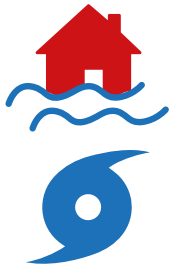


Helping Other People Stay Safe Before, During, and After Floods and Typhoons



Flood and Typhoon Health Guide For Communities

Purpose

Floods and typhoons are among the most devastating disasters, often leaving communities with severe damage, loss, and disruption. Preparedness is essential not only to protect lives but also to reduce the long-term impacts of these events. Remember, taking care of yourself is a priority — your well-being is vital so that you can help or support your family and help others in need.

In times of crisis, working together as a community creates a greater impact than acting alone. By joining forces, sharing resources, and offering support, communities can save more lives, recover faster, and become stronger in the face of hardship.

Floods and Typhoons Can Harm People Around You

You can help them stay safe.

- Some people, including older persons, persons with disabilities, children, and those who are pregnant, or have medical conditions such as heart disease or mental health conditions are more vulnerable.
- It is essential to inform others, especially the vulnerable people, about upcoming floods and typhoons, assist them in preparing and help them stay safe during these disasters. Providing clear, calm and reassuring information can reduce panic and help people feel more in control.
- Floods and typhoons are dangerous and can disrupt access to clean water, medical services, and safe housing. These disasters can result in injuries, infections, interruptions in medical care, and other life-threatening conditions.
- Supporting people during and after floods and typhoons can help prevent physical and mental health problems, injuries and death. The steps you take to help others can have a very positive impact on their lives. Providing emotional support such as offering reassurance, checking in on neighbors, can also help reduce distress and promote recovery. The steps you take to help others not only ensure safety but also strengthen community resilience and mental wellbeing.

Key Safety Tips for Floods and Typhoons

Before a Flood and Typhoon

- Take part in emergency preparedness activities, such as emergency simulation exercises organized by your barangay or municipality/city to prepare for disasters.
- Help people be aware of dangerous weather forecasts. PAGASA provides forecasts for dangerous typhoons and heavy rainfall that can lead to flooding. You can check these on their website: <https://www.pagasa.dost.gov.ph/>, monitor local radio, and other communications. If a dangerous event is predicted, share this information with members of your community, such as posting information in gathering locations or sharing via social media, to make sure that everyone is aware and prepared.
- Help in disseminating Information, Education, and Communication (IEC) materials on what to do, before, during, and after floods and typhoons to the community especially to people living in high-risk areas. In addition, share information on accessible evacuation routes advised by your barangay or LGU.

- Recognize which family, friends, or neighbors may need help when evacuating. This may be mobility issues, having medical equipment, or other special needs.
- Prepare a Go Bag and assist others in doing the same. By preparing a Go Bag in advance, you'll be ready to evacuate when a disaster strikes. Helping others prepare their own Go Bags ensures they

are also ready for evacuation. These bags should include essential items to keep you safe and healthy, such as medications, important documents, and other necessities. For more details on what to include, please refer to the diagram. If you know individuals or families who are unable to afford a Go Bag, kindly contact your barangay officials or local government unit for assistance.

FOOD AND MEDICINES

- Drinking water and food that does not spoil easily
- First aid kit and medicines: Alcohol, band-aids, antiseptics, bandage, tweezer, and the list of medicines taken every day with dosage

IMPORTANT DOCUMENTS

- Passports, birth and marriage certificates, property and insurance documents, medical records, family photo, etc.
- Government-issued IDs or IDs with blood type and emergency contact details
- Enough money for basic needs, ATM card, or Passbook



TOILETRIES

- Clothes, antibacterial soap, toothbrush and toothpaste
- COVID-19 safety kit (face masks, alcohol or hand sanitizer)
- Mosquito repellent, Menstrual pads, diapers, wet wipes

EMERGENCY TOOLS

- Blanket, raincoat, paracord
- Radio, flashlight (solar or battery operated) with back-up batteries, fully-charged power bank, whistle
- Pen and notebook, list of emergency contact numbers including barangay and LGU

During a Flood and Typhoon

- Assist people who may have difficulty evacuating. Some people, including older persons, persons with disabilities, and families may have difficulty leaving their homes and reaching safety. You can save lives and improve health outcomes by helping people evacuate from their homes and reach safe locations.
- If people refuse to evacuate despite advice from local authorities, you can use the below statement as an example to encourage them:

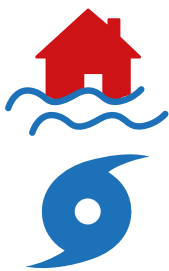
“Your safety and the well-being of your family are most important. Staying behind in dangerous conditions puts not only yourself at risk but also those you love. Evacuating ensures that you can be there for your family—healthy and unharmed—when they need you most. The earlier you leave, the safer it will be for everyone, and you’ll have peace of mind knowing you’re protecting your family’s future. Material things can be replaced, but lives cannot. Please prioritize your family’s safety and evacuate now.”

- It may also be helpful to talk with them about why they are not evacuating. Some people may have problems related to transportation, finances, places to stay, security, and responsibilities for other people or animals. If you can help them with these issues, they may be able to evacuate.
- Recognize when to assist others in accessing medical care. Floods and typhoons can cause injuries, infections, mental health issues, and disruptions to regular medical services. Ensure that people receive medical attention and necessary medications if they develop concerning symptoms, their condition worsens or does not improve, or if they are at risk of running out of essential medicines. Consider sharing a list of emergency hotline numbers as to where to contact in case of immediate medical needs.
- In evacuation centers, advocate for the establishment of accessible features to local authorities and other organizations, such as a format everyone can understand, gender-specific toilets, and infrastructure designed for persons with disabilities.

- If possible, provide emotional support and reassurance to those experiencing fear, distress, or uncertainty. Typhoons and floods can be overwhelming, and some people may feel paralyzed by fear or anxiety. Offering a calm presence, listening to their concerns, and validating their emotions can help them feel safer and more supported during evacuation.

After a Flood and Typhoon

- Support the barangay, the LGU, or the Municipal/ City Social Welfare and Development in developing community meal distribution plans, especially for vulnerable groups.
- Stay informed of the availability of safe drinking and wash stations. Share this information with those most in need.
- Encourage people in the community to promote or organize community pantries or mobile kitchens in case local food supplies become limited.
- Foster a sense of community connection during recovery. Organizing shared meals, checking in on neighbors, and creating safe spaces for people to talk about their experiences can help reduce stress, rebuild trust, and promote collective healing after a typhoon and flood.



Helping People With Specific Health and Safety Needs For Communities

It is important to check on individuals in the categories listed below before, during, and after a flood or typhoon to ensure their safety and strengthen community resilience. These groups may be at a higher risk of drowning and may face challenges in evacuating. Providing them with timely information and assisting them in reaching safe locations, such as higher ground,

a family member's home, or an evacuation center, can significantly impact their well-being. Additionally, those who rely on medications, medical equipment, or assistive devices like wheelchairs may need extra support to gather and evacuate with these essential items, or to get replacements after a flood or typhoon.



Older Persons:

Older persons may have difficulty evacuating. Helping older persons reach a safe location, such as a higher ground, a family member's home, or an evacuation center, can make a big difference. Be sure to check if they need assistive devices or if they have brought medications with them.



Women:

Women, including pregnant women, are at risk of gender-based violence during and after disasters such as floods and typhoons. Providing or helping women reach safe spaces and helping them access safe toilet facilities are important. They may also be at high risk of drowning, so helping them access elevated structures and appropriate evacuation centers or shelters is very important.



People Living With Disabilities:

People living with disabilities may have difficulty evacuating. Helping them reach a safe location, such as a higher ground, a family member's home, or an evacuation center, can make a big difference. Be sure to bring any assistive devices such as wheelchairs and any medications they need with them if at all possible.



People Living With Mental Health Conditions:

Floods and typhoons can worsen existing mental health conditions and create new psychological distress. Be sure to help individuals with mental health conditions by checking in on them, offering reassurance, and encouraging them to stay connected with family, friends, or community groups. Some people may struggle with disrupted routines, difficulty coping, or feelings of isolation—providing a calm presence, listening without judgment, and ensuring access to safe spaces can make a difference. Additionally, help individuals store their medications properly to prevent water damage, assist in refilling prescriptions if access to healthcare is disrupted, and share information on available mental health support services that are available.



Children:

Children are at high risk during floods and typhoons. They are also at high risk of drowning, so helping them access elevated structures and appropriate evacuation centers or shelters is very important. Help them stay with their families and access food and clean water, as these are also important for their well-being during and after these disasters.



People Living With Chronic Medical Conditions:

People living with chronic medical conditions – such as heart disease, previous history of stroke or coronary artery disease, lung disease, kidney disease, diabetes, high blood pressure, and other conditions – need to be able to access their medications during and after floods

and typhoons. They may also need additional medical attention. You can help people living with chronic medical conditions have their medicines with them when they evacuate, or at least a list of their medicines. You can also help them refill medicines or get medical attention if they have a health problem.