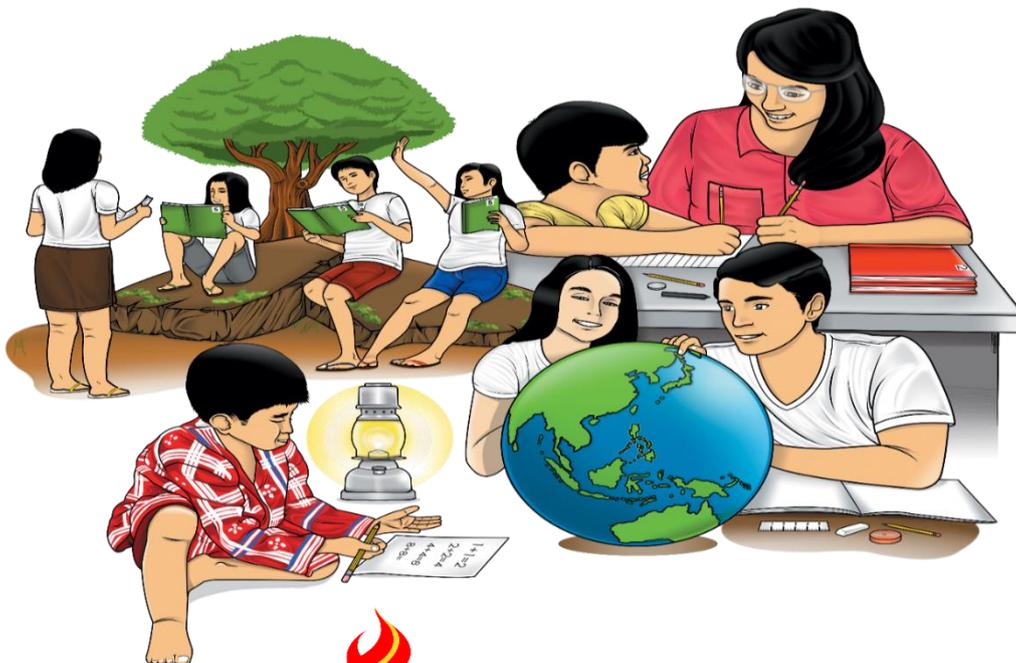


Disaster Readiness and Risk Reduction

Quarter 2 – Module 7 Community-Based Disaster Risk Reduction and Management (DRRM)



**Disaster Readiness and Risk Reduction
Alternative Delivery Mode
Quarter 1 - Module 7: Community-Based Disaster Risk Reduction and Management
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Disaster Readiness and Risk Reduction

**Quarter 2 – Module 7
Community-Based Disaster Risk
Reduction and Management
(DRRM)**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



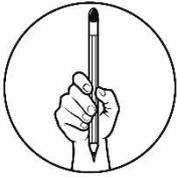
What I Need to Know

This module was designed and written with you in mind. It is here to help you understand the Community-Based Disaster Risk Reduction and Management (DRRM). This module provides discussions and activities that will help you learn the concepts, ideas, and relevant information about the lesson. This module emphasizes the guidelines, and importance of disaster prevention and mitigation, preparedness, response, rehabilitation, and recovery.

The module is all about the Community-Based Disaster Risk Reduction and Management (DRRM).

After going through this module, you are expected to:

1. discuss different community-based practices for managing disaster risk to specific hazards; and
2. develop a community preparedness plan.



What I Know

Directions: Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. Which of the following phase of emergency planning and management is conducted before an emergency, wherein actions promote readiness?
A. disaster preparedness C. disaster rehabilitation
B. disaster recovery D. disaster response
2. Which is one of the key principles of disaster risk reduction and management (DRRM) plan?
A. The DRRM plan prioritizes the culture of prevention.
B. The DRRM plan prioritizes only the people who are most at risk.
C. The main goal of the DRRM plan is to attain zero (0) occurrence of disaster in the country.
D. All of the above.
3. What thematic area of DRRM improves the living conditions of affected communities based on the “building back better” principle?
A. disaster preparedness C. disaster recovery
B. disaster prevention D. disaster response
4. What government agency is responsible for forecasting and early warning?
A. DPWH B. DSWD C. NEDA D. PHIVOLCS
5. How is disaster response conducted in emergency planning and management?
A. Houses are rebuilt and repaired.
B. Assessment of damages, losses, and needs.
C. Increasing the level of awareness of communities.
D. Integration and coordination of Search, Rescue, and Retrieval (SRR) operations.
6. What intervention of emergency planning and management is conducting a risk assessment involved in?
A. disaster preparedness C. disaster recovery
B. disaster prevention D. disaster response

7. How will a DRRM plan materialize in the community?
 - A. The DRRM programs must only involve the local government.
 - B. There must be reactive efforts among all members of the community.
 - C. There must be proactive efforts among all members of the community.
 - D. All of the above.

8. Which of the following is a characteristic of an effective DRRM?
 - A. multidisciplinary
 - B. sustainable
 - C. well-funded
 - D. All of the above.

9. What is the involvement of the community in DRRM before a disaster?
 - A. The community conducts SRR operations.
 - B. The community participates in DRRM planning.
 - C. The community participates in post-disaster assessments.
 - D. The community follows government orders to stay in evacuation areas.

10. What is the importance of a family emergency plan?
 - A. It will enable the family to be ready for all types of emergencies.
 - B. It will enable the family to anticipate the risk of disasters.
 - C. The family will have a personal sense of safety, security, and peace of mind.
 - D. All of the above.

11. How do you prepare an emergency preparedness plan as a family?
 - A. Create a family communication plan.
 - B. Only adults and elders are involved in the planning.
 - C. Start gathering information during the post-hazard situation.
 - D. Make a family emergency supply kit once a disaster is reported in the news.

12. What DRRM intervention is part of improving the resilience of infrastructures?
 - A. disaster preparedness
 - B. disaster prevention
 - C. disaster recovery
 - D. disaster response

13. Which DRRM intervention is making a family communication plan a part of?
 - A. disaster preparedness
 - B. disaster prevention
 - C. disaster recovery
 - D. disaster response

14. What part of the family disaster preparedness plan must be known by each family member to properly respond during a disaster?
 - A. Preparation of an emergency supply kit.
 - B. Deciding on the safest and best evacuation route.
 - C. Ways on how to make your house more resilient to disasters.
 - D. Identifying the part of your house that could be hazardous in case of a disaster to implement counteracting measures.

15. What DRRM measure involves risk assessment in your family emergency preparedness plan?
- A. Preparation of an emergency supply kit.
 - B. Deciding on the safest and best evacuation route.
 - C. Identifying the part of your house that could be hazardous in case of a disaster to implement counteracting measures.
 - D. Both B and C.

Lesson

1

Community-Based Disaster Risk Reduction and Management (DRRM)

Disaster Risk Reduction and Management (DRRM) is critical to social and economic development and must be sustainable for the future. There are many international agreements that addressed DRRM such as the Hyogo Framework for Action (2005 – 2015), the Sendai Framework for DRR (2016), and the 2030 Agenda for Sustainable Development (2015). The countries who joined these agreements shall continuously make DRRM as part of the government’s priorities for action. The successful implementation of DRRM in the national level is only feasible if disaster prevention and mitigation, preparedness, response, rehabilitation, and recovery are known, planned, and implemented in the community or local levels.



What’s In

Directions: Identify the key concepts, principles, and elements of Disaster Risk Reduction and Management. Refer to the choices and write your answers before the number.

<u>CHOICES</u>		
Disaster Risk Reduction	Disaster Preparedness	Disaster
Disaster Mitigation	Disaster Prevention	Disaster Response
Hazard	Disaster Rehabilitation	Capacity
Disaster Risk Reduction and Management		

_____ 1. A serious disruption of the functioning of a community or a society.

_____ 2. A combination of all strengths and resources that can lessen the risk levels of the effects of a disaster.

_____ 3. The process of utilizing administrative directives and operational skills in implementing strategies and coping capacities to lessen the deleterious impacts of hazards.

_____4. A dangerous phenomenon or human activity that has the potential to cause death and injuries.

_____5. Lessening or mitigating the adverse impacts of hazards and related disasters.

_____6. Emergency services and public assistance during or immediately after a disaster.

_____7. The intervention to restore the normal level of functioning of affected communities/areas.

_____8. The concept and practice of reducing disaster risks through systematic efforts to analyze and manage the causal factors of disasters.

_____9. The knowledge and capacities of individuals and communities to anticipate, respond to and recover from the impacts of disasters.

_____10. The outright avoidance of adverse impacts of hazards and related disasters.



Notes to the Teacher

Engage the students/learners to be leaders and planners of disaster risk reduction and management (DRRM) in their family or community. Ask them to help other people by raising awareness about DRRM.



What's New

Activity 1. Family-Based Safety Protocols against COVID-19

Directions: The entire world recently suffers from the COVID-19 Pandemic. As a family, you must know what to do to protect yourselves from the virus. Indicate protocols on how your family will be safe from the COVID-19 pandemic.

Family Safety Protocols At Home

- 1.
- 2.
- 3.
- 4.
- 5.

Family Safety Protocols When Going Outside

- 1.
- 2.
- 3.
- 4.
- 5.



What is It

Community-based DRRM practices

What are the community-based practices for managing disaster risk to specific hazards?

Here are some of the possible practices that can be implemented from National to Local levels:

Thematic Area 1: Disaster Prevention and Mitigation

Overall agency in-charge: Department of Science and Technology (DOST).

Other agencies involved: Office of Civil Defense (OCD), Department of Environment and Natural Resources (DENR), Department of Public Works and Highways (DPWH), Department of Finance (DOF), and other government agencies.

1. Allocating a 5% budget per agency dedicated to disaster risk reduction and management (DRRM), and climate change adaptation (CCA).
2. Developing science-based mainstreaming tools for DRRM and CCA.
3. Integrating DRRM and CCA into various policies, plans, programs, and projects.
4. Developing a joint-work plan of the National DRRM Council (NDRRMC) and Climate Change Commission (CCC) by reviewing DRRM and CCA laws and implementing rules and regulations.
5. Advocating for the implementation of the building code and the utilization of green technology.
6. Conducting inventory, vulnerability, and risk assessments and evaluations for facilities and infrastructures with critical conditions.
7. Developing guidelines in redesigning, retro-fitting, or operational modification of infrastructure.
8. Conducting hazard mapping and vulnerability assessments from the national level down to the local levels.
9. Conducting research studies on disaster prevention measures or interventions.
10. Developing and institutionalizing community-based early warning systems (EWS), information sharing, and communication systems.
11. Promoting insurance schemes among production and supply sector, and local communities and responders.
12. Disseminating information through media partners.

Thematic Area 2: Disaster Preparedness

Overall agency in-charge: Department of Interior and Local Government (DILG).

Other agencies involved: OCD, Department of Education (DepEd), Commission on Higher Education (CHED), Local Government Units (LGUs), and other government agencies.

1. Developing Information, Education, and Communication (IEC) materials that promote and advocate DRRM and CCA plans and programs from the national level down to the local levels.
2. Conducting training and simulation exercises on disaster preparedness and response.
3. Conducting capacity building activities on disaster resilience.
4. Integrating DRRM and CCA in school curricula and learning materials.
5. Developing a local DRRM plan.
6. Developing and simulating scenario-based preparedness and response plans.
7. Conducting contingency planning.
8. Establishing a DRRM Operations Center.
9. Developing and/or enhancing an Incident Command System (ICS) coordination and communication systems.
10. Developing and/or enhancing a standard manual of operations for the established operations center.
11. Developing and/or enhancing guidelines for emergency response teams.
12. Conducting an inventory of available resources and services for DRRM
13. Developing and/or enhancing common response assessment tools and mechanisms.
14. Creating, maintaining, and updating a directory of the database of key players and stakeholders.

Thematic Area 3: Disaster Response

Overall agency in-charge: Department of Social Welfare and Development (DSWD).

Other agencies involved: Disaster Risk Reduction and Management Councils (DRRMCs), OCD, Department of National Defense (DND), Department of Health (DOH), Local Government Units (LGUs), and other government agencies.

1. Activating the Incident Command System (ICS) from the national level down to the local levels.
2. Issuance of public advisories based on protocols developed.
3. Activating relief distribution centers.
4. Activating assessment teams.
5. Utilizing DRRM assessment tools.
6. Developing and implementing Search, Rescue, and Retrieval (SRR) systems.
7. Activating an evacuation system.
8. Identifying standard-based relief shelters and sites.

9. Establishing temporary learning spaces/areas.
10. Conducting quick damage repairs and road clearing operations.
11. Determining hospitals and clinics that can accommodate casualties.
12. Restoring lifelines immediately.
13. Conducting psychosocial programs and referrals.
14. Conducting psychological and/or traumatic stress debriefings.

Thematic Area 4: Disaster Rehabilitation and Recovery

Overall agency in-charge: National Economic and Development Authority (NEDA).

Other agencies involved: OCD, National Housing Authority (NHA), DOH, DPWH, DSWD, and other government agencies.

1. Conducting the Post-Disaster Needs Assessment (PDNA).
2. Coordinating the development of the Strategic Action Plan for disaster-affected areas.
3. Identifying the needed assistance and formulating/implementing appropriate programs.
4. Identifying/Mobilizing the funding sources
5. Identifying and providing suitable and safe relocation sites
6. Designing and construction of disaster-resilient housing
7. Conducting necessary rehabilitation or repair of damaged infrastructures.
8. Conducting post-disaster analyses with affected communities

Source: National Disaster Risk Reduction and Management Plan (NDRRMP) 2011 – 2028

Family and Community Disaster Preparedness Plan

How do we develop family and community disaster preparedness plans?

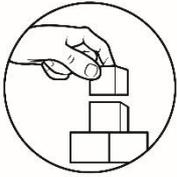
Steps in making a **Family Disaster Preparedness Plan**. Make sure that you create this plan as a family. All family members shall cooperate.

1. Identify and indicate the natural and human-induced hazards that could affect your family/community.
2. For each identified hazard/potential disaster, discuss and indicate the following:
 - A. What must your family do before the occurrence of the disaster?
 - B. What must your family do during the disaster?
 - C. What must your family do after the disaster?
3. Discuss the structural weakness of your house and indicate how you can fix it in preparation for a disaster.

4. Indicate the plan of how your family would stay in contact with each other. In case you are all separated, indicate two possible meeting places.
5. Draw the floor plan of your home. Detail the information on escape routes, and location of circuit breaker/s.
6. Draw a map of your community. Identify main roads/highways in your place that will serve as your escape routes. Also, identify a safe holding/evacuation area in your community.
7. List all people or institutions that can help your family in the event of a disaster. List their emergency contact numbers.
8. List down all your contact numbers in the preparedness plan.
9. In case you have a family member who is pregnant or disabled, and an elderly, create a plan on how you can take care of them during a disaster.
10. Indicate the items to be included in your 72-hour survival kit.

Steps in making a **Community (Barangay) Disaster Preparedness Plan:**

1. Indicate important information about your barangay.
 - Location, land area, short background about the barangay, population, and the number of families.
 - Subdivisions, compounds, or townhomes located in the barangay.
 - Landmarks and establishments in your barangay (malls, churches, hospitals, schools, markets, plaza, restaurants, health centers, police stations, etc.).
2. Make a list of emergency hotlines.
3. Provide a complete map of your barangay (You can use Google Maps)
4. Indicate the major highways or main roads, waterways, or bodies of water (river, canal, and channel) in your barangay.
5. Identify and indicate the natural and human-induced hazards that could affect your barangay.
6. For each identified hazard/potential disaster, discuss and indicate the following:
 - A. What must your barangay do before the occurrence of the disaster?
 - B. What must your barangay do during the disaster?
 - C. What must your barangay do after the disaster?
7. List down 3 to 5 possible evacuation areas in your barangay.



What's More

Activity 2. Emergency Planning and Management

Directions: Prepare for all sorts of natural and man-made disasters in your barangay and school. List down all possible DRRRM practices that your barangay shall plan, accomplish, or implement.

A. Name of your barangay: _____.

Disaster Prevention and Mitigation

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Disaster Preparedness

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Disaster Response

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Disaster Rehabilitation and Recovery

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

B. Name of your school: _____.

Complete school address: _____.

Disaster Prevention and Mitigation

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Disaster Preparedness

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Disaster Response

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Disaster Rehabilitation and Recovery

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Activity 3. Family & Community Disaster Preparedness Plan

Directions: Create your Family and Community Preparedness Plan by following the steps indicated below. Use a long bond paper in this output. Make sure you have a cover page that indicates the title of this activity, your complete name, year, and section. This can be handwritten or printed.

I. Family Disaster Preparedness Plan

Scenario: Preparing for a Strong Earthquake – magnitude 7.9

- A. Family Information and Contact Numbers.
 - Indicate your complete household address.
 - Name of the family members and their contact numbers (telephone and/or mobile numbers).
- B. List of Emergency Hotlines
 - Relatives or friends that you can contact (Name, Location, and Contact Number)
 - List of government and private agencies that you can contact in case of emergency (Name of Agency, Location, and Contact Number).
Ex. Police station, fire station, barangay hall, Red Cross).
- C. Draw the floor plan of your house. Detail the information on escape routes, and the location of circuit breaker/s.
- D. Draw a map of your community. Identify main roads/highways in your place that will serve as your escape routes. Also identify a safe holding/evacuation area in your community.
- E. Family Emergency Plan before, during, and after a strong Earthquake.
 - What must your family prepare *before* the earthquake happens? (List 5 to 10 ways).
 - What must your family do *during* an earthquake? (List 5 to 10 ways).
 - What must your family do *after* an earthquake? (List 5 to 10 ways).
- F. Discuss the structural weakness of your house and indicate how you can fix it in preparation for a disaster.
- G. Indicate the plan of how your family would stay in contact with each other. In case you are all separated, indicate two possible meeting places.
- H. Make a list of items to be included in your survival kit.

II. Barangay Disaster Preparedness Plan

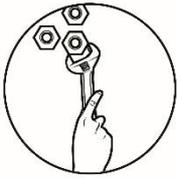
- A. Name of the barangay.
- B. Important Information about your barangay:
 - Location, land area, short background about the barangay, population, and the number of families.
 - Subdivisions, compounds, or townhomes located in the barangay.
 - Landmarks and establishments in your barangay (malls, churches, hospitals, schools, markets, plaza, restaurants, health centers, police stations, etc.).

- C. List of Emergency Hotlines - list of government/private agencies you can contact in case of emergency (such as PNP, BFP, Hospitals) – the name of the agency, location, and contact numbers.
- D. Complete Map of your barangay (please use Google Maps).
- E. Indicate the major highways or main roads, waterways, or bodies of water (river, canal, and channel) in your barangay.
- F. Barangay Emergency Plan before, during, and after the following hazards:
- a. As a barangay, what are you going to do before, during, and after an **earthquake**?
 - Before an earthquake (list 5 to 10 ways) – preparedness, prevention, and mitigation.
 - During an earthquake (list 5 to 10 ways) – response.
 - After an earthquake (list 5 to 10 ways) – rehabilitation and recovery.
 - b. As a barangay, what are you going to do before, during, and after a **fire**?
 - Before a fire (list 5 to 10 ways) – preparedness, prevention, and mitigation.
 - During a fire (list 5 to 10 ways) – response.
 - After a fire (list 5 to 10 ways) –rehabilitation and recovery.
 - c. As a barangay, what are you going to do before, during, and after a **typhoon**?
 - Before a typhoon (list 5 to 10 ways) – preparedness, prevention, and mitigation.
 - During a typhoon (list 5 to 10 ways) – response.
 - After a typhoon (list 5 to 10 ways) –rehabilitation and recovery.
 - d. As a barangay, what are you going to do before, during, and after an **epidemic**?
 - Before an epidemic (list 5 to 10 ways) – preparedness, prevention, and mitigation.
 - During an epidemic (list 5 to 10 ways) – response.
 - After an epidemic (list 5 to 10 ways) –rehabilitation and recovery.
- G. List down 3 to 5 possible evacuation areas in your barangay.



What I Have Learned

1. What are the community-based practices for managing disaster risk to specific hazards?
2. How do we develop family and community disaster preparedness plans?



What I Can Do

As a student, what are the DRRM measures and interventions in your school and barangay that you need to accomplish, support, and/or participate? List them down.

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.



Assessment

Directions: Choose the letter of the best answer and write it on a separate sheet of paper.

1. In which thematic area of DRR is the installation of an early warning system included?
A. disaster preparedness C. disaster response
B. disaster prevention & mitigation D. disaster rehabilitation & recovery

2. How can community-based disaster prevention and mitigation be applied in schools?
A. Students taking part in hazard mapping.
B. Integrate disaster resilience into the curriculum.
C. Students participate in earthquake and fire drills.
D. All of the above.

3. As a family, how do you prepare an emergency preparedness plan?
A. Create a family communication plan.
B. Only adults and elders are involved in the planning.
C. Start gathering information during the post-hazard situation.
D. Make a family emergency supply kit once a disaster is reported in the news.

4. What part of the family disaster preparedness plan must be known by each family member to properly respond during a disaster?
 - A. Preparation of an emergency supply kit.
 - B. Deciding on the safest and best evacuation route.
 - C. Ways on how to make your house be more resilient to disasters.
 - D. Identifying the part of your house that could be hazardous in case of a disaster to implement counteracting measures.

5. Which of the following situation shows that a DRRM plan is adopted?
 - A. The DRRM plan involves all government institutions.
 - B. The national government funded DRRM with a sufficient amount.
 - C. The local community modified available DRRM plans to meet the prevailing conditions.
 - D. A hazard is analyzed based on physical, social, economic, environmental, and psychological impacts.

6. Which situation shows that a DRRM plan has a multidisciplinary approach?
 - A. The DRRM plan involves all government institutions.
 - B. The national government funded DRRM with a sufficient amount.
 - C. The local community modified available DRRM plans to meet the prevailing conditions.
 - D. A hazard is analyzed based on physical, social, economic, environmental, and psychological impacts.

7. Which of the following DRRM measures involve risk assessment in your family emergency preparedness plan?
 - A. Preparation of an emergency supply kit.
 - B. Deciding on the safest and best evacuation route.
 - C. Identifying the part of your house that could be hazardous in case of a disaster to implement counteracting measures.
 - D. Both B and C.

8. Which of the following is the role of DOST in DRRM?
 - A. It advocates for the implementation of the building code.
 - B. It institutionalizes forecasting and early warning systems.
 - C. It convenes regional and local DRRM Councils for development policies
 - D. It develops rules, regulations, and guidelines on redesigning and retrofitting infrastructures based on the building code.

9. What activity, program, or project involves skill and capability building?
 - A. Inventory of resources needed by DRRM.
 - B. Establishing the DRRM operations centers.
 - C. Conducting training and simulation exercises.
 - D. Implementation of the incident command system (ICS).

10. How is a well-established disaster response operation being implemented?
- A. Relief distribution centers are activated.
 - B. An incident command system (ICS) is activated.
 - C. DRRM is integrated in the school curricula.
 - D. Both A and B.
11. In which phase of emergency planning and management is the strengthening of partnership and coordination among stakeholders a part of?
- A. disaster preparedness
 - B. disaster prevention & mitigation
 - C. disaster response
 - D. disaster rehabilitation & recovery
12. Which of the following measures involve DPWH?
- A. Disaster Response: Implementation of the National Building Code.
 - B. Disaster Response: Improvement in the resiliency of houses & buildings.
 - C. Disaster Rehabilitation and Recovery: Rebuilding and repairing of houses and other infrastructures to become disaster resilient.
 - D. All of the above.
13. What is the significant role of DOH in disaster response?
- A. It restores economic activities.
 - B. It assesses infrastructure damages and losses.
 - C. It addresses the psychosocial needs of the affected communities.
 - D. It provides seminars and training on CPR and other first-aid protocols.
14. Which measure or intervention encompasses the provision on temporary shelters?
- A. disaster preparedness
 - B. disaster prevention & mitigation
 - C. disaster response
 - D. disaster rehabilitation & recovery
15. Which DRRM measure or intervention primary involves schools and educational institutions?
- A. disaster preparedness
 - B. disaster prevention & mitigation
 - C. disaster response
 - D. disaster rehabilitation & recovery

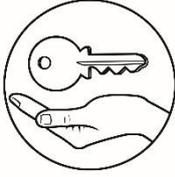


Additional Activities

Make a poster that shows the implementation of disaster risk reduction and management (DRRM) in your home and community. Use a short bond paper, drawing, and coloring materials. The rubric for evaluating this poster is shown below. The criteria for evaluation: 40% = creativity; 30% = organization; & 30% = relevance to the topic.

Rubric

	Excellent (4)	Good (3)	Fair (2)	Poor (1)
Creativity (40%)	The poster is outstandingly creative	The poster shows many creative ideas	The poster shows some creative ideas	The poster has no creative ideas
Organization (30%)	The information and graphics are very organized and very well presented	The information and graphics are organized and well presented	The information and graphics are adequately organized and presented	The information and graphics are not organized and presented properly
Relevance to the topic (30%)	The graphics of the poster are highly relevant and related to the topic	The graphics of the poster are relevant and related to the topic	The graphics of the poster are somehow relevant and related to the topic	The graphics of the poster are not relevant and related to the topic



Answer Key

<p>Assessment</p> <p>1. B 2. D 3. A 4. B 5. C 6. D 7. D 8. B 9. C 10. D 11. A 12. C 13. C 14. C 15. A</p>	<p>What's In</p> <p>1. Disaster 2. Capacity 3. Disaster Risk Reduction & Management 4. Hazard 5. Disaster Mitigation</p> <p>What's New</p> <p>Activity 1</p> <p>Family Safety Protocols at home</p> <p>1. Wash your hand more often. 2. Avoid close contact with people who are sick. 3. Always cover your mouth and nose when coughing or sneezing 4. Regular cleaning or disinfection of your house 5. Monitor your health daily.</p> <p>Family Safety Protocols When Going Outside</p> <p>1. Practice social or physical distancing. 2. Wash your hands more often or disinfect your hands with hand sanitizer or alcohol. 3. Cover your mouth and nose when coughing or sneezing. 4. Always wear your mask when going outside 5. Avoid crowded places.</p> <p>What's More</p> <p>Activity 2 (Sample answers)</p> <p>DRM practices in your barangay</p> <p>Disaster Prevention and Mitigation</p> <p>1. Conduct of hazard mapping and risk assessment in our community. 2. Establish a community-based early-warning system. 3. Repair and retrofit critical structures. 4. Implementation of the National Building Code Guidelines</p> <p>Disaster Preparedness</p> <p>1. Distribute or post DRM IEC materials in the community. 2. Conduct trainings and simulation exercises that will prepare our community for common disasters in your barangay. 3. Conduct contingency planning.</p> <p>Disaster Response</p> <p>1. Activate your Barangay Incident Command System (ICS) 2. Our Barangay Emergency Response Team will conduct Search, Rescue and Retrieval (SRR) 3. Activate relief distribution among affected communities in your barangay.</p> <p>Disaster Rehabilitation and Recovery</p> <p>1. Barangay Officials or personnel will Conduct Post-Disaster Needs Assessment 2. Our barangay will provide safe relocation sites. 3. Our barangay will assist communities for the repair of damaged houses and structures.</p> <p>What I Can Do</p> <p>1. I will participate in the earthquake or fire drills conducted in school or in our community. 2. I will participate in the DRM trainings and capacity building conducted in our school. 3. Share information about DRM plans and projects conducted by our barangay.</p>	<p>What I Know</p> <p>1. A 2. A 3. C 4. D 5. D 6. B 7. C 8. D 9. B 10. D 11. A 12. B 13. A 14. B 15. D</p>
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