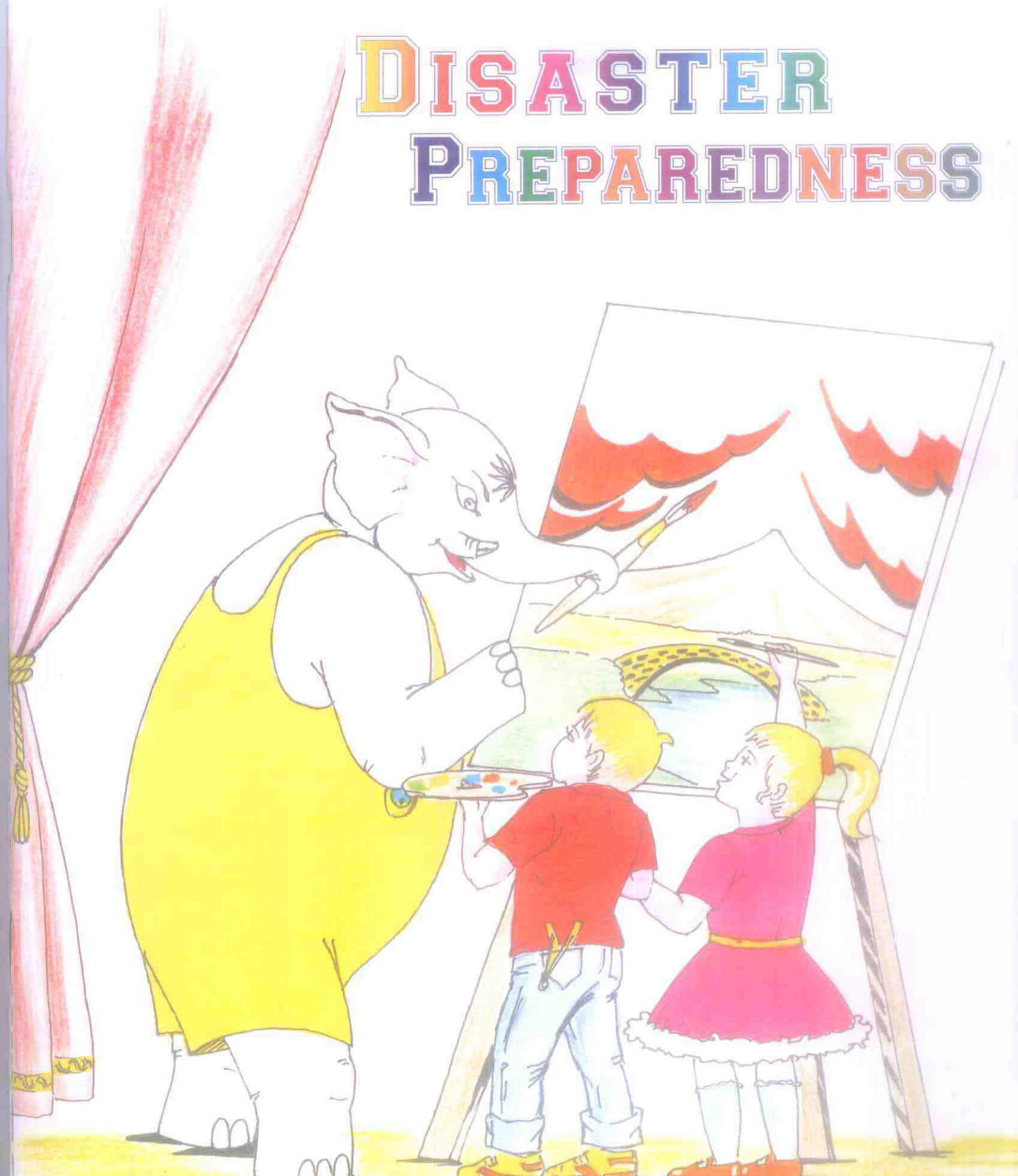


# DISASTER PREPAREDNESS



# SAFETY STARTS WITH YOU

This is my safety Activity Book



NAME : \_\_\_\_\_

CLASS : \_\_\_\_\_

SCHOOL : \_\_\_\_\_

ADDRESS : \_\_\_\_\_

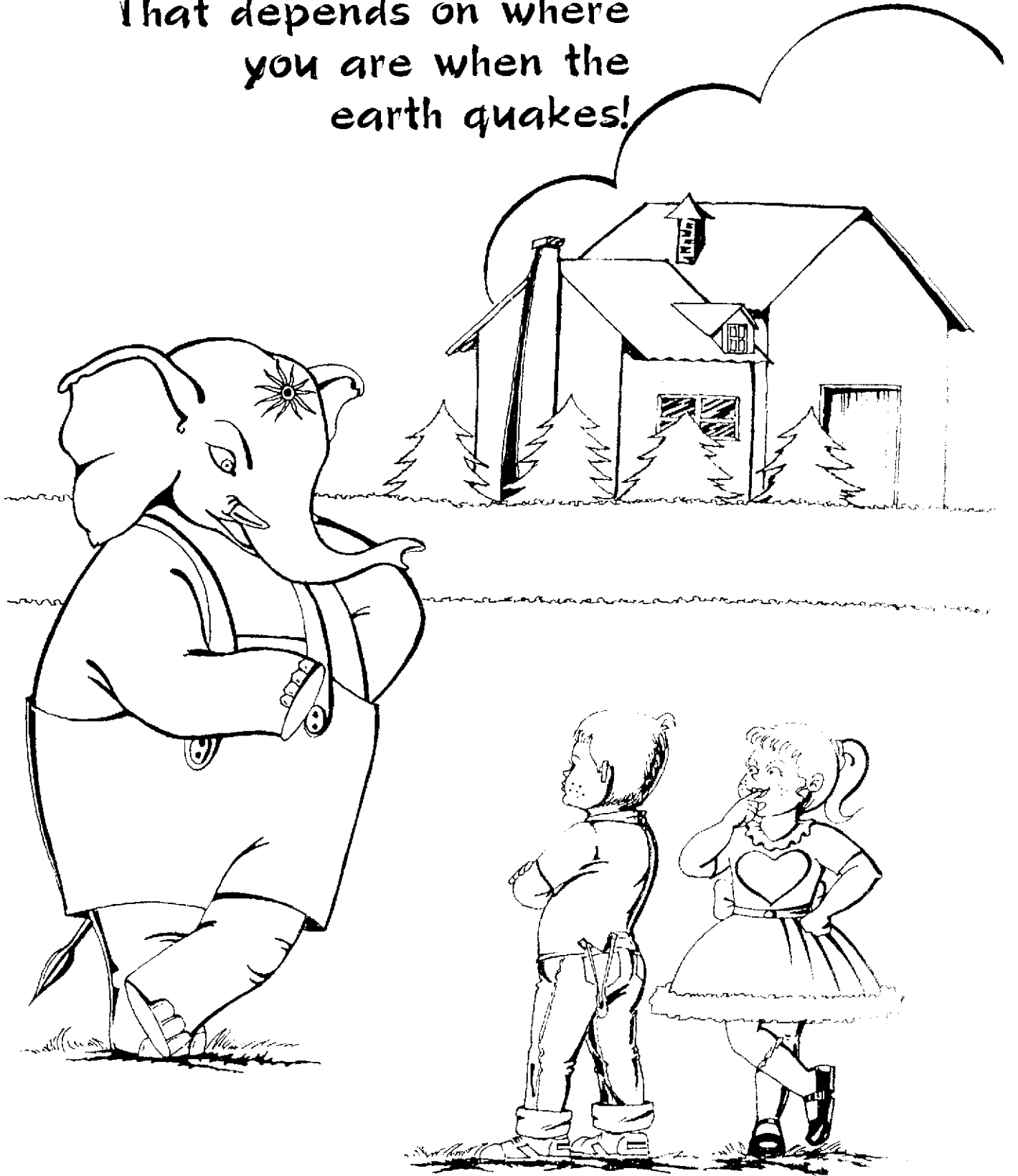
PHONE : \_\_\_\_\_

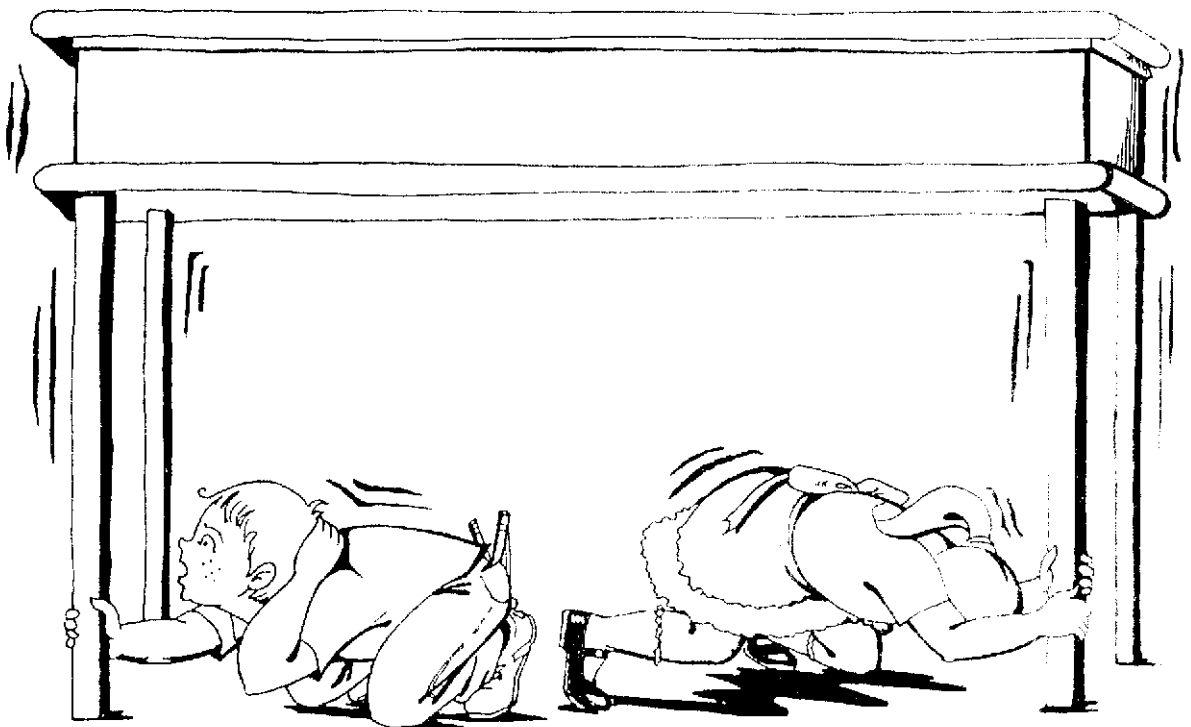
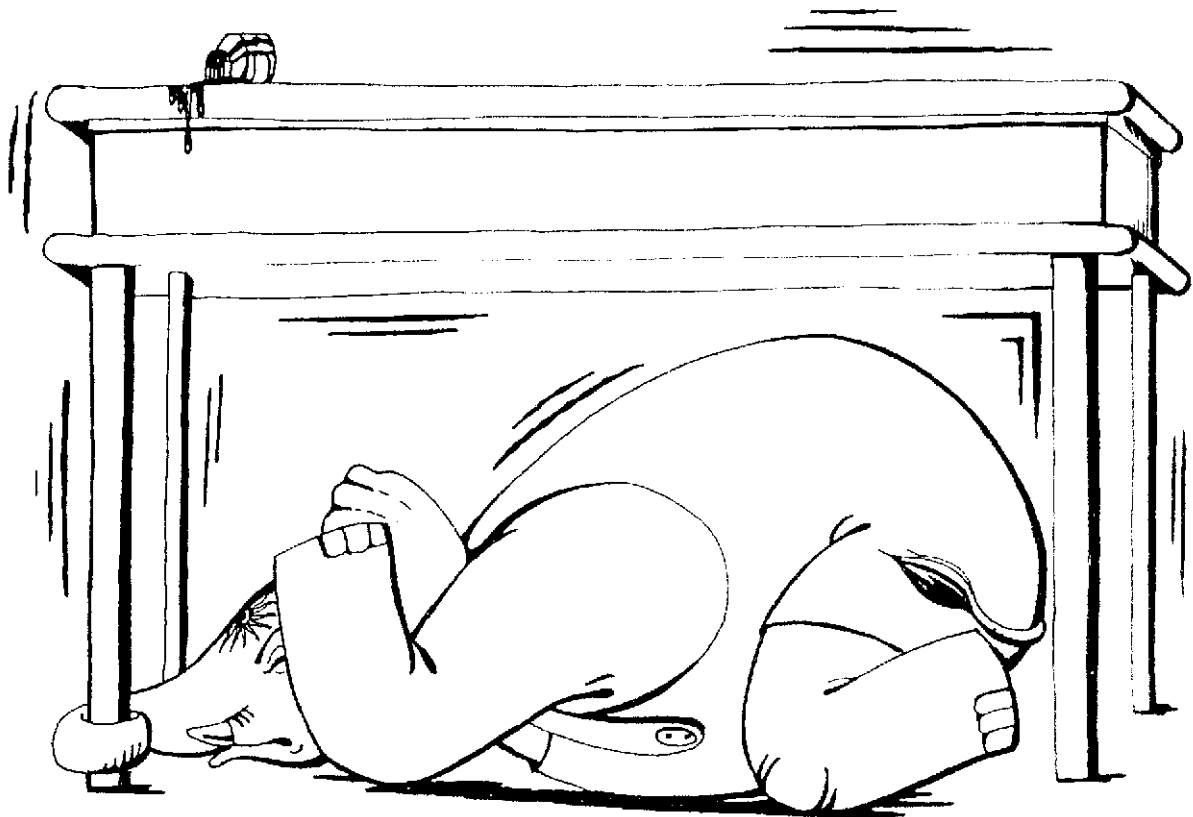
DATE OF  
BIRTH : \_\_\_\_\_



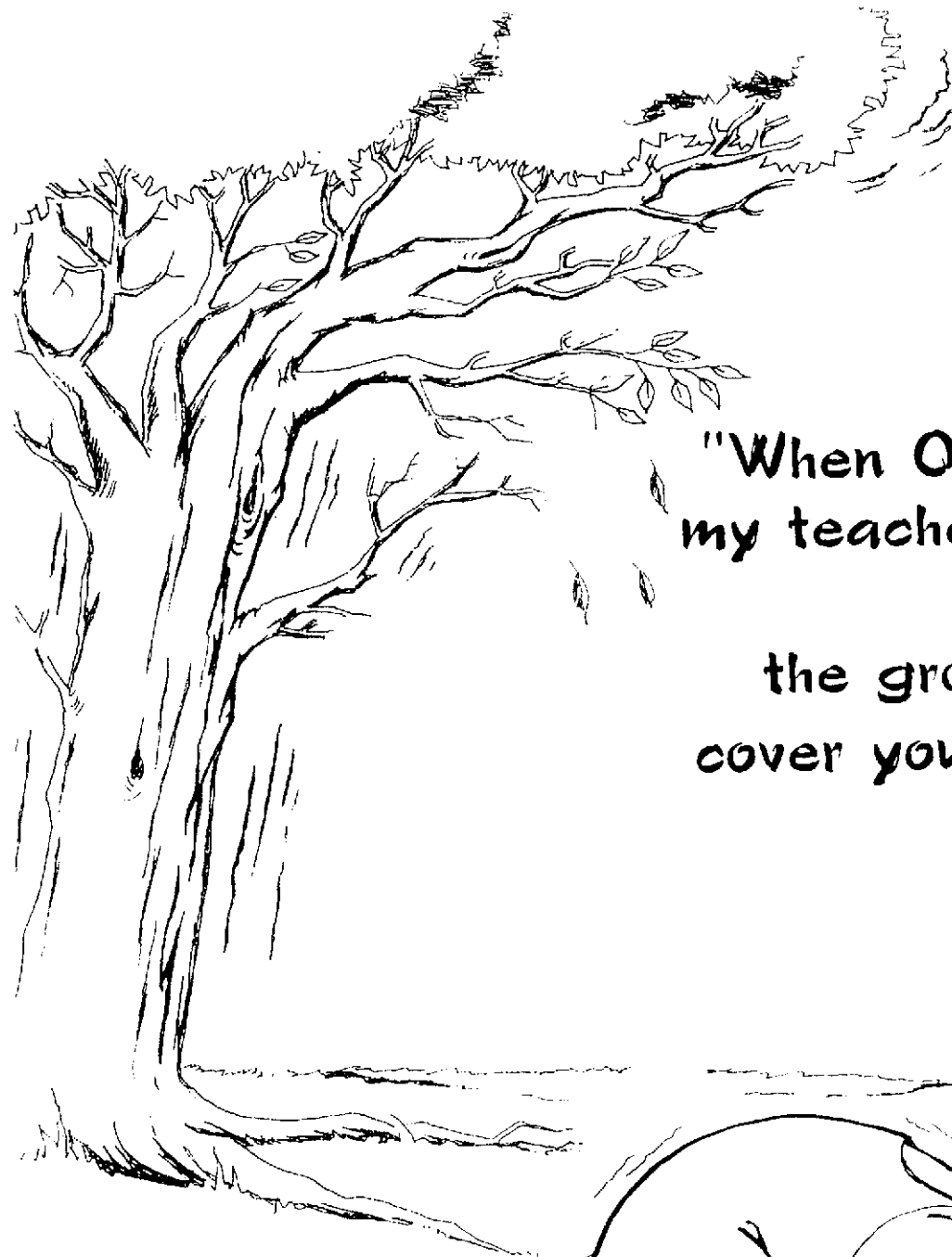
What do I do  
When the ground shakes!?

That depends on where  
you are when the  
earth quakes!



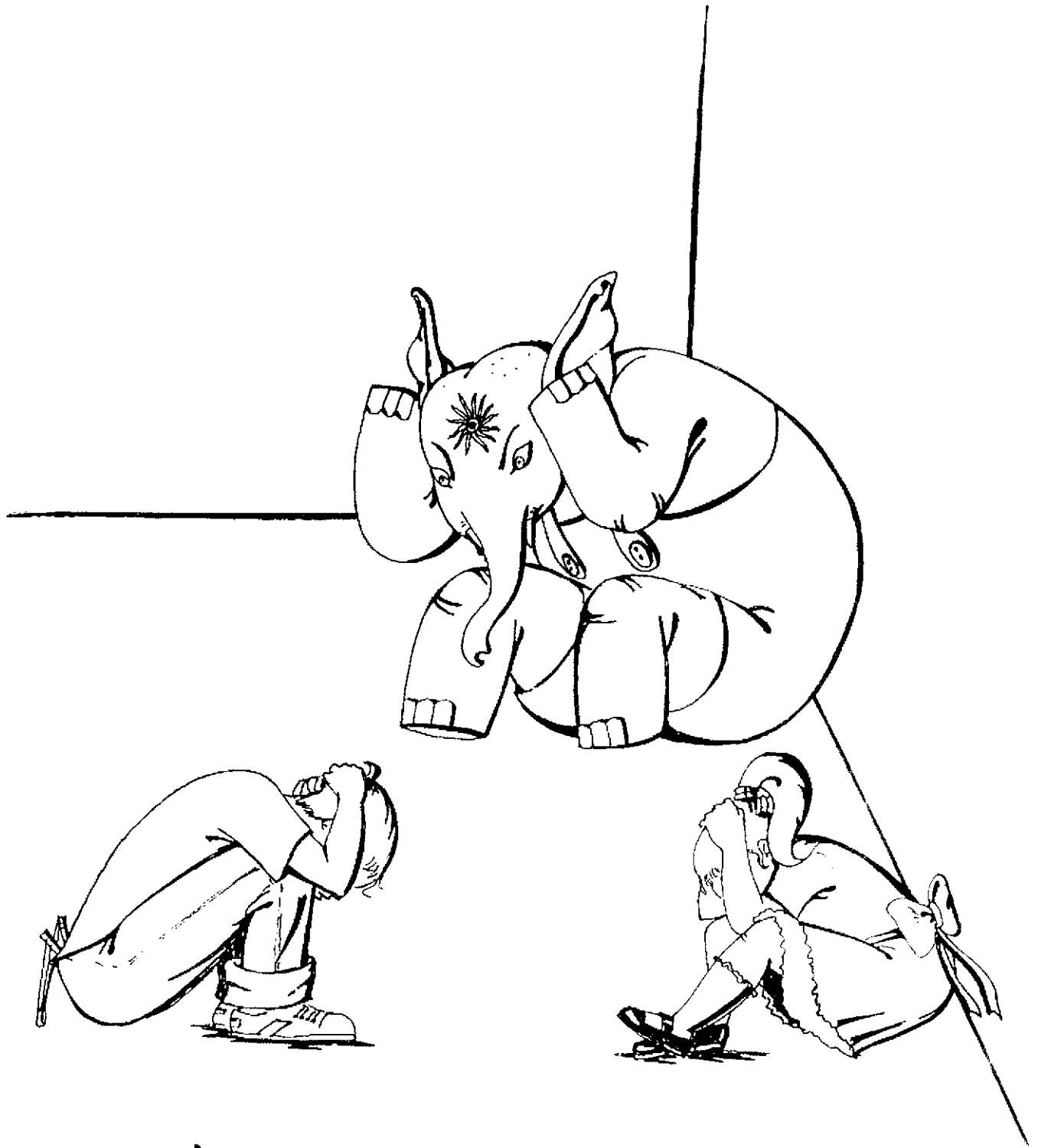


When at my desk I've been  
told to quickly "drop, cover and hold."



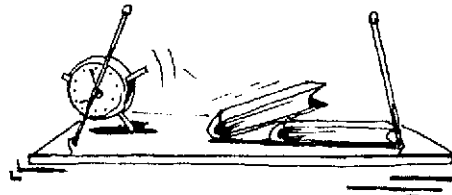
"When Outside,"  
my teacher said  
"Drop to  
the ground and  
cover you head."





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 |



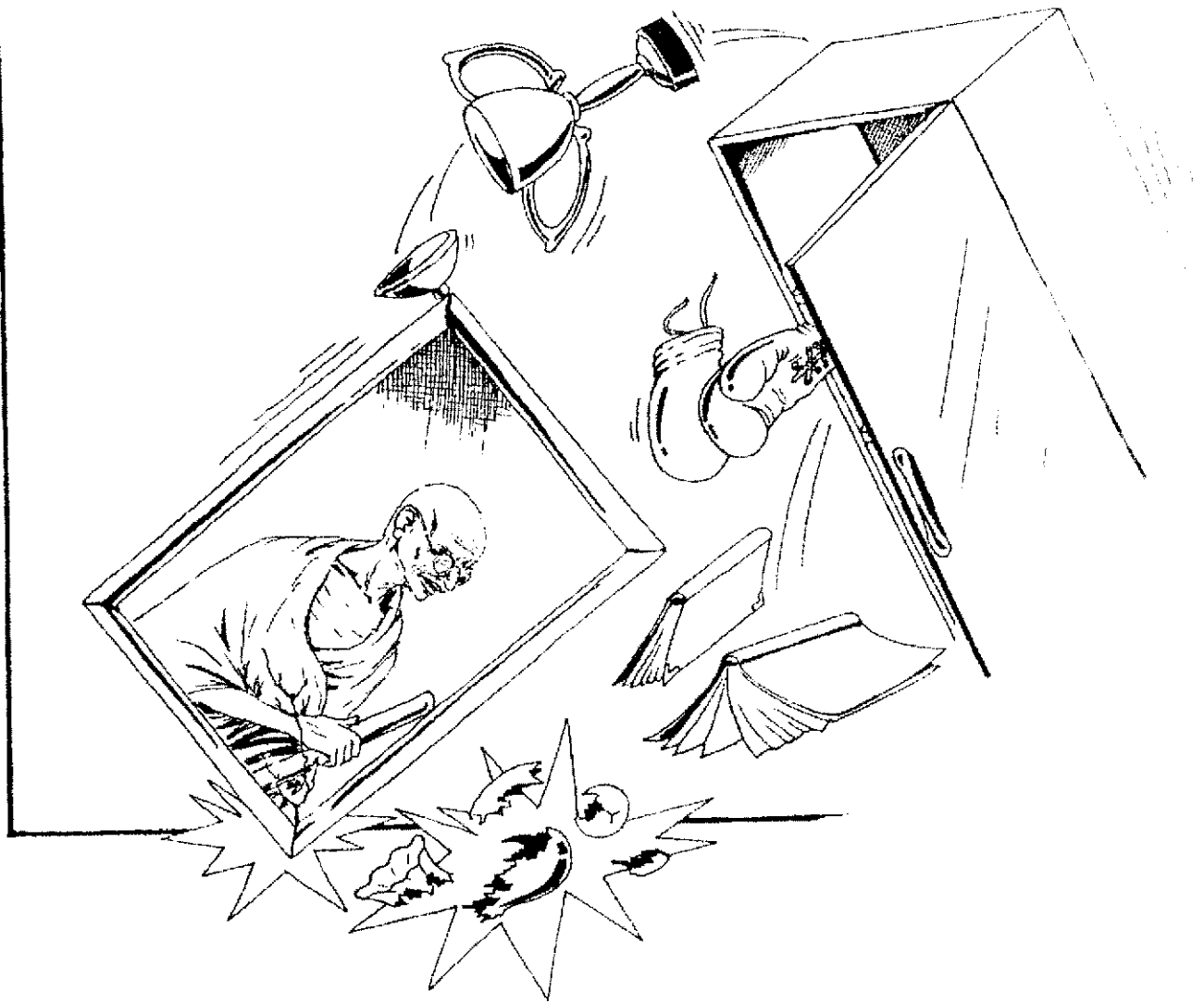
If the earth starts to shake  
 and I'm in bed, stay right  
 there and hold a pillow  
 over my  
 head.



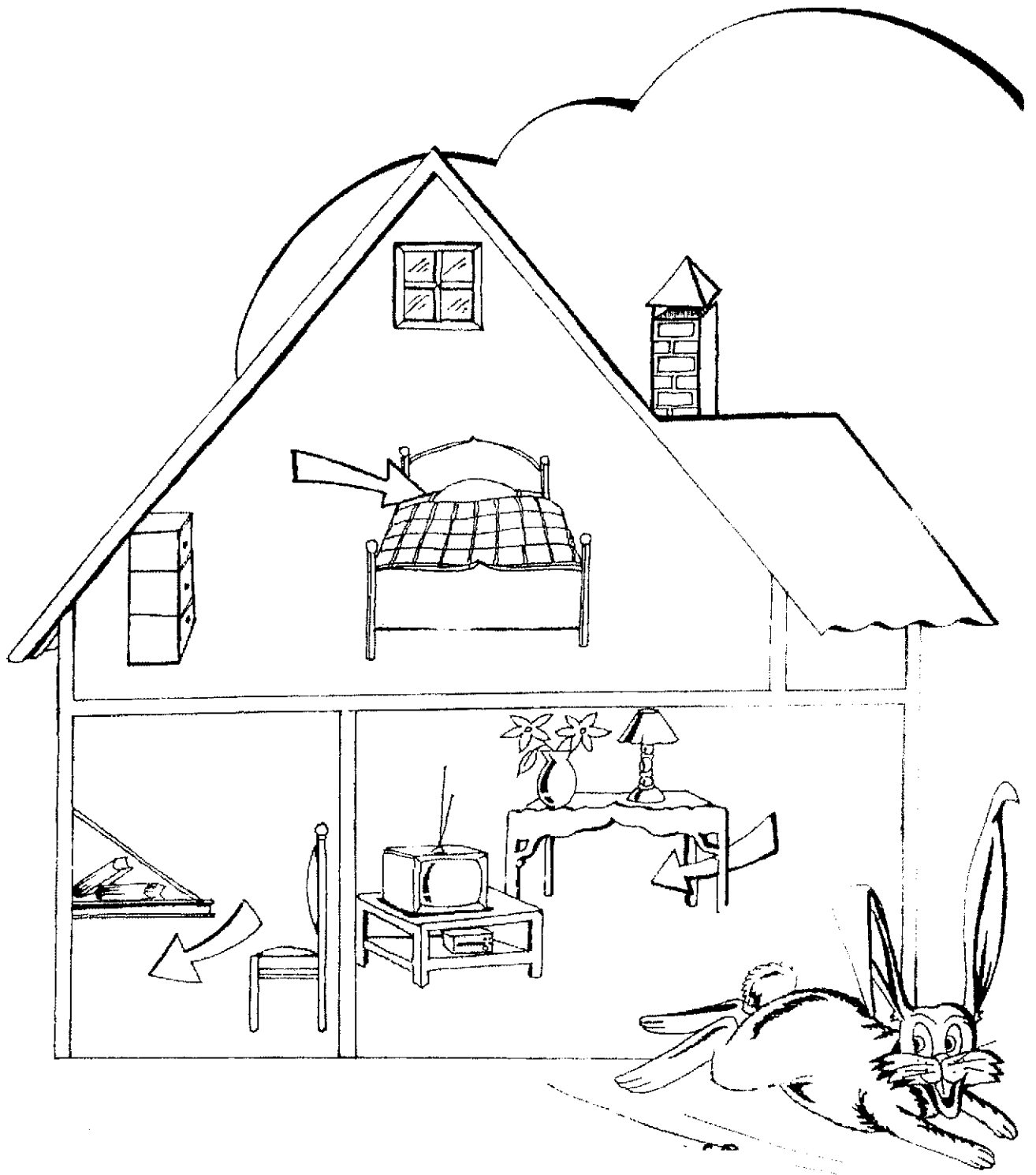


If you are riding stop, stay right  
Where you are.

Wherever you are when the  
earth starts to shake,

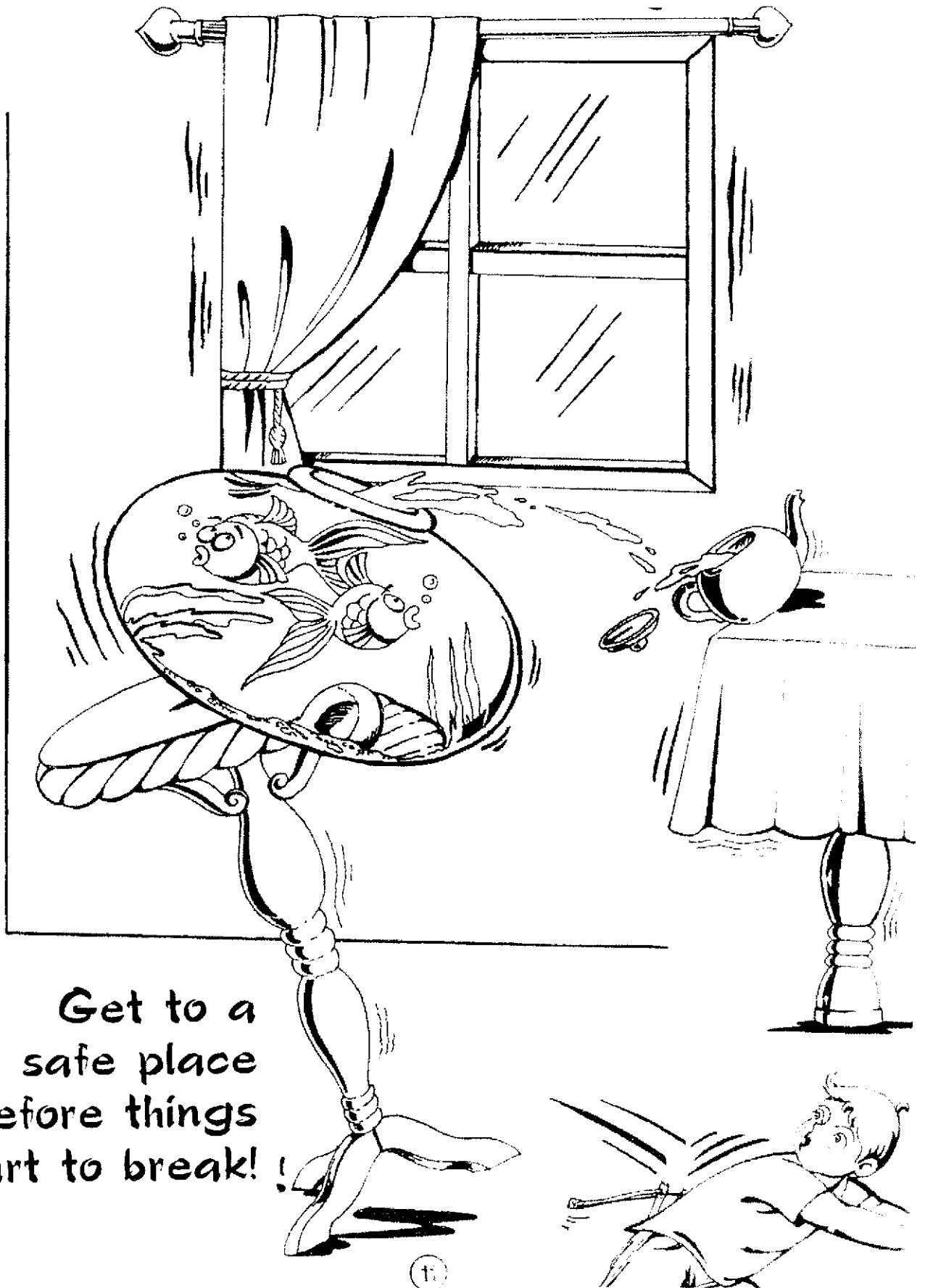


Your biggest dangers are things  
that fall or break.

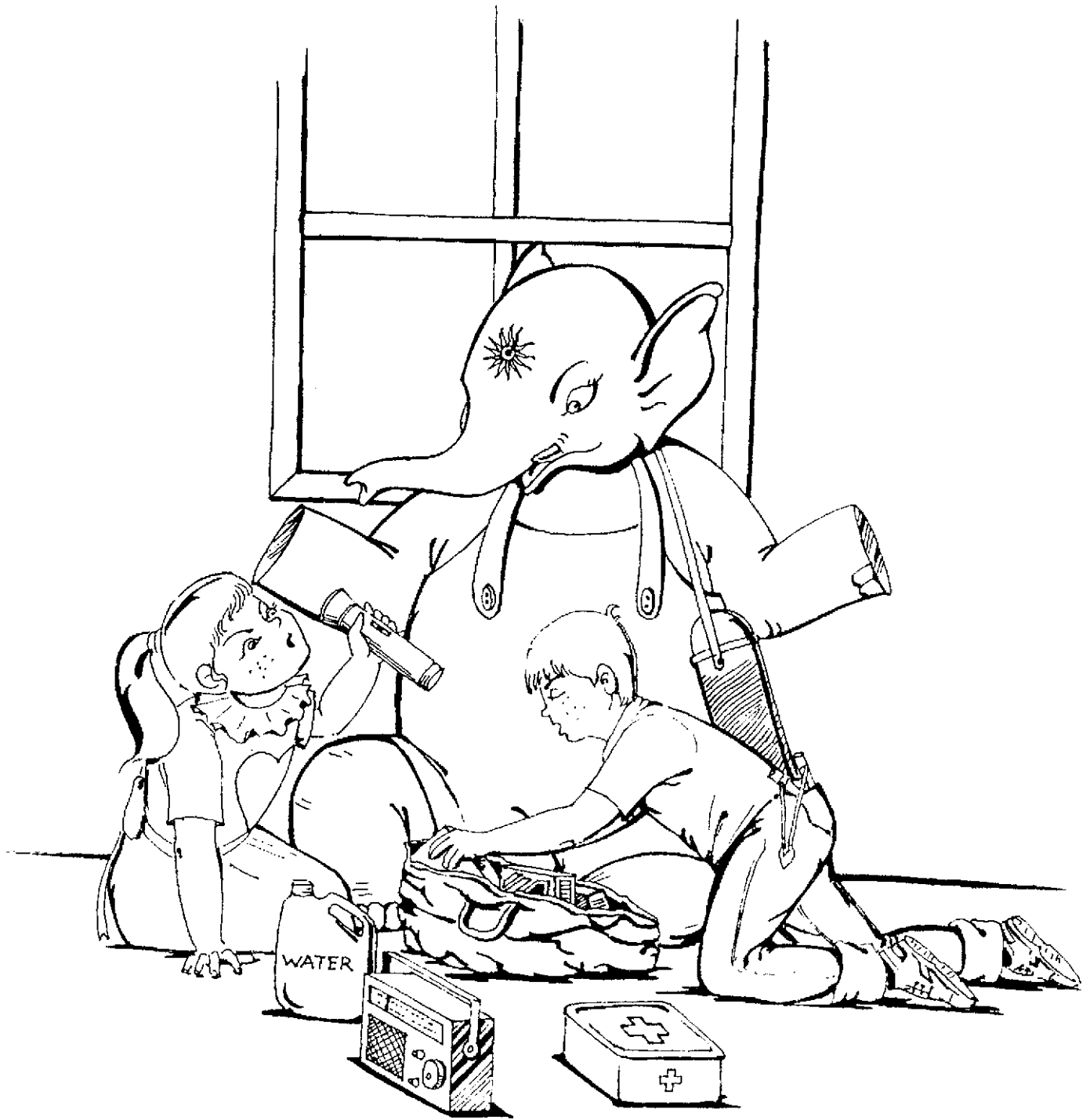


Find a safe place  
in each room in your house.  
Practice being "quakesafe"  
as quick as a rabbit.

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

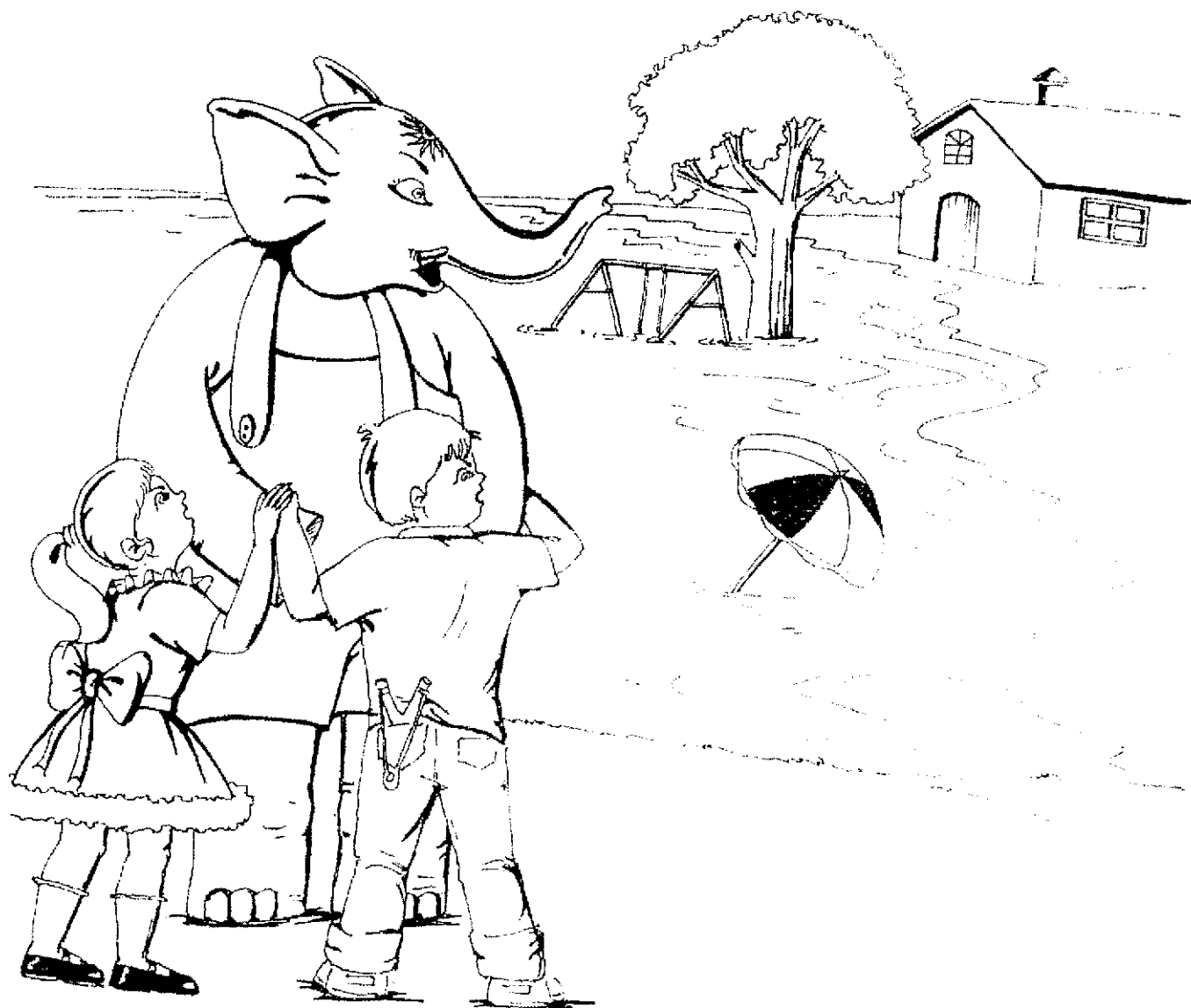


Get to a  
safe place  
before things  
start to break! !

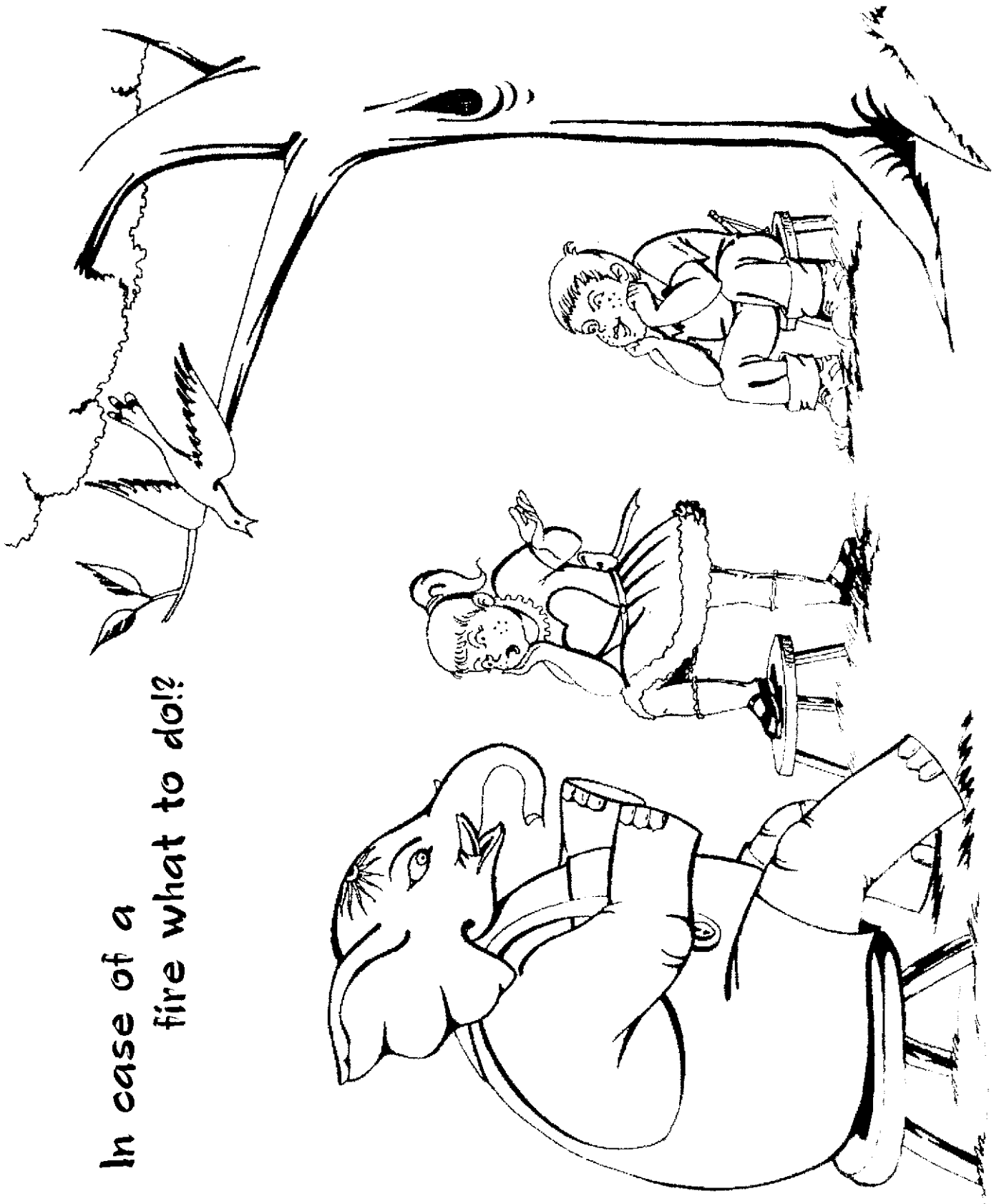


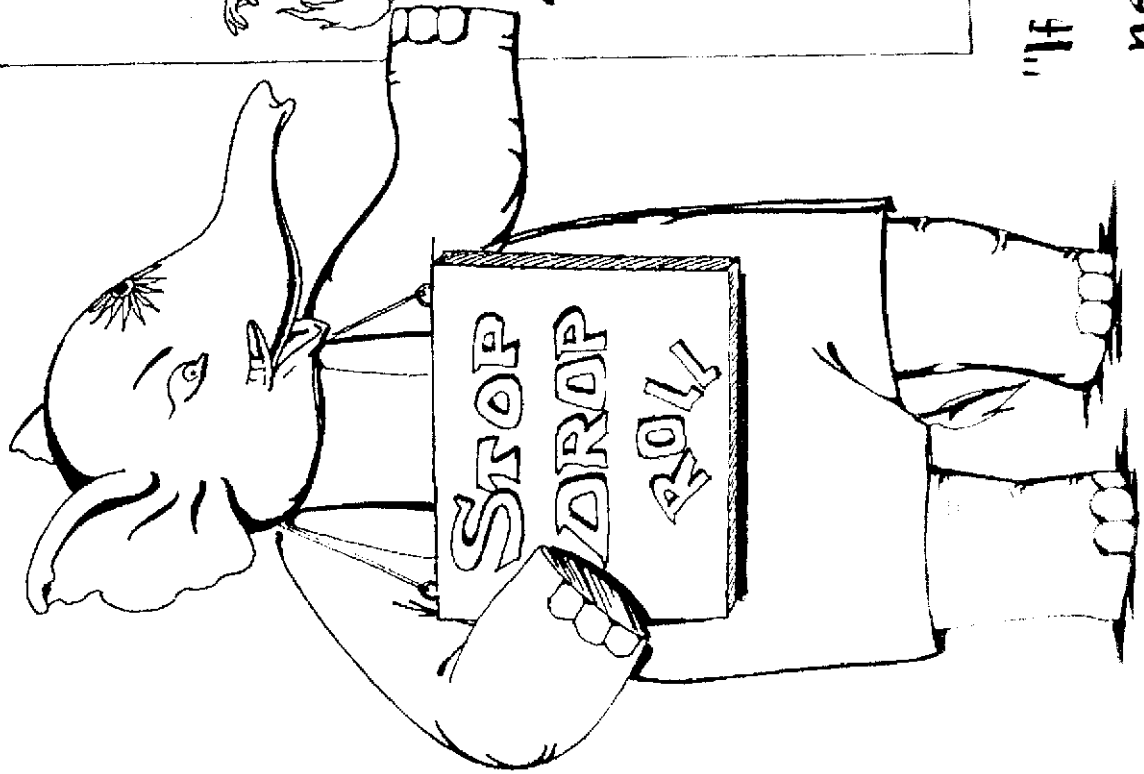
We can keep supplies that will help us if a disaster happens. Put together a disaster supplies kit today!

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



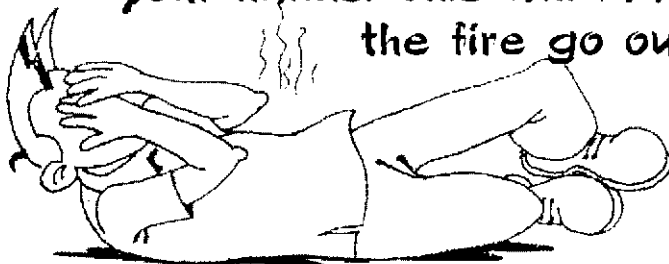
# COOL

the burn



# ROLL

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

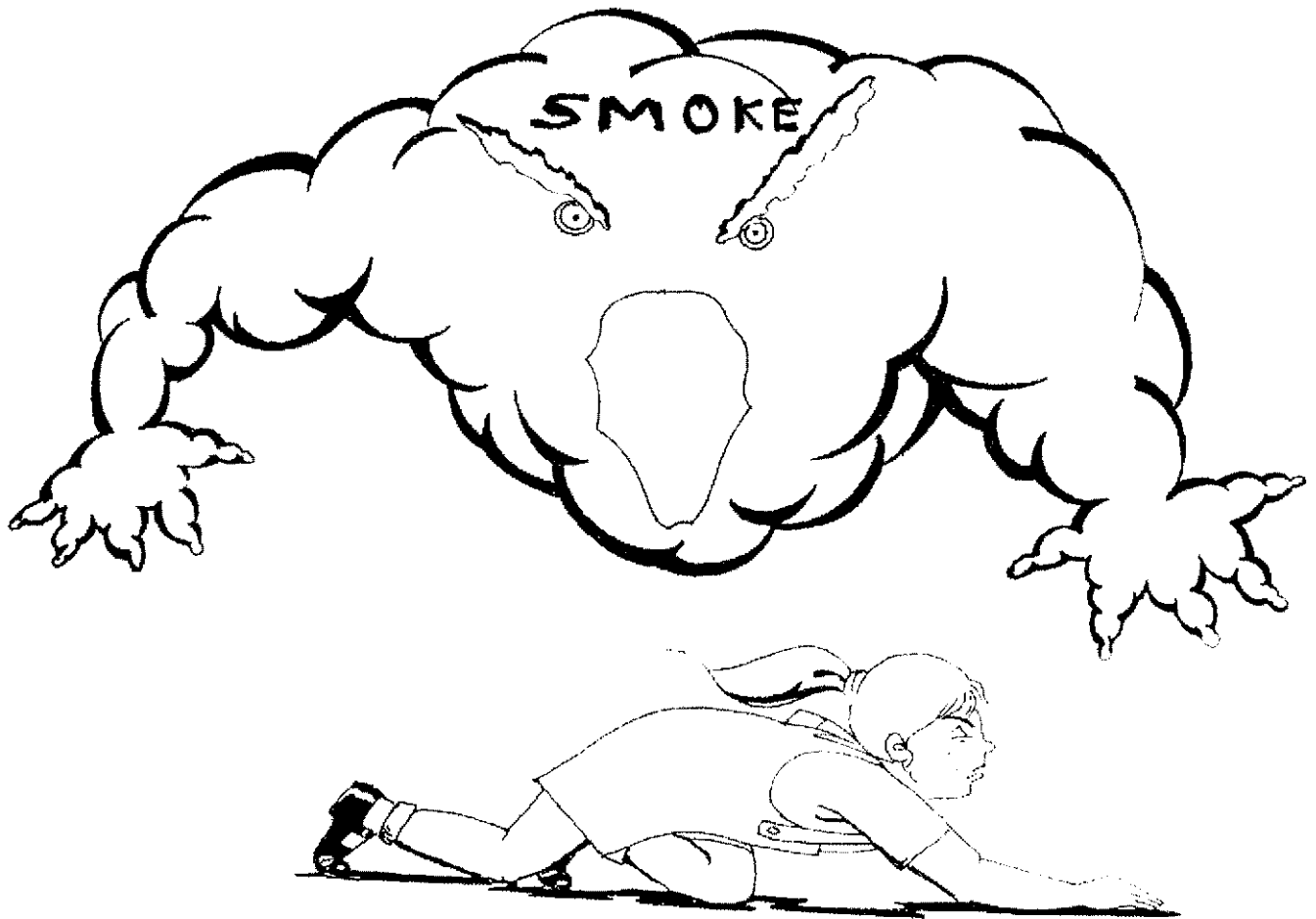


# CALL

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!

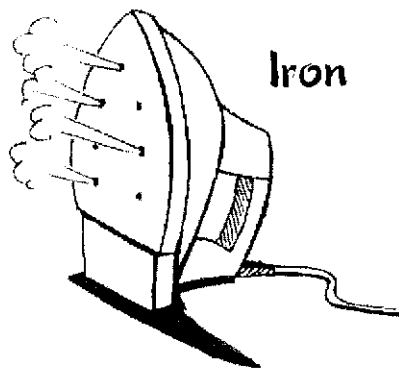
## Things That Are Not



Kettle



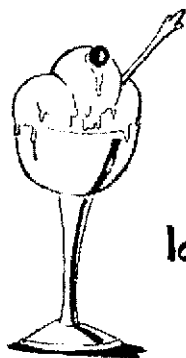
Soup



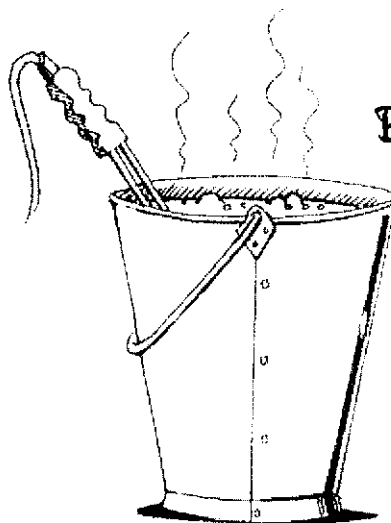
Iron



Soda



Ice cream



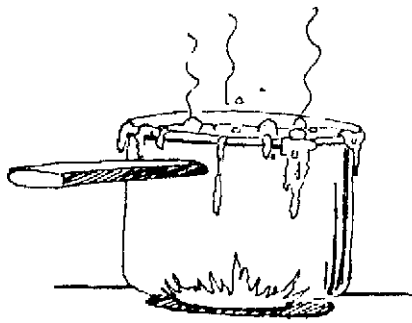
Boiling Water

Circle things that are hot in RED

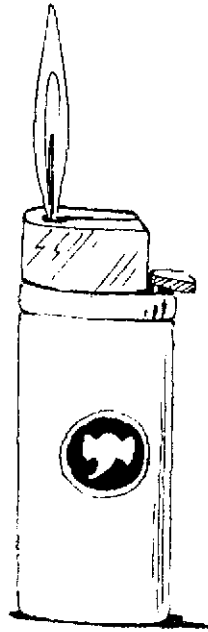
Circle things that are cool in BLUE

# Fire is NOT a Toy ! NEVER Play with Fire !

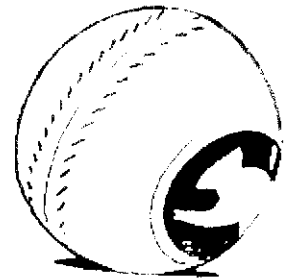
Circle things that  
are toys



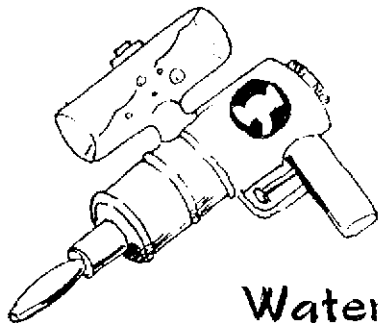
A pot on the  
stove



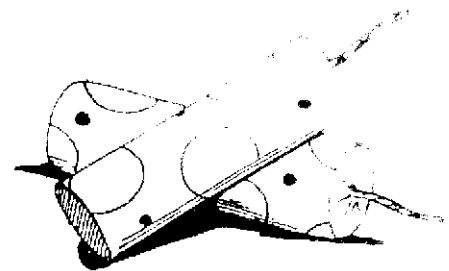
Lighter



Cricket  
Ball



Water  
gun

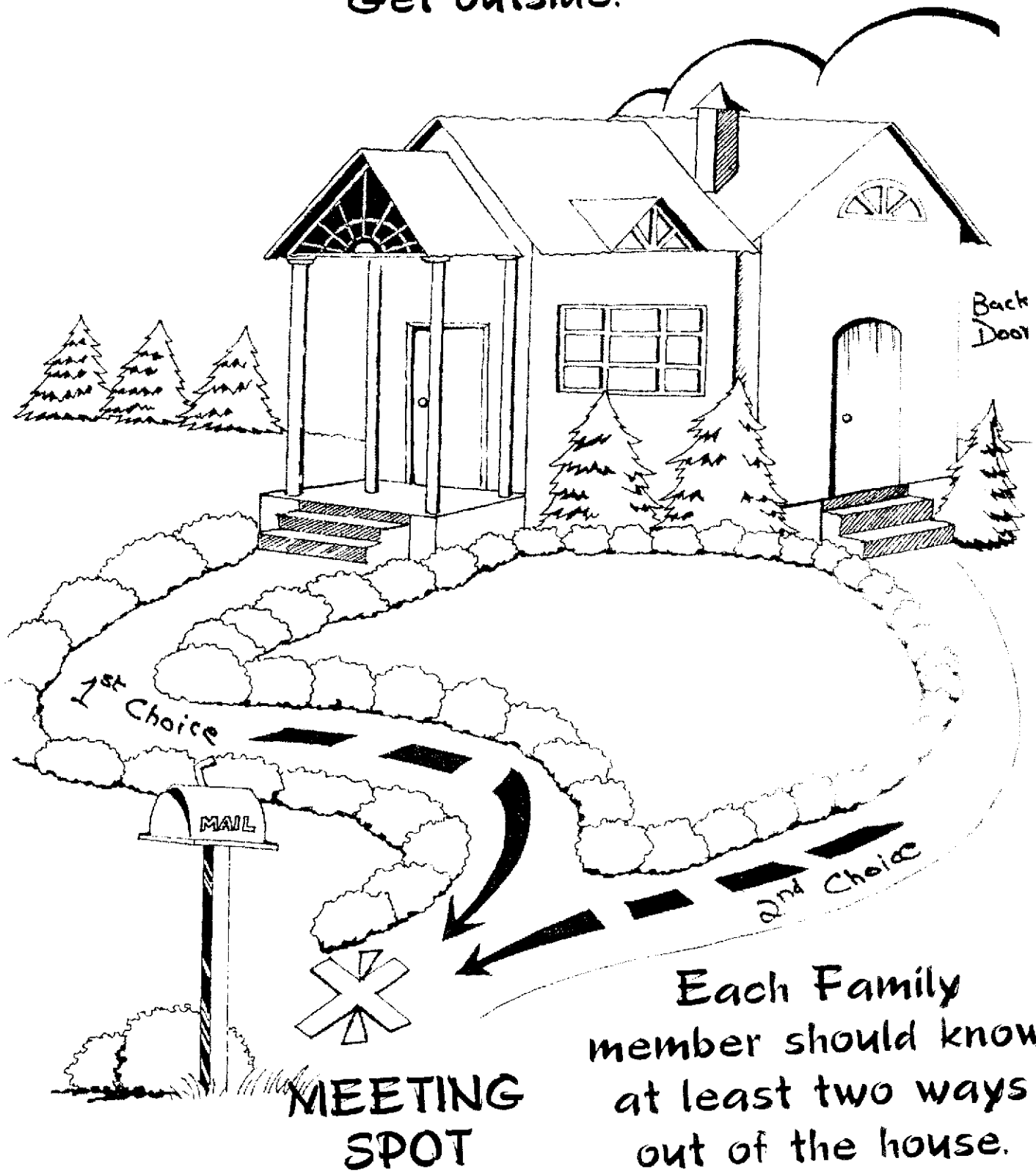


Crackers

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



सत्यमेव जयते



उत्तरांचल सरकार



## 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)