Disaster Preparedness Quick Guide: Guidance for Persons With Intellectual, Developmental & Psychological Limitations, and Caretakers

Know the characteristic of natural hazards

When a volcano erupts, you see:
- Lava,
- Ash clouds,
- Volcanic ash-rain, and
- Poisonous gas.

When flooding occurs, water is overflowing onto land.

When a cyclone occurs:
- It has strong winds and heavy rain.

Before a disaster

1. You must know:
   - Where the evacuation shelter is.
   - Where the evacuation route is.

2. Prepare an emergency bag

<table>
<thead>
<tr>
<th>Item</th>
<th>Contact list</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Personal data including</td>
</tr>
<tr>
<td>Dried food</td>
<td>specific character, difficulties</td>
</tr>
<tr>
<td>First aid kit and medicine</td>
<td>and specific needs</td>
</tr>
<tr>
<td>Flash light &amp; whistle</td>
<td>Important documents</td>
</tr>
<tr>
<td>Mobile phone with charger</td>
<td>- ID card</td>
</tr>
<tr>
<td>Flash light</td>
<td>- Medical prescription</td>
</tr>
<tr>
<td>Blanket</td>
<td>- Birth certificate</td>
</tr>
<tr>
<td>Raincoat</td>
<td>- Emergency contacts</td>
</tr>
<tr>
<td>Battery</td>
<td>- Blood group</td>
</tr>
<tr>
<td>Extra clothes</td>
<td>- Land</td>
</tr>
<tr>
<td>Mobile phone with charger</td>
<td>- Health condition</td>
</tr>
<tr>
<td>Water</td>
<td>certificate</td>
</tr>
</tbody>
</table>

3. Practice walking the evacuation routes to the evacuation shelter with your caretakers.

4. Register with the local authorities.
   - Tell them your needs.

5. For your safety and security, tidy up your house.
During a disaster

**For all hazards**

In an emergency situation:
- **Protect** your life.
- **Evacuate** immediately.

You can get information from:
- Radio
- SMS
- Social media
- Mobile phone
- TV

When evacuating:
- Bring the emergency bag.
- Evacuate with your caretakers.

**Volcanic Eruption**

Use personal protection such as:
- masks,
- protective goggles,
- full-coverage clothes,
- shoes,
- hats, etc.

**Earthquake**

If an earthquake occurs:
- **DROP** to your knees.
- **COVER** to protect yourself.
- **HOLD ON** until the shaking stops.

**Do not Run,**
**Do not Yell,**
**Do not Push,** and
**Do not go back!**
**Do not panic!**

**Flood**

You should:
- **Move** to higher ground or a higher floor.

Do not **swim** or walk in flood water!

**Cyclone**

When the strong wind of cyclone occurs:
- Stay away from doors and windows!

**After a disaster**

Once you are in safe place, **never wander alone.**

**Do not approach dangerous areas,**
**Do not return home** before the situation is clear.

Contact details for further information:
ASB Indonesia and the Philippines
www.asbindonesia.org
contact@asbindonesia.org

@asbindonesiaphilippines  ASB Indonesia and the Philippines