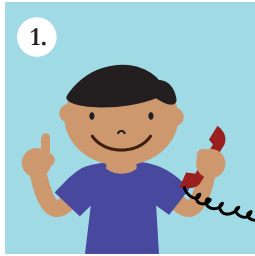


Mga Tanong para sa Paghahanda ng Pamilya Para sa Lindol (K-2, SPED)

Patnubay: Ang magulang, tagapag-alaga, at/o nakatatandang kapamilya ng mag-aaral ay inaasahang sagutin ang mga sumusunod na tanong sa kasama ang mag-aaral.

Bago ang Lindol

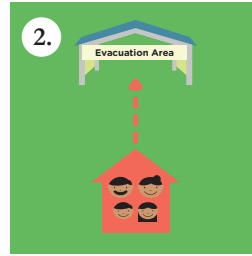
(Bilugan ang napiling sagot sa bawat katanungan.)



1.

Alam ba natin ang mga emergency numbers ng lokal na tanggapan ng pamatay-sunog, pulis, pagamutan, at mga kawani ng barangay?

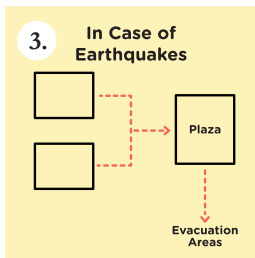
Oo Hindi Hindi Sigurado



2.

Alam ba natin ang pinakamalapit na ligtas na lugar mula sa ating bahay na maaaring paglikasan pagkatapos ng lindol?

Oo Hindi Hindi Sigurado



3.

Alam ba ng buong pamilya ang earthquake evacuation plan sa kani-kanilang mga paaralan at trabaho?

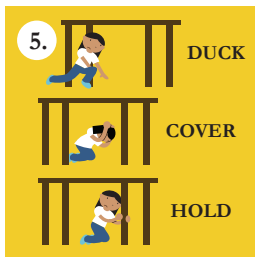
Oo Hindi Hindi Sigurado



4.

Alam ba natin kung paano ililikas ang mga bata, may kapansanan at/o matatanda na kasama natin sa bahay?

Oo Hindi Hindi Sigurado



5.

Alam ba ng buong pamilya ang nararapat na unang pagtugon sa tuwing may lindol (Duck-Cover-Hold)?

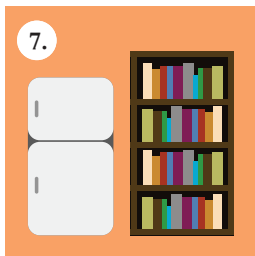
Oo Hindi Hindi Sigurado



6.

Ang mga mabibigat bang bagay o kasangkapan na maaaring makasakit ng tao ay hindi nakalagay sa matataas na lugar?

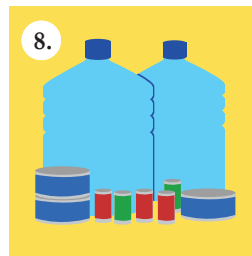
Oo Hindi Hindi Sigurado



7.

Ang mga mabibigat bang kasangkapan sa tahanan ay nakakabit sa pader o sahig?

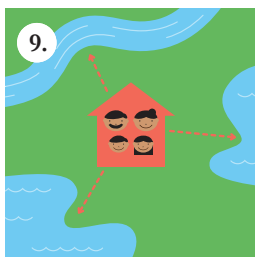
Oo Hindi Hindi Sigurado



8.

Nag-iimbak ba tayo ng pagkain o inuming tubig para sa posibleng lindol?

Oo Hindi Hindi Sigurado



9.

Alam ba ng buong pamilya kung ang ating tahanan ay malapit sa anumang katawang tubig gaya ng lawa, dagat o ilog?

Oo Hindi Hindi Sigurado



10.

Bilang maaring resulta ng lindol, alam ba ng buong pamilya kung tayo ay nasa panganib na dulot ng tsunami?

Oo Hindi Hindi Sigurado

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

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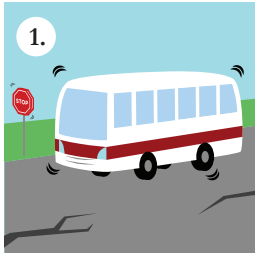
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Tuwing Lindol

(Isulat ang sagot sa bawat patlang.)



Kung ang lindol ay nangyari habang tayo ay naglalakbay, ano ang nararapat na unang tugon para dito?

Answer



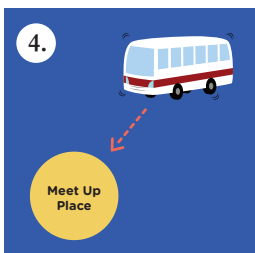
Kung ang lindol ay nangyari habang tayo ay nasa bahay, ano ang ating magiging unang tugon para dito?

Answer



Kung ang lindol ay nangyari habang tayo ay nasa bahay, paano natin gagawin ang paglikas?

Answer



Kung ang lindol ay nangyari habang tayo ay naglalakbay, saan magkikita-kita ang ating pamilya pagkatapos tumigil ng pagyanig?

Answer



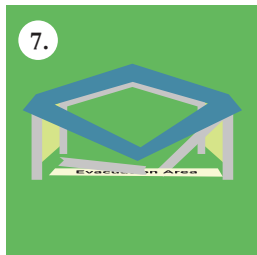
Kung mayroong nasaktan sa ating pamilya o kasama sa bahay, ano ang nararapat na unang tugon para dito?

Answer



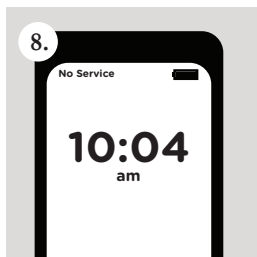
6. Kung tayo ay nakulong sa loob ng bahay, ano ang ating dapat gawin?

Answer



7. Kung ang itinalagang evacuation area ay nasira ng lindol, saan ang ibang lugar na maari nating paglikasan?

Answer



8. Kung mawala ang linya ng komunikasyon, gaano katagal maghihintayan ang pamilya sa napag-usapang lugar ng pagkikita?

Answer

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

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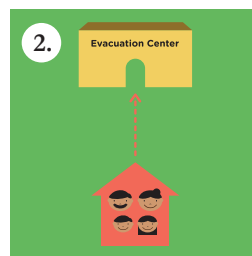
Pagkatapos ng Lindol at Unang Pagyanig

(Bilugan ang napiling sagot sa bawat katanungan.)



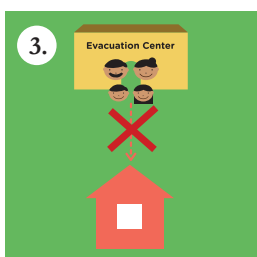
1. Alam ba natin kung saan matatawagan ang mga kasama natin sa bahay?

Oo Hindi **Hindi Sigurado**



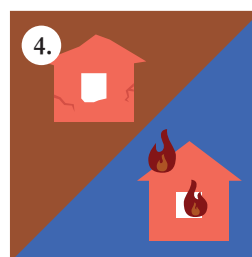
2. Alam ba natin kung kailan dapat lumikas?

Oo Hindi **Hindi Sigurado**



3. Alam ba nating delikado ang pagbalik sa ating tahanan matapos ang lindol dahil sa mga posibleng epekto ng mga susunod na pagyanig?

Oo **Hindi** **Hindi Sigurado**



4. Tayo ba ay handa para sa mga epekto ng mga susunod na pagyanig tulad ng sunog, tuluyang pagkasira ng bahay o gusali?

Oo **Hindi** **Hindi Sigurado**



5.

Ang atin bang tahanan ay ligtas mula sa mga maaaring pagmulan ng sunog matapos ang lindol?

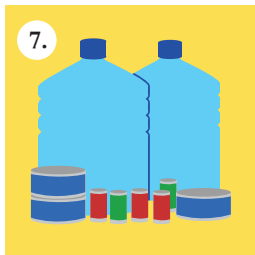
Oo Hindi **Hindi Sigurado**



6.

Kung tayo ay nasa panganib na dulot ng tsunami, alam ba natin ang tamang paraan ng paglikas?

Oo Hindi **Hindi Sigurado**



7.

Alam ba natin kung paano mapatatagal ang pagkain matapos ang lindol?

Oo Hindi **Hindi Sigurado**



8.

Alam ba natin kung kanino makakuha ng tama at totoong balita o impormasyon upang hindi na tayo makadagdag sa maling mga haka-haka na siyang nagiging sanhi ng takot at kaba?

Oo Hindi **Hindi Sigurado**

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

1

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Ang karamihan sa mga sagot ay dapat na oo. Para sa mga tanong kung saan hindi o hindi sigurado ang inyong sagot iminumungkahi na hingin ang tulong ng nararapat na opisina o tanggapan ukol dito.

Pinatotohohan ng may lagda na ang lahat ng tanong sa itaas ay sinagot, naintindihan at pinag-usapan ng buong pamilya:

Lagda ng magulang/tagapag-alaga/nakatatanda sa pamilya: _____

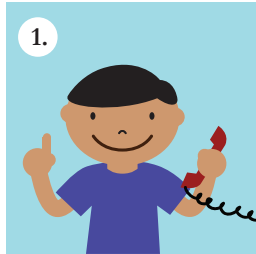
Pangalan ng magulang/tagapag-alaga /nakatatanda sa pamilya: _____

Mga Tanong para sa Paghahanda ng Pamilya Para sa Lindol (Gr. 3-10)

Patnubay: Ang bawat mag-aaral ay inaatasang kapanayamin ang kanilang mga magulang, tagapag-alaga, at/o nakatatandang kapamilya upang sagutin ang mga sumusunod na tanong sa paghahanda.

Bago ang Lindol

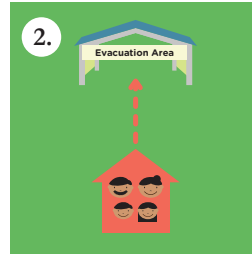
(Bilugan ang napiling sagot sa bawat katanungan.)



1.

Alam ba natin ang mga emergency numbers ng lokal na tanggapan ng pamatay-sunog, pulis, pagamutan, at mga kawani ng barangay?

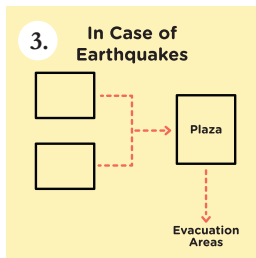
Oo Hindi Hindi Sigurado



2.

Alam ba natin ang pinakamalapit na ligtas na lugar mula sa ating bahay na maaaring paglikasan pagkatapos ng lindol?

Oo Hindi Hindi Sigurado



3.

In Case of Earthquakes

Alam ba ng buong pamilya ang earthquake evacuation plan sa kani-kanilang mga paaralan at trabaho?

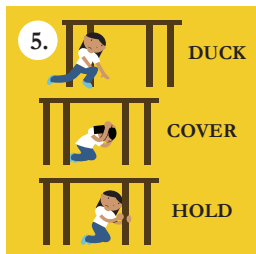
Oo Hindi Hindi Sigurado



4.

Alam ba natin kung paano ililikas ang mga bata, may kapansanan at/o matatanda na kasama natin sa bahay?

Oo Hindi Hindi Sigurado



5.

Alam ba ng buong pamilya ang nararapat na unang pagtugon sa tuwing may lindol (Duck-Cover-Hold)?

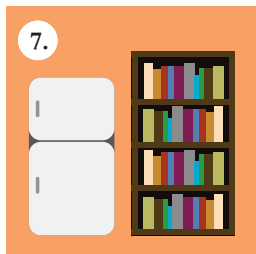
Oo Hindi Hindi Sigurado



6.

Ang mga mabibigat bang bagay o kasangkapan na maaring makasakit ng tao ay hindi nakalagay sa matataas na lugar?

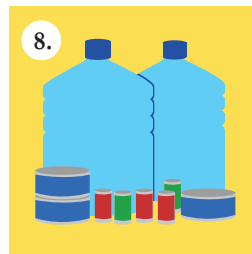
Oo Hindi Hindi Sigurado



7.

Ang mga mabibigat bang kasangkapan sa tahanan ay nakakabit sa pader o sahig?

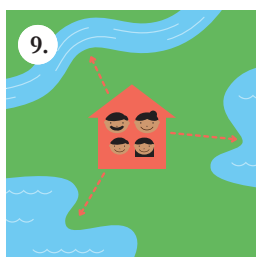
Oo Hindi Hindi Sigurado



8.

Nag-iimbak ba tayo ng pagkain o inuming tubig para sa posibleng lindol?

Oo Hindi Hindi Sigurado



9.

Alam ba ng buong pamilya kung ang ating tahanan ay malapit sa anumang katawang tubig gaya ng lawa, dagat o ilog?

Oo Hindi Hindi Sigurado



10.

Bilang maaring resulta ng lindol, alam ba ng buong pamilya kung tayo ay nasa panganib na dulot ng tsunami?

Oo Hindi Hindi Sigurado

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

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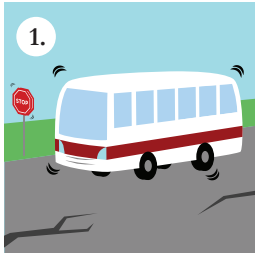
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Tuwing Lindol

(Isulat ang sagot sa bawat patlang.)



Kung ang lindol ay nangyari habang tayo ay naglalakbay, ano ang nararapat na unang tugon para dito?

Answer



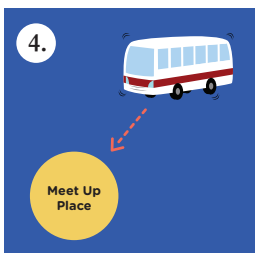
Kung ang lindol ay nangyari habang tayo ay nasa bahay, ano ang ating magiging unang tugon para dito?

Answer



Kung ang lindol ay nangyari habang tayo ay nasa bahay, paano natin gagawin ang paglikas?

Answer



Kung ang lindol ay nangyari habang tayo ay naglalakbay, saan magkikita-kita ang ating pamilya pagkatapos tumigil ng pagyanig?

Answer



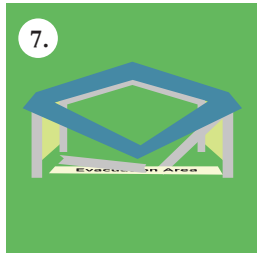
Kung mayroong nasaktan sa ating pamilya o kasama sa bahay, ano ang nararapat na unang tugon para dito?

Answer



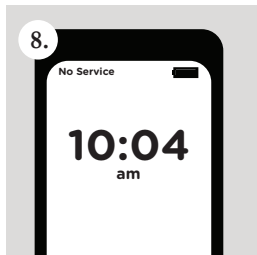
6. Kung tayo ay nakulong sa loob ng bahay, ano ang ating dapat gawin?

Answer



7. Kung ang itinalagang evacuation area ay nasira ng lindol, saan ang ibang lugar na maari nating paglikasan?

Answer



8. Kung mawala ang linya ng komunikasyon, gaano katagal maghihintayan ang pamilya sa napag-usapang lugar ng pagkikita?

Answer

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

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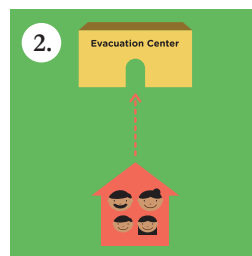
Pagkatapos ng Lindol at Unang Pagyanig

(Bilugan ang napiling sagot sa bawat katanungan.)



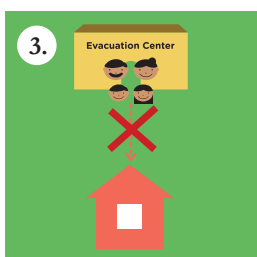
1. Alam ba natin kung saan matatawagan ang mga kasama natin sa bahay?

Oo Hindi **Hindi Sigurado**



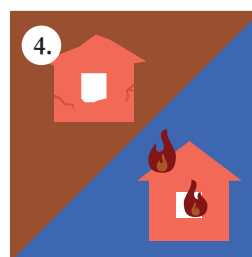
2. Alam ba natin kung kailan dapat lumikas?

Oo Hindi **Hindi Sigurado**



3. Alam ba nating delikado ang pagbalik sa ating tahanan matapos ang lindol dahil sa mga posibleng epekto ng mga susunod na pagyanig?

Oo **Hindi** Hindi Sigurado



4. Tayo ba ay handa para sa mga epekto ng mga susunod na pagyanig tulad ng sunog, tuluyang pagkasira ng bahay o gusali?

Oo **Hindi** Hindi Sigurado



5.

Ang atin bang tahanan ay ligtas mula sa mga maaaring pagmulan ng sunog matapos ang lindol?

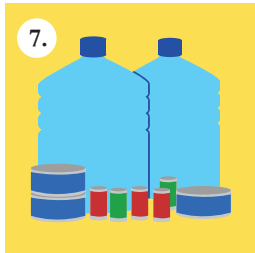
Oo Hindi **Hindi Sigurado**



6.

Kung tayo ay nasa panganib na dulot ng tsunami, alam ba natin ang tamang paraan ng paglikas?

Oo Hindi **Hindi Sigurado**



7.

Alam ba natin kung paano mapatatagal ang pagkain matapos ang lindol?

Oo Hindi **Hindi Sigurado**



8.

Alam ba natin kung kanino makakuha ng tama at totoong balita o impormasyon upang hindi na tayo makadagdag sa maling mga haka-haka na siyang nagiging sanhi ng takot at kaba?

Oo Hindi **Hindi Sigurado**

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

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Ang karamihan sa mga sagot ay dapat na oo. Para sa mga tanong kung saan hindi o hindi sigurado ang inyong sagot iminumungkahi na hingin ang tulong ng nararapat na opisina o tanggapan ukol dito.

Pinatotohohan ng may lagda na ang lahat ng tanong sa itaas ay sinagot, naintindihan at pinag-usapan ng buong pamilya:

Lagda ng magulang/tagapag-alaga/nakatatanda sa pamilya: _____

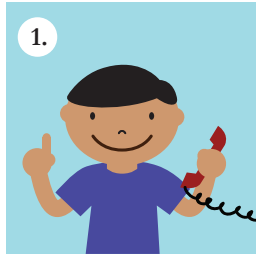
Pangalan ng magulang/tagapag-alaga /nakatatanda sa pamilya: _____

Earthquake Family Preparedness Questionnaire (K-2, SPED)

Instruction: The parents, guardian/s or any adult family member is requested to answer the following preparedness questions with the learner.

Before an Earthquake

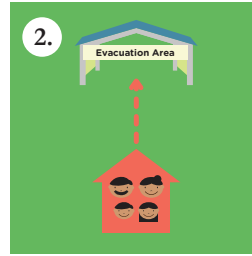
(Please encircle your answer to every question.)



1.

Do we know the emergency numbers and contact details of the local fire department, police, hospitals and barangay officials?

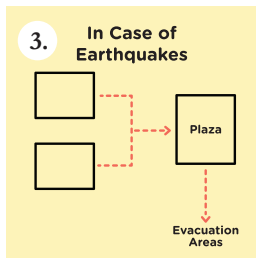
Yes No Not Sure



2.

Do we all know where the nearest safe evacuation area from our house in the event of an earthquake?

Yes No Not Sure



3.

In Case of Earthquakes

Do we all know the earthquake evacuation plan at our school/workplace?

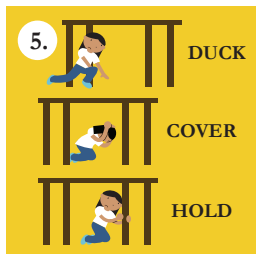
Yes No Not Sure



4.

Do we know how to evacuate infants/children, persons with disabilities, and/or the elderly in our house?

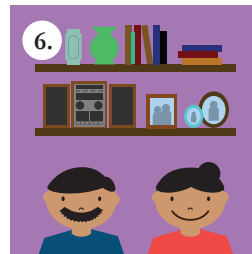
Yes No Not Sure



5.

Do all family members know the initial response during an earthquake (Duck-Cover-Hold)?

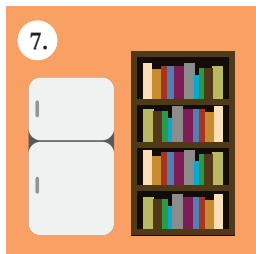
Yes No Not Sure



6.

Are overhead shelves/cabinets at home free of heavy objects that may injure people?

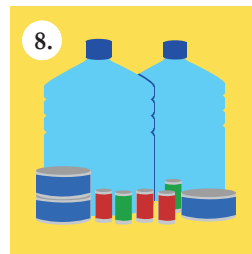
Yes No Not Sure



7.

Are heavy furniture, cupboards, and other heavy appliances strapped/bolted to the walls/floor?

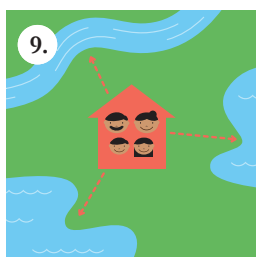
Yes No Not Sure



8.

Do we store food and drinking water for possible earthquakes?

Yes No Not Sure



9.

Do we all know if we are near any body of water? E.g. lake, sea, river

Yes No Not Sure



10.

As a result of an earthquake, do we all know if we are vulnerable to possible tsunamis?

Yes No Not Sure

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness before an earthquake. Kindly encircle your answer.

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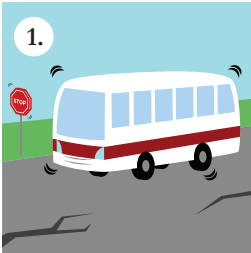
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During an Earthquake

(Please put your answer on the space provided.)



If the earthquake happens while travelling, what will be our initial response?

Answer



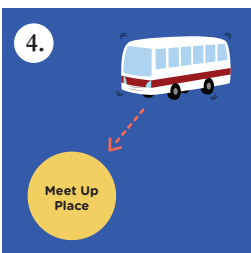
If the earthquake happens while at home, what will be our initial response?

Answer



If the earthquake happens while at home, how do we proceed with the evacuation?

Answer



If the earthquake happens while travelling, where do we meet?

Answer



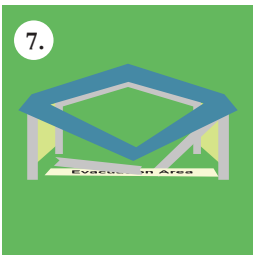
If someone in the family or someone who lives with us is injured, what should be our initial response?

Answer



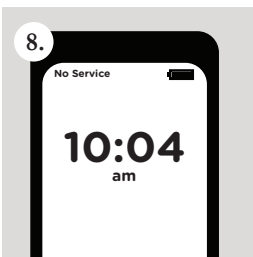
If we are trapped inside the house, what do we do?

Answer



If the designated evacuation area is damaged, where is our alternative?

Answer



If the communication is down, how long are we going to wait for each other at the designated meeting place?

Answer

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness during an earthquake. Kindly encircle your answer.

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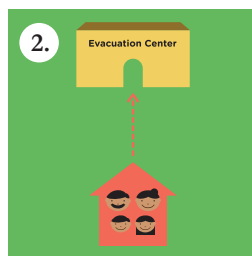
After an Earthquake & Initial Shaking

(Please encircle your answer to every question.)



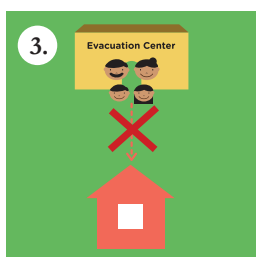
Do we know the contact numbers of persons in our household?

Yes No Not Sure



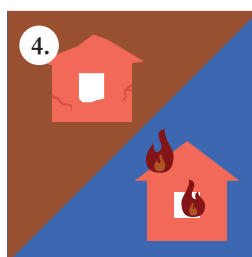
Do we know when to evacuate?

Yes No Not Sure



Do we know that we should not go back to our homes/buildings due to possible effects of aftershocks?

Yes No Not Sure



Are we prepared for possible effects of aftershocks such as fires, further damage to house/building?

Yes No Not Sure



5.

Is our home free of possible fire-triggers after an earthquake?

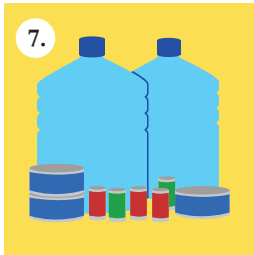
Yes No Not Sure



6.

If we are vulnerable to tsunamis, do we know how to properly evacuate?

Yes No Not Sure



7.

Do we know how to preserve or keep food safe after an earthquake?

Yes No Not Sure



8.

Do we know from whom we can get accurate and credible data/information so as not to contribute to false rumors which may cause panic, etc.?

Yes No Not Sure

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness after an earthquake. Kindly encircle your answer.

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Majority of the answers should be yes. If you answered no or not sure in any of the above questions, you are advised to seek the assistance of local authorities on the matter.

The signatory certifies that the family has answered, understood and discussed the questions above:

Parent/Guardian/Adult Family Member's Signature: _____

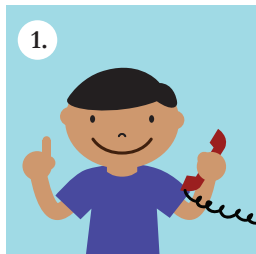
Name of Parent/Guardian/Adult Family Member: _____

Earthquake Family Preparedness Questionnaire (Gr. 3-10)

Instruction: Each student is assigned to interview their parents, guardian/s or any adult family member to answer the following questions.

Before an Earthquake

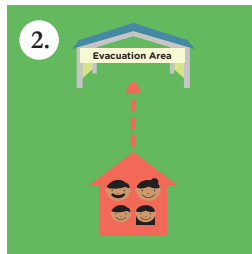
(Please encircle your answer to every question)



1.

Do we know the emergency numbers and contact details of the local fire department, police, hospitals and barangay officials?

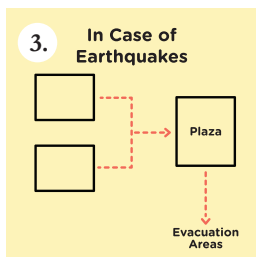
Yes No Not Sure



2.

Do we all know where the nearest safe evacuation area from our house in the event of an earthquake?

Yes No Not Sure



3.

In Case of Earthquakes

Do we all know the earthquake evacuation plan at our school/workplace?

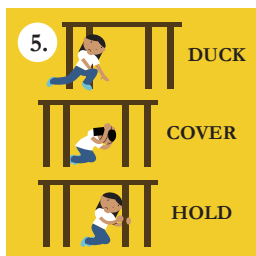
Yes No Not Sure



4.

Do we know how to evacuate infants/children, persons with disabilities, and/or the elderly in our house?

Yes No Not Sure



5.

Do all family members know the initial response during an earthquake (Duck-Cover-Hold)?

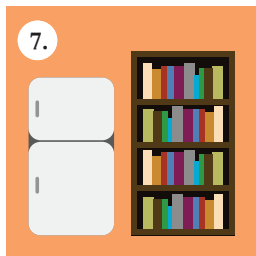
Yes No Not Sure



6.

Are overhead shelves/cabinets at home free of heavy objects that may injure people?

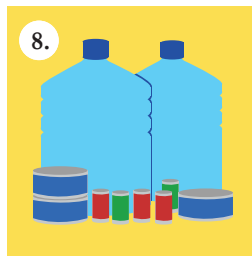
Yes No Not Sure



7.

Are heavy furniture, cupboards, and other heavy appliances strapped/bolted to the walls/floor?

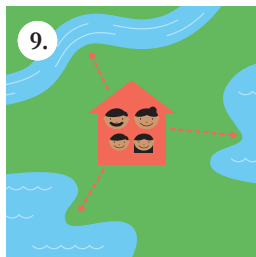
Yes No Not Sure



8.

Do we store food and drinking water for possible earthquakes?

Yes No Not Sure



9.

Do we all know if we are near any body of water? E.g. lake, sea, river

Yes No Not Sure



10.

As a result of an earthquake, do we all know if we are vulnerable to possible tsunamis?

Yes No Not Sure

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness before an earthquake. Kindly encircle your answer.

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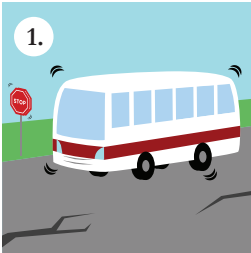
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During an Earthquake

(Please put your answer on the space provided.)



If the earthquake happens while travelling, what will be our initial response?

Answer



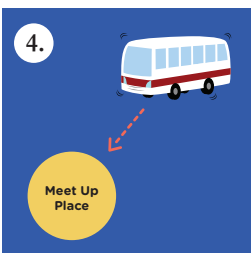
If the earthquake happens while at home, what will be our initial response?

Answer



If the earthquake happens while at home, how do we proceed with the evacuation?

Answer



If the earthquake happens while travelling, where do we meet?

Answer



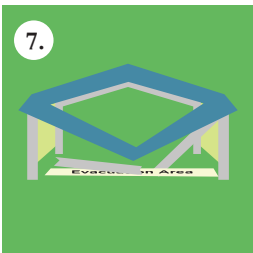
If someone in the family or someone who lives with us is injured, what should be our initial response?

Answer



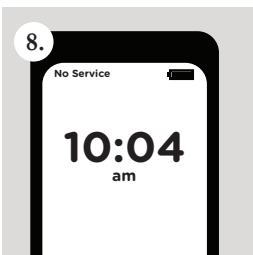
6. If we are trapped inside the house, what do we do?

Answer



7. If the designated evacuation area is damaged, where is our alternative?

Answer



8. If the communication is down, how long are we going to wait for each other at the designated meeting place?

Answer

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness during an earthquake. Kindly encircle your answer.

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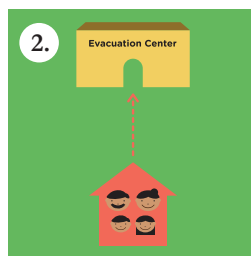
After an Earthquake & Initial Shaking

(Please encircle your answer to every question.)



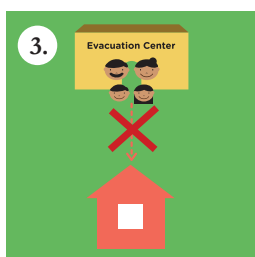
1. Do we know the contact numbers of persons in our household?

Yes No Not Sure



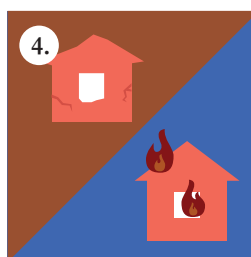
2. Do we know when to evacuate?

Yes No Not Sure



3. Do we know that we should not go back to our homes/buildings due to possible effects of aftershocks?

Yes No Not Sure



4. Are we prepared for possible effects of aftershocks such as fires, further damage to house/building?

Yes No Not Sure



5.

Is our home free of possible fire-triggers after an earthquake?

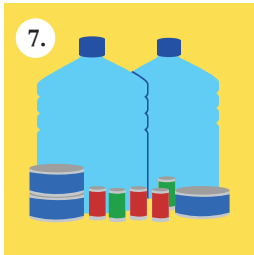
Yes No Not Sure



6.

If we are vulnerable to tsunamis, do we know how to properly evacuate?

Yes No Not Sure



7.

Do we know how to preserve or keep food safe after an earthquake?

Yes No Not Sure



8.

Do we know from whom we can get accurate and credible data/information so as not to contribute to false rumors which may cause panic, etc.?

Yes No Not Sure

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness after an earthquake. Kindly encircle your answer.

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Majority of the answers should be yes. If you answered no or not sure in any of the above questions, you are advised to seek the assistance of local authorities on the matter.

The signatory certifies that the family has answered, understood and discussed the questions above:

Parent/Guardian/Adult Family Member's Signature: _____

Name of Parent/Guardian/Adult Family Member: _____

(Enclosure No. 5 to DepEd Order No. 27, s. 2015)

**GUIDANCE NOTES
FAMILY EARTHQUAKE PREPAREDNESS HOMEWORK**

I. Preparing for the Distribution of Family Earthquake Preparedness Homework

- Before discussing the homework in class, all advisers shall review the attached reference materials on earthquake preparedness (Enclosure 6). This could also be downloaded from the website of Philippine Institute of Volcanology and Seismology (PHIVOLCS) http://www.phivolcs.dost.gov.ph/index.php?option=com_phocadownload&view=file&id=71:earthquake-are-you-prepared&Itemid=44;
- All advisers shall explain the homework to their students during homeroom and guidance session using the appropriate set of questionnaires based on the grade level and medium of instruction; and
- School heads shall organize a special meeting with parents to discuss this homework for maximum participation.

II. Processing of Responses to the Family Earthquake Preparedness Questionnaire

- Upon submission of the questionnaire, the adviser shall discuss with the students their family’s responses; and
- Then, all advisers shall tabulate and summarize the answers on the family assessment question only.

A. Before an earthquake

Question	Discussion Points
a. Do we know the emergency numbers and contact details of the local fire department, police, hospitals and barangay officials?	With possible effects of earthquakes to lives and property, it is important that all family members know all the relevant offices and authorities that could provide the necessary assistance.
b. Do we all know where the nearest safe evacuation area from our house is in the event of an earthquake?	All family members should be familiar with possible evacuation areas to properly guide each one where they should head to in the event of an earthquake.
c. Do we all know the earthquake evacuation plan at our school/workplace?	Since family members are not always together, it is important that each one knows about the evacuation plan.
d. Do we know how to evacuate infants/children, persons with disabilities, and/or the elderly in our house?	Children and their families should be aware that other people have particular vulnerabilities that should be considered during evacuation.
e. Do all family members know the initial response during an earthquake (Duck-Cover-Hold)?	Duck-Hold-Cover (DCH) as an initial response during earthquakes should be practiced in different contexts, especially in areas without tables or any stable furniture to stay under.
f. Are overhead shelves/cabinets at home free of heavy objects that may injure people?	It should be discussed with the students that earthquake could result to other hazards such as ground shaking, building

g. Are heavy furniture, cupboards, and other heavy appliances strapped/bolted to the walls/floor?	collapse, tsunami, liquefaction, fire and/or landslides. For families residing near bodies of water, preparedness on these possible related hazards should also be considered in their respective preparedness plan.
h. Do we store food and drinking water for possible earthquakes?	While not all families have the capacity to store food and drinking water, awareness on this remains important for schools to identify student's concerns that may arise in times of disasters.
i. Do we all know if we are near any body of water? E.g. lake, sea, river	It should be discussed with the students that an earthquake could result to other hazards such as ground shaking, building collapse, tsunami, liquefaction, fire and/or landslides. For families residing near bodies of water, preparedness on these possible related hazards should also be considered in their respective preparedness plan.
j. As a result of an earthquake, do we all know if we are vulnerable to possible tsunamis?	

B. During an earthquake and initial shaking

Question	Discussion Point
a. If the earthquake happens while travelling, what will be our initial response?	Duck-Hold-Cover (DCH) as an initial response during earthquakes should be practiced in different contexts, especially in areas without tables or any stable furniture to stay under. With or without family members, families should be aware on what to do during an earthquake
b. If the earthquake happens while at home, what will be our initial response?	
c. If the earthquake happens while at home, how do we proceed with the evacuation?	Families should be aware of the proper evacuation procedures to avoid possible injuries due ground shaking, fire, building collapse and among others.
d. If the earthquake happens while travelling, where do we meet?	Agreeing on where to meet gives a sense of direction among family members during an earthquake. This could ease the fear and tension brought about by the shaking.
e. If someone in the family or someone who lives with us is injured, what should be our initial response?	In case no one among family members are knowledgeable in applying first aid, they should at least know how to stabilize the injured person and seek proper assistance from authorities.
f. If we are trapped inside the house, what do we do?	Panic could result to inability to think during emergencies, thus it is important for families to build scenarios in the event of an earthquake, and being trapped inside could be one of them. This should allow them to discuss possible strategies to get out of their houses or identify ways to avoid being trapped.
g. If the designated evacuation area is damaged, where is our alternative?	All family members should be familiar with possible evacuation areas to properly guide each one in the event of an earthquake.

h. If communication is down, how long are we going to wait for each other at the designated meeting place?	Reducing panic is imperative during emergencies, and having an agreement with family members as to where and length of waiting time contribute to this.
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C. After an earthquake and initial shaking

Question	Discussion Point
a. Do we know the contact numbers of persons in our household?	In case the earthquake happens while family members are at the workplace, school or travelling, each member should be able to recall or list down at least one number.
b. Do we know when to evacuate?	Families should be aware of the proper evacuation procedures to avoid possible injuries due to ground shaking, fire, building collapse and among others.
c. Do we know that we should not go back to our homes/buildings due to possible effects of aftershocks?	It should be discussed with the students that an earthquake could result to other hazards such as ground shaking, building collapse, tsunami, liquefaction, fire and/or landslides. For families residing near bodies of water, preparedness on these possible related hazards should also be considered in their respective preparedness plan.
d. Are we prepared for possible effects of aftershocks such as fires, further damage to house/building?	
e. Is our home free of possible fire-triggers after an earthquake?	
f. If we are vulnerable to tsunamis, do we know how to properly evacuate?	
g. Do we know how to preserve or keep food safe after an earthquake?	
h. Do we know from whom we can get accurate and credible data/information so as not to contribute to false rumors which may cause panic, etc.?	While some families may not be able to store food for possible occurrence of earthquakes, an alternative strategy is for them to learn food preservation as a survival mechanism.
	Accurate information is crucial during disasters and/or emergencies. Each family member should be able to identify reliable sources of information for proper guidance.

VI. References

- Department of Education (2008) *'Disaster Risk Reduction Resource Manual: Safer School Resource Manual'* Philippines :DepEd, UNICEF and Plan Philippines
- Philippine Institute of Volcanology and Seismology (2014) How safe is my house?: Self-check for Earthquake Safety of Concrete Hollow Block (CHB) Houses in the Philippines, Quezon City, Philippine Institute of Volcanology and Seismology, April 2014
http://www.phivolcs.dost.gov.ph/index.php?option=com_phocadownload&view=file&id=74:house-safe-is-your-house&Itemid=44 Access date: May 2015

Philippine Institute of Volcanology and Seismology (2009) Earthquake: Are you prepared? Quezon City, Philippine Institute of Volcanology and Seismology, June 2009 revised 2013
http://www.phivolcs.dost.gov.ph/index.php?option=com_phocadownload&view=file&id=71:earthquake-are-you-prepared&Itemid=44 Access date: May 2015

Villegas MMM (2012) Earthquake Preparedness in School 'Disaster risk reduction and management manual for Science and Mathematics teachers' Department of Science and Technology Science Education Institute Reprinted 2012 pp 161-169

Villegas MMM (2012) Earthquake and Earthquake Hazards 'Disaster risk reduction and management manual for Science and Mathematics teachers' Department of Science and Technology Science Education Institute Reprinted 2012 pp 170-175

VII. Effectivity/Transitory provision (if applicable)

This issuance will immediately take effect upon approval.

EARTHQUAKE!!!

(Are you prepared?)

BEFORE

The key to effective disaster prevention is planning:



- ✓ Know the earthquake hazards in your area.
 - ✓ Follow structural design and engineering practices when constructing a house or building.
 - ✓ Evaluate the structural soundness of the buildings and houses; strengthen or retrofit if necessary.
- Prepare your homes, workplace or schools:
- ✓ Strap or bolt heavy furniture/cabinets to the walls.
 - ✓ Check the stability of hanging objects like ceiling fans and chandeliers.
 - ✓ Breakable items, harmful chemicals and flammable materials should be stored properly in the lowermost secured shelves.
 - ✓ Always turn off the gas tanks when not in use.



Familiarize yourself with the exit routes and places where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

Prepare a handy emergency supply kit with first aid kit, canned food and can opener, water, clothing, blanket, battery-operated radio, flashlights and extra batteries.

Conduct and participate in regular earthquake drills.

DURING

STAY CALM.

When you are **INSIDE** a structurally sound building or home...**STAY THERE!**



Do the "DUCK, COVER and HOLD".

- ✓ If possible quickly open the door for exit.
- ✓ Duck under a sturdy desk or table, and hold on to it, or protect your head with your arms.
- ✓ Stay away from glass windows, shelves, cabinets and other heavy objects.
- ✓ Beware of falling objects. Be alert and keep your eyes open.

Provide access to children, pregnant, elderly and persons with disabilities during evacuation.



If you're **OUTSIDE**, move to an open area!

- ✓ Stay away from trees, powerlines, posts and concrete structures.
- ✓ Move away from steep slopes which may be affected by landslides.
- ✓ If you're near the shore and feel an earthquake, especially if it's too strong, move quickly to higher grounds. Tsunamis (giant sea waves) might follow.



If you're in a moving vehicle, **STOP** and get out! Do not attempt to cross bridges, overpasses, or flyovers which may have been damaged.

AFTER

Be prepared for aftershocks.

Once the shaking stops, take the fastest and safest way out of the building.



Don't...

- ...use elevators.
- ...enter damaged buildings.
- ...use telephones unless necessary.
- ...PANIC.

Check...

- ✓ yourself and others for injuries.
- ✓ water and electrical lines for damages.
- ✓ for spills of chemical, toxic and flammable materials.
- ✓ and control fires which may spread.

If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.

Keep updated on disaster prevention instructions from battery-operated radios.

