

Key Message for Disaster Risk Reduction



Content

All-hazards household Plan:	2
Key Messages for Drought:	11
Key Messages for Earthquakes:	14
Key Messages for Flood:	21
Key Messages for Pandemics:	26
Key Messages for Tropical Cyclones (Lao PDR: Typhoons):	31
Key Messages for Wildfires:	34
Key Messages for Hailstorms:	38
Key Messages for Infestation:	40
Key Message for Landslide and Debris flows:	44

All-hazards household and family disaster prevention in a nutshell

- Find out what could happen. Stay informed.
- Make a household disaster and emergency plan, considering everyone in your household.
- Reduce structural, non-structural and environmental risks in and around your home.
- Learn response skills and practise your plan.
- Prepared response provisions to survive for about a week. Prepare evacuation bags.
- Work together with your workplace, schools, neighbours and local community to assess your risks, plan to reduce them, and prepare to respond.

**ALL-HAZARDS HOUSEHOLD PLAN:
1. ASSESS & PLAN**

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Assess your risks where you live, work, study and play	<ul style="list-style-type: none"> • Learn about potential hazards, local emergency plans and communications and warning systems in your community. • Identify hazards and vulnerabilities in your home and surroundings. • Learn about the contact information, roles and responsibilities of government agencies in assessing and reducing risks, issuing early warnings and planning for response. • Learn who is likely to be most exposed to different hazards, where, and why. • Expect the unexpected!
1.2. Assess individual capabilities and needs	<ul style="list-style-type: none"> • Identify each person's individual needs and capacities. Consider all ages and functional needs – especially those related to communication and mobility. • Being prepared is everyone's responsibility. <i>You</i> can make the difference!
1.3. Make a plan	<ul style="list-style-type: none"> • Include all household and extended family members in your planning process. • Meet with household and family members to discuss your

	<p>vulnerabilities and plan for the specific risks you face.</p> <ul style="list-style-type: none"> • Determine what actions are needed to reduce risks and identify what resources and help you will need. • Plan the steps you will take to protect yourselves, to communicate, reunite and recover. • Decide who will do what, when, and how it will get it done. • Practise and update your plan regularly, to reduce your risks and to prepare for those you cannot eliminate.
<p>1.4.Keep emergency contact and health information available</p>	<ul style="list-style-type: none"> • Make emergency contact and health information cards for each household member, to be carried at all times (especially for children when they are away from home or school, and for anyone with particular access or functional needs). • Put a copy where it can easily be found in a disaster or emergency, and share it with your support network.
<p>1.5.Know your building exit routes</p>	<ul style="list-style-type: none"> • Identify your exits, and consider the safest exit routes in case of different types of hazards. • Keep exit pathways clear. • Identify a safe place away from your building (at home, at work, at school).
<p>1.6.Learn and participate in your community’s early warning systems</p>	<ul style="list-style-type: none"> • Learn your community’s early warning systems. If your community does not have one, help to develop one, taking care that the messages will be received and understood by everyone – especially the most vulnerable. • Take warnings seriously, even if they are frequent. Be alert for changes in circumstances, as risks may have increased since the early warning information was originally issued. • Follow evacuation instructions without hesitation. • Do not return home until local authorities say it is safe to do so.
<p>1.7.Make an evacuation plan: know your shelter destination, evacuation route and</p>	<ul style="list-style-type: none"> • Identify safe places where you can go if you need shelter or must evacuate. Everyone in your household should know where to go, and where to meet if they have to leave. • Plan alternate evacuation routes and methods, and practise your routes. • Work with your network to determine your transportation method if evacuation is necessary.

transportation method	<ul style="list-style-type: none"> • Ask your local emergency manager about community plans for directed evacuation and transportation options.
1.8.Keep copies of important personal documents	<ul style="list-style-type: none"> • Keep copies of your important personal documents in your evacuation bag, out-of-area-contact, safe deposit box, and electronically (for example, on a cloud, hard disk or memory stick).
ALL-HAZARDS HOUSEHOLD PLAN: 2. MITIGATE RISKS: Physical or environmental	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1.Construct your home in a safe place in compliance with building regulations	<ul style="list-style-type: none"> • Consider possible hazards before selecting the site for your home. • Learn about your area’s building codes before you begin construction. • Design, build and maintain your home in accordance with building regulations and best international and local practices, to protect from ground movement, wind, water and severe weather.
2.2.Practise home fire prevention	<ul style="list-style-type: none"> • Do not permit smoking in bed or when lying down. • Keep matches, lighters and flammable or combustible products away from children and from heat sources. • Never leave a fire or candle burning unattended. • Avoid overloading electrical circuits. • Check wiring in your home, repairing broken electrical cords, frayed or exposed wires or loose plugs. Do not run electrical cords under carpets. • Check and maintain connections on devices that run on gas. • Keep stove and heater areas clear of flammables. • Install working smoke detectors in sleeping areas and at each level in your home. • Dispose of ashes in a metal container and soaked with water. • Use heaters certified for safety and follow manufacturers’ directions. • Do not use kitchen ovens for home heating. • Do not operate or refuel electrical generators indoors.

<p>2.3.Store hazardous materials safely</p>	<ul style="list-style-type: none"> • Limit, isolate, eliminate and separate hazardous materials. • Store poisons and flammable products securely in closed, latched metal cabinets to prevent accidental fires, toxic combinations and hazardous materials release.
<p>2.4.Practise good hygiene and sanitation</p>	<ul style="list-style-type: none"> • Wash hands well, using soap and water or sand. • Use toilets or other sanitary methods to dispose of human waste. • Do not defecate in the open air or near water sources. • Protect water and food supplies from contamination.

<p align="center">ALL-HAZARDS HOUSEHOLD PLAN: 3. PREPARE TO RESPOND: Developing skills</p>	
<p>KEY MESSAGE</p>	<p>CONTEXT-SPECIFIC DETAILS</p>
<p>3.1.Learn how to react to fire</p>	<ul style="list-style-type: none"> • If possible, remove anyone in immediate danger. • Make sure that doors and windows are closed, to confine fire and smoke. • Alert others to the fire and activate any fire alarm systems. • Call the emergency fire service for help. • Try to extinguish small fires using appropriate tools.
<p>3.2.Use the correct fire extinguisher for the situation</p>	<ul style="list-style-type: none"> • Use the proper extinguisher: • pressurized water for Class A ordinary fires, such as burning wood, paper, cardboard, plastics and textiles • carbon dioxide for Class B flammable liquids, such as burning oil, gasoline, paint and grease and Class C energized circuits, such as electrical or computer fires • dry chemical powder for fires in Class A, B or C.
<p>3.3.Know what to do if you see fire or smell smoke</p>	<ul style="list-style-type: none"> • If you smell smoke or see a fire, alert others, get out quickly, assist others, and call for help. • If there is smoke in the room, follow the advice ‘Get down low and go, go, go’. Inhaling smoke or toxic gases kills many more people than burns do. Feel the doorknob and space around the door with back of your hand, but do not open it if it feels hot. As you exit each space, close doors and windows and turn off appliances. • Use a damp cloth over your nose and mouth to reduce fume inhalation when you are evacuating or waiting for

	<p>rescue.</p> <ul style="list-style-type: none"> • If you are on fire ‘Stop, drop and roll’ to extinguish the flames. If someone else is on fire, make them do the same. • If you cannot get out, close the doors and stay down low, opening a window a little to signal for help. Protect your hands and face with wet cloths. Place a wet towel at bottom of door to prevent smoke from entering the room.
<p>3.4. Respond to early warnings</p>	<ul style="list-style-type: none"> • Stay alert for emergency warnings, and respond immediately. • Know the alarm system that will be used and practise your response. Know your emergency exit choices. • If you are advised to evacuate, leave immediately. • Take your pets or service animals with you if possible. • Don’t forget your evacuation bag, with copies of personal documents. • Secure your belongings if you have time.
<p>3.5. Learn first aid</p>	<ul style="list-style-type: none"> • Learn first aid skills. Make sure that at least one member of your household is trained in first aid. • Practise and update your first aid knowledge every year.
<p>3.6. Respond to the needs of your animals</p>	<ul style="list-style-type: none"> • If you have animals, evacuate early with them or make sure any outbuildings, pastures or corrals are protected. • If you must leave animals behind, do not leave them tied or shut in buildings. Leave dry food.
<p>3.7. Maintain communication</p>	<ul style="list-style-type: none"> • Make sure street signs and house numbers are clearly marked so that emergency responders can help you.
<p>3.8. Stay informed</p>	<ul style="list-style-type: none"> • Listen to a portable battery-operated radio or television for emergency information and safety instructions. • Know the frequency of your local emergency-alarm radio station.
<p>3.9. After hazard impact, help those around you</p>	<ul style="list-style-type: none"> • First, check your own security and safety, followed by that of those immediately around you, before moving or going to help others. • Check yourself and others for injuries. Do not try to move anyone who is seriously injured unless they are in immediate danger of death or further injury. • If you must move someone who is unconscious, first

	<p>stabilize their neck and back and then get help.</p> <ul style="list-style-type: none"> • If the person is not breathing, carefully position them so they are lying flat on the floor with their chin tilted slightly up, clear the airway, close their nose, and administer rescue breaths via protected mouth. • Maintain normal body temperature (not too cold or too hot) and raise legs by about 20–30cm (7–12in), above the heart. • Stop bleeding only by using pressure and elevation, not by tourniquet
<p>3.10. After hazard impact, check for damage</p>	<ul style="list-style-type: none"> • Follow the specific advice below for the situation in question: • Gas Check for leaks. If you smell gas, hear a blowing or hissing noise or see a broken gas line, open a window and get everyone outside and away from the area quickly. Seek professional help. Extinguish all flames, and do not light flames of any kind. Do not touch electrical switches. • Electricity If your body or the equipment is in contact with water, do not touch electrical circuits or equipment. Do not touch damaged electrical wires or items in contact with them. If possible, turn off electricity at the main fuse box and check for damage. If the power is out, turn off and unplug major appliances to protect them from a power surge when electricity is restored. If the situation is unsafe, leave and call for help. • Sewage If you suspect damage to the sewage system, avoid using toilets and tap water. Have septic tanks serviced regularly. • Water If you suspect damage, turn off the main water valve. Avoid using water, except from undamaged water heaters or ice cubes made before the hazard impact. • Spills Clean up spills carefully. Place containers in a well-ventilated area. Keep combustible liquids away from heat sources. Pay special attention to flammable liquids such as gasoline, paint thinner or lighter fluid.
<p>3.11. After hazard impact, take care of yourself</p>	<ul style="list-style-type: none"> • Keep with you any critical health information with you – especially if you have diabetes, heart disease or need

	<p>any regular life-sustaining or behaviour-controlling medications or devices.</p> <ul style="list-style-type: none"> • Prevent exhaustion. Pace yourself, rest and sleep. • Drink plenty of clean water. Eat as well as circumstances allow. • Wear protective shoes, clothing and gloves. • If you are working in debris, wash your hands thoroughly with soap and water.
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ALL-HAZARDS HOUSEHOLD PLAN:	
4. PREPARE TO RESPOND: Storing provisions	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
4.1. Check your phones	<ul style="list-style-type: none"> • Make sure you have at least one non-electric, non-cordless landline phone in case of power outage. • For mobile phones, keep an extra battery or manual or solar charger available.
4.2. Store water and food	<ul style="list-style-type: none"> • Store enough clean water and non-perishable food to survive for about a week. 25-30 litres (7 gallons) for each household member. About half of this is for drinking or cooking and half for sanitation. • Keep the water in clean, closed containers.
4.3. Store response provisions at home, work and school	<p>Keep the following disaster provisions in a secure place – outside your home, where possible:</p> <ul style="list-style-type: none"> • emergency contact information and copies of vital records • 25 litres (7 gallons) per person. This is sufficient for survival for one person for one week based on an estimated 2 litres (half a gallon) for drinking and 2 for sanitation. Include allocations for pets and service animals. Replace every six months. • enough non-perishable food to last for at least seven days. Remember infant and other special dietary needs

	<p>and pets or service animals. (Check expiry dates every six months)</p> <ul style="list-style-type: none"> • first aid kit and prescription medications • dust mask to filter contaminated air • torch/flashlight – either solar or wind-up, or with extra batteries. • plastic bags and ties for personal sanitation • liquid bleach for water purification • plastic sheeting and duct tape to seal windows and doors for hazardous materials release • paper and markers • multi-purpose pocket knife tool • matches • a whistle, to signal for help • a telephone with extra battery or power storage • clothing and toiletries, including rain gear, a change of underclothing, sturdy shoes and work gloves • bedding and towels • personal items to meet the needs of each household member including assistive devices such as spectacles.
<p>4.4. Prepare a ‘go bag’ for evacuation</p>	<p>Pack evacuation bags containing:</p> <ul style="list-style-type: none"> • emergency water and high-energy food • communication equipment such as a portable radio (solar wind up, or with extra batteries) • first aid supplies and prescription medications • tools including a torch/flashlight (solar, wind up or with extra batteries) multi-purpose tool, matches • clothing, including rain gear, a change of underclothing, sturdy shoes and work gloves • emergency blanket • personal toiletries and items such as assistive devices • emergency contact information and copies of vital records • cash. <p>Take this bag when you evacuate.</p>
<p>4.5. Purify water</p>	<p>Even if water looks clean, it may be contaminated. If it is of questionable purity, carry out the following steps:</p>



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| | <ul style="list-style-type: none">• Remove solids by filtering the water through a cloth or letting it settle and pour it into a clean container.• Boil the water for at least one minute or until large bubbles appear, then let it cool.• Add bleach, mix well, and let stand for 30 minutes (1 drop of bleach per litre of water, 8 drops per gallon, or 1 capful per 20-litre jerry can).• Alternatively, place water in a clean, transparent plastic or glass bottle and lay it in direct sunlight for six hours.• In all cases, store water in a clean, closed container. |
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KEY MESSAGES FOR DROUGHT

1. EARTHQUAKE: ASSESS & PLAN

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Identify safest places	<ul style="list-style-type: none"> Identify the safest places in your building, and in each room. These places must be located away from exterior walls, unsecured partition walls, windows, glass and large or heavy objects that can fall, slide or collide, or objects such as heaters and open fireplaces that can cause fire. Outside your building, the safest places are away from overhead and underground hazards.
1.2. Identify items that could cause death or injury and work out how to secure them	<ul style="list-style-type: none"> Identify items within the building and around the perimeter that could fall, slide or collide during earthquake shaking. Move them or find the best ways to secure them. Move or secure objects that may fall and block exits.
1.3. Do not be misled by disinformation, myths or rumours	Base safety information on the available scientific evidence. Do not spread rumours or unfounded myths about causes or effects of hazards. Many popular anecdotes are not supported by scientific data.

2. EARTHQUAKE: MITIGATE RISKS: Physical or environmental

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1. Select a safe site for your building	<ul style="list-style-type: none"> Find out from local authorities where earthquake risks are highest in your local area. Locate buildings on stable, solid, dry ground (in other words, on deep and unbroken rock known as bedrock). Avoid adjacent hazards by leaving sufficient space between buildings so that they cannot pound against each other during earthquake shaking. Avoid building on unstable slopes or sites subject to

	<p>liquefaction, avalanches or inundation from tsunamis, flooding or dam failure.</p> <ul style="list-style-type: none"> • Avoid building directly on top of, or within 15m (50 ft) of known earthquake faults.
<p>2.2. Build and maintain your building with earthquakes in mind</p>	<ul style="list-style-type: none"> • The way a building behaves during earthquakes depends on the ground it sits on, its shape, the design of its structural system, the materials it is built with, and construction detailing. Ideally it should be strong but flexible, so that it does not fail when shaken. • Follow these principles for seismic-resistant construction: • Rigorously follow anti-seismic building codes for your area. • Select an appropriate foundation system for the topography, soil conditions and construction type. • Select a simply symmetrical shape for the building (usually a simple rectangle). • Ensure that the parts of the structural system (such as the columns, beams and walls) are continuous, evenly distributed and well connected. • Use the appropriate quality and quantity of materials. • Protect your building from water and moisture damage. • Review the overall safety of your building periodically.
<p>2.3. Repair and retrofit for life safety</p>	<ul style="list-style-type: none"> • Whether you are a homeowner or a tenant, there are things that you can do to improve the structural integrity of your home. Anything you do to strengthen your home could reduce the risk of death and injury. • Where possible, consult a qualified engineer or skilled professional to help identify your building's weaknesses and fix them. Check that the person you hire is fully qualified in anti-seismic building techniques, has full knowledge of local regulations, and follows them rigorously. • Check for:

	<ul style="list-style-type: none"> • inadequate foundations • unbraced walls • discontinuous columns or beams • damage to concrete • unreinforced masonry • rotting wood • vulnerable pipes • in frame buildings that supporting columns and beams are evenly spaced, continuous, and well-connected. • Check for any building adaptations or alterations that might have adversely affected the safety of the structure. • Implement retrofit. Even minimum retrofit is effective in preventing total collapse of structures, saving lives.
<p>2.4. When making improvements, maintain the structural integrity of your building</p>	<ul style="list-style-type: none"> • Make improvements that follow local building codes, in consultation with a qualified engineer. • If you make structural changes, take care not to remove or damage any part of the load-bearing elements of the building (the columns, beams or walls). This can weaken the structure and impact on everyone in the building.

KEY MESSAGES FOR EARTHQUAKES



1. EARTHQUAKE: ASSESS & PLAN	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Identify safest places	<ul style="list-style-type: none"> Identify the safest places in your building, and in each room. These places must be located away from exterior walls, unsecured partition walls, windows, glass and large or heavy objects that can fall, slide or collide, or objects such as heaters and open fireplaces that can cause fire. Outside your building, the safest places are away from overhead and underground hazards.
1.2. Identify items that could cause death or injury and work out how to secure them	<ul style="list-style-type: none"> Identify items within the building and around the perimeter that could fall, slide or collide during earthquake shaking. Move them or find the best ways to secure them. Move or secure objects that may fall and block exits.
1.3. Do not be misled by disinformation, myths or rumours	Base safety information on the available scientific evidence. Do not spread rumours or unfounded myths about causes or effects of hazards. Many popular anecdotes are not supported by scientific data.

2. EARTHQUAKE: MITIGATE RISKS: Physical or environmental	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1. Select a safe site for your building	<ul style="list-style-type: none"> Find out from local authorities where earthquake risks are highest in your local area. Locate buildings on stable, solid, dry ground (in other words, on deep and unbroken rock known as bedrock). Avoid adjacent hazards by leaving sufficient space between buildings so that they cannot pound against each other during earthquake shaking.

	<ul style="list-style-type: none"> • Avoid building on unstable slopes or sites subject to liquefaction, avalanches or inundation from tsunami, flooding or dam failure. • Avoid building directly on top of, or within 15m (50 ft) of known earthquake faults.
<p>2.2. Build and maintain your building with earth-quakes in mind</p>	<ul style="list-style-type: none"> • The way a building behaves during earthquakes depends on the ground it sits on, its shape, the design of its structural system, the materials it is built with, and construction detailing. Ideally it should be strong but flexible, so that it does not fail when shaken. • Follow these principles for seismic-resistant construction: • Rigorously follow anti-seismic building codes for your area. • Select an appropriate foundation system for the topography, soil conditions and construction type. • Select a simply symmetrical shape for the building (usually a simple rectangle). • Ensure that the parts of the structural system (such as the columns, beams and walls) are continuous, evenly distributed and well connected. • Use the appropriate quality and quantity of materials. • Protect your building from water and moisture damage. • Review the overall safety of your building periodically.
<p>2.3. Repair and retrofit for life safety</p>	<ul style="list-style-type: none"> • Whether you are a homeowner or a tenant, there are things that you can do to improve the structural integrity of your home. Anything you do to strengthen your home could reduce the risk of death and injury. • Where possible, consult a qualified engineer or skilled professional to help identify your building's weaknesses and fix them. Check that the person you hire is fully qualified in anti-seismic building techniques, has full knowledge of local regulations, and follows them rigorously. • Check for: • inadequate foundations

	<ul style="list-style-type: none"> • unbraced walls • discontinuous columns or beams • damage to concrete • unreinforced masonry • rotting wood • vulnerable pipes • in frame buildings that supporting columns and beams are evenly spaced, continuous, and well-connected. • Check for any building adaptations or alterations that might have adversely affected the safety of the structure. • Implement retrofit. Even minimum retrofit is effective in preventing total collapse of structures, saving lives.
2.4. When making improvements, maintain the structural integrity of your building	<ul style="list-style-type: none"> • Make improvements that follow local building codes, in consultation with a qualified engineer. • If you make structural changes, take care not to remove or damage any part of the load-bearing elements of the building (the columns, beams or walls). This can weaken the structure and impact on everyone in the building.

3.EARTHQUAKE: PREPARE TO RESPOND: Developing skills	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
3.1. Practise earthquake drills in different locations	<ul style="list-style-type: none"> • Practise earthquake drills, both physically and as thought exercises, in different locations. Considering the impact of strong shaking and identify the safest actions in each place (at home, work and school).
3.2. Take immediate action	<ul style="list-style-type: none"> • Trust your senses. Assume that the first shaking you feel is an earthquake. • Move away from windows, glass and exterior walls and unstable and heavy objects. • Extinguish any and all flames. • If you are near an exit door, open it a little so that if it becomes misshapen it will not be stuck closed.
3.3. If you are indoors, drop to	<ul style="list-style-type: none"> • Drop down on your knees and make yourself small. Cover

<p>your knees, cover your head and neck, and hold on to your cover</p>	<p>your head and neck, and protect your face. Hold on to this cover, or move with it, until the shaking stops. Do not attempt to run.</p> <ul style="list-style-type: none"> • ‘Drop, cover and hold on’. This is shorthand for several options for earthquake position that protect you from the worst and most-common injuries, by protecting your head, neck and throat. Pulling in your hands, arms, feet and legs makes you a smaller target and places you in position, ready to crawl to a safer location. • If you are near a sturdy table, get under it. Hold on to the table leg with one hand and protect your eyes with the other hand. • If you are in bed, stay there and protect your head with a pillow. • If you are near a sofa, get down next to it and use a cushion to protect your head and neck. • If you are sitting in a theatre or stadium seat, brace yourself while protecting your head and neck. • If you are in a wheelchair, lock it. If you cannot get down low, brace yourself and protect your head with your arms. • If you cannot drop to the floor, stay where you are, bracing yourself in place. • Stay indoors until the shaking stops and you are sure it is safe to exit.
<p>3.4.If you are on the ground floor of an adobe house with a heavy roof, exit quickly</p>	<ul style="list-style-type: none"> • If you are indoors, on the ground floor of an adobe house with a heavy roof, and if you can get outside to a clear space, then exit quickly and carefully as soon as you feel shaking. Drop, cover and hold on, away from the building and any overhead hazards. • Note: This is the only exception to the rule to stay indoors until the shaking has stopped, as lightweight roofs pose little danger.
<p>3.5.If you are outdoors, find a clear spot and</p>	<ul style="list-style-type: none"> • If you are outside, find a clear spot away from overhead hazards such as buildings, trees, streetlights, power lines, overpasses, underpasses or above-ground gas lines. Drop

drop to your knees to prevent falling	to the ground and stay there until the shaking stops. Stay outside and remain in open areas away from hazards.
3.6.If you are in a multi-storey building, be careful both during and after the shaking	<ul style="list-style-type: none"> • After the shaking stops, check for the safety of stairs or exterior fire escapes, before using them. • Do not use elevators at all.
3.7.If you are in a vehicle, go to a clear location and pull over	<ul style="list-style-type: none"> • Stop the vehicle in a safe place. Stay in the vehicle until the shaking stops. Avoid bridges, trees, power lines, poles, street signs, overpasses, underpasses, tunnels and other overhead or ground-level hazards. • Once the shaking has stopped, proceed with caution. Avoid bridges, elevated roadways, ramps and tunnels that might have been damaged by the quake.
3.8.After the main shaking stops, expect aftershocks	<ul style="list-style-type: none"> • Aftershocks will be frequent during the first hours and days after an earthquake, and will gradually diminish in frequency and intensity. However, unusually large aftershocks may occur days or even weeks after the main earthquake. Aftershocks can trigger additional building damage or collapse. • Follow the same guidance for an aftershock as you would for any earthquake.
3.9.After the main shaking stops, if you are indoors, move cautiously and evacuate the building	<ul style="list-style-type: none"> • Put on sturdy shoes before you move around. If it is dark, use a torch/flashlight. Move to your pre-determined meeting place either inside the building or outside, away from buildings. Notice any damage as you exit. • If you feel strong shaking, exit the building following the standard building evacuation rules: ‘Don’t run. Don’t talk. Don’t push. Assist others to evacuate the building.’ • Take your evacuation ‘go-bag’ with you when you evacuate. • Make sure school buildings are evacuated and have been visually inspected before people are allowed to go back inside.

	<ul style="list-style-type: none"> Other public or private buildings should have their own emergency plans, and management should inform all occupants whether to evacuate or not. If visual inspection shows signs of moderate or heavy damage, the building should be evacuated, and should not be re-occupied until it has been inspected by qualified engineers.
<p>3.10. Extinguish flames and put out small fires</p>	<ul style="list-style-type: none"> Fire is a common hazard following earthquakes. In areas with wooden construction, fires following an earthquake can cause more damage than the earthquake itself. Check for small fires and extinguish any that you find.
<p>3.11. If you are in a coastal area or near a tributary, move away from water to higher ground</p>	<ul style="list-style-type: none"> If you are in a coastal area and there is an earthquake, drop, cover and hold on. When the shaking stops, move quickly away from the coast or tributaries, to higher ground, avoiding buildings, bridges and downed power lines. Take your animals with you, if you can. If you cannot get inland, go up to higher floors of the strongest buildings available. Do not return to the shore, as waves may continue to arrive for hours. The earthquake could cause a tsunami very soon afterwards or some hours later. If there is a tsunami watch, stay informed by radio. If a tsunami warning is issued, be ready to evacuate. If you are near the coast and feel the shaking of a strong earthquake that lasts 20 seconds or longer, or if you see receding waters at the shoreline, you may only have minutes until a tsunami arrives. Do not wait for an official tsunami warning. Most tsunamis have two or three large waves, and there may be tens of minutes between the arrival of each one. If you are on a boat or ship at sea, do not return to port. If you are in shallow water, move to deep water if you have time, and if you are in deep water stay there. Contact the harbour authorities to report any large waves near to the shore, before you return to harbour.
<p>3.12. If you are in a mountainous area, stay alert</p>	<ul style="list-style-type: none"> If you are in a mountainous area or near unstable slopes or cliffs, be alert for: falling rocks and other debris

	<ul style="list-style-type: none"> • unusual sounds, such as cracking trees • sudden increase or decrease of water in streams • local dams, dykes, or levees that may be prone to damage or destruction. • Tune into your early warning system. • Be alert for earthquake-induced landslides and avalanches, which can dam streams or rivers or cause outbursts from glacial lakes. Even weeks after an earthquake, breakage of dams can put downstream areas in danger of flooding.
<p>3.13.If you are near unstable slopes or cliffs, or have a landslide or flood warning, leave if it is safe to do so</p>	<ul style="list-style-type: none"> • Listen for landslide or flood warnings. • Consider leaving the area if it is safe to do so. • If a warning includes evacuation, evacuate immediately. • If there is a landslide warning and there is a sudden burst of rain, evacuate immediately to your safe haven. • Watch for flooding and be alert when driving near embankments or along swollen waterways.



KEY MESSAGES FOR FLOODS

1. FLOOD: ASSESS & PLAN	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Know your area's flood risks	<ul style="list-style-type: none"> • Know the local terrain, water sources, catchment area and weather patterns, to better understand the risks. • If flood plains have been mapped, find out whether you are located on a flood plain, and learn about the elevation of your property and buildings relative to predictable flood levels. • Consider risk factors such as proximity to rivers, dykes and coastlines, blockage of channels or gullies, and urban infrastructure. • Investigate historical experience and the potential impact of climate change on your area. • Speak with local authorities and neighbours to find out whether your area is prone to flooding and how flood risk is being addressed. • Maintain communication with neighbours located above and below you. • Identify industrial activity that may create hazardous materials release and contamination risks during flooding.
1.2. Store valuables and dangerous materials above likely water levels	<ul style="list-style-type: none"> • Keep important papers, equipment, feedstock and other valuables above potential flood levels, using waterproof containers where possible. • Keep hazardous chemicals above anticipated flood levels.
1.3. Consider relocating or mitigating and adapting	<ul style="list-style-type: none"> • If you live in a place prone to frequent or serious flooding, consider relocating, building elevated storage buildings or using floating shelters.

2. FLOOD: MITIGATE RISKS: Physical or environmental

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1. Select a safe site for your building	<ul style="list-style-type: none"> • Avoid building or living on riverbanks, gullies or flood plains, unless you elevate and reinforce your home (with the exception of delta areas, where riverbanks are on high ground).
2.2. Build and maintain your home with floods in mind	<ul style="list-style-type: none"> • If you live on a flood plain, build an appropriate foundation and elevate your home. • Construct wells and latrines in safe places, above expected flood levels. • If you are advised to for your specific conditions, install back-flow valves in plumbing to prevent floodwater from backing up into drains. • When you make renovations or alterations, wet-floodproof the construction. Choose flood damage-resistant materials for areas that usually get wet, raise electrical circuits 1.2m (4ft) above the floor, put appliances on pedestals, and design walls so that cavities drain.

3. FLOOD: PREPARE TO RESPOND: Developing skills

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
3.1. Stay informed: monitor weather, listen to the radio and follow instructions	<ul style="list-style-type: none"> • Monitor the weather closely. If there is a flood watch, this means a flood is possible in your area. If there is a flood warning, this means a flood is already occurring in your area, or will do soon. • If you are advised to evacuate, or if you think you are in danger, evacuate immediately. • If you are instructed, or if you have time before evacuating, disconnect heating and cooking or gas tanks and unplug electrical appliances.
3.2. During rainy season and flood	<ul style="list-style-type: none"> • If you have a vehicle, keep its fuel tank filled in case you need to evacuate.

conditions, keep your vehicle fuel tank filled	
3.3. During a flood ‘Turn around, don’t drown.’ Stay out of floodwater and evacuate vertically	<ul style="list-style-type: none"> • Never try to walk, swim or drive through swift water. If you come across flowing water above your ankles, stop, turn around and go the other way. Fast-moving water only 15cm (6in) deep can sweep a person off their feet. • Do not expect to outrun floodwater, as it may flow at 10–20km per hour (6–12mph). • If you have not been able to evacuate out of the area, then evacuate vertically, moving to higher ground or the uppermost floors of buildings.
3.4. During a flood, if you are in a vehicle, avoid unsafe conditions	<p>Never attempt to cross any flowing water or water-covered roads or bridges.</p> <p>Do not drive around barricades: they are there for your safety. Turn around and find another route.</p> <p>Stay away from underpasses, as the depth of water there is not obvious. Underpasses can fill with 1.5–2m (5–6ft) of water.</p> <p>Standing water may be electrically charged from underground or downed power lines.</p> <p>Avoid travelling at night.</p> <p>Move to higher ground, away from rivers, streams, creeks and storm drains.</p> <p>As little as 20cm (6in) of water can cause you to lose control of your vehicle and as little as 50cm (2ft) of rushing water can carry away most vehicles, including trucks.</p> <p>If they become wet, test your brakes on a clear patch of road at low speed. If brakes are not stopping as they should, dry them by pressing gently on the brake pedal while maintaining speed.</p> <p>If your vehicle stalls in water, abandon it and climb to higher ground. Restarting your engine may cause irreparable damage.</p> <p>If your vehicle is being submerged, open the windows to escape.</p>
3.5. After a flood, take	<p>Stay away from low-lying areas.</p> <p>Do not drink from, play or swim in water left by floods.</p>

<p>care around floodwaters</p>	<p>Watch out for poisonous snakes – especially around trees and bushes. Use a stick to poke through debris.</p> <p>Avoid touching electrical that is wet or any water that is in contact with electrical wires.</p>
<p>3.6. After a flood, start clearing out and drying your home when rain stops and water recedes</p>	<p>Drying may take weeks, and complete restoration may take months. Sewage and toxic contamination is difficult to clean.</p> <p>Move everything that is wet outside (weather permitting).</p> <p>Drain away water under the house.</p> <p>Keep doors and windows open on dry days. On wet days, leave windows ajar.</p> <p>Turn on heaters when possible.</p> <p>Wash and then disinfect every part of your home that has been flooded. Start from the bottom and work up. Work in a well-ventilated area with two buckets – one for the cleaning agent and one for rinse water. Replace rinse water frequently. Repeat after 8–24 hours to kill germs and reduce the odour.</p> <p>Remove mildew.</p>
<p>3.7. After a flood, take sanitation precautions</p>	<p>Service sanitation systems as soon as possible.</p> <p>Check drinking wells for contamination before using the water.</p> <p>Use protective equipment for all tasks (including tall boots, long pants, long sleeves, eye protection and gloves).</p> <p>Wash hands before eating, drinking or smoking.</p> <p>Use disinfectant when cleaning.</p> <p>Disinfect any cuts and protect them with a waterproof dressing.</p> <p>Keep children away during the clean-up.</p> <p>Bury human waste matter quickly.</p>
<p>3.8. After a flood, clean up carefully</p>	<p>Follow these instructions for cleaning specific items:</p> <p>Paper and photographs:</p> <ul style="list-style-type: none"> To protect paper, rinse and freeze it or place it in a sealed container with moth crystals or stacked individually between sheets of wax paper and sealed in a plastic bag. Freezing slows the damage, and the paper can then be defrosted and dried later.

- Place wet or frozen photos in cold clear water and separate them. Do not hold them under running water or wipe. Dislodge dirt by moving gently in a tub.
- Photocopy the items as soon as possible.
- As soon as the pages are thawed or unsealed, dry them with a blow dryer or blotting paper.
- Don't force pages apart – dry them until they come apart easily.
- Seek professional help for rare and heritage books, photographs and stamp collections.

Computer disks:

- Rinse disks, place them in a plastic bag and refrigerate them until you can get professional help.

Clothing and linens:

- Shake out mud, hose off dirt and wash items in a washing machine with hot water and disinfectant.

Furniture and appliances:

- If appliances are wet, turn off the electricity at main fuse box or circuit breaker. Unplug appliances and let them dry out. Ensure that the electrical system and appliances are checked by a professional before turning power on and using them.
- Clean appliances with clean drinkable water.
- Check that sewer line is working before using toilet/latrine.
- Discard all food that has been in contact with the water.
- Discard plastic or porous kitchen items.
- Clean and disinfect refrigerators and other appliances with drinkable water and disinfectant. (However, refrigerators and freezers may not be salvageable.)
- Use hot water to wash pots, pans, dishes and utensils. Disinfect and air dry.
- Remove the backs of furniture to allow air to circulate.
- Do not force open wooden drawers and doors: let them dry first.

KEY MESSAGES FOR PANDEMICS



1. PANDEMIC: ASSESS & PLAN

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Protect sources of clean water	<ul style="list-style-type: none"> •
1.2. Vaccinate children against killer diseases	<ul style="list-style-type: none"> • Maintain vaccination cards for babies and children. • Keep vaccinations up to date. • Participate in vaccination campaigns • Vaccinate against polio, diphtheria and measles. • Do not re-use needles.
1.3. Identify pandemic threats	<ul style="list-style-type: none"> • Think about your household as well as your neighbourhood and community.

2. PANDEMIC: MITIGATE RISKS: Physical or environmental

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1. Use clean and protected water sources	<ul style="list-style-type: none"> • Use water sources with care and maintained them in a good condition. Risk factors include: <ul style="list-style-type: none"> • unprotected water sources • leaking septic tanks and latrines • contaminated surface water run-off entering wells and springs • animals using the same source as people • objects falling into a well.
2.2. Purify water	<ul style="list-style-type: none"> • Learn and practise reliable methods for purifying water for your household.
2.3. Wash hands very well with soap	<ul style="list-style-type: none"> • Learn how to wash your hands very well, using clean water and soap.

	<ul style="list-style-type: none"> Always wash your hands after using the toilet, and before and after handling food and eating.
2.4. Practise good sanitation	<ul style="list-style-type: none"> Dispose of any waste that attracts flies and insects. Dispose of waste properly without contaminating water or soil.
2.5. Keep food clean	<ul style="list-style-type: none"> Keep food safe for eating.
2.6. Dispose of human waste safely	<ul style="list-style-type: none"> Dispose of waste safely for humans, animals and the environment. Use latrines rather than open defecation, to prevent spread of dangerous diseases. If latrines are not available, defecate well away from houses, water sources and places where children play. Bury faeces immediately or cover with earth, sand or ash. Locate trench and pit latrines away from water sources (raised, where there is a shallow water table) and keep them clean. Make sure pit latrines are emptied or replaced regularly by trained people with mechanical and protective equipment, rather than manually.

3. FOR AIRBORNE DISEASES

3.1. Wash your hands very well	<ul style="list-style-type: none"> Wash your hands very well using clean water and soap. This is of critical importance before and after you have contact with people who are sick.
3.2. Cover your mouth	<ul style="list-style-type: none"> Always cover your coughs and sneezes. Cough or sneeze into your elbow or into a scarf, tissue or handkerchief. Do not cough or sneeze into the air. If you cough or sneeze into your hands, wash them immediately with soap and water.
3.3. Dispose of your waste	<ul style="list-style-type: none"> Dispose of your waste and exposed materials safely.

	<ul style="list-style-type: none"> • Throw out used masks and tissues properly by placing them in a bag and sealing it, before burning or burying them.
3.4. Separate and care for your sick	<ul style="list-style-type: none"> • In order to limit the spread of the illness within the household: • Separate family members who are sick into one room or corner of the house, or outside if the weather allows. • Use only one caregiver – preferably a family member who is not at high risk. The caregiver should use safety measures – for example, using a mask when less than 1m (3ft) from the person who is sick. Put protective clothing on when you are in the room and remove it before leaving the room. Wash hands after providing care. • Other family members should monitor themselves daily for fever and cough. Make sure that young children, pregnant women and people who have another disease receive medical care if they get sick.

4. FOR BODY-FLUID BORNE DISEASES:

4.1. Wash your hands very well	<ul style="list-style-type: none"> • Wash your hands very well using clean water and soap. • Washing your hands is of critical importance before and after you have contact with people who are sick.
4.2. Practise safe sex	<ul style="list-style-type: none"> • Do not engage in unprotected sexual activity. Use a condom. • Do not introduce other people's body fluids into your mouth.

5. FOR VECTOR (ANIMAL) BORNE DISEASES:

5.1. Be careful handling and slaughtering animals	<ul style="list-style-type: none"> • Never touch sick or dead animals without protection.
5.2. Sleep under mosquito netting	<ul style="list-style-type: none"> • Sleep under mosquito netting to reduce exposure to malaria-carrying mosquitos.

6. PANDEMIC:PREPARE TO RESPOND: Developing skills	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
6.1.Use personal protection equipment	Personal protection equipment includes: <ul style="list-style-type: none"> • masks • protective glasses or goggles • gloves • apron • soap or disinfectant in alcohol base, for washing hands.
6.2.Take care of yourself	<ul style="list-style-type: none"> • Maintain good personal hygiene. • Build up your immunity with a good diet, regular exercise and adequate rest. • Reduce stress and avoid smoking. • Wear an appropriate face-mask when you need to be in close proximity to someone who is ill or may be contagious. • If you have contagious symptoms, stay at home.
6.3.Manage fever	<ul style="list-style-type: none"> • Cool the body down and drink lots of fluids.
6.4.Prepare oral rehydration solution to treat dehydration and diarrhoea	<ul style="list-style-type: none"> • Oral rehydration solution consists of: 1 litre water, 8 level teaspoons sugar, and 5 level teaspoons salt.
6.5.Seek medical attention for anyone who cannot be treated at home	If someone needs medical care, go to the nearest health clinic or hospital to get help.
6.6.Stockpile essential foods	Consider which of the following three levels of food security or insecurity you may face: <ul style="list-style-type: none"> • Self-sufficient maintaining a sustainable income and other means of living, and sustainable access to sufficient food • Food insecure sustainable income and other means of living, but without access to enough food due to disruptions in the market

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| | <ul style="list-style-type: none">• Food and livelihoods insecure without a sustainable income and at the same time unable to access and/or afford enough food. This is the most vulnerable level. |
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KEY MESSAGES FOR TROPICAL CYCLONES (Lao PDR: Typhoons)

(cyclones, hurricanes, typhoons)



1. TROPICAL CYCLONE: ASSESS & PLAN

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Know your area's risks related to cyclone, hurricane or typhoon	<ul style="list-style-type: none"> Learn about the risks and potential impacts of severe tropical storms that can impact your location (especially winds, storm surge and flooding).
1.2. Make an evacuation plan: know your shelter destination, evacuation route and transportation method	<ul style="list-style-type: none"> If evacuation is necessary, work with your network to determine various transportation options. If you do not know the different options, ask your local emergency manager about plans for people without private vehicles, or for anyone requiring assistance. Make sure everyone in your household knows where to go if they have to leave the area.
1.3. Work with your community to identify local cyclone shelters	<ul style="list-style-type: none"> Work with your community to identify safe local cyclone shelter locations for anyone who will need them. Make sure each household member knows the location and route to the agreed shelter.

2. CYCLONE: MITIGATE RISKS: Physical or environmental

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1. Build and maintain your home with severe tropical storms in mind	<ul style="list-style-type: none"> Install permanent external storm shutters on windows and doors wherever possible, to protect from flying debris. Be sure that roofs are securely fastened to the frame structure. Minimize roof overhangs, as winds can catch and uplift them. Where possible, elevate furnaces, water heaters and electrical panels.

	<ul style="list-style-type: none"> • Install check valves in plumbing to prevent floodwater from backing up into drains. • Consider building a safe room, for tornado safety.
2.2. Inspect and repair your roof annually	<ul style="list-style-type: none"> • Inspect your roof at the beginning of the storm season and make repairs, such as fixing loose tiles, as needed. The roof is often the most vulnerable part of the house. Fix any loose tiles. • For wooden structures, brace the roof to the main structure and add hurricane straps to secure the roof. • For lightweight roofs, secure sandbags on top, to increase stability. • Clear rain gutters and downspouts, and fix any that are loose.

3. CYCLONE: PREPARE TO RESPOND: Developing skills

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
3.1. Stay informed	<ul style="list-style-type: none"> • Monitor the weather closely. • If you are advised to evacuate, or if you think you are in danger, evacuate immediately away from the storm's direction of movement. • Make sure you understand the difference between a watch and a warning in early warning weather reports: • A watch means there is a threat of cyclone, hurricane or typhoon conditions within 36 hours. This is the time to check your preparations. • A warning means that the conditions are expected within 24 hours or less.

If you receive a cyclone, hurricane or typhoon watch

3.2. Stay informed	<ul style="list-style-type: none"> • Listen to the radio or TV for information. • Close storm shutters or board up windows from the outside. • Secure outdoor objects or bring them inside.
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	<ul style="list-style-type: none"> • Fill bottles with drinking water, and fill the bathtub and any large containers with water for sanitation. • Check your personal supplies, including prescription medications. • Turn the refrigerator thermostat to coldest setting and keep it closed.
3.3.Prepare to evacuate	<ul style="list-style-type: none"> • Check that your evacuation supplies and your ‘go bags’ are ready, including water and high-energy food, emergency contact information. Wear rain boots if possible. Charge mobile phone batteries.
3.4.Know when and where to evacuate	<ul style="list-style-type: none"> • You need to evacuate if you live on the coast, on a flood plain, near a river or on an inland waterway. • If you live in a temporary or lightweight structure, evacuate early. • Evacuate if you are directed to do so by local authorities. • Evacuate down to 2nd or 3rd floor if you live in a high-rise building, as winds are much stronger higher up. • Evacuate to designated shelters based on prior planning. • Evacuate if you feel you may be in danger but do not evacuate during the storm.
3.5.If you are in a building	<ul style="list-style-type: none"> • Stay on lower floors but above basement and ground floors, which may flood. In dense urban settings, the severity of winds increases at higher altitudes. The impact of any storm is far more severe at around the tenth floor and above.
3.6.Turn off utilities and gas tanks and unplug small appliances	<p>If you are instructed, or if you have time before evacuating, turn off all utilities and cooking or heating gas tanks. Unplug small appliances.</p>
3.7.After the storm passes, stay safe	<p>Check for building damage and stay out of damaged buildings.</p> <p>Beware of ground-level and above-ground hazards – especially flood and electrocution hazards.</p> <p>Practise good hygiene and avoid potentially contaminated food or water.</p>

KEY MESSAGES FOR WILDFIRES



1. WILDFIRE: ASSESS & PLAN	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1.Regularly inspect your home and property for fire hazards	<ul style="list-style-type: none"> • Inspect for local hazards, such as exposed firewood, leaf and brush clutter and dead and overhanging branches. • Check rain gutters to clear out flammable debris. • Check irrigation systems to ensure access to water. • Check for spaces between roof tiles or within the structure where burning embers could become lodged. • Check that flammable substances (including fertilizers and pesticides) are safely stored. • Check that all fire exits and property exit routes are clear.
1.2.Report hazardous conditions	<ul style="list-style-type: none"> • Immediately report to local fire fighters any hazardous conditions that could cause a wildfire.
1.3.Make your property for fire teams to easily find and access	<ul style="list-style-type: none"> • Make clearly marked driveways and turnaround space accessible to fire engines. Access roads should measure 3.5m (12ft) wide with vertical clearance of 4.5m (15ft).

2. WILDFIRE: MITIGATE RISKS: Physical or environmental	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1.Prevent wildfires	<ul style="list-style-type: none"> • Never discard cigarette butts on the ground. • Never leave an outside fire unattended. • Always ensure that campfires are completely extinguished after use.

	<ul style="list-style-type: none"> • Clear outdoor areas of broken glass which can reflect sunlight and start a fire. • Dispose of glass bottles in closed recycling bins.
<p>2.2. Select a safe location for your building</p>	<ul style="list-style-type: none"> • Build on level ground. Fire spreads more rapidly even on minor slopes. • Set single-storey structures at least 10m (30ft) from any ridge or cliff. For taller buildings, increase the distance. • Ensure that there is enough distance between buildings, following local or international standards (see SPHERE standards for emergency shelter).
<p>2.3. Design, build and maintain your structures with wildfires in mind</p>	<ul style="list-style-type: none"> • Plant low-flammability landscaping to reduce fuel for a wildfire. • Design and construct buildings to limit their flammability. • Use fire-resistant or non-combustible building materials whenever possible. • For roofing, use terracotta, clay, metal, slate, cement, or asphalt (Class A), tiles. • For exterior walls, use stucco or masonry rather than vinyl or wood. • Treat wood or combustible materials with fire retardant. • Use only thick, tempered safety glass in large windows and sliding glass doors. • Install electrical lines underground if possible. • Install and maintain a lightning rod. • Install spark arrestors in chimneys to prevent large particles from escaping and starting a fire. • Provide at least two ground-level doors, for easy and safe exit, and two means of escape from each room (doors or windows).

<p>2.4. Clear flammable materials away from your property</p>	<ul style="list-style-type: none"> • Regularly clean roofs and gutters, removing twigs, dead leaves, needles and other debris. • Remove all dead wood and dense vegetation within at least 7m (30ft) around your home. • Prune trees and shrubs so that the lowest limbs are 2–3m (6–10ft) from the ground. • Dispose of cuttings and debris. • Avoid using wooden lawn furniture.
<p>2.5. Take precautions with flammable materials</p>	<ul style="list-style-type: none"> • Avoid open burning, especially during fire season. • Site above-ground propane tanks at least 9m (30ft) from buildings. • Dispose of ashes in a metal bucket, saturate them in water for two days, then bury them in mineral soil.

<p>3. WILDFIRE: : PREPARE TO RESPOND: Developing skills</p>	
<p>KEY MESSAGE</p>	<p>CONTEXT-SPECIFIC DETAILS</p>
<p>3.1. Plan and practise two ways out of your neighbourhood</p>	<ul style="list-style-type: none"> • Plan a secondary way out in case your primary escape route is blocked.
<p>3.2. Leave if you think you should, or if authorities tell you to</p>	<ul style="list-style-type: none"> • If you are advised to evacuate, or if you think you are in danger, evacuate immediately. The fire may move too fast for officials to issue evacuation orders. • If you are not trained and equipped to fight a wildfire, don't risk your life. • Leave right away: delay could be deadly. • Make sure all fire tools are outside and easy to access.
<p>3.3. If you are trapped by fire, crouch in a pond, river or pool</p>	<ul style="list-style-type: none"> • If there is no body of water nearby, look for shelter in a cleared area among a bed of rocks. Lie flat, face down and cover your body with soil. Breathe air close to the ground. • You cannot outrun a fire.

<p>3.4. After a wildfire be aware of hazards</p>	<ul style="list-style-type: none"> • Look out for smouldering hot spots or items, and be alert to the possibility of re-ignition. • Beware of hazards such as burnt trees and power poles or fallen wires and ash pits. • Seek permission before re-entering the area. • Check for damage and stay out of damaged buildings.
<p>3.5. After a wildfire, take precautions while cleaning your property</p>	<ul style="list-style-type: none"> • Minimize health risks from hazardous materials such as toxic fumes from substances in garden sheds or garages, burnt asbestos and fine dust particles. Hold a damp cloth over your face to minimize and filter air-borne particles. • Keep children away from clean-up sites. • Minimize the health risks from breathing dust particles by wetting any debris, and using a two-strap dust particulate mask, coveralls, leather gloves, and heavy-soled shoes during clean-up. • Use rubber gloves when cleaning. • Check for assistance when cleaning up and disposing of hazardous materials.

KEY MESSAGES FOR HAILSTORMS



1. HAILSTORMS: Assessment and Planning	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Monitor weather and watch for indicators of dangerous weather	<ul style="list-style-type: none"> • Tune in for severe weather warnings. • Monitor weather conditions, severe thunderstorms containing hail can exhibit a characteristic green color. • Alert neighbours to indicators for dangerous weather. • Listen for landslide or flood warnings
1.2. Identify safest places	<ul style="list-style-type: none"> • Identify the safest places in your building, located away from exterior windows. • Outside your building, the safest places are covered areas away from steep sloping terrain or waterways • Identify dangerous places with natural lightning rods such as tall isolated trees, hilltops, open fields, beaches, sheds or other small structures, and anything metal.

2. HAILSTORMS: Response-preparedness - Developing skills	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1. Be prepared to act in response to severe weather warning or conditions	<ul style="list-style-type: none"> • Follow evacuation instructions • Stay near safe areas • Keep children nearby • Firmly close external shutters.
2.2. If you are outdoors, move to shelter	<ul style="list-style-type: none"> • Seek shelter but avoid natural lightning rods such as a tall, isolated trees in an open area, hilltops, open fields, beaches, sheds or other small structures, and anything metal. • Face away from wind while you head to nearest shelter. Use your arms, bag, books or any other object to cover your head.

	<ul style="list-style-type: none"> • Be alert for signs of high winds or tornado (especially if hail is large)
2.3.If you are indoors, stay away from windows	<ul style="list-style-type: none"> • Stay away from windows and glass doors. Be alert for signs of high winds or tornado. (especially if hail is large) and follow tornado precautions if necessary. • Stay indoors until the storm stops and you are sure it is safe to exit.
2.4.If you are in a vehicle, remain inside	<ul style="list-style-type: none"> • Stop the vehicle in a safe place. Stay in the vehicle until the storm stops. • Keep head and face away from windows and put your head down with arms over head. • Be alert for signs of high winds or tornadoes (especially if hail is large) and follow tornado precautions if necessary.
2.5.Remain calm	<ul style="list-style-type: none"> • Stay calm by counting or taking slow, deep breaths. Look around to assess the situation before moving.
2.6.In mountainous areas, stay alert	<ul style="list-style-type: none"> • If you are in a mountainous area or near unstable slopes or cliffs, be alert for: <ul style="list-style-type: none"> – falling rocks and other debris – unusual sounds, such as cracking trees – sudden increase or decrease of water in streams – local dams, dykes, or levees that may be prone to damage or destruction. • Be alert for hail-induced landslides. • If there is a landslide warning and a sudden burst of rain, evacuate immediately to your safe haven. • Watch for flooding and be alert when driving near embankments or along swollen waterways.
2.7.Check for damage	<ul style="list-style-type: none"> • Watch out for broken glass. • Inspect your roof and make repairs to avoid leaks and water damage at next rain.

KEY MESSAGES FOR INFESTATIONS



1. INFESTATION: Assessment and Planning

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Monitor surroundings for appearance of rodents	<ul style="list-style-type: none"> Regularly monitor the area around food stores, keeping watch for rodent droppings, tracks, burrows and gnawing damage
1.2. Monitor and survey crops for plant pests and weeds	<ul style="list-style-type: none"> Look for and record the presence, absence levels of plant diseases. Regularly check newly planted areas for the appearance of pests or unusual symptoms Regularly monitor property for emerging infestation of invasive weed species.
1.3. Learn about safe methods for sanitation, pest-proofing, poisoning and trapping	<ul style="list-style-type: none"> Use an integrated approach to environmental sanitation, food storage, rodent and pest-proofing, poisoning, and trapping
1.4. Be prepared to investigate and report outbreaks	<ul style="list-style-type: none"> Report animal disease outbreaks to veterinarians or their staff.
1.5. Learn about and participate in early warning system	<ul style="list-style-type: none"> Learn how to get information from your country or region's emergency disease information system. Learn about high-threat epidemic livestock diseases.

2. INFESTATION: Physical and Environmental Protection

KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
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2.1.Maintain good hygiene in farm and storage areas to resist rodents, pests and diseases	<ul style="list-style-type: none"> • Remove materials and containers that can provide cover and nesting opportunities for rodents and insects • Clean grain handling equipment and bulk storages well before harvest. • Dispose of old or contaminated feed safely to prevent use and further contamination.
2.2.Prevent access of rodents and pests to food	<ul style="list-style-type: none"> • Keep food and water covered and stored in thick plastic, glass, or metal containers with tight-fitting lid. • Store trash in rodent-proof containers with tight fitting lids. • Remove any food sources, including animal carcasses.
2.3.Protect water from contamination by rodents, pests, and disease	<ul style="list-style-type: none"> • Use water sources with care and maintain them in a good condition. • Remove standing water that may attract insects and spread disease. • Prevent and repair leaking septic tanks and latrines. • Prevent contaminated surface water runoff from entering wells and springs. • Prevent animals from using the same water source as people. • Prevent objects from falling into wells. • Regularly inspect water sources and ensure they are secured from access by wild/feral animals • Manage drainage of water from fields • Aerate or treat water that is high in nutrients and stored in dams to prevent algal blooms
2.4.Dispose of waste safely	<ul style="list-style-type: none"> • Dispose of any waste that attracts flies and insects. • Dispose of waste without contaminating water or soil.
2.5.Protect livestock feed, and store it safely	<ul style="list-style-type: none"> • Make sure livestock feed is free from unwanted weeds, soil and pests. • Keep feed stores covered to prevent feed from becoming wet and moldy. • Store grains in metal or plastic drums with tight-fitting lids. Fill completely to minimize oxygen and kill insects. • Clean feed troughs regularly to avoid faecal contamination. • Know the expiry date of purchased feed and use it before that date, or dispose of it safely.
2.6.Protect your livestock from disease and pests	<ul style="list-style-type: none"> • Participate in vaccination campaigns • Identify disease threats

	<ul style="list-style-type: none"> • Keep records of all farm inputs (and outputs) so that you can trace-back or trace-forward in the event of a pest incursion or disease outbreak. • Protect your livestock from new pests and diseases from contact with contaminated animals, pens, vehicles, people and equipment when going to market. • Buy stock from a trusted source and inspect them before you purchase • Inspect stock on arrival to make sure they are healthy and in the same condition as when you purchased them • Isolate new stock for a period of 10 days to allow any signs of disease to emerge, and to allow time for weed seeds to be excreted by the animals
2.7.Minimize use of chemical pesticides to achieve sustained production with harming environment and food	<ul style="list-style-type: none"> • Use companion planting and natural methods to resist invasive plants and pests. (See specifics) • Always follow label instructions (dilution and application rates, expiry date, disposal of residues). • Avoid inappropriate use of pesticides what can build up and pose risk to human health. • Keep a spray diary of herbicide, pesticide and fumigation treatments for crops and adhere to withholding periods.

3. INFESTATION: RESPONSE CAPACITY - Skills	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
3.1.Limit spread of insects and other pests by imposing quarantine	<ul style="list-style-type: none"> • Restrict the movement of people, material, machinery and equipment vehicles, and plant material and products onto and off the affected site <ul style="list-style-type: none"> • Establish buffer zones around affected properties. • Restrict movement of plant materials/products or other materials that may assist spread of the pest; • Be aware of items of equipment shared between properties; • Contact personnel or contractors that may have moved from affected to unaffected properties.
3.2.Limit animal disease outbreak by implementing quarantine	<ul style="list-style-type: none"> • Follow all instructions as directed by the authorities • Do not dispatch any livestock from the farm until authorized • Ensure suspect livestock are isolated within the farm and segregated from other livestock. • Restrict movement of all livestock.

	<ul style="list-style-type: none"> • Delay or halt the delivery of all non essential commodities, including livestock • Secure the farm perimeter and limit access • Remove unnecessary persons and machinery from livestock feeding areas • Ensure no equipment or machinery leaves the farm until authorized • Compile a list of all livestock, persons and machinery movements over the last 7 days
<p>3.3.Limit the spread of plant diseases by implementing quarantine.</p>	<ul style="list-style-type: none"> • Prevent movement of material, people, machinery and equipment into, and out of, the diseased area • Do not touch, move or transport affected plant material. • Wash hands, clothes and footwear that have been in contact with affected plant material or soil. • Mark the location of the pest detection and limit access to the area. • Restrict the movement of people, stock and equipment near the affected area.
<p>3.4.Control invasive plants immediately</p>	<ul style="list-style-type: none"> • Prioritize removal highly invasive species before infestation and before seeding • Hand weed using finger weeder and wheel hoes for removal of invasive species • Use spot spraying



KEY MESSAGES FOR LANDSLIDE & DEBRIS FLOWS

1. LANDSLIDE: RESPONSE CAPACITY - Developing skills	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
1.1. Implement protection measures during times of high risk	<ul style="list-style-type: none"> • Board up windows and doors • Place sandbags to divert water flow
1.2. Stay awake and informed during heavy rainfall	<ul style="list-style-type: none"> • Monitor rainfall • Listen to radio or check online for warnings of heavy rainfall
1.3. DURING A LANDSLIDE: Listen and be alert to signs of imminent threat	<ul style="list-style-type: none"> • Be alert to unusual sights and sounds <ul style="list-style-type: none"> ○ faint rumbling sound that increases in volume ○ ground slopping downward in one direction and may begin shifting in that direction under your feet. ○ trees cracking or boulders knocking together, ○ trickle or flow of falling mud and debris that may precede a large landslide. ○ sudden increase or decrease in water flow or change from clear to muddy water • Be aware that strong shaking from earthquakes can induce or intensify the effects of landslides. • Be especially alert while driving. Watch for collapsed pavement, mud, fallen rocks.
1.4. DURING A LANDSLIDE: Get out of the landslide path	<ul style="list-style-type: none"> • If you learn or suspect that a landslide is occurring or about to occur, evacuate immediately. • If you suspect imminent danger: <ul style="list-style-type: none"> ○ Get out. ○ Inform your neighbors. ○ Contact local officials.

2. LANDSLIDE: RESPONSE CAPACITY - Storing provisions	
KEY MESSAGE	CONTEXT-SPECIFIC DETAILS
2.1. Keep supplies to protect your home	<ul style="list-style-type: none"> • Keep supplies such as hammer, nails, plywood, sand, sandbags, shovel





International Federation
of Red Cross and Red Crescent Societies



Save the Children



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