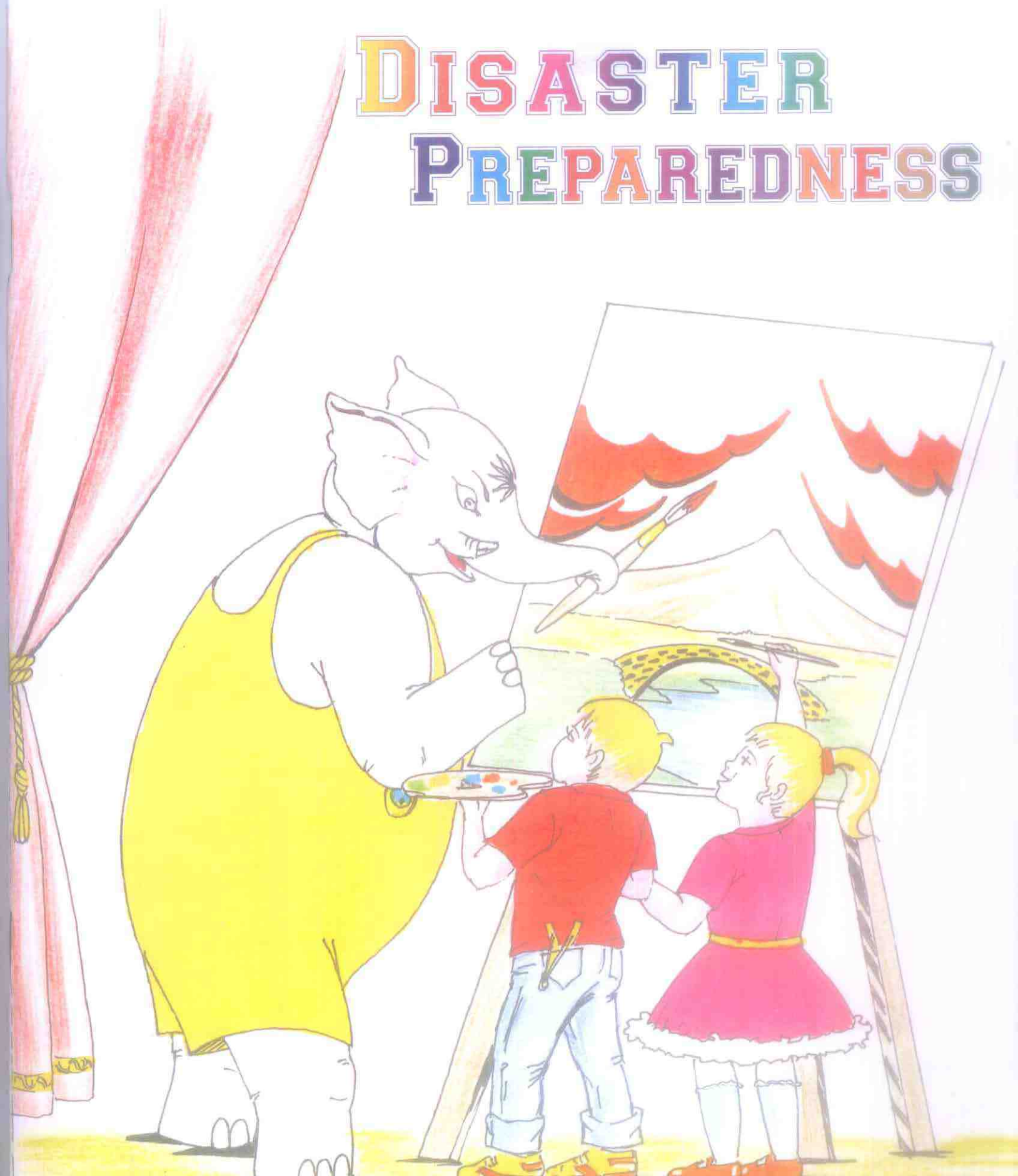


DISASTER PREPAREDNESS



SAFETY STARTS WITH YOU

This is my safety Activity Book



NAME : _____

CLASS : _____

SCHOOL : _____

ADDRESS : _____

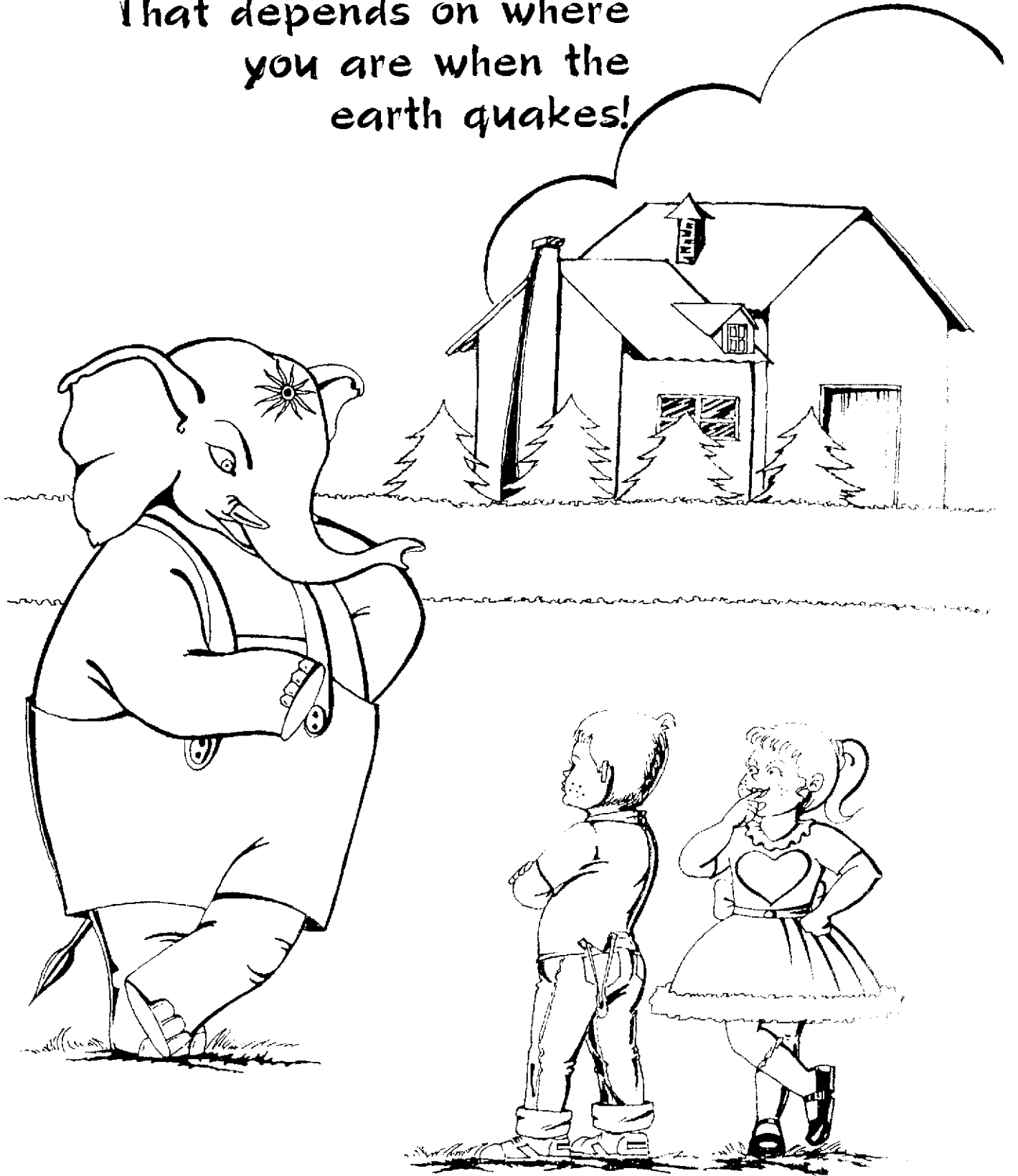
PHONE : _____

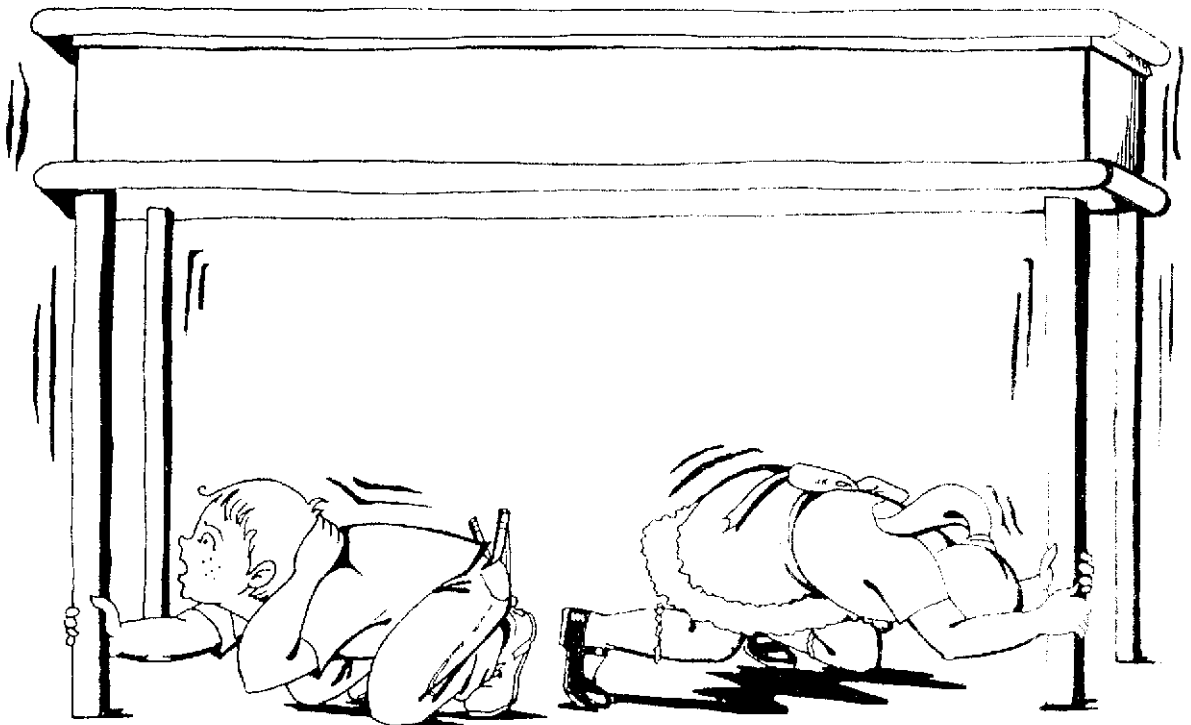
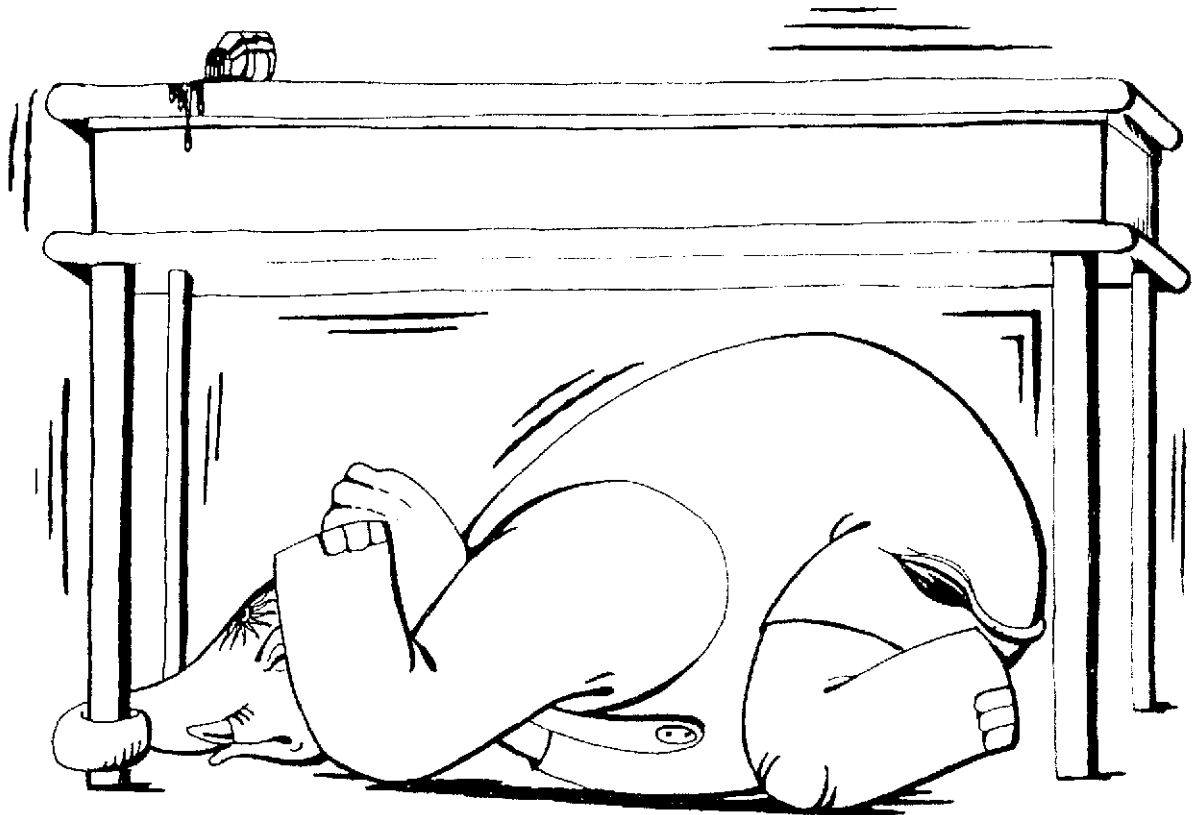
DATE OF
BIRTH : _____



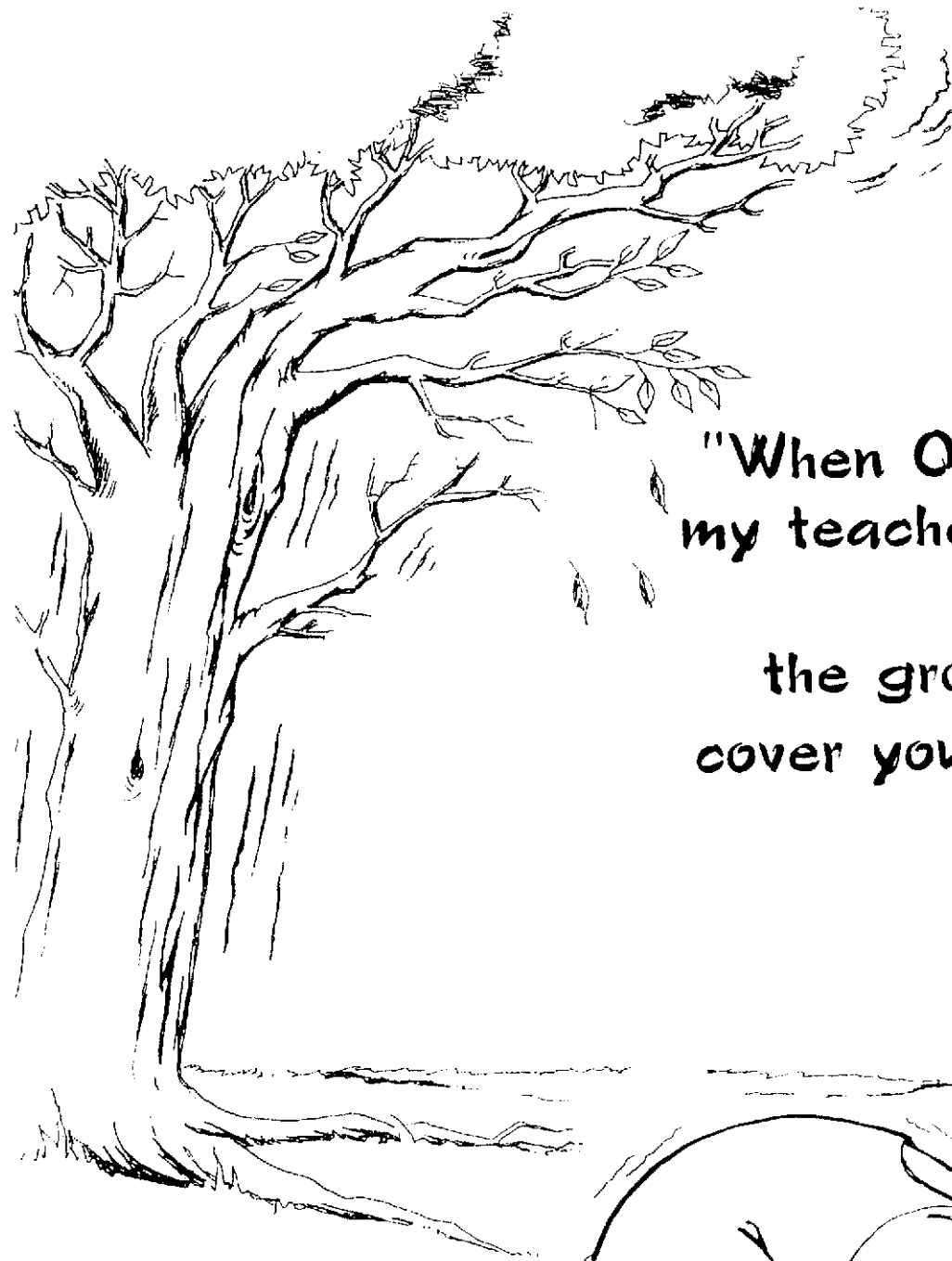
What do I do
When the ground shakes!?

That depends on where
you are when the
earth quakes!



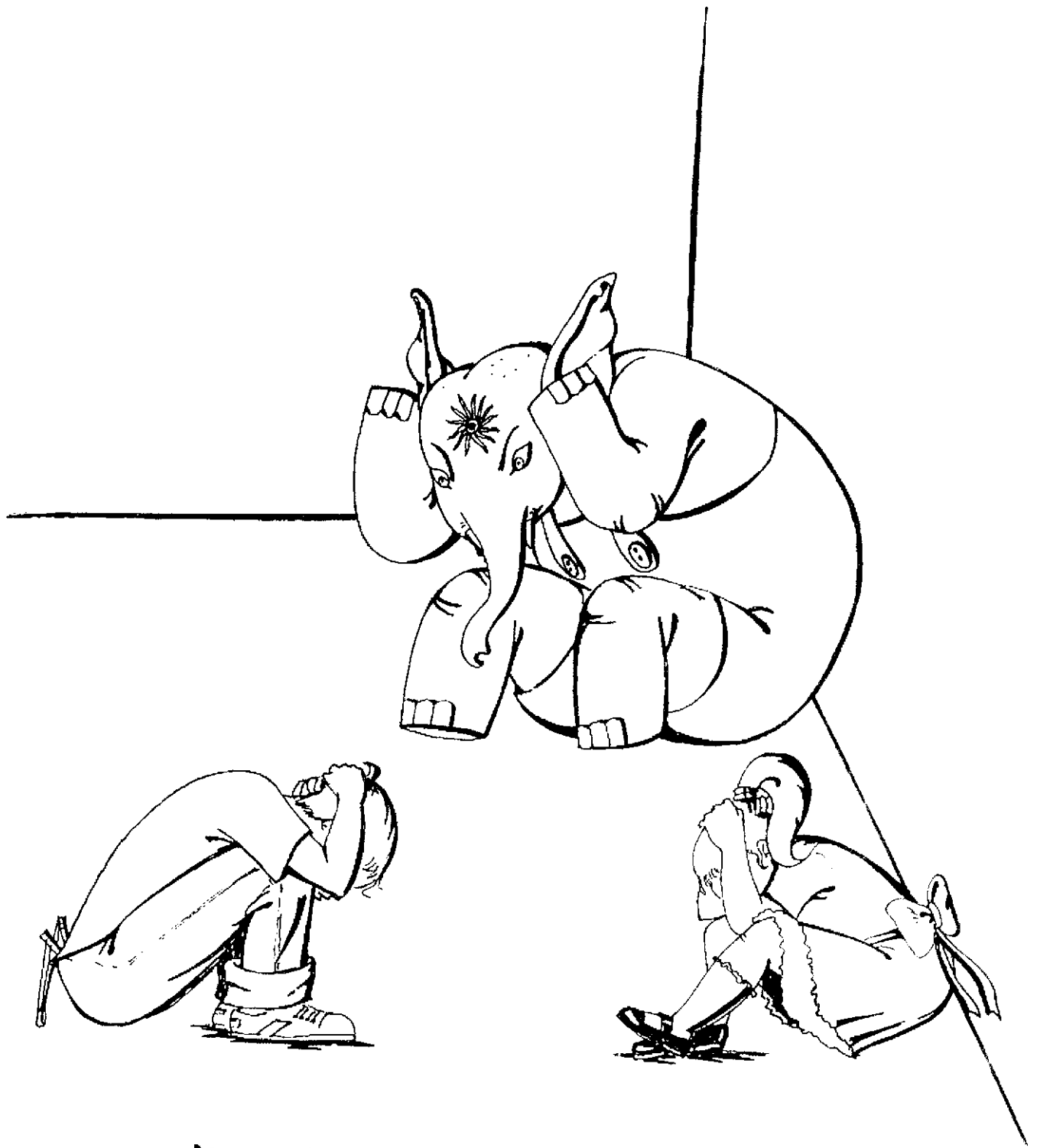


When at my desk I've been
told to quickly "drop, cover and hold."



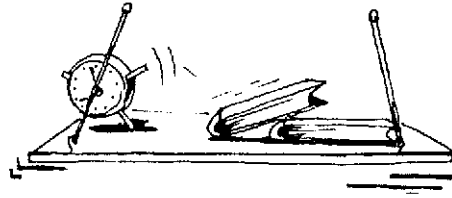
"When Outside,"
my teacher said
"Drop to
the ground and
cover you head."





If in the hall, sit against the wall and curl up like a ball.

1. ABC	6... PQR
2.. DEF	7.... ST
3... GHI	8..... UV
4... JKL	9... WX
5... MNO	10...YZ



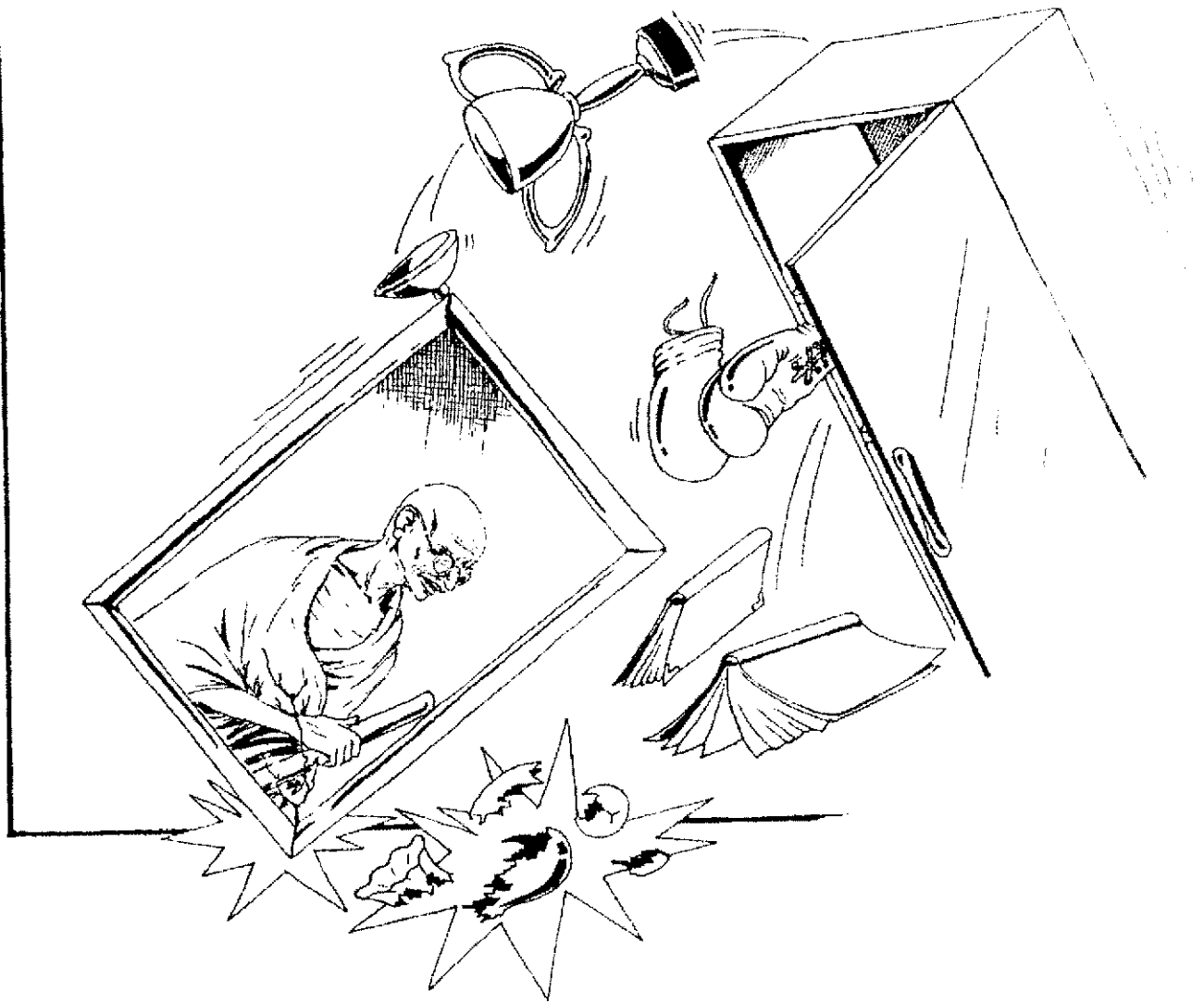
If the earth starts to shake
and I'm in bed, stay right
there and hold a pillow
over my
head.



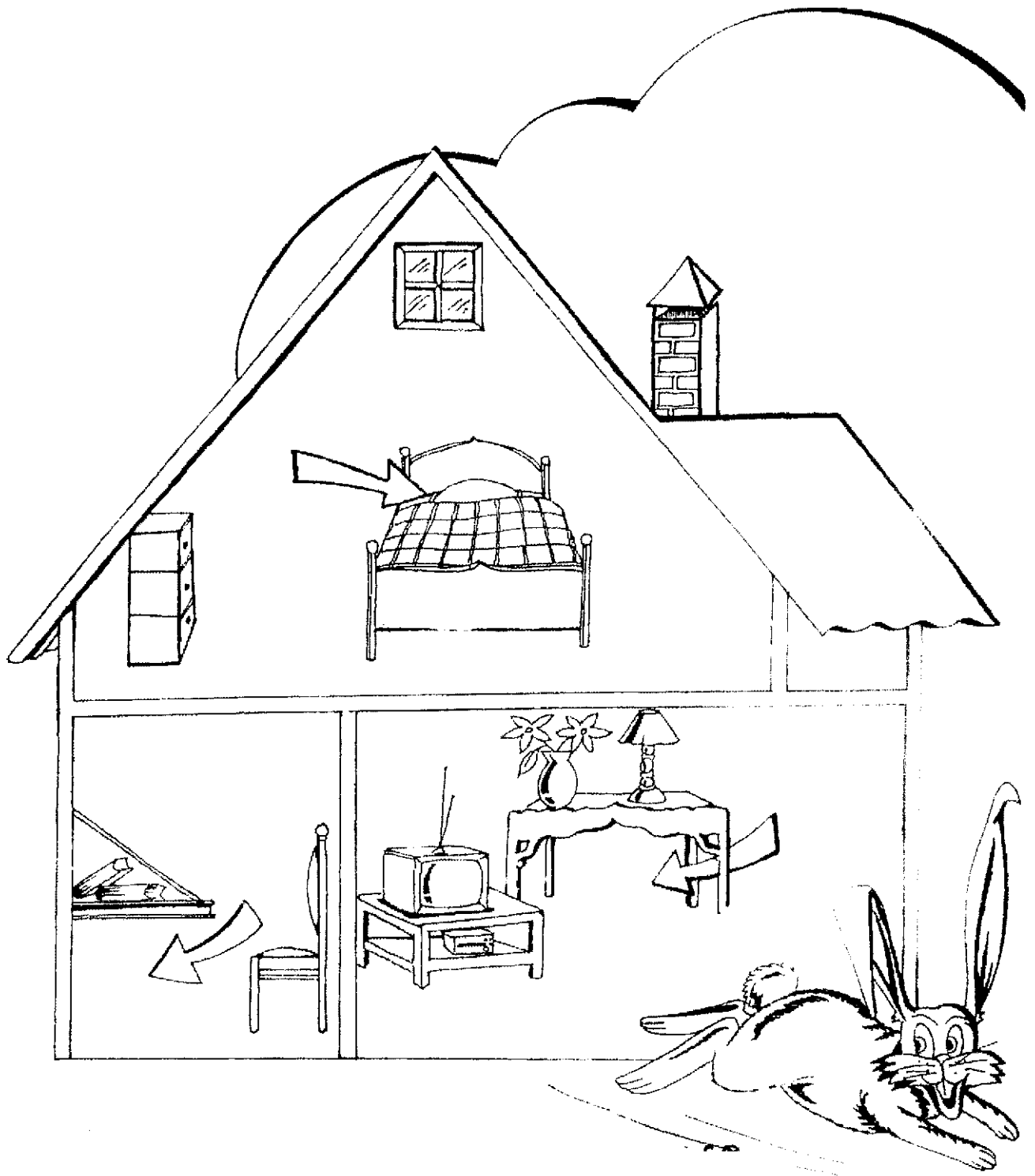


If you are riding stop, stay right
Where you are.

Wherever you are when the
earth starts to shake,

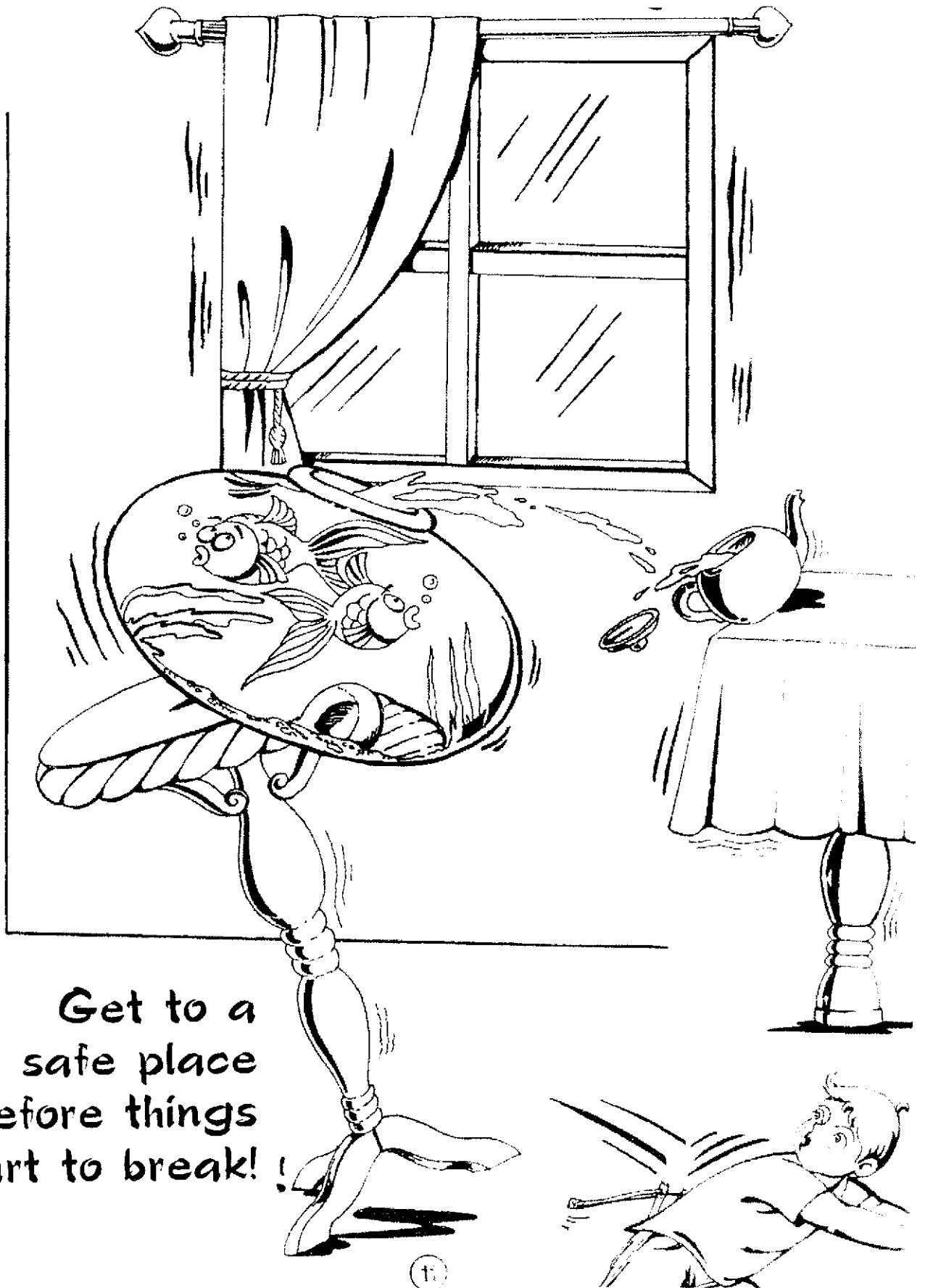


Your biggest dangers are things
that fall or break.

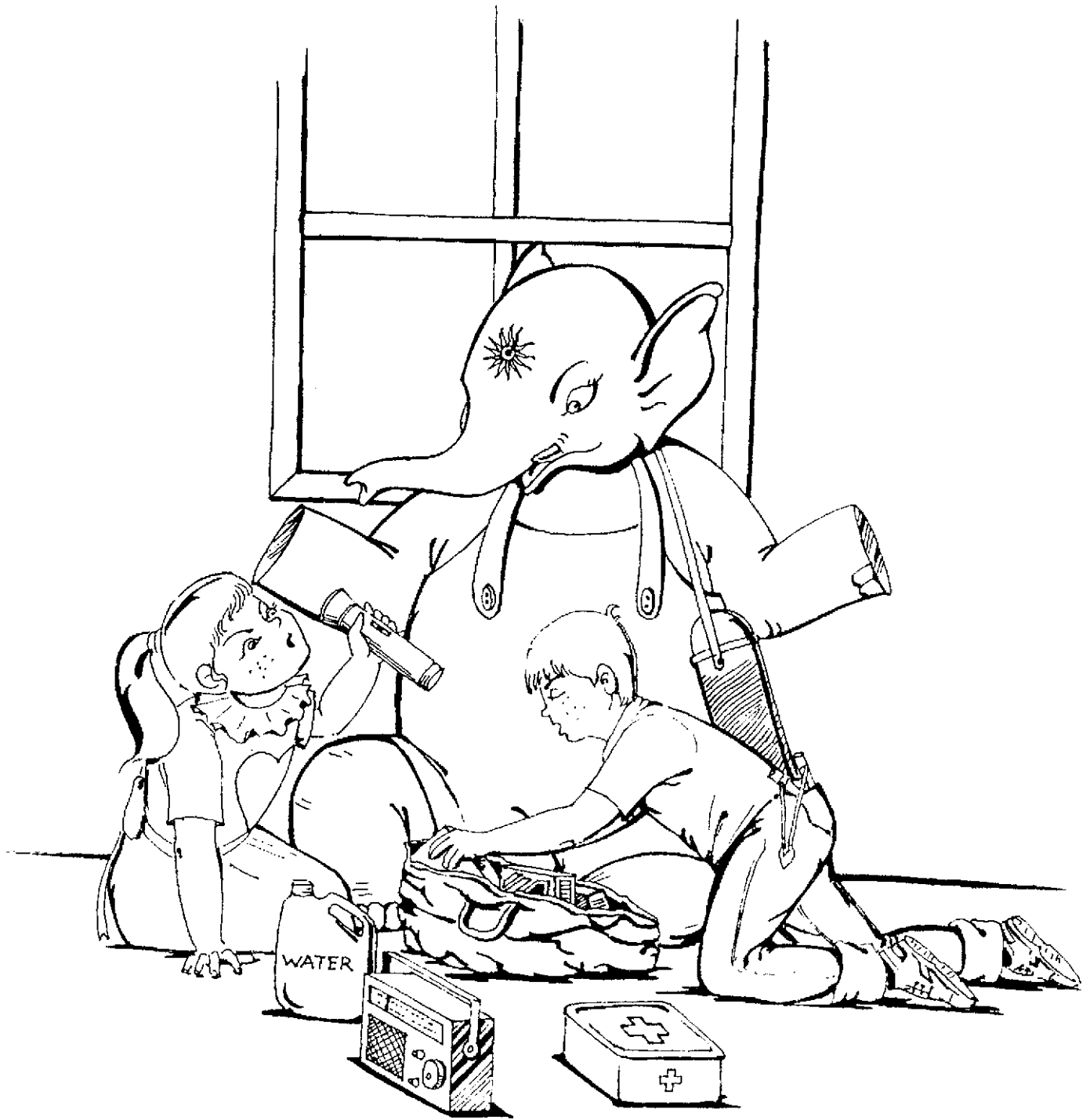


Find a safe place
in each room in your house.
Practice being "quakesafe"
as quick as a rabbit.

When the earth starts to shake
there s no time to waste!

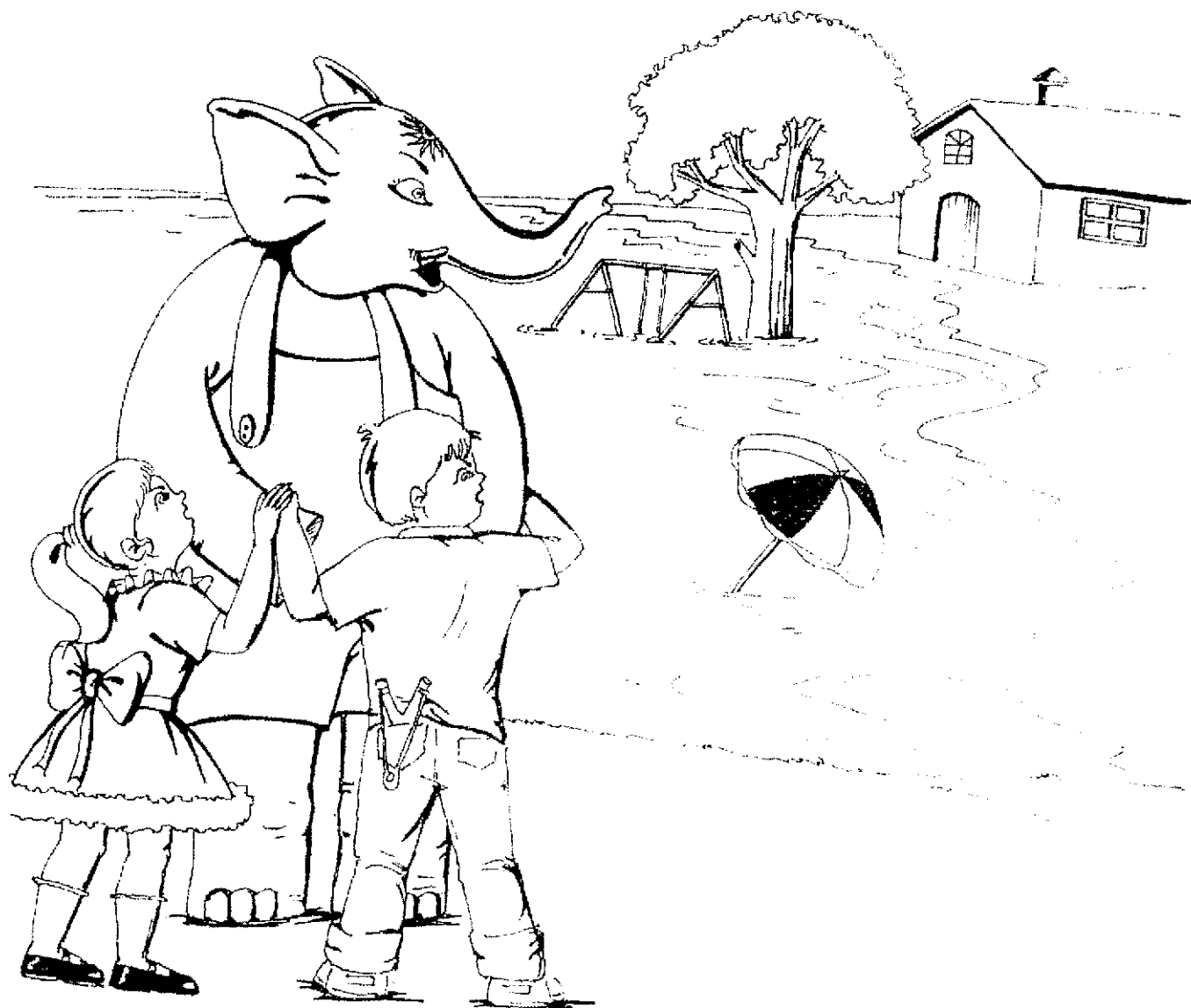


Get to a
safe place
before things
start to break! !

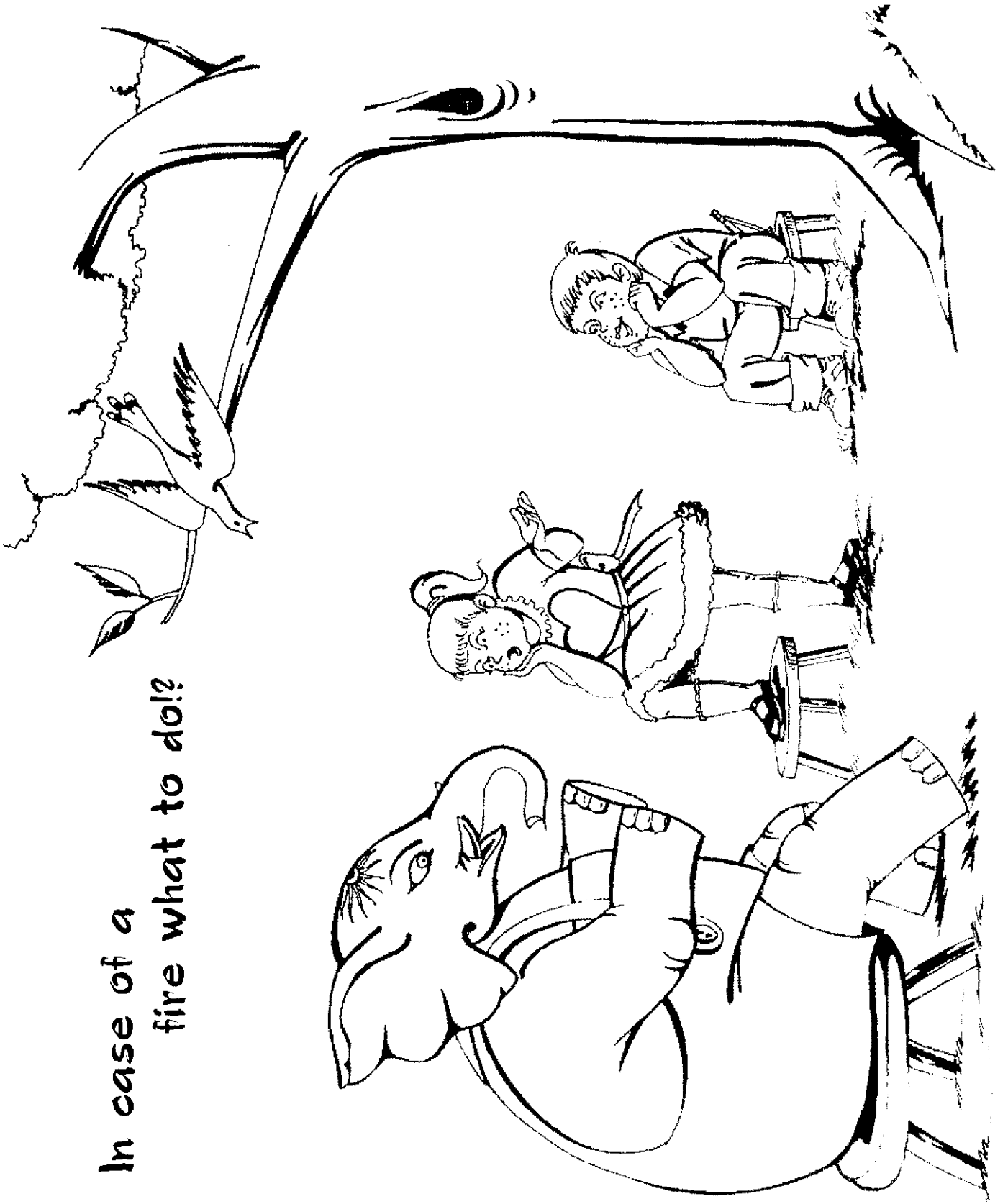


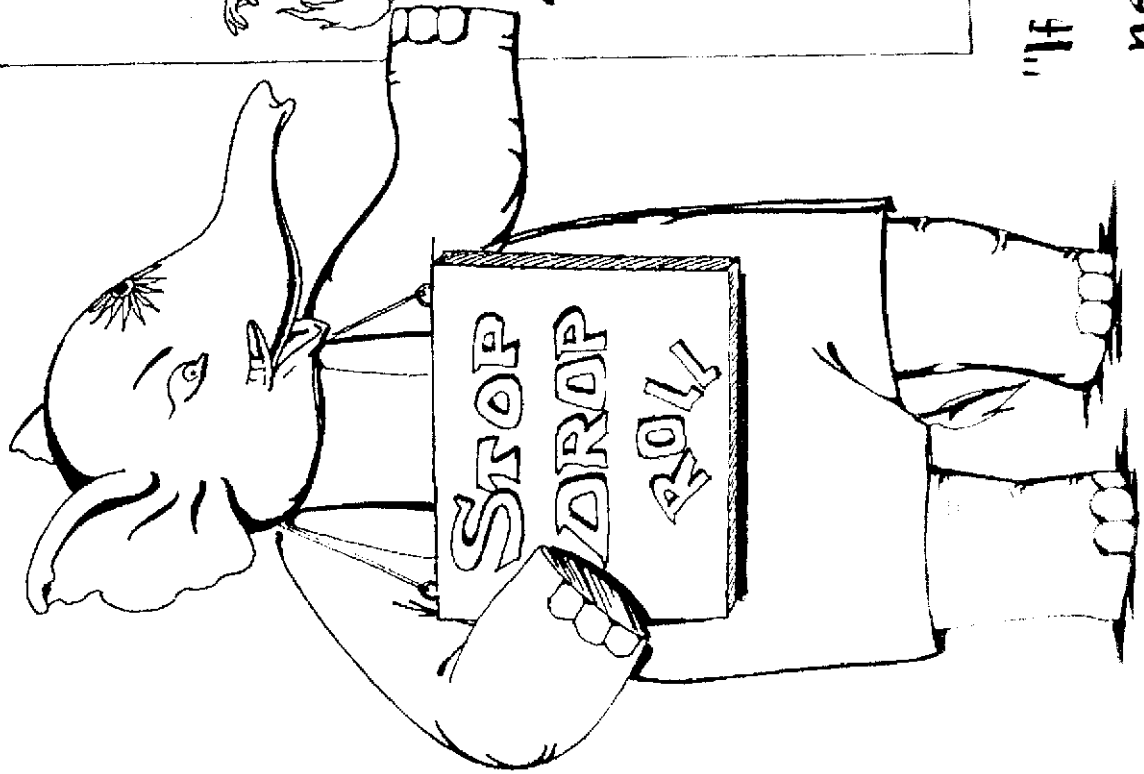
We can keep supplies that will help us if a disaster happens. Put together a disaster supplies kit today!

If you see flood waters,
move away from them. Go to
a higher place. Never play
near or try to swim in
flood waters.



In case of a
fire what to do?





"If your clothes catch on fire,
never run; follow these steps"

STOP

running will make
the fire worse



DROP

to the floor



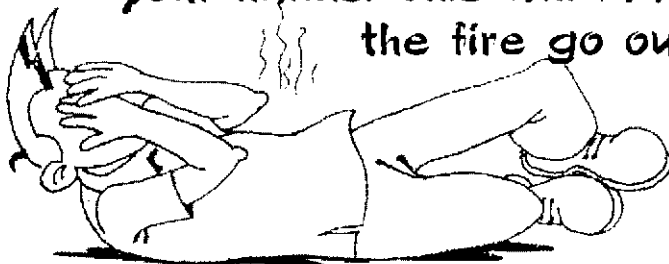
COOL

the burn



ROLL

back and forth and
cover your face with
your hands. This will make
the fire go out

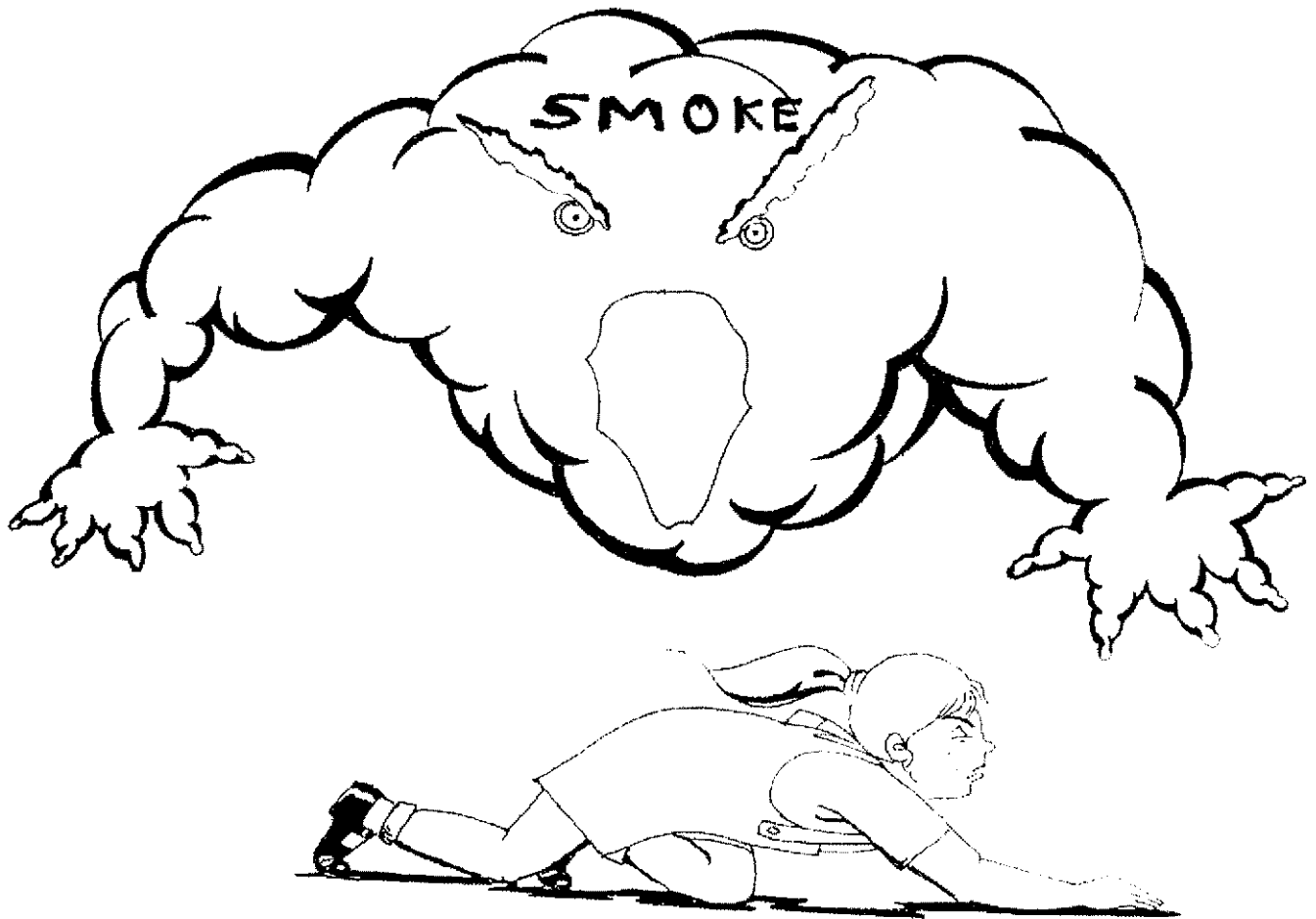


CALL

for help



If you see
Smoke and Fire...
... get down low and
go, go, go !!!



Smoke will hurt your eyes!
Smoke can burn your lungs!
Smoke is not good!
Get low and stay out of smoke!

**There is a rule your family should know :
Crawl under smoke
Crawl low and go!**



Things That Are Hot!

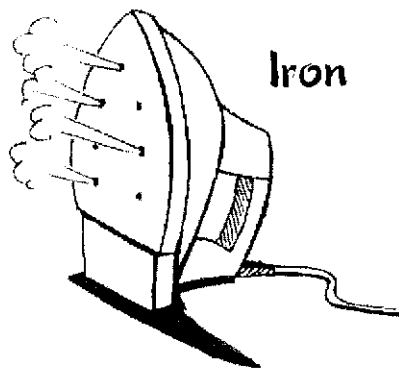
Things That Are Not



Kettle



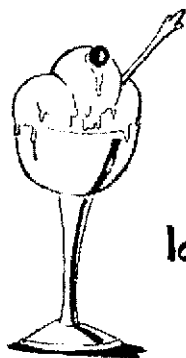
Soup



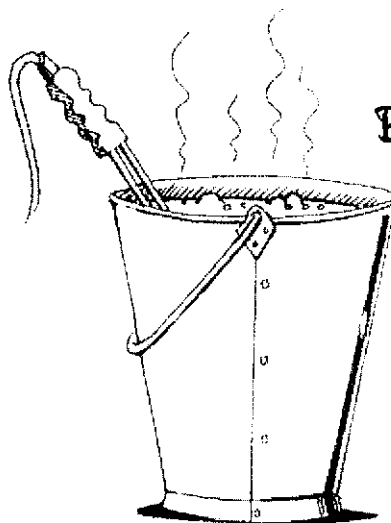
Iron



Soda



Ice cream



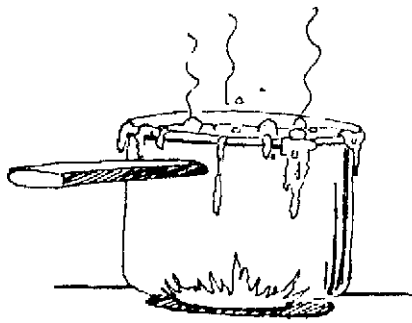
Boiling Water

Circle things that are hot in RED

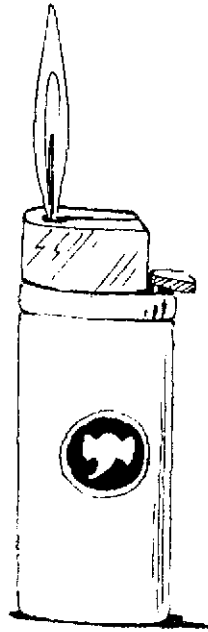
Circle things that are cool in BLUE

Fire is NOT a Toy ! NEVER Play with Fire !

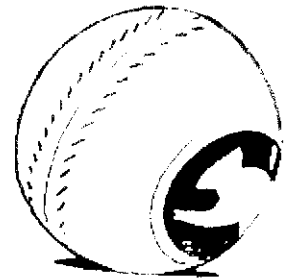
Circle things that
are toys



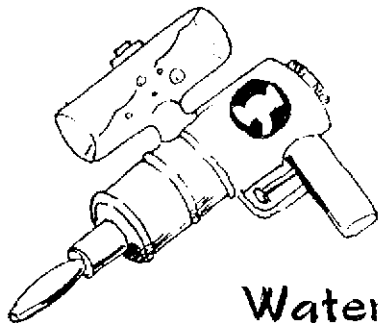
A pot on the
stove



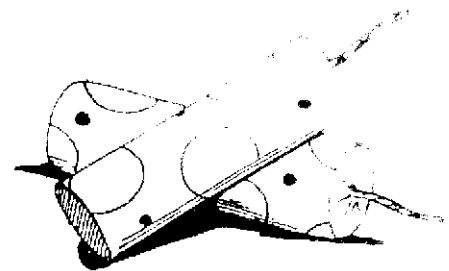
Lighter



Cricket
Ball



Water
gun

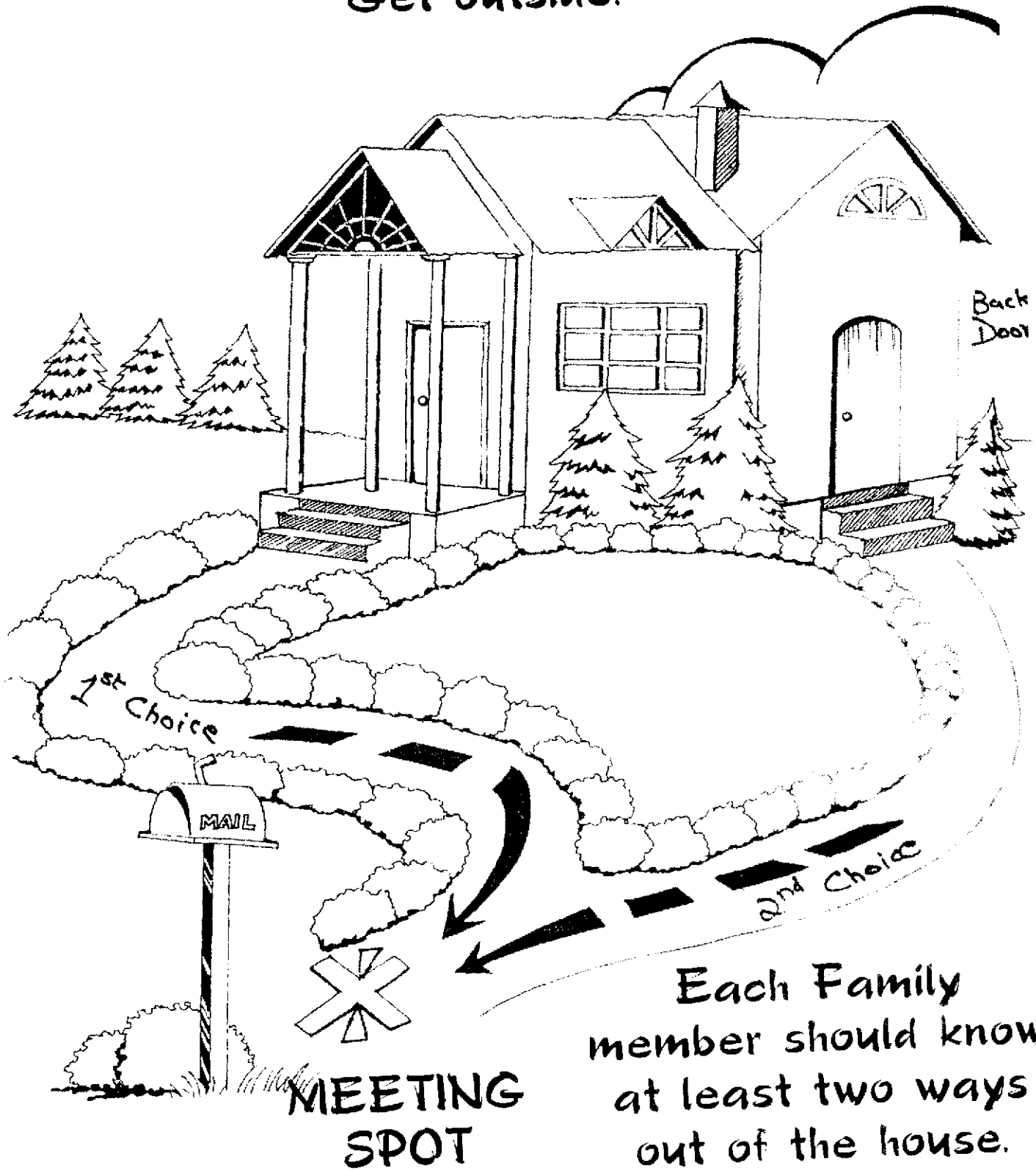


Crackers

Fire fighters are your
Friends.



Plan an Escape Route
from your Home. Don't Hide....
Get outside!



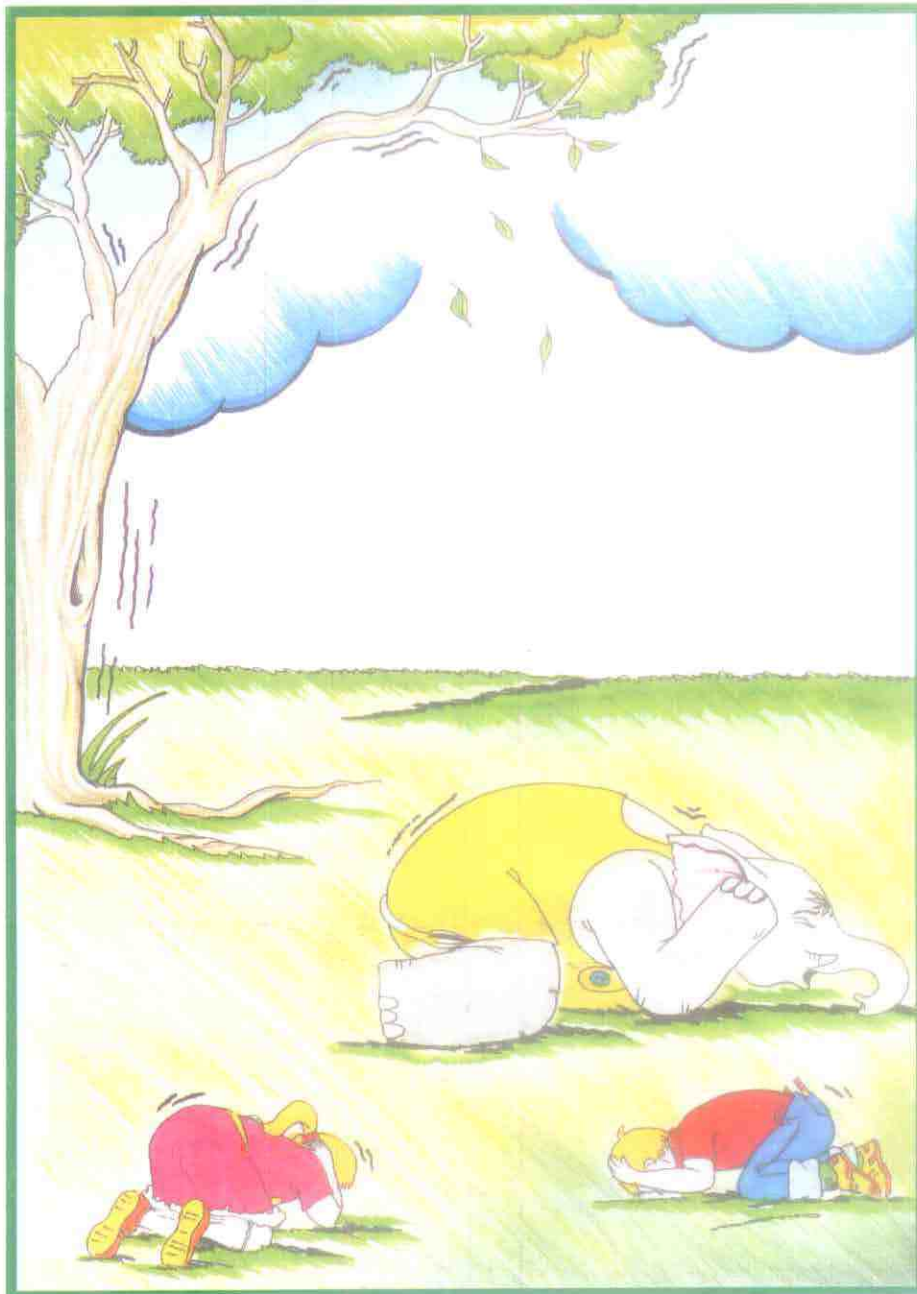
Teach what you know now
and practice today,
So when the earth starts to shake
you'll be in a safe place!



In case of a
fire you should know
what to do



Moms and dads,
Brothers and sisters,
Neighbours and friends,
all need to know
WHAT TO DO



Jan 2005

Illustrated by : Project Officer,
Urban Earthquake Vulnerability Reduction Project
Dehra Dun, Uttaranchal

By : Xavier Jackson



URBAN EARTHQUAKE VULNERABILITY REDUCTION PROJECT GOI-UNDP Disaster Risk Management Programme

City Nodal Agency : Mussoorie Dehradun Development Authority (MDDA)
State Nodal Agency : Disaster Mitigation and Management Centre (DMMC)