



a little booklet about

Disaster Management



THIS BOOKLET CONTAINS INFORMATION ABOUT:

**EARTHQUAKES • TSUNAMIS • SANITATION • PROTECTING YOURSELF FROM DISEASES
NUTRITION • PSYCHOLOGICAL CARE • WOMEN'S ROLE IN DISASTER MANAGEMENT**



Developed & produced by Yayasan IDEP with support
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What is an Earthquake?

Earthquakes happen as a result of friction between the tectonic plates (moving segments of the earth's crust) well beneath the earth's surface. This friction produces extraordinary energy and gives rise to quakes on the surface.

Indonesia is very vulnerable to earthquake because of its proximity to a set of actively-moving, interrelated tectonic plates, as well as the presence of active volcanoes.

What Should Be Done During an Earthquake?

1. If you are inside a building, and you can, immediately go outside to an open area, being careful to avoid broken glass or falling objects. If you cannot go outside, squat or lie face down on the floor. Use a bench, table or another piece of strong furniture for protecting yourself.
2. Keep away from glass windows, fireplaces or furnaces, stoves or any objects that are likely to fall over.
3. If it is night and you are in bed, seek a safe spot under a bed or strong table. It is best always to keep a flashlight by bedsides.
4. If you are outside, look for an open space, far away from buildings, tall trees and electrical lines. Avoid the cracks in the ground caused by the quake, as these can be extremely dangerous.
5. If you are driving, stop if it is safe to do so, but stay in the car. Keep away from bridges, flyovers or tunnels.
6. If you are on a mountain range, close to a slope or ravine that is likely to be unstable, watch out for stones or landslides coming down as a result of the quake.
7. If you are on a beach, move immediately to higher ground and / or a few hundred meters from the beach, as earthquakes can cause a tsunami.

When you & the family are free from first impact of the earthquake

1. Check for any injuries. After helping yourself, help others who are injured and / or trapped.
2. Check the security of the area. Check for the following: fire or any possible fire hazards, gas leaks, damage to electrical circuits, etc.
3. Protect yourself from these indirect hazards.
4. Assist neighbors in need of help. Elderly and handicapped people may need extra help.
5. Cleanliness. Remove things that may be dangerous, including spilled chemicals.
6. Be prepared for aftershocks, which happen after earthquakes.
7. Stay far away from buildings on an ongoing basis. And keep roads free of obstacles to allow emergency vehicles to pass.

Earthquake Preparedness Planning

1. Keep the plans simple: A good emergency plan contains only few details.
2. Establish the escape route(s): make sure you and your family knows the safest route for leaving home following an earthquake.
3. Establish meeting places: establish two places to meet in the event that family members get separated. The first must be a safe location near home and the second can be a building or park outside of the area.



What is a Tsunami ?

Tsunamis are large ocean waves resulting from shifts or displacements of the earth at the bottom of the ocean. The word 'tsunami' comes from the Japanese language and means "harbor wave," since this kind of disaster usually happens in harbor communities.

When Do Tsunamis Happen?

A tsunami can happen at any time, in the rainy season or in the dry season, during the day or at night. The warning signs of a tsunami disaster are described below.

Possible Signs that it will happen

- It is usually initiated by a very strong earthquake.
- If you see the ocean suddenly receding, this is the sign of a large wave approaching and the indicator that a tsunami may be coming.
- Tsunamis are actually a series of waves. Often the initial wave is not the largest or most dangerous, it is followed some time later by a far larger wave.

Reducing the Impacts of a Tsunami

- Avoid living in an area within 100 meters of the edge of a beach (too close). Research shows that areas like this are the ones that suffer the worst damage as a result of tsunami, as well as tropical cyclones and other storms.
- It is best to plant trees that can withstand the impacts of big waves, such as palms, ketapang (a coastal tree that produces edible nuts), waru (beach hibiscus), banyan or other species.
- Follow the land-use rules established by the local government.

How to save yourself from a Tsunami

1. If you are at the beach or by the sea and feel the earth tremble, run directly to a place that is high up and far from the beach. Go up to the highest floor or roof of a house, or climb a tree. There is no need to wait for a tsunami warning.
2. A tsunami can also come up through a river which is near the sea, so do not stay in the area where there is such rivers.
3. Save yourself, not your belongings.
4. Don't get distracted by the damage around you; keep on running.
5. If you are being carried away by a tsunami wave, look for a floating object that you can use as a raft.
6. Help others, invite neighbors to stay in your home if your home has survived. Prioritize helping children, pregnant women, the elderly and the disabled.

Things you should do when a tsunami is approaching

When you detect any signs of a Tsunami, immediately let as many people as possible know. Evacuate immediately, a tsunami may happen very quickly, so the time for evacuation is very short. Run to higher ground as far as possible from the beach. Stay aware of the disaster's progression by listening to media reports or a reliable source of information.



If an earthquake hasn't happened there is no chance a Tsunami will happen !

If you think a Tsunami is happening don't panic ! We can save ourselves if we are prepared !



PROTECTION FROM DISEASE AFTER A DISASTER

Bring water to a boil and let it keep boiling for at least 7 minutes.

Boiling water
FOR 7 MINUTES can kill
the bacteria and parasites
that live in water.

AFTER THIS you can use it to wash dishes,
brush your teeth, wash, make ice, etc..

**Always wash hands
using clean water and soap:**

- Before cooking or eating
- After going to the toilet
- After cleaning up
- After handling anything that has been contaminated by floodwater



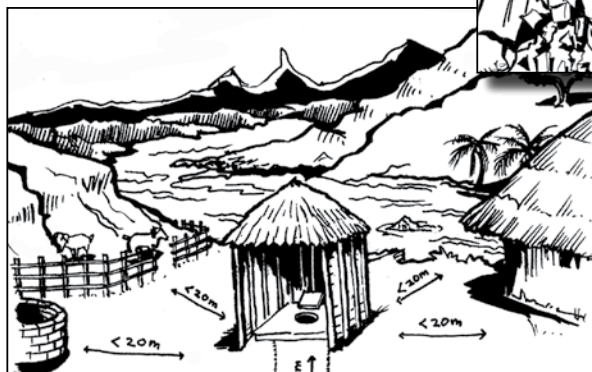
Diseases are spread by mosquitoes in areas that have had experienced flooding or tsunamis. If you can, use mosquito repellent or whatever means possible to avoid being bitten by mosquitoes.



SANITATION & WASTES

Good sanitation will reduce the chance of you getting sick!

Burn rubbish that can be burned. It is best to bury rubbish that cannot be burned in a pit. The rubbish pit should be at least 20 meters away from any clean water sources



A clean and safe home environment means a healthy and safe family!

Construct fences around clean water sites so that animals cannot enter

- Do not defecate or urinate near a clean water site or home

- Discard things that have been exposed to flood water.



The important role of women

Women's special abilities and knowledge are very important in the decision-making process.



Based on research and studies conducted by OXFAM GB Indonesia, women in most developing countries hold the main responsibility for meeting the material needs of families. This is especially true among impoverished people.

Studies on workloads show that poor women, in particular, work longer hours than men do, and their work hours also consist of heavy, daily physical chores, such as fetching water, gathering wood, pounding unhulled rice and / or washing clothes.

Aside from working to earn income, women all over the world are the ones who do most of the housework, such as cooking and caring for children, sick people, elderly parents and so on.

Because of this, women have a lot of experience and practice in managing matters related to meeting life's basic needs. In Community Based Disaster Management, these kinds of skills are very much needed. The importance of women's role is therefore clear.

About nutrition and health

The GGG Delicious Nutritional Supplement

This is an easy-to-make formula that can address malnutrition. People need nutritional supplements to return the strength of their bodies and to help protect them from diseases. Special attention should be given to vulnerable members of the community: pregnant women and women who are nursing babies, children under the age of five and elderly people. Some of the diseases caused by malnutrition are related to lack of iron, iodine and vitamin A.

The GGG recipe on the following page is a formula that people can easily make, which has been proven effective in meeting iron, iodine and vitamin A needs. It is easy for people to make this formula. The ingredients are also easy to find. If any of the materials are not available, they should be requested from a source of aid.

Breast feeding babies

During the first 6 months, breast milk is the best thing for your baby.

Whenever possible, breast feed babies so that they will received the nutrition they need up to four years of age or more. By doing this you can be sure that your baby will grow strong, healthy and smart.

Aside from this, breast milk protects your baby from diseases by strengthening their own ability to fight off diseases.

With breast milk you won't need bottles or clean water that is sometimes difficult to find and expensive baby formula. Your body has made milk that is perfect for your baby, anytime you need it it is always fresh and clean. To make sure that your baby can get the best nutrition from your breast milk you need to take care of your own nutrition intake. Make sure that you are getting enough protein and vegetables as well as fruit when you eat each day.



Using baby formula can make risks of diseases, lack of nutrition and dehydration (lack of liquid) fir your baby.

Breast milk is free, no money is needed.

As well as that for those that in a disaster area where clean water, sanitation and nutrition are a big challenge.

**Do not mix baby formula with dirty water
Breast feeding your baby is the best and safest
way to ensure your baby's survival**



www.bumisehatbali.org

GURIH GURIH GIZI (GGG) FORMULA

HOW TO MAKE THIS FORMULA FOR GOOD HEALTH

One tablespoon of GGG has all your daily needs for vitamin A, iron and iodine, and it tastes great. This formula has been approved by nutrition scientists as being good for children, pregnant and lactating women. GGG is easy to make and can be stored for a long time. The main ingredients for making it are vegetables that you can harvest from your own garden.

INGREDIENTS NEEDED TO MAKE GGG ARE ...



marunggai
leaves



water
spinach



sweet potato
leaf



regular
spinach



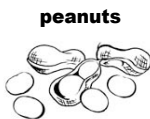
bak
choi



sugar



iodized
salt



peanuts



powder milk
(or coconut
shavings)



flour



cooking
oil

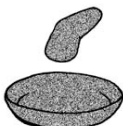
- Mixed greens (5 types listed above)** : 1 kg
Iodized salt : 1 1/2 tbls (to your taste)
Granulated Sugar : 1 1/2 tbls (to your taste)
Peanuts or roasted sesame seeds : 1/2 cup
Milk powder (or coconut shavings) : 3 tablespoons
Tepung beras : 1 cup
Fresh cooking oil (use one time only) : 1/2 Litre
(after you make GGG you can use the oil again to cook other things)

THE COOKING TOOLS NEEDED TO MAKE GGG ARE...



spoon

pestle & mortar



metal sieve



frying pan

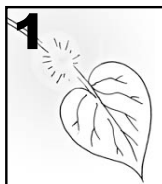


wok



sterile & air tight
container for storage

HOW TO MAKE THE GURIH GURIH GIZI FORMULA...



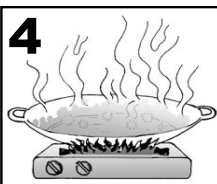
1
separate leaves
from their stems



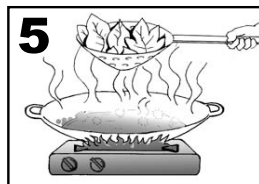
2
wash the
leaves carefully



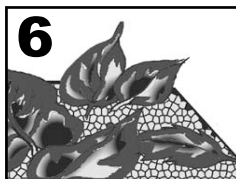
3
dry leaves
thoroughly



4
heat enough oil to
cover the leaves



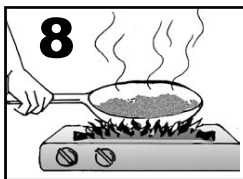
5
fry the leaves until they are
completely dry and strain



6
after finished cooking
make sure to drain all
the oil off the leaves



7
then crush
the crispy leaves
with pestle



8
toast the flour, peanuts (or
sesame seeds) without oil
until they turn brown



9
put flour and nuts
into a bowl with
salt and sugar



10
add the milk and
mix everything
together

JIKA SUKA PEDAS, BISA TAMBAHKAN CABE, GULA ATAU GARAM SESUAI SELERA

11 Sieve together...

Just one tablespoon of GGG per day, will give you all the iron, iodine & vitamin A you need!



How to use Gurih Gurih Gizi. GGG is delicious when it is sprinkled on rice, porridge, noodles etc...

You need to store Gurih Gurih Gizi in air tight and sterile containers. Stored in this way, GGG will keep for 3 months, if kept in a refrigerator it will keep for 6 months.

Mental Health Care



People who can help

For people who have just gone through a disaster, stress from what they have experienced may influence their mental stability and result in trauma. People who are experiencing trauma need to get psychological help to recover their mental stability.

Friends, family members, homemakers, religious leaders and professional counselors are all people who can assist with this. If possible, a Community-Based Disaster Management Group (CDMG) can work with relevant parties (governmental and other organizations) to arrange for:

- Treatment services
- Therapy services

People who may be affected by Post-Traumatic Stress Disorder (PTSD)

- Disaster victims
- CDMG team members
- People from the wider community around the disaster area
- People newly recovered from mental disturbances are especially vulnerable

People experiencing PTSD are trapped in their own feelings, and their desire to relate to other people is reduced. People suffering from PTSD will get worse if they consume alcohol and illegal drugs.

Some Post-Traumatic Stress Disorder (PTSD) Symptoms

- Having repeated memories of bad experiences
- Feelings become dull and rigid; feeling stressed and always sad
- Isolating oneself and having an attitude of indifference to one's surroundings
- Avoiding activities, situations or things related to the event that caused the trauma

- Being excessively apprehensive, easily panicked, aggressive
- Being easily startled and subject to nervous, erratic, behavior
- Having difficulty sleeping, being afraid to sleep
- Being reminded of, re-hearing or re-seeing what one has experienced
- Feeling on edge / restless, worried and tense
- Loss of appetite
- Having suicidal tendencies



Some simple steps for treating Post-Traumatic Stress Disorder (PTSD)

These steps require guidance from a trusted person or a professional counselor.

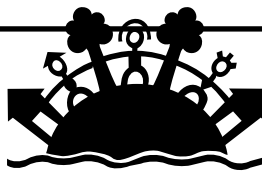
1. Express (articulate / speak about) the frightening experience(s)
2. After that, attempt to be calm and relaxed
3. Digest / come to understand what one has experienced
4. Let the memories of the experience that happened return to the past, and then try to focus one's thoughts on the present.

Responses to Suffering

Feelings of hopelessness, sadness and fear often come up as a result of a disaster. Both positive and negative reactions may gradually emerge from the experiences of loss. Some people feel worried about starting a new life, in fear of losing again what has takes so many years to develop.

For others, the experience provides lessons, which strengthen relations with one's family and with other people in the community. Depression or stress will occur if a person does not have the mental strength to face the pressures resulting from the disaster.





This little Disaster Management information booklet is part of:
**The Community Based
Disaster Management Manual**



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