To identify hazards near you, you can:
- Browse the internet.
- Ask local disaster management office to show you the hazards map or photos or pictures.

Disaster Preparedness Quick Guide:
Guidance for Persons With Hearing Limitations and Caretakers

Know the characteristic of natural hazards

Volcanic hazards
- These include lava flows, ash clouds, volcanic ash-rain, and poisonous gas.
  - Lava flows and ash clouds have high temperatures.
  - Ash-rain and poisonous gases impact your respiratory system.

Floods
- Beware if you live near rivers or in lowlands.
- Your house and surroundings may completely submerge.

Cyclones
- The strong winds from cyclones can bring down trees, power lines, destroy windows, and potentially walls, and roofs get blown off.
- Heavy rain might cause landslide on hillsides or flooding in urban area.

Earthquakes
- Can happen at any time, anywhere!
- Everything will sway.
- Buildings may collapse, and roads may crack and collapse.
- Earthquake can even cause fires.

Prepare an emergency bag

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Flash light and whistle</td>
</tr>
<tr>
<td>Dried food</td>
<td>Battery</td>
</tr>
<tr>
<td>First aid kit and medicine</td>
<td>Important documents</td>
</tr>
<tr>
<td>Portable Radio</td>
<td>- ID card</td>
</tr>
<tr>
<td>Mobile phone with charger</td>
<td>- Birth certificate</td>
</tr>
<tr>
<td>Rope</td>
<td>Raincoat</td>
</tr>
<tr>
<td>Blanket</td>
<td>- Emergency contacts</td>
</tr>
<tr>
<td>Notebook and pen</td>
<td>- Blood group</td>
</tr>
<tr>
<td>Sign language pocket guide</td>
<td>- Health condition</td>
</tr>
</tbody>
</table>

Make sure you are:
- Registered with the local authorities for necessary priority or assistance in the event of a disaster.
- Receive an alert through SMS.
- Need sufficient lighting such as flash light/head lamp when you evacuate or refuge at night so that you can still communicate with others through visual signs.

Before a disaster

1. To identify hazards near you, you can:
   - Browse the internet.
   - Ask local disaster management office to show you the hazards map or photos or pictures.

2. Check the accessibility of an evacuation route and evacuation shelter, these include: visual signs such as colored flag or other signs of evacuation route.

3. Do evacuation drill.

4. Practice walking the routes even in darkness and bad weather.

5. Participate in safety procedures training.

6. Tell the organiser that you need a sign language interpreter or one of your family member to assist you in training and drills.

7. Discuss with your caretakers:
   - Where to go or meet up (assemble).
   - Who will accompany you in the event of an emergency.
   - Agree on early warning assistance, for example: pictures, lights, flags.

8. Know the location of shelters recommended by the local authority.

9. Make sure you are:
   - Registered with the local authorities for necessary priority or assistance in the event of a disaster.
   - Receive an alert through SMS.
   - Need sufficient lighting such as flash light/head lamp when you evacuate or refuge at night so that you can still communicate with others through visual signs.

10. Do safe room setting to reduce risk.

11. Install corner bracket support on the cupboard to prevent it from falling dawn.

12. Never sleep near wardrobes and ensure that no falling objects could block the door, hindering your quick evacuation.
• **Protect** your life.
• **Early evacuation** is important.
• Carry **important information** in writing including ID number, birthday, blood type and health condition, medication, emergency contacts, etc.
• **Highlight your disability** to your caretakers.
• **Obtain information** from TV, internet, social media, SMS, etc.
• Bring the **emergency bag** when evacuating.
• Evacuate with **caretakers**.
• Stay away from **electric poles** and **wires**.
• Stay at the safe area in the house, **if you cannot evacuate**.

**During a disaster**

**EARTHQUAKE**
- If an earthquake occurs:
  - **Drop Cover Hold on**
  - Drop to your knees immediately.
  - Cover and protect yourself.
- If you are seeking safety under a table, **hold on the table legs and wait until the shaking stops**.
- When the **earthquake stops**, evacuate immediately and keep protecting your head.

**FLOOD**
- **Evacuate** before flooding occurs.
- **Evacuate using a boat** when is flooded.
- **Do not swim or walk** in flood water! There may be invisible holes and you could drown.

**VOLCANIC ERUPTION**
- **Do not wander** around! Beware of cinders and gas emitted during the eruption.
- If ash-rain is falling, close the doors, windows, vents, and water reservoirs.
- Avoid evacuating to **rivers or flood plains**, there might be lava flowing down.
- **Use personal protection** such as masks, protective goggles, full-coverage clothes, shoes, hats, etc.

**Cyclone**
- **Do not approach** dangerous areas or objects.
- **Do not be provoked** by misguided information, always look for **reliable information**.
- **Do not return home** before the situation is clear or when the authorities say so.

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

**Do not stay at home**, if an evacuation order is issued.

**After a disaster**
- Once you are in safe place, always **stay with your caretakers** and never wander alone as you may get lost.
- **Inform your safety** to your relatives or friends.

Contact details for further information:
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