

## Measures to take in Recovery Stage

- Cooperate with the authorities and designated groups in evaluating damages and needs.
- Increase search and elimination actions of possible mosquitoes' reservoirs.
- Check the facilities before activating water, electricity and gas networks.
- Make general cleaning and keep personal and collective hygiene of the family.
- Strictly observe safety measures to preserve life:
  - Do not walk through flooded areas.
  - Do not swim or fish in dams, rivers and ponds.
  - Do not touch electric cables.
  - Stay away from places in danger of collapse or landslides and do not return to the house in which the family lives, if it was considered from normal times in danger of collapse.
- Increase hygienic and sanitary measures, by washing vegetables, fruits and foods that are consumed uncooked. Do not defecate outdoors, or near rivers, streams and lagoons. Keep containers with garbage well covered and away from food and water for consumption, which should be boiled and chlorinated. Eliminate contaminated food.
- Coordinate with the veterinary services the zoo-technical control of pets and breeding animals.
- Cooperate with the commissions designated by the local authorities during the visits to the victims for the evaluation of damages, losses and needs.



## FAMILY GUIDE FOR PROTECTION IN CASE OF TROPICAL CYCLONES

(For residents in urban areas)



## Main measures for family protection:

The family must conceive a group of measures for the protection of its members, goods (including pets, breeding animals) and the family economy in the case of tropical cyclones danger. In case the home offers security, how it could contribute to the protection of other people.

## Main aspects to take into account by families:

- Knowledge of the location of evacuation center, state facility or housing where protection is planned and the terms to go to the place established for gathering and the subsequent transfer. In the case of the transfer to homes of friends or relatives, at what time they should be presented. Avoid traveling at night and under the influence of winds, rains or floods.
- Before leaving, unplug everything that may cause accidents in the house.
- Know alternative transportation routes in case of obstruction of the planned ones.
- Preparation of a family bag or backpack for disaster situations, with indispensable means and resources, for families that must be protected in other homes, evacuation centers, other facilities, caves or protective institutions.
- Way to guarantee disabled people, the elderly, children and pregnant women the means to facilitate their movement, stay and basic needs during their protection in safe places.

## **Content of the family bag or backpack for disaster situations:**

- Some clothes and protection clothing for rain, heat or cold depending on the place and time of the year.
- a portable radio that works with batteries, solar energy or magneto.
- a hand-held flashlight that works with batteries.
- enough batteries for the radio and flashlight, candles, matches.
- foods that do not require refrigeration, in small containers to avoid waste and preferably that are ready for immediate consumption. Infant foods are included in case family needs require so.
- container with boiled and chlorinated drinking water.
- water purification tablets.
- can openers and cutlery.
- insect repellent or mosquito nets.
- personal hygiene items.
- medications that have been prescribed for the treatment of illnesses, accompanied by doctor's prescriptions. A reasonable provision must be secured.
- personal identification document of all the family members that would be together.



- Check the status and operation of radio and hand-held flashlight, as well as the batteries condition.
- Point out resources for subsistence during the impact of the event (water deposit, light foods, candles, matches, chlorine or hypochlorite tablets, first aid kit, medication for metabolic diseases such as hypertension, diabetes and others). If the house is used to protect other people, take measures to guarantee their stay, prior coordination with them.
- Community members with the required physical conditions should participate in the cleaning of roofs and unblock ditches, sewers and drains that can cause flooding due to heavy rains with direct effects on the home, as well as support for tree pruning activities.
- Check that family members know the place where they should go to protect themselves in case the house is not safe before a cyclone.
- In case there is a disabled person in the family, name one or several relatives, companions, neighbors or friends with whom they will be accompanied.
- Point out with which neighbor to establish cooperation, exchange of information and signals if necessary (sound, light).
- Increase mosquito search and elimination actions, by destroying deposits and reservoirs that may favor the reproduction and proliferation of mosquitoes during the time away from home.
- Remove objects from the patios and roofs that can be projected by strong winds and cause accidents.
- Take measures for the protection of personal documents (property titles, identity card, ration booklet, certificates and medical records).



## **Upon declaring cyclonic phases:**

### Information Phase:

- Continue to comply with Early Warning measures
- Be attentive to information and indications from authorities and meteorological, hydrological and epidemiological services.
- The family must know the situation and place where the members of their family are.
- Protect windows and doors with wooden planks and light roofs with sacks of sand, gravel, or wire.
- Prepare the family bag or backpack, checking no less than three times the completion of the planned items or resources and including the missing ones.
- Check the location of the protection, its security conditions and the status of the access roads in case of being moved (either in the works, in the homes of relatives, friends or in shelters).
- Those responsible for the attention and / or operation of the Early Warning points or volunteer observers, activate the communication system for disaster situations and checking is carried out with the disaster management centers from the defense councils together with the corresponding work groups.
- Increase sanitary hygiene measures.



### Alert Phase:

- Review compliance with housing protection measures. Disassemble and protect television antennas, solar panels or other resources that may be affected by the winds force, in the case of water tanks located on the roof, whenever possible fill them with water and tie their caps.
- If the protection of the family is carried out in a place other than the house where it lives, be ready to move within the indicated period, the occupation of works, tunnels, shelters or emergency rooms, before the influence of the cyclone destructive effects begins.
- Establish cooperation with neighbors according to coordinated signals.
- Strictly observe hygienic and sanitary measures.
- In case you are a volunteer observer or have an Early Warning Point at home, organize and create work shifts, for meteorological and hydrological observation (water levels), mainly to nearby rivers and micro-dams that can be observed from the place and directly affect it. Report if possible every 3 hours on the situation.
- Review compliance with measures to protect housing and the animal economy.
- Destroy objects that may favor the growing and proliferation of mosquitoes.



- *Protect deposits containing hazardous substances and place them where they cannot get wet.*
- *Keep discipline and observation of social coexistence, respect and human solidarity rules in places where protected persons are concentrated. Do not drink alcoholic beverages.*

#### Alarm Phase:

- *Finish as much protection measures at home according to the available time.*
- *The family concludes the actions for the occupation of the place used to life preservation; works, tunnels, shelters or emergency rooms and after the occupation, the movement of the family members is avoided. The exchange of information with neighbors is carried out according to the coordinated signals, to warn about the establishment of the phase.*
- *Close gas, biogas or domestic fuel inputs used for cooking food every time you use the kitchen.*
- *Strictly observe security measures to preserve life:*
  - *Do not leave the place where the family is protected once the effect of the winds has begun. Keep in mind that if you feel strong winds and a subsequent calm, it means that the center of the eye of the hurricane is located in a place where the family is protected, and later stronger winds will be felt in the opposite direction.*
  - *Do not walk through flooded areas.*
  - *Do not go to flooded areas to fish, bathe or collect objects and items.*

- *Do not touch electrical cables.*
- *Stay away from places with danger of collapse or landslides and do not return to the house in which the family resides, if it was considered from normal times in danger of collapse.*
  - *Do not leave the place where the family is protected if after feeling strong winds you feel calm, because it means that the center of the eye of the hurricane is above your position, and stronger winds will be produced again.*