Disaster Preparedness Quick Guide: Guidance for Persons With Visual 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, 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

1. Identify hazards near you.
2. Check the accessibility of evacuation route and shelter. These include:
   - Tactile signage,
   - Signs written in large letters and with contrasting colors,
   - Adequate lighting,
   - Installation of handrails.
3. Prepare an emergency bag

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4. Make sure you are registered through the local authorities for necessary priority or assistance in the event of disaster.
5. Let them know that you need caretakers when evacuating.
6. Practice with caretakers how best to be guided during evacuation.
7. Participate in safety procedures training.
8. Prepare caretakers to narrate visual messages when necessary.
9. Write in big sized letters for low vision people in visualized presentations.

5. Make an evacuation plan with your caretakers.
   - Ensure you are provided with audible announcement.

10. Do safe room setting to reduce risk.
    - Never sleep near wardrobes.
    - Ensure that no falling objects could block the door, hindering your quick evacuation.
During a disaster

- **Do not stay at home**, if an evacuation order is issued.
- **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.
- **Hold** your caretaker's shoulder or forearm to be properly oriented when evacuate.
- **Obtain information** from radio, internet, social media, SMS, etc.
- **Evacuate with caretakers**.
- **Stay away** from electric poles and wires.
- **Stay at the safe area in the house**, if you can not evacuate.
- **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 can not evacuate.
- **Evacuate with caretakers**.
- **Do not wander** around! Beware of cinders and gas emitted during the eruption.
- **Do not swim** or walk in flood water! There may be invisible holes and you could drown.

If an earthquake occurs:
- **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.
- **If there is an early warning alert**, take precautionary measures, including preparing for possible evacuation.
- **Stay away** from doors and windows!
- **Cover your body** using blankets or thick cloth, to protect you from falling debris.

After a disaster:
- **Never wander alone**, as you may get lost.
- **Do not approach** dangerous areas or objects.
- **Do not be provoked** by misguided information.
- **Do not return home** before the situation is clear or when the authorities say so.
- **Once you are in safe place, always stay** with your caretakers.
- **Inform your safety** to your relatives or friends.
- **Always look for reliable information**.
- **When in a shelter**, tell your caretakers to provide you with mobility orientation so you can do daily activities independently.

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

UNDRR
United Nations Office for Disaster Risk Reduction

ASB
Asian Disaster Reduction and Research Center