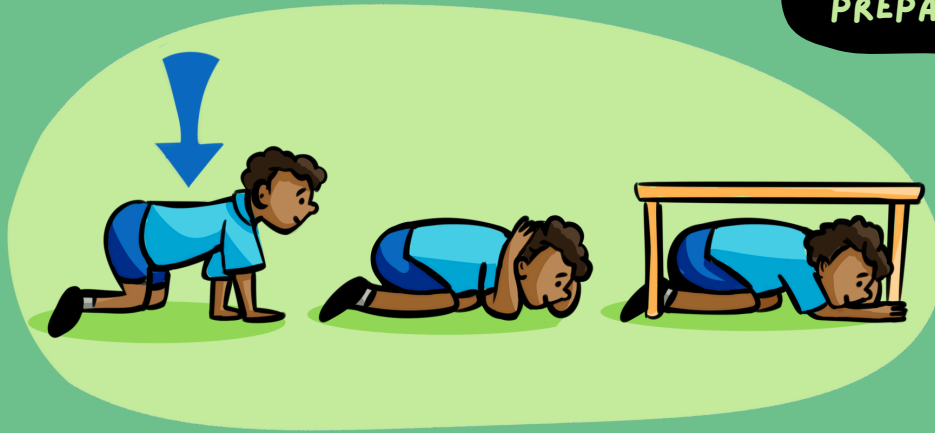
3.2

How to identify safe spaces

Identifying safe places in our home is very important to keep us safe in case of an emergency, such as an earthquake, fire, or severe storm. **Here are some safe places we can find in our home:**

- **Under a sturdy table:** During an earthquake or a severe storm, it is safe to be under a sturdy table. This protects us from objects that may fall from the ceiling or walls.
- **Next to an interior wall:** In the event of an earthquake, we can stand next to an interior wall without windows. This protects us from debris that could fall.
- **Near a door:** If you're outside during an earthquake or storm, seeking shelter near a sturdy door can be a good option.
- **Stay away from windows:** During a severe storm or tornado, it's important to stay away from windows to avoid injuries from broken glass.
- **In a high place during a flood:** If we live in an area prone to flooding, it is important to know the high places in our house where we can take shelter if the water rises.

Remember that it's important to **practice getting to these safe places with your family** so that they are prepared in case of an emergency. Staying calm and following the instructions of adults is also essential to keep us safe.



Practice "Drop, Cover, and Hold On."

3.3

How to practice the drop, cover, and hold technique

When an earthquake strikes, it's important to know how to protect ourselves to stay safe. One of the most important things we can do during an earthquake is to practice the 'drop, cover, and hold' technique. **Here's what it means:**

- **Crouch:** When you feel an earthquake starting, crouch down as low as possible. Put one hand on your head to protect it and keep your arms around your neck to cover it.
- **Cover:** Find something sturdy, like a table or desk, and get under it. If there is no sturdy structure nearby, cover your head and neck with your arms and crouch next to an interior wall with no windows.
- **Hold on:** Once you're crouched and covered, hold firmly in place until the earthquake has passed. Stay calm and wait for the earth to stop shaking before you get up.

Practicing this technique regularly with your family will help you be prepared for a real earthquake.

Who to Call in Case of an Emergency



In the Dominican Republic, there are specific phone numbers that we can call in case of different emergencies to get help quickly.

Here I explain which numbers to call depending on the emergency situation:

- **911:** This is the general emergency phone number in the Dominican Republic. You can call 911 in any emergency situation, such as accidents, fires, robberies, or if you need urgent medical help. The 911 operators will guide you and send help as needed.
- **Firefighters (Direct):** If there is a fire in your house or elsewhere, you can call the fire department directly by dialing the number 115. They are trained to fight fires and save lives.
- **National Police (Direct):** If you need help in a security situation, such as a robbery or traffic accident, you can call the National Police directly by dialing 911 or 809-682-2151.
- **Emergency Operations Center (COE):** The COE is responsible for coordinating the response to emergencies and natural disasters in the Dominican Republic. You can call 809-472-0909 if you need to report emergency situations related to natural disasters such as hurricanes, storms, or floods.

It's important to know these phone numbers and have them handy in case of an emergency. Remember to stay calm and provide the necessary information when you call so that they can send help as quickly as possible.

Let's practice!

1. Scrambled Words: Arrange these words.

INDICATION _____ GEOGRAPHY _____ STORM _____
 RESCUE _____ ALERT _____ CALM _____
 WATER _____ RADIO _____ PLAN _____

2. Fill in the Blanks

- Always have an _____ kit ready at home.
- Know your evacuation _____ in case of an emergency.
- Keep _____ during an emergency situation.
- Store extra _____ in your emergency kit.
- Have a battery-powered _____ to stay informed.
- Practice drop, _____ and hold on for earthquakes.
- Learn to stop, _____ and roll if your clothes catch fire.
- Store _____ documents in a waterproof container.

Word Bank: EMERGENCY, ROUTE, CALM, WATER, RADIO, COVER, DROP, IMPORTANT

3. Reflection on What You've Learned: Answer these questions.

- Which emergency preparedness advice do you think is the most important? Why?
- How do you feel now that you know more about emergency preparedness?
- What is one thing you want to do to help your family be more prepared for emergencies?
- If you could teach a friend one thing about emergency preparedness, what would it be?

Final Message



Congratulations on completing our Emergency Preparedness Guide!

We hope that the information you have found here has helped you feel more confident and prepared for any situation that may arise.

Remember, preparedness is the key to staying safe in an emergency. Be sure to check this guide regularly and practice the skills you've learned with your family and friends.

**Stay calm, stay safe, and remember to
always be prepared!**