

## **NATURAL DISASTERS 5 DO'S**

### **& 5 DON'TS (KHS RED CROSS CLUB)**

#### **EARTHQUAKE- Top 5 DO's**

1. Drop, Cover, & hold on, moving as little as possible.
2. Be prepared- keep household fixtures locked down & know Evacuation plan.
3. Be aware of aftershocks, and each time Drop and Cover.
4. If indoors, stay in bed- curl up & hold on protecting head with pillow.
5. If outdoors, find a clear spot & drop to ground until shaking stops.



#### **Top 5 DON'TS**

1. Think it's over too soon. (Aftershocks, landslides & tsunamis are possible)
2. If outdoors, go by cliffs or slopes & if you are be alert of falling rock/debris.
3. If outdoors, get out of the vehicle.
4. Go outdoors- stay inside until you are sure it is safe to exit.
5. Go by windows- you may be injured by shattered glass.

#### **Tsunami – Top 5 DO's**

1. Remain calm
2. If there is an earthquake too, protect yourself from falling debris first.
3. Immediately head inland & to higher ground.
4. Know whether you are in a tsunami hazard zone or not.
5. Know where the nearest tsunami escape route is.



#### **Top 5 DON'TS**

1. Rush to the beach to see the Big wave.
2. Rush to the beach after the first wave to see what has washed up on shore.
3. Wait for a bus or car to take you to higher ground- (get out of the zone as quickly as possible, ideally by foot)
4. Stop to pack your valuables (you may not have time).
5. Wait for an official warning if you feel an earthquake that lasts a minute or more. (By the time the warning is issued, it may be too late)

#### **HURRICANES- Top 5 DO's**

1. Bring in anything outside that can be picked up by wind.
2. Close and reinforce windows, & doors
3. Turn refrigerators & freezers to coldest setting, so food last longer.
4. Turn off propane tanks & unplug small appliances.
5. Fill your cars with gas.



#### **Top 5 DON'TS**

1. Play outside.
2. Use your phone to talk to friends. (Available phone lines are dedicated to 1<sup>st</sup> responders)
3. Stock up on supplies the day of the hurricane.
4. Stay on a boat.
5. Drive. (There may be too many hazards on the road.)

### **FIRE- Top 5 DO'S**

1. If you're caught in fire- Stop, Drop, & Roll.
2. Talk to children regularly about the dangers of fire, matches lighters & keep them out of reach.
3. Install smoke alarms on every level of your home, inside bedrooms & outside sleeping areas.
4. Ensure that all household members know two ways to escape from every room of your home.
5. If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door & call the fire department 9-1-1. Open window & wave a brightly colored cloth or flashlight to signal for help.



### **Top 5 DON'TS**

1. Play with anything that can cause a fire
2. Play with fireworks.
3. Run around when you are caught on fire.
4. Try to calm the fire down with water because, it could make it WORSE.
5. Stay in the house to pack your items, immediately EXIT.

### **PANDEMIC-Top 5 DO'S**

(outbreak of a disease that affects large numbers of people throughout the world & spreads).

1. Always practice good health habits & maintain your body's resistance to infection.
2. Avoid spreading germs/clean your skin & surrounding
3. Watch for symptoms
4. If you or someone in your household gets sick, keep items/belongings separate
5. Get plenty of rest, water, & isolation  
Stay home from school or work if you are sick.



### **Top 5 DON'TS**

1. Stay dirty.
2. Share foods or drinks.
3. Become very busy when sick.
4. Get into physical contact when sick.
5. Travel.

### **VOLCANOES-Top 5 DO'S**

1. Have an emergency kit ready and easily accessible.
2. Follow evacuation order issued by authorities.
3. Close all windows, doors, & dampers.
4. Put all machinery inside a garage or barn.
5. Protect yourself from ashfall (wear long-sleeved shirts & long pants, & use goggles to protect your eyes).



### **Disasters supplies**

1. Flashlight & extra batteries
2. First aid kit & manual
3. Emergency food & water
4. non-electric can opener
5. Essential medicines
6. Dust mask
7. Sturdy shoes
8. Bedding.
9. Critical documents.

FOR MORE INFORMATION: go to  
[www.hawaiiredcross.org](http://www.hawaiiredcross.org)