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

Know the characteristic of natural hazards

1. **Identify hazards** near you. Are you living near a volcano, river, hills, and/or beach?
   - Ask your local disaster management office to identify hazards in the area where you live.

2. **Check the accessibility** of ramp, handrails, and others for evacuation route and shelter.
   - Do evacuation drills regularly with your family/friends/neighbours.
   - Practice walking the routes even in darkness and bad weather.
   - Know the location of shelters recommended by the local authority.

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

Beware of floods!
If you live near rivers or in lowlands, your house, rice field, garden, livestock, school, market, etc. may completely submerge.

Watch out for cyclones!
The strong winds from cyclones can bring down trees, power lines, destroy windows, and potentially walls, 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.

Before a disaster

3. **Prepare an emergency bag**

<table>
<thead>
<tr>
<th>Item</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Air pump for wheelchair</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>- Emergency contacts</td>
</tr>
<tr>
<td>Raincoat</td>
<td>- Blood group</td>
</tr>
<tr>
<td>Blanket</td>
<td>- Health condition</td>
</tr>
<tr>
<td>Flash light and battery</td>
<td>- Medical prescription</td>
</tr>
<tr>
<td>Adult diapers</td>
<td>- Land certificate</td>
</tr>
</tbody>
</table>

4. • Make sure you are registered with the local authorities for priority or assistance in the event of disaster.
   • Find out how they might best help you to receive alerts and to evacuate.
   • Inform them what you can do and what you cannot do independently when evacuating.

5. **Participate in safety procedures** training.

6. **Discuss** with your caretakers:
   - Where to go or meet up (assemble).
   - Who will accompany you in the event of an emergency.

7. • Do safe room settings to reduce risk.
   • Install corner bracket support on the cupboard to prevent it from falling dawn.
   • Never sleep near wardrobes and ensure that no falling objects could block the door, hindering your quick evacuation.
During a disaster

**If an earthquake occurs:**
- **Drop Cover Hold on**
  - Drop to your knees immediately.
  - Cover and protect yourself.
- If ash-rain is falling, close the doors, windows, vents, and water reservoirs.
- Remember! There are also cinders and gas emitted during an eruption.
- **Use personal protection** such as masks, protective goggles, full-coverage clothes, shoes, hats, etc.
- **Evacuate** before flooding occurs.
- Ask rescuers to **evacuate you using a boat** and make sure your family members or friends accompany you.
- **Stay away** from doors and windows!
  - Cover your body using blankets or thick cloth, to protect you from falling debris.

**FLOOD**

- **Do not evacuate** to rivers and or flood plains because there might be lava!
- **Do not swim or walk** in flood water! There may be invisible holes and you could drown. Also, flood water is dirty and can spread disease.

**VOLCANIC ERUPTION**

- **Do not evacuate** to rivers and or flood plains because there might be lava!

**CYCLONE**

- **Stay away** from doors and windows!
  - Cover your body using blankets or thick cloth, to protect you from falling debris.

**EARTHQUAKE**

- **If you use crutch(es)** and it’s difficult to kneel, sit with stretched forward while protecting your head.
- **If you use a wheelchair**, lock your wheelchair and protect your head. If there is someone nearby who can assist, ask them to hold the wheelchair until the shaking stops.
- **If you are on the bed**, stay put! Protect your head with a pillow and cover your body with a thick cloth/blanket.
- When the **earthquake stops**, evacuate immediately and keep protecting your head.
- **If you cannot evacuate independently**, tell your caretakers:
  - to accompany
  - how best to help you evacuate.
  - not to separate your assistive devices from you

**Do not**
- Approach dangerous areas or objects.
- Be provoked by misguided information.
- Return home before the situation is clear or when the authorities say so.

**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.
- Always look for reliable information.
- Inform the person in charge to equip shelter facilities, including latrine with physical accessibility, so that you can perform daily activities independently or with minimum assistance from others.