

GO BAG: What to prepare?

- ☐ Flashlights and extra batteries*
- ☐ At least 1 bottle of water *
- ☐ First Aid Kit
- ☐ Emergency blanket
- ☐ Change of clothes
- ☐ Hygiene items (soap, toothbrush, towels, etc.)
- ☐ Copy of Identification
- ☐ List of contacts
- ☐ Extra cash/coins
- ☐ Marker, ballpen/pencil and writing pad
- ☐ Important documents, i.e. land title, birth certificate, etc.

Emergency Kit

- ☐ Identification Card/Copy of Identification
- ☐ Construction Mask/Dust Mask
- ☐ Food supply for 3 days (Easy to Cook)
- ☐ Water supply for 3 days
- ☐ Mask supply of water
- ☐ Extra food: high energy, i.e. granola bar, oatmeal bar, crackers, chocolate, jelly, etc.
- ☐ All weather and hazard radio
- ☐ Rescue Whistle (to call for help)

Gears and Tools

- ☐ Cooking gear
- ☐ Fire Starter /Match/Lighter
- ☐ Shelter (tent/tarp)
- ☐ Poncho (raincoat)
- ☐ Survival Knife and multi-tool
- ☐ Cell Phones and extra credit
- ☐ Sleeping Gear/Sleeping Bag
- ☐ Map and compass
- ☐ Cordage
- ☐ Mirror
- ☐ Sturdy shoes and slippers
- ☐ Infant formula and Diapers (If applicable)

Emergency Contacts

OUT OF REGION CONTACT

Name: _____

Address: _____

Cell Phone _____

Home Phone _____

Work Phone _____

LOCAL CONTACT

Name: _____

Address: _____

Cell Phone: _____

Home Phone _____

Work Phone: _____

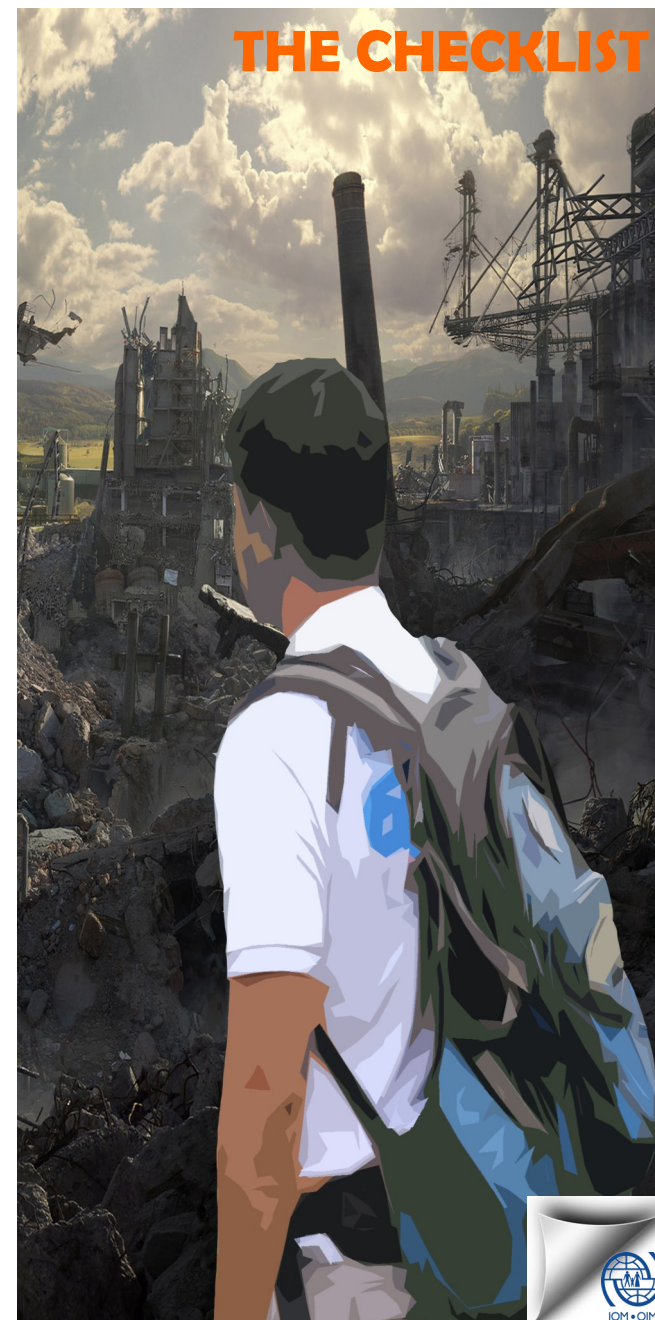
Humanitarian Response for Earthquake-Affected Populations in Bohol
A PROJECT OF THE INTERNATIONAL ORGANIZATION FOR MIGRATION (IOM) SUPPORTED BY:



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DISASTER PREPAREDNESS

THE CHECKLIST



The Philippine Quakes

The Philippine archipelago is located along the Pacific Ring of Fire, the home of 90 percent of earthquakes. As a country, Philippines had experienced some major tremors and the most recent was the October 15, 2013 in the islands of Bohol, which epicenter was located at the municipality of Sagbayan.

Among the most destructive earthquakes in the country according to the magnitude of the tremors scaled at Philippine Seismic Intensity standard were:

1. The 7.3 magnitude earthquake that hit the town of Casiguan, Aurora in 1968. The tremor was felt almost in the entire Luzon area. Some business towers in Manila area collapsed, killing 300 tenants inside the six-story Ruby Tower in Binondo. Landslides and land fissures were evident in the mountainous areas of Luzon at the same time tsunami was recorded.
2. The 7.0 magnitude quake swept some 270 houses in Calauag, Quezon in 1973. Buildings, roads, railways and bridges rendered destroyed. Destruction was observed as Sumulong highway bridge collapsed while the railways of PNR were cracked due to land movement.
3. The Moro Gulf quake in 1976 killed 5,000 was at 7.9 magnitude which also resulted to a tsunami which hit Mindanao islands. The off coast tremor generated by Cotabato trench causing a tsunami in the said area was responsible for 86 percent of deaths. According to PHIVOLCS, the fury of the sea waves caused by tsunami hauled houses and other properties in the shores of Lanao del Sur, Pagadian City and other neighboring areas.
4. A 6.5 magnitude tremor reduced the affected areas in Ilocos Norte to rubble. Some buildings were totally destroyed while others need major repairs. This was considered the most severe quake in north-western Luzon area that time leaving 16 dead and at least 50 injuries.
5. A shallow tectonic tremor hitting the rate of 6.8 magnitude transpired panic to the general public of Bohol. The tremor was also felt in some parts of Visayas and Mindanao immediately causing 6 deaths, about 200 injuries and some 46,000 displaced individuals and 7,000 homeless after thousands of houses were destroyed.
6. In 1990, a 7.1 magnitude quake hit Panay Island and killed 8 people and at the same time injuring 41 others. Bridges collapsed, road destroyed and some large fissures were recorded. In Aklan alone, a number of churches and other infrastructures were badly damaged while 15% of the house buildings in Culasi Antique turned to rubble.
7. On July 16, 1990, a magnitude of 7.7 shook Luzon area hitting hard the City of Baguio. Major hotels and establishments were destroyed in Baguio City in an instant, while causing landslides making the city isolated.
8. The Mindoro quake which was recorded at 7.1 earthquake also caused a tsunami in the area. The raid tremor-tsunami hit the coastal areas of Baco and Calapan Oriental Mindoro damaging 1530 houses and 78 mortalities.
9. The Negros-Cebu earthquake caused landslides and bringing to ground several buildings in these two islands. This resulted to 52 deaths. Several bridges rendered impassable and damaging some infrastructures and highways.
10. The most recent earthquake in Bohol islands on October 15, 2013 at the magnitude of 7.2 literally destroyed some municipalities in and around the province. It destroyed historical and national heritage churches, some tourist destination spots and major infrastructures like bridges,

...in the next

When disaster happens...

Will you survive the next 72 hours?

What do you have to sustain in the next three days without an open shop around?

Can your family make it to the nearest and safer evacuation area?

Do you have a place to go when disaster befalls your place?

Resilience is a matter of choice, and it begins with you and your household. As a family, we often neglect the importance of being disaster-prepared. As a country, we lack the importance of training and capacitating the population to become disaster-prepared and resilient.

How can we become prepared?

National and local trainings on disaster preparedness are conducted any time of the year. While there are international organizations that are conducting the training, Philippine government offices like National Disaster Risk Reduction Management Council (NDRRMC) and its corresponding agencies down to the barangay unit, and the Office of Civil Defense (OCD) are just but two of government's agencies/offices that conduct this type of training.

Disaster Preparedness is a matter of understanding the possible effect of a disaster in the local setting. Being informed may help each person respond to any possible disaster that might come. With knowledge on this regard, each person has a larger chance to survive compared to people who do not have such training.



The Philippine Typhoons

Typhoon Yolanda, after sustaining at the speed of 314 km per hour, accelerated to 378kph making the 4th strongest typhoon to hit in the country.

1. Unleashing the windy fury in the islands of Ormoc and Leyte on November 15, 1991, Tropical Storm Thelma killed 5,100 people.
2. Typhoon Bopha hit Southern Mindanao on December 3, 2012, unleashing its strength to the unprepared people of the area with mortality of 1900 and some went missing.
3. In central Philippines, typhoon Ike left 1363 deaths on August 31, 1984.
4. On December 16, 2011, with a death toll at 1080 people, Typhoon Washi crashed Northern Mindanao.
5. Flooding and landslides marked by Typhoon Trix, killing 995 mostly in Bicol region on October 16, 1952.
6. Across central islands, Typhoon Amy rakes through the area on December 9, 1951, leaving 991 deaths after floods, landslides which was caused by a massive storm surge in Negros island's west coast.
7. Legaspi City experienced the prowess of Typhoon Nina on November 25, 1987. After it roared in Bicol region unleashing deadly mudslides down Mayon volcano with death reaching 979.
8. Typhoon Fengshen hit central islands of the country with death rate of 938 people on June 20, 2008.
9. One of the strongest storms ever hit Bicol region and Manila, Typhoon Angela killed 936 individuals on November 5, 1995.
10. The central islands of Philippines was struck by Typhoon Agnes on November 5, 1984 with death toll of 895 people.