

## BASIC ADVICES FOR DISASTER RISK REDUCTION



The objective of these advices is to generate a **culture of reduction and prevention** in the occurrence of disasters due to natural phenomena, and for this, education is paramount. **Learn about some things we can do to be prepared and act in case of an emergency.** It's not about always being scared, but about knowing how to prevent, respond and take care of ourselves.



### **When we prepare to manage risks as a community, we can:**

- Reduce mortality.
- Reduce the number of people affected.
- Reduce economic losses.
- Reduce damage to vital infrastructure and services such as health and education.
- Contribute to the national disaster risk reduction strategies.
- Increase the number of communities and localities with disaster risk reduction strategies.
- Improve cooperation between communities, civil society organizations, government institutions, and international aid partners.
- Increase the availability of early warning systems.
- Reduce burden and dependency on public authorities.
- Contribute to reduction of national expenditure.

### **Potential Natural Phenomena with Disaster Potential to Which We Must Respond**

With phenomena such as climate change, adverse events with the potential for serious damage to communities, infrastructure, and property become more likely to occur. The main threats identified in Sudan are floods, earthquakes, fires and landslides. To reduce the risks, it is necessary to have to equip the communities with knowledge and skills, necessary infrastructure, means and equipment for disaster response.



# SOME RECOMMENDATIONS WE SHOULD FOLLOW IN CASE OF A DISASTER

## BEFORE

- Early warning system for information and preparedness.
- Make sure that you have arrangements in place to prevent / minimize water entering to your home.
- Turn off the power if water enters the home.
- Store your food in high places to prevent it from being contaminated by water.
- Place toxic elements (poisons) out of reach of water.
- Remove objects from outside the house that could be washed away.
- Do not build on land that is likely to be affected by flooding
- Plan, safe and open meeting places.
- Make an emergency plan with your family, community, school, or work.
- Have your emergency backpack at handy.
- Always have the keys to your home, premises, or office near the exit.
- Identify easily accessible points on the property where it is most feasible to protect yourself.
- Be especially vigilant to move to a higher ground, if you have family members with disabilities or small children.

## DURING

- If water enters the home, turn off the electric power from the whole building using the main switch.
- Have a clear evacuation route, always looking for a high place.
- Make sure that you have a torch or a light source as moving in the dark is dangerous.
- Be careful that elevated and dry places are also target for snakes, scorpions, insects, etc.
- Keep an eye on children during a storm, take care of them, and never leave them alone.
- Do not attempt to cross in streams or rivers. The force of a flow can easily drags a person away.
- If you are on the street, use caution when walking as the manhole covers often come out and you may fall.
- Do not approach power lines and poles.
- If you are on the beach or a river side, move away from the shore and seek shelter in high places.

## AFTER

- Empty stagnant water to avoid pests and mosquito accumulation that can transmit diseases.
- Wait for the authorities' assessment for entry to the building once the waters have receded.
- Do not approach buildings that are likely to collapse.
- Do not touch or step on downed power lines.
- Do not mobilize the wounded, it is better to notify specialized people for this type of help.

## In the event of any eventuality

Prepare a prevention plan with your family. Adapt it to any type of emergency and to the needs of each person: children, the elderly and people with disabilities. If you have pets, also prepare some essentials that your pet may need.

### Follow these 4 steps:

- 1 Detect risks and safety zones, both inside and outside your home. Check furniture and fixtures.
- 2 In a sketch, it traces the possible evacuation routes, points out the risks detected and how to reduce them.
- 3 Be prepared to make the best decision, that will help you know how to act in the face of disturbing phenomena.
- 4 Conduct simulation at least 3 times a year. Based on experience, update your plan and organize with your community.

- Periodically check the condition of the electrical and gas installations in your home.
- Do not accumulate trash or debris, as these can be flammable.
- Avoid handling and storing gasoline and other fuels.
- Avoid overloading plugs with too many appliances.
- It is important to have fire extinguishers and smoke detection systems.
- Don't leave cookers and energy sources unattended while cooking.
- keep matches and similar materials away from the reach of children.
- lock / switch-off all energy sources when not in use.
- Make sure that you have the numbers and contacts to inform and call for Support in a visible / accessible place(s).
- If to stay in a hotel, apartment, building, etc., stay in the lower floors (1-4) as they are always within the easy reach of firefighting teams.
- If you have a family member with disabilities, identify beforehand a safe and unobstructed escape route for this person in case of fire.

- Immediately leave the affected place: crouch, crawl and look for a way out,
- Inform immediately about those who need help or special care that you can't provide.
- Cover your mouth and nose with a damp cloth. FIRST do it to yourself and THEN to those that need help.
- Do not open doors and windows if you do not go out through them as the fire spreads with the air.
- Cut off power and gas supplies.
- Always use stairs instead of an elevator to evacuate the building.

- Move small children and persons with disabilities to sufficiently safe distance from the fire, preferably to a pre-identified safe assembly point.
- Immediately leave the affected place: crouch, crawl and look for a way out, if you were trapped and couldn't leave during the fire incident.
- Don't walk on the ashes and debris with bare feet to avoid burning. Do not open doors and windows if you do not go out through them as the fire spreads with the air. Cut off power and gas supplies. Always use stairs to evacuate a building.

## Emergency Bag



- Follow advice of the early warning systems, if available.
- Close doors and windows.
- Stay alert to rains lasting more than 20 minutes
- Identify areas with landslide or landslide threats.
- Avoid building in or near riverbeds and streams.
- Know the conditions of your home and its surroundings and the hazards that can threaten it.
- Do not throw trash or debris in gutters, water channels, streams, or rivers.

- Cover your eyes, nose and mouth
- keep doors and windows closed.
- Switch electricity off, if it is not stable.
- Carry emergency supplies with you.
- Make sure that you have a torch or safe source of light at your hand.
- Don't leave young children unattended.
- Do not run, follow the instructions in the prevention plan.
- Follow the instructions of the authorities. Make sure they are aware, if your family includes persons with disabilities.

- If you evacuated your home, do not return home until the authorities tell you to do so.
- Do not walk on debris.
- Check the electrical wires and power equipment before turning them on, if they were off.
- Inform the authorities about your situation and the status of basic services in your community.
- Provide emotional support to those affected.
- Assist with rehabilitation efforts.
- Keep an eye out for bulletins issued by the authorities through the media

## ORGANIZE WITH YOUR COMMUNITY EARLY WARNING AND WARNING MECHANISMS

- 1 Identify the most effective means or communication channels so that as many people as possible have information about adverse events
- 2 Delegate people in charge of identifying, analyzing, and communicating risk. A risk management committee can be helpful in defining safe escape routes.
- 3 Specify the events that harm the community and together evaluate them according to the degree of recurrence, the level of alert, and the actions to be taken when they happen.
- 4 Socialize with the community about alert levels and what they mean; Include them in drills to test effectiveness in communicating risk and response.