

Republika ng Pilipinas
Kagawaran ng Edukasyon
 REHIYON V – (BIKOL)

TANGGAPANG PANSANGAY NG MGA PAARALAN NG CATANDUANES

March 11, 2025

DIVISION MEMORANDUM
 No. 230 s. 2025

CONDUCT OF CY 2025 QUARTERLY NATIONWIDE SIMULTANEOUS EARTHQUAKE DRILL (NSED)

TO: Assistant Schools Division Superintendent
 Chief Education Supervisor, CID and SGOD
 Public Schools District Supervisors/In-Charge of the Districts
 All Elementary and Secondary School Heads
 All Others Concerned

1. In connection with Memorandum DM-OUOPS-2025-01-08583 [URGENT] GUIDANCE ON THE RESCHEDULING OF THE CONDUCT OF THE 1ST QUARTER NATIONWIDE SIMULTANEOUS EARTHQUAKE (NSED) OF SCHOOLS ON MARCH 13, 2025 and in reference to DM-OUOPS-2025-04-00865 "The CY 2025 Quarterly Nationwide Simultaneous Earthquake Drill (NSED) Schedule, all offices and schools in the SDO are enjoined to participate as scheduled:

Quarter	Date of Implementation	Time
1 st Quarter	13 March 2025	07:00 AM – 09:00 AM
2 nd Quarter	19 June 2025	09:00 PM
3 rd Quarter	11 September 2025	02:00 PM
4 th Quarter	6 November 2025	09:00 AM

2. To help raise awareness and enhance preparedness for earthquakes, a copy of the NSED (National Simultaneous Earthquake Drill) materials can be accessed via this link: <https://bit.ly/DepEdNSED2025>. Herewith also enclosed is the Family Earthquake Preparedness materials issued in DepEd Order No. 27, s. 2015 "PROMOTING FAMILY EARTHQUAKE PREPAREDNESS".

3. The guidelines for report submission along with the report template are also included in this memorandum. School Heads are required to fill out the Online Reporting Form within 5 working days after the activity.

4. This memorandum is for information, guidance and compliance of all concerned.

CECILE C. FERRO, CESO VI
 Assistant Schools Division Superintendent
 Officer-In-Charge
 Office of the Schools Division Superintendent

SGOD/malv
 3/04/2025



San Roque, Virac, Catanduanes
 052-8174063
catanduanes@deped.gov.ph
www.depedrovecatanduanes.com / www.catanduanes.deped.gov.ph



Republika ng Pilipinas
Kagawaran ng Edukasyon
 REHIYON V – (BIKOL)

TANGGAPANG PANSANGAY NG MGA PAARALAN NG CATANDUANES

Enclosure A to Division Memorandum No. 230 s. 2025

Division Guidelines on the Submission of the 2025 Quarterly Nationwide Simultaneous Earthquake Drill (NSED) Report

1. Schools are required to submit their post-activity report within 5 working days after the activity. Below is the calendar and date of report submission.

Quarter	Date of Implementation	Date of Submission
1 st Quarter	13 March 2025	20 March 2025
2 nd Quarter	19 June 2025	26 June 2025
3 rd Quarter	11 September 2025	18 September 2025
4 th Quarter	6 November 2025	13 November 2025

2. School Heads shall accomplish the Monitoring and Reporting Template (*Annex B*), to be signed by the School Head as School DRRM Coordinator and District Supervisor as District DRRM Coordinator. A soft copy of the form can be downloaded via Division DRRM Team Site through the link below.

<https://sites.google.com/deped.gov.ph/sdo-catanduanes-drrm/home>

3. **Online Reports must be accomplished through the links below.**

SDO DRRM Online Reporting Form	https://bit.ly/2025NSED
Regional Disaster Risk Reduction and Management Council - Region V Online Reporting Form	https://tinyurl.com/NSED2025Report

4. **Quarterly Nationwide Simultaneous Earthquake Drill (NSED) Reporting Process:**

Day	Activities	In-Charge
Actual Conduct Day	Actual conduct NSED Activities	School Head
Post-activity Day 1	Preparation of NSED Report	
Post-activity Day 2 - 3	Submission of Report to District DRRM Coordinator	



San Roque, Virac, Catanduanes

052-8114063

catanduanes@deped.gov.ph

www.depedrovcatanduanes.com / www.catanduanes.deped.gov.ph



Republika ng Pilipinas
Kagawaran ng Edukasyon

REHIYON V – (BIKOL)

TANGGAPANG PANSANGAY NG MGA PAARALAN NG CATANDUANES

Post-activity Day 3 - 4	Consolidation of District NSED Report	PSDS
Post-activity Day 5	Submission of consolidated NSED Report to Division DRRM Coordinator	PSDS
Post-activity Day 6	Submission of the VETTED NSED Consolidated Report to Regional Office	Division DRR Coordinator

5. To minimize the use of papers and other school materials, **please FOLLOW this NSED Report requirement:**

- Only the Monitoring and Reporting Template (*Annex B*) shall be submitted. **NO NEED to submit the report with folders and printed cover pages.**
- *Narrative reports are to be filed in the school as part of the MOVs of school activities under DRRM Programs.*
- **4 photos** must be printed **at the back** of the **NSED Monitoring Template**
- Please use **8.5" x 13" paper (Long Size)**

6. **Photo documentation must be submitted through the link posted below.**

<https://bit.ly/2025NSEDPhotos>

- Open the link and choose the specific folder for the Quarter Report.
- Select the Municipality where your school is located.
- Create a sub-folder for your school and upload your photos up to a **maximum of 5 photos.**



San Roque, Virao, Catanduanes
052-8114063
catanduanes@deped.gov.ph
www.depedrovcatanduanes.com / www.catanduanes.deped.gov.ph



REPORT ON THE CONDUCT OF UNANNOUNCED EARTHQUAKE AND FIRE DRILL
 (DepEd Order No. 53, s. 2022)

DATE CONDUCTED: _____
TIME STARTED: _____
TIME ENDED: _____

REGION _____
DIVISION _____
NAME OF SCHOOL _____

Pre-Drill	Yes	No
With available Go Bags?		
With updated preparedness, evacuation, and response		
With updated contingency plan?		
With available early warning system?		
With available emergency and rescue equipment?		
With available First Aid Kits?		
With available communication equipment (internet,		
With sufficient space in school/classrooms to conduct the		
Conducted coordination/preparatory meeting with		
Conducted an orientation to learners and school		
Conducted an orientation to parents on earthquake		
Learners have accomplished the Family Earthquake		
Conducted alternative activities and/or Information,		

Additional Remarks

Actual Drill	Yes	No
Conducted "DUCK, COVER, and HOLD"?		
Conducted evacuation drill?		

Additional Remarks

No. of Personnel	Male	Female	Total
No. of Teaching Personnel			
No. of Non-Teaching Personnel			
<i>Grand Total</i>			
No. of Learners	Male	Female	Total
No. of Learners			
No. of IP Learners			
No. of Muslim Learners			
No. of Learners with Disability			
<i>Grand Total</i>			

Post-Drill	Yes	No
Conduct of post-activity exercises tabletop and functional		

Additional Remarks

Common issues and concerns encountered during the actual conduct of drill

1 _____
 2 _____
 4 _____
 4 [Add additional item/s when necessary]

Prepared by:	Noted by:
Name of School Head	Name of District Supervisor
Date:	Date:



Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM
DM-OUOPS-2025-01-01883

FOR : ALL REGIONAL DIRECTORS
ALL SCHOOLS DIVISION SUPERINTENDENTS
ALL REGIONAL AND DIVISION DRRM COORDINATORS
ALL SCHOOL HEADS AND SCHOOL DRRM COORDINATORS

FROM : MALCOLM S GARMA
Assistant Secretary, Officer-in-Charge,
Office of the Undersecretary for Operations

SUBJECT : [URGENT] GUIDANCE ON THE RESCHEDULING OF THE CONDUCT
OF THE 1ST QUARTER NATIONWIDE SIMULTANEOUS EARTHQUAKE
(NSED) OF SCHOOLS ON MARCH 13, 2025

DATE : March 5, 2025

In light of the prevailing heat conditions forecasted by the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) and pursuant to DepEd Joint Memorandum OM-OSEC-OUOPS-2025-01-01456 on the Reiteration of DO 22, s. 2024 on Class Suspension and Strengthened Monitoring amid Heat Index Levels issued on March 3, 2025, the Department of Education hereby recommends to all field offices and schools to conduct the 1st Quarter Nationwide Simultaneous Earthquake Drill (NSED) on **March 13, 2025, between the time of 7:00 AM – 9:00 AM.**

Activities followed shall be indicated on the Post-NSED Report to be submitted to the DRRMS. For complete reporting guidelines, please refer to OUOPS Memorandum 2025-04-00865 accessible through this link: <https://bit.ly/DepEdNSED2025>.

For concerns and further clarifications, you may contact the Disaster Risk Reduction and Management Service through email at drmo@deped.gov.ph.

For guidance and appropriate action.

5



Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR OPERATIONS

MEMORANDUM

DM-OUOPS-2025- 04-00865

FOR : MINISTER, BASIC, HIGHER, AND TECHNICAL
 EDUCATION, BARMM
 ALL REGIONAL DIRECTORS
 ALL SCHOOLS DIVISION SUPERINTENDENTS
 ALL REGIONAL AND DIVISION DRRM COORDINATORS
 ALL PUBLIC AND PRIVATE ELEMENTARY AND SECONDARY
 SCHOOL HEADS

THRU : *From*
FELINO O. CASTRO V
 Director IV, Disaster Risk Reduction and Management Service

FROM : *[Signature]*
DEXTER A. GALBAN
 Assistant Secretary for Operations
 Officer-in-Charge
 Office of the Undersecretary for Operations



SUBJECT : **The CY 2025 Quarterly Nationwide Simultaneous Earthquake Drill (NSED) Schedule**

DATE : February 10, 2025

Pursuant to the approved NDRRMC Memorandum No. 027, s. 2025 "Conduct of the CY 2025 Nationwide Simultaneous Earthquake Drill", all schools and DepEd offices are enjoined to participate in the conduct of quarterly Nationwide Simultaneous Earthquake Drill (NSED) with schedule as follows:

Quarter	Date	Time
1 st Quarter	March 13, 2025	02:00 PM
2 nd Quarter	June 19, 2025	09:00 AM
3 rd Quarter	September 11, 2025	02:00 PM
4 th Quarter	November 6, 2025*	09:00 AM

*In connection with the observance of the World Tsunami Awareness Day

Additionally, NDRRMC Memorandum No. 06, s. 2023 allowed the resumption of the conduct of traditional or in-person Nationwide Simultaneous Earthquake Drill since the beginning of the first quarter of 2023. Therefore, it is recommended to design and



implement other forms of exercises based on needs assessment, aside from evacuation drills, to scale up overall earthquake preparedness. Further, coordination with local government units (LGUs) and community stakeholders, post-drill review, coordinated assessment, and evaluation shall be conducted. This is to ensure effective implementation of contingency plans and improve future preparedness efforts.

To increase awareness and enhance preparedness for the impending threat of the inevitable occurrence of an earthquake, even amid the pandemic, the **Information, Education, and Communication (IEC)-campaign in NSED using distant means should be continuously intensified.** A copy of NSED materials can be accessed through <https://bit.ly/DepEdNSED2025>.

After each drill, the DRRM Teams must review and update their earthquake contingency plans, integrating new operational strategies and lessons learned to identify gaps.

For the post-NSED activities, the self-evaluation and processing of the NSED within respective areas of jurisdiction are encouraged after the conduct of NSED. Proper documentation and post-activity evaluation of said drill are required. All field offices should ensure that the required reports are submitted on time, as indicated in Annex A. Also attached is the NDRRMC Memorandum No. 027, s. 2025 for reference.

For further information, you may contact the Disaster Risk Reduction and Management Service, 2nd Floor, Mabini Building, Department of Education Central Office, DepEd Complex, Meralco Avenue, Pasig City through email at drmo@deped.gov.ph.

For information and appropriate action.

[DRRMS/AAMS]

ANNEX A

Guidelines on the Quarterly Submission of the 2025 Quarterly Nationwide Simultaneous Earthquake Drills (NSED) Report

All DepEd Regional Offices, Schools Division Offices, and schools should thoroughly follow the guidelines below:

I. Schools- Based NSED

For Schools

1. The School DRRM Coordinator shall accomplish the Monitoring and Reporting (M&R) Template (**Annex B – Template 1**), to be signed by the School Head.
2. Guidelines on the photo and video documentation are in **Annex C**.
3. The signed form with attached photo and video documentation of NSED practices and initiatives shall be submitted to the respective Division DRRM Coordinators **not later than five (5) working days, after the schedule of the quarterly NSED**.

For Schools Division Offices

1. The Division DRRM Coordinators must consolidate NSED reports and pictures from School DRRM Coordinators (**Annex B – Template 3**).
2. Consolidated NSED reports and pictures from schools must be submitted by the Division DRRM Coordinators **to the DRRMS via email drmo@deped.gov.ph not later than fifteen (15) working days, after the schedule of the quarterly NSED**. Refer to the following table for the schedule of submission of the quarterly Division NSED report:

Date of Quarterly Conduct	Submission of Division Consolidated Report (School-Based NSED)
March 13, 2025	April 3, 2025
June 19, 2025	July 11, 2025
September 11, 2025	October 2, 2025
November 6, 2025	November 27, 2025

3. Division DRRM Coordinators are requested to submit at least **five (5) best pictures** from their divisions. Soft copies are to be attached to their report.
4. Division DRRM Coordinators should use the naming convention below as subject line for emails:

1st Quarter NSED: [CY 2025 1QNSD] Report_<Region-Name of SDO>

2nd Quarter NSED: [CY 2025 2QNSD] Report_<Region-Name of SDO>

3rd Quarter NSED: [CY 2025 3QNSD] Report_<Region-Name of SDO>

4th Quarter NSED: [CY 2025 4QNSD] Report_<Region-Name of SDO>

Example: [CY 2025 1QNSD] Report_Region VIII-SDO Tacloban City

5. The cut-off time for all deadlines will be at 05:00 PM. The official number of schools participating in the NSED will be based on the consolidated NSED report signed by the Schools Division Superintendent (SDS) or authorized official from the division office to be submitted to DRRMS.

II. Office-Based NSED (Regional and Schools Division Offices)

1. All Regional Offices and Schools Division Offices are also enjoined to conduct quarterly NSED in their respective offices. The Regional/Division DRRM Coordinator shall accomplish the Monitoring and Reporting (M&R) Template (**Annex B - Template 2**), to be signed by the Regional Director/Schools Division Superintendent, respectively.
2. The Regional DRRM Coordinators must consolidate NSED reports and pictures from Schools Division Offices (**Annex B - Template 4**).
3. Consolidated NSED reports and pictures from the Division Offices must be submitted by the Regional DRRM Coordinators to the **DRRMS via email drmmo@deped.gov.ph not later that fifteen (15) working days, after the schedule of the quarterly NSED**. Refer to the following table for the schedule of submission of the quarterly Division NSED report:

Date of Quarterly Conduct	Submission of Regional Consolidated Report (Office-Level NSED)
March 13, 2025	April 3, 2025
June 19, 2025	July 11, 2025
September 11, 2025	October 2, 2025
November 6, 2025	November 27, 2025

4. Regional DRRM Coordinators should use the naming convention below as subject line for emails:

1st Quarter NSED: [CY 2025 1QNSD] Report_<Name of Region>

2nd Quarter NSED: [CY 2025 2QNSD] Report_<Name of Region>

3rd Quarter NSED: [CY 2025 3QNSD] Report_<Name of Region>

4th Quarter NSED: [CY 2025 4QNSD] Report_<Name of Region>

Example: [CY 2025 1QNSD] Report_Region X

The DRRMS shall submit the national consolidated report (both School-Based and Office-Based NSED) to the Office of the Civil Defense through the Office of the Undersecretary for Operations.

ANNEX C

Guidelines on the Photo and Video Documentation of Quarterly Nationwide Simultaneous Earthquake Drill

The following guidelines is set for the photo and video documentation of the quarterly conduct of NSED in schools and DepEd offices:

1. Photo and video recordings of quarterly NSED conduct may be used in information and communication materials of the Department, as requested.
2. All materials should display adherence to minimum health protocols such as but not limited to, social distancing and wearing of face masks.
3. The following scenarios must be included in the documentation of the school:
 - a. Learners, personnel, and/or parents/guardians wearing personal protective equipment such as hard hats.
 - b. Learners, personnel, and/or parents/guardians doing the Duck, Cover, and Hold.
 - c. Conduct of coordination/preparatory meeting.
 - d. Actual conduct of the quarterly NSED.
4. The recommended minimum specifications are as follows:
 - a. Photo
 - i. File format: JPG or PNG
 - ii. Dimensions: 4:3 ratio or 16:9 ratio
 - iii. Orientation: Landscape
 - b. Video
 - i. File format: MP4 or MOV (with 1080p or 720p resolution)
 - ii. Dimensions: 1920px x 1080px (16:9)
 - iii. Orientation: Landscape
 - iv. Frame rate: 30fps or 60fps



REPUBLIC OF THE PHILIPPINES
NATIONAL DISASTER RISK REDUCTION AND MANAGEMENT COUNCIL
 National Disaster Risk Reduction and Management Center, Camp Aguinaldo, Quezon City, Philippines

JAN 26 2025

MEMORANDUM
 No. 27, s. 2025

TO : ALL MEMBERS OF DISASTER RISK REDUCTION AND MANAGEMENT COUNCILS AT THE NATIONAL, REGIONAL, PROVINCIAL, CITY, MUNICIPAL LEVELS AND BARANGAY DISASTER RISK REDUCTION AND MANAGEMENT COMMITTEES, HEADS OF NATIONAL GOVERNMENT AGENCIES, CONSTITUTIONAL OFFICES, STATE UNIVERSITIES AND COLLEGES, GOVERNMENT-OWNED AND CONTROLLED CORPORATIONS

SUBJECT : CONDUCT OF THE CY 2025 QUARTERLY NATIONWIDE SIMULTANEOUS EARTHQUAKE DRILL

The Philippines, situated along the seismically active Pacific Ring of Fire, is susceptible to frequent earthquakes and volcanic eruptions. Recognizing this, the National Disaster Risk Reduction and Management Council (NDRRMC), guided by Republic Act (RA) 10121, has implemented various measures to mitigate earthquake risks and other geological hazards. These measures encompass contingency planning, Incident Command System training for effective response, organization of Response Clusters, intensified public awareness campaigns, and strengthened inter-agency coordination.

A cornerstone of the NDRRMC's initiatives is the Nationwide Simultaneous Earthquake Drill (NSED), conducted quarterly under the leadership of the Office of Civil Defense (OCD). NSED aims to assess the nation's capacity to respond to earthquakes, particularly in ensuring public safety through well-organized evacuation and response procedures.

In view thereof, the schedule for the CY 2025 Quarterly Nationwide Simultaneous Earthquake Drill (NSED) is hereby disseminated:

QUARTER	DATE/TIME	TIME
1st	13 March 2025	2:00 PM
2nd	19 June 2025	9:00 AM
3rd	11 September 2025	4:00 PM
4th	6* November 2025	9:00 AM



* In connection with the observance of the World Tsunami Awareness Day.



The schedule of NSED may be adjusted in circumstances such as, but not limited to declared holidays, sudden cancellation of school classes or office work, or actual emergency and disaster incidents.


Active participation of DRRMCs at all levels, other government agencies/entities including its regional and local offices are strongly encouraged. All schools, offices and other local activities are requested to be temporarily interrupted to give way for the scheduled conduct of the NSED. Respective activities shall resume afterwards.

All participating agencies are requested to submit their Participation Data, as well as After Activity Report and Improvement Plan thru the link/QR Code below. Report templates and other relevant documents could also be accessed through a separate link/QR Code.

Report Submission	Report Templates and other relevant documents
 https://forms.gle/uhEiHDjHB8CKceHM6	 https://tinyurl.com/y5samz9e

For information and guidance.

For the Chairperson, NDRRMC:


USEC ARIEL F. NEPOMUCENO
Executive Director, NDRRMC and
Administrator, OCD





Republic of the Philippines
Department of Education

0SEC-280414

DepEd ORDER
No. **27**, s. 2015

29 JUN 2015

PROMOTING FAMILY EARTHQUAKE PREPAREDNESS

To: Regional Directors
Schools Division Superintendents
Heads, Public and Private Elementary and Secondary Schools
All Others Concerned

1. In conjunction with the National Disaster Consciousness Month observed annually every month of July, the Department of Education (DepEd) promotes **Family Earthquake Preparedness** to all elementary and secondary schools and instructs all schools to conduct the following activities as part of their respective overall preparedness plan:
 - a. all learners shall be required to accomplish the family earthquake preparedness homework [Enclosure 1 (Filipino) or Enclosure 3 (English) for K to G2 and SPED; Enclosure 2 (Filipino) or Enclosure 4 (English) for G3 to G10] with their families and submit it to their respective class advisers;
 - b. all class advisers shall discuss each of the questions with the students along with their family's responses to the homework using the guidance notes (Enclosure 5) during the homeroom session;
 - c. all class advisers shall tabulate and summarize the answers on the family earthquake preparedness assessment questions and submit it to the school administration; and
 - d. all school heads shall present and discuss the results to the Parents-Teachers Association (PTA) and barangay officials for consideration in the school and community preparedness planning
2. The Guidelines support DO No. 55, s. 2007 (*Prioritizing the Mainstreaming of Disaster Risk Reduction and Management in the School System and Implementation of Programs and Projects Relative Therefor*) and DO No 21, s. 2015 (*Disaster Risk Reduction and Management Coordination and Information Management Protocol*), which seek to engage different education stakeholders, especially learners and their families in disaster prevention and preparedness.
3. Upon completion of this activity, all school heads shall report via SMS through 09082630382 or 09155153138 following this format: School ID, Date of Completion, Name of School Head, Position (ex. 101010,day,month,year,Cecille Peralta,Principal IV).
4. Immediate dissemination of and strict compliance with this DepEd Order is directed.


BR. ARMIN A. LUISTRO FSC
Secretary

13

Encls.:
As stated

References:
DepEd Order Nos.: (21, s. 2015 and 55, s. 2007)

To be indicated in the Perpetual Index
under the following subjects:

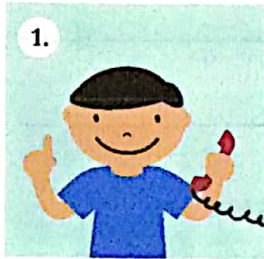
CALAMITY
OFFICIALS
POLICY
PUPILS
SAFETY EDUCATION
SCHOOLS
STUDENTS
TEACHERS

Mga Tanong para sa Paghahanda ng Pamilya Para sa Lindol (K-2, SPED)

Patnubay: Ang magulang, tagapag-alaga, at/o nakatatandang kapamilya ng mag-aaral ay inaasahang sagutin ang mga sumusunod na tanong sa kasama ang mag-aaral.

Bago ang Lindol

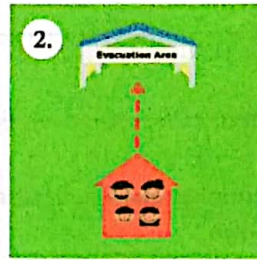
(Bilugan ang napiling sagot sa bawat katanungan.)



1.

Alam ba natin ang mga emergency numbers ng lokal na tanggapan ng pamatay-sunog, pulis, pagamutan, at mga kawani ng barangay?

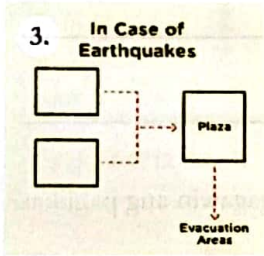
Oo Hindi Hindi Sigurado



2.

Alam ba natin ang pinakamalapit na ligtas na lugar mula sa ating bahay na maaaring paglikasan pagkatapos ng lindol?

Oo Hindi Hindi Sigurado



3.

In Case of Earthquakes

Alam ba ng buong pamilya ang earthquake evacuation plan sa kani-kanilang mga paaralan at trabaho?

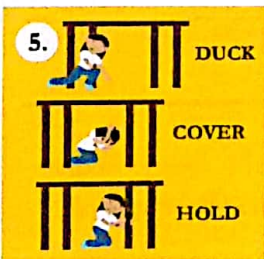
Oo Hindi Hindi Sigurado



4.

Alam ba natin kung paano ililikas ang mga bata, may kapansanan at/o matatanda na kasama natin sa bahay?

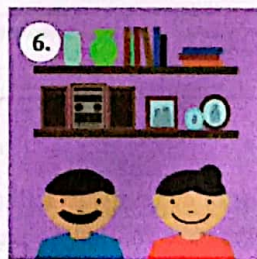
Oo Hindi Hindi Sigurado



5.

Alam ba ng buong pamilya ang nararapat na unang pagtugon sa tuwing may lindol (Duck-Cover-Hold)?

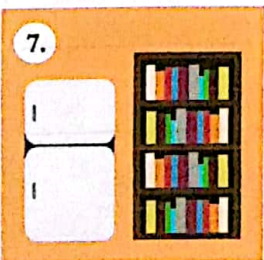
Oo Hindi Hindi Sigurado



6.

Ang mga mabibigat bang bagay o kasangkapan na maaring makasakit ng tao ay hindi nakalagay sa matataas na lugar?

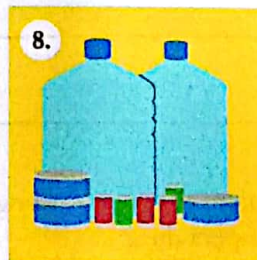
Oo Hindi Hindi Sigurado



7.

Ang mga mabibigat bang kasangkapan sa tahanan ay nakakabit sa pader o sahig?

Oo Hindi Hindi Sigurado



8.

Nag-iimbak ba tayo ng pagkain o inuming tubig para sa posibleng lindol?

Oo Hindi Hindi Sigurado



9.

Alam ba ng buong pamilya kung ang ating tahanan ay malapit sa anumang katawang tubig gaya ng lawa, dagat o ilog?

Oo Hindi Hindi Sigurado



10.

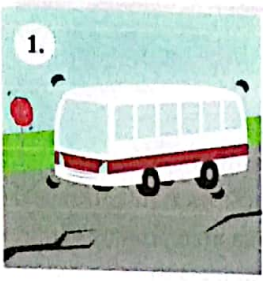
Bilang maaring resulta ng lindol, alam ba ng buong pamilya kung tayo ay nasa panganib na dulot ng tsunami?

Oo Hindi Hindi Sigurado

1 2 3 4 5

Tuwing Lindol

(Isulat ang sagot sa bawat patlang.)



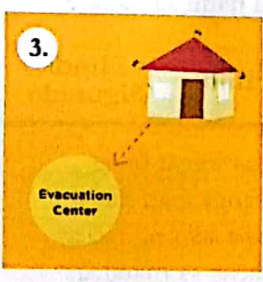
Kung ang lindol ay nangyari habang tayo ay naglalakbay, ano ang nararapat na unang tugon para dito?

Answer



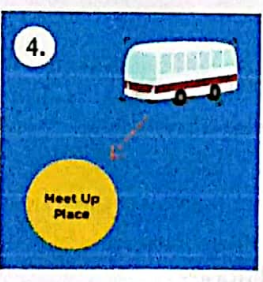
Kung ang lindol ay nangyari habang tayo ay nasa bahay, ano ang ating magiging unang tugon para dito?

Answer



Kung ang lindol ay nangyari habang tayo ay nasa bahay, paano natin gagawin ang paglikas?

Answer



Kung ang lindol ay nangyari habang tayo ay naglalakbay, saan magkikita-kita ang ating pamilya pagkatapos tumigil ng pagyanig?

Answer



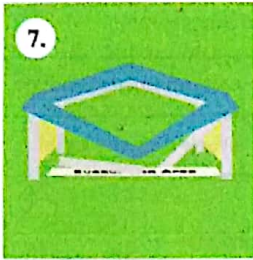
Kung mayroong nasaktan sa ating pamilya o kasama sa bahay, ano ang nararapat na unang tugon para dito?

Answer



Kung tayo ay nakulong sa loob ng bahay, ano ang ating dapat gawin?

Answer



Kung ang itinalagang evacuation area ay nasira ng lindol, saan ang ibang lugar na maari nating paglikasan?

Answer



Kung mawala ang linya ng komunikasyon, gaano katagal maghihintayan ang pamilya sa napag-usapang lugar ng pagkikita?

Answer

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

1

2

3

4

5

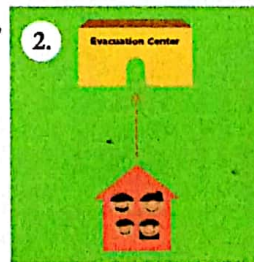
Pagkatapos ng Lindol at Unang Pagyanig

(Bilugan ang napiling sagot sa bawat katanungan.)



Alam ba natin kung saan matatawagan ang mga kasama natin sa bahay?

Oo Hindi **Hindi Sigurado**



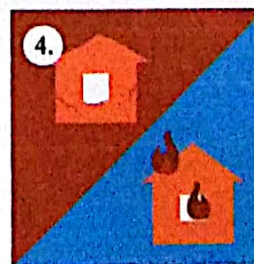
Alam ba natin kung kailan dapat lumikas?

Oo Hindi **Hindi Sigurado**



Alam ba nating delikado ang pagbalik sa ating tahanan matapos ang lindol dahil sa mga posibleng epekto ng mga susunod na pagyanig?

Oo Hindi **Hindi Sigurado**



Tayo ba ay handa para sa mga epekto ng mga susunod na pagyanig tulad ng sunog, tuluyang pagkasira ng bahay o gusali?

Oo Hindi **Hindi Sigurado**



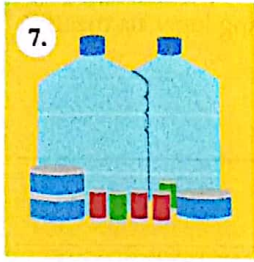
5. Ang atin bang tahanan ay ligtas mula sa mga maaaring pagmulan ng sunog matapos ang lindol?

Oo Hindi **Hindi Sigurado**



6. Kung tayo ay nasa panganib na dulot ng tsunami, alam ba natin ang tamang paraan ng paglikas?

Oo Hindi **Hindi Sigurado**



7. Alam ba natin kung paano mapatatagal ang pagkain matapos ang lindol?

Oo Hindi **Hindi Sigurado**



8. Alam ba natin kung kanino makakukuha ng tama at totoong balita o impormasyon upang hindi na tayo makadagdag sa maling mga haka-haka na siyang nagiging sanhi ng takot at kaba?

Oo Hindi **Hindi Sigurado**

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

1

2

3

4

5

Ang karamihan sa mga sagot ay dapat na oo. Para sa mga tanong kung saan hindi o hindi sigurado ang inyong sagot iminumungkahi na hingin ang tulong ng nararapat na opisina o tanggapan ukol dito.

Pinatotohanan ng may lagda na ang lahat ng tanong sa itaas ay sinagot, naintindihan at pinag-usapan ng buong pamilya:

Lagda ng magulang/tagapag-alaga/nakatatanda sa pamilya: _____

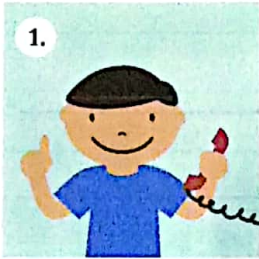
Pangalan ng magulang/tagapag-alaga /nakatatanda sa pamilya: _____

Mga Tanong para sa Paghahanda ng Pamilya Para sa Lindol (Gr. 3-10)

Patnubay: Ang bawat mag-aaral ay inaatasang kapanayamin ang kanilang mga magulang, tagapag-alaga, at/o nakatatandang kapamilya upang sagutin ang mga sumusunod na tanong sa paghahanda.

Bago ang Lindol

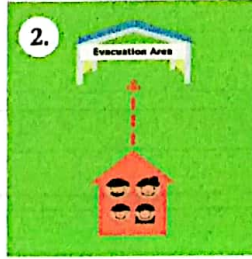
(Bilugan ang napiling sagot sa bawat katanungan.)



1.

Alam ba natin ang mga emergency numbers ng lokal na tanggapan ng pamatay-sunog, pulis, pagamutan, at mga kawani ng barangay?

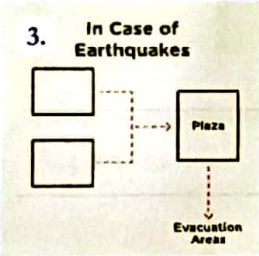
Oo Hindi Hindi Sigurado



2.

Alam ba natin ang pinakamalapit na ligtas na lugar mula sa ating bahay na maaaring paglikasan pagkatapos ng lindol?

Oo Hindi Hindi Sigurado



3.

In Case of Earthquakes

Alam ba ng buong pamilya ang earthquake evacuation plan sa kani-kanilang mga paaralan at trabaho?

Oo Hindi Hindi Sigurado



4.

Alam ba natin kung paano ililikas ang mga bata, may kapansanan at/o matatanda na kasama natin sa bahay?

Oo Hindi Hindi Sigurado



5.

DUCK

COVER

HOLD

Alam ba ng buong pamilya ang nararapat na unang pagtugon sa tuwing may lindol (Duck-Cover-Hold)?

Oo Hindi Hindi Sigurado



6.

Ang mga mabibigat bang bagay o kasangkapan na maaring makasakit ng tao ay hindi nakalagay sa matataas na lugar?

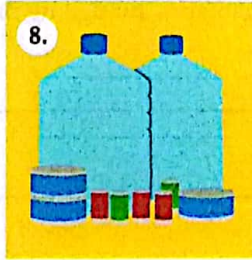
Oo Hindi Hindi Sigurado



7.

Ang mga mabibigat bang kasangkapan sa tahanan ay nakakabit sa pader o sahig?

Oo Hindi Hindi Sigurado



8.

Nag-iimbak ba tayo ng pagkain o inuming tubig para sa posibleng lindol?

Oo Hindi Hindi Sigurado



9.

Alam ba ng buong pamilya kung ang ating tahanan ay malapit sa anumang katawang tubig gaya ng lawa, dagat o ilog?

Oo Hindi Hindi Sigurado



10.

Bilang maaring resulta ng lindol, alam ba ng buong pamilya kung tayo ay nasa panganib na dulot ng tsunami?

Oo Hindi Hindi Sigurado

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

1

2

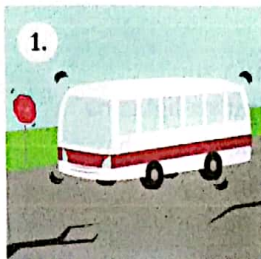
3

4

5

Tuwing Lindol

(Isulat ang sagot sa bawat patlang.)



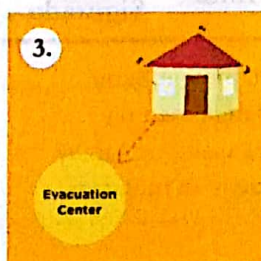
Kung ang lindol ay nangyari habang tayo ay naglalakbay, ano ang nararapat na unang tugon para dito?

Answer



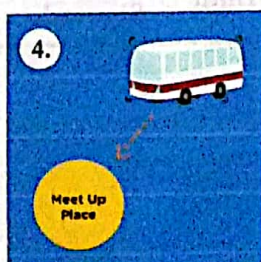
Kung ang lindol ay nangyari habang tayo ay nasa bahay, ano ang ating magiging unang tugon para dito?

Answer



Kung ang lindol ay nangyari habang tayo ay nasa bahay, paano natin gagawin ang paglikas?

Answer



Kung ang lindol ay nangyari habang tayo ay naglalakbay, saan magkikita-kita ang ating pamilya pagkatapos tumigil ng pagyanig?

Answer



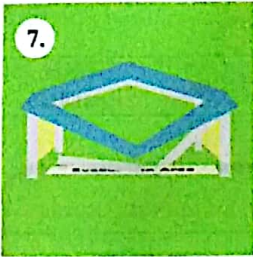
Kung mayroong nasaktan sa ating pamilya o kasama sa bahay, ano ang nararapat na unang tugon para dito?

Answer



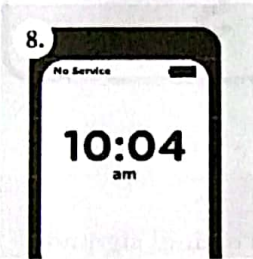
6. Kung tayo ay nakulong sa loob ng bahay, ano ang ating dapat gawin?

Answer



7. Kung ang itinalagang evacuation area ay nasira ng lindol, saan ang ibang lugar na maari nating paglikasan?

Answer



8. Kung mawala ang linya ng komunikasyon, gaano katagal maghihintayan ang pamilya sa napag-usapang lugar ng pagkikita?

Answer

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

1 2 3 4 5

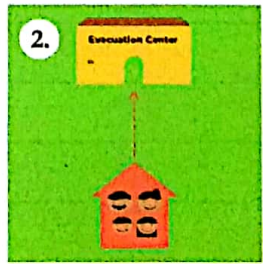
Pagkatapos ng Lindol at Unang Pagyanig

(Bilugan ang napiling sagot sa bawat katanungan.)



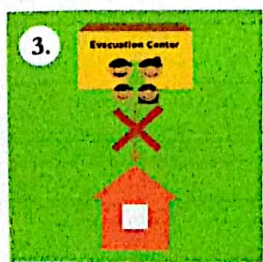
1. Alam ba natin kung saan matatawagan ang mga kasama natin sa bahay?

Oo Hindi **Hindi Sigurado**



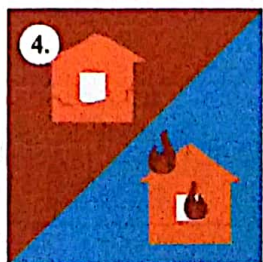
2. Alam ba natin kung kailan dapat lumikas?

Oo Hindi **Hindi Sigurado**



3. Alam ba nating delikado ang pagbalik sa ating tahanan matapos ang lindol dahil sa mga posibleng epekto ng mga susunod na pagyanig?

Oo **Hindi** Hindi Sigurado



4. Tayo ba ay handa para sa mga epekto ng mga susunod na pagyanig tulad ng sunog, tuluyang pagkasira ng bahay o gusali?

Oo **Hindi** Hindi Sigurado



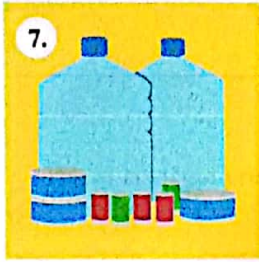
ng sunog matapos ang lindol?

Oo Hindi Hindi Sigurado



ang tamang paraan ng paglikas?

Oo Hindi Hindi Sigurado



7.

Alam ba natin kung paano mapatatagal ang pagkain matapos ang lindol?

Oo Hindi Hindi Sigurado



8.

Alam ba natin kung kanino makakukuha ng tama at totoong balita o impormasyon upang hindi na tayo makadagdag sa maling mga haka-haka na siyang nagiging sanhi ng takot at kaba?

Oo Hindi Hindi Sigurado

Sa pamantayang 1 – 5, kung saan ang 1 ang pinakamababa at 5 ang pinakamataas, ilarawan ang inyong antas ng kahandaan bago ang lindol. Bilugan ang inyong sagot.

1

2

3

4

5

Ang karamihan sa mga sagot ay dapat na oo. Para sa mga tanong kung saan hindi o hindi sigurado ang inyong sagot iminumungkahi na hingin ang tulong ng nararapat na opisina o tanggapan ukol dito.

Pinatotohanan ng may lagda na ang lahat ng tanong sa itaas ay sinagot, naintindihan at pinag-usapan ng buong pamilya:

Lagda ng magulang/tagapag-alaga/nakatatanda sa pamilya: _____

Pangalan ng magulang/tagapag-alaga /nakatatanda sa pamilya: _____

Earthquake Family Preparedness Questionnaire (K-2, SPED)

Instruction: The parents, guardian/s or any adult family member is requested to answer the following preparedness questions with the learner.

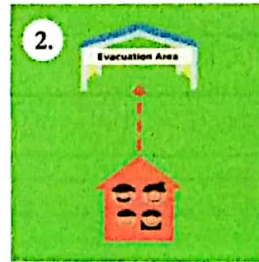
Before an Earthquake

(Please encircle your answer to every question.)



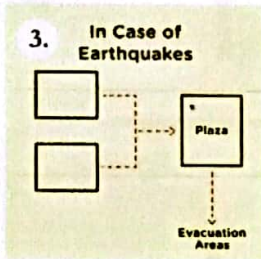
1. Do we know the emergency numbers and contact details of the local fire department, police, hospitals and barangay officials?

Yes No Not Sure



2. Do we all know where the nearest safe evacuation area from our house in the event of an earthquake?

Yes No Not Sure



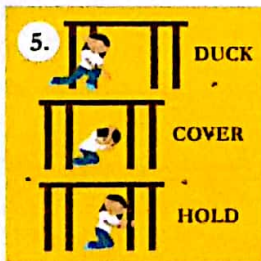
3. Do we all know the earthquake evacuation plan at our school/workplace?

Yes No Not Sure



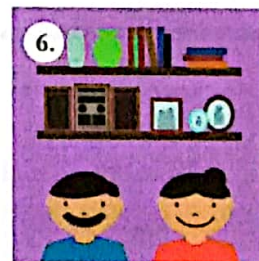
4. Do we know how to evacuate infants/children, persons with disabilities, and/or the elderly in our house?

Yes No Not Sure



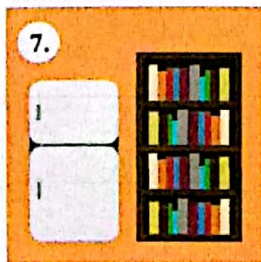
5. Do all family members know the initial response during an earthquake (Duck-Cover-Hold)?

Yes No Not Sure



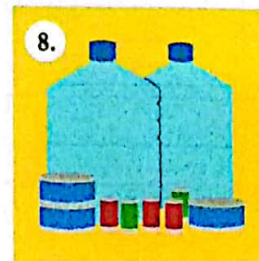
6. Are overhead shelves/cabinets at home free of heavy objects that may injure people?

Yes No Not Sure



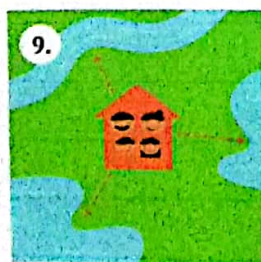
7. Are heavy furniture, cupboards, and other heavy appliances strapped/bolted to the walls/floor?

Yes No Not Sure



8. Do we store food and drinking water for possible earthquakes?

Yes No Not Sure



9. Do we all know if we are near any body of water? E.g. lake, sea, river

Yes No Not Sure



10. As a result of an earthquake, do we all know if we are vulnerable to possible tsunamis?

Yes No Not Sure

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness before an earthquake. Kindly encircle your answer.

1

2

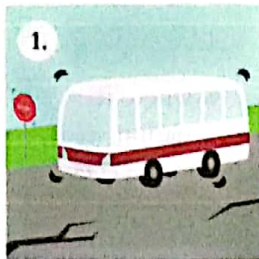
3

4

5

During an Earthquake

(Please put your answer on the space provided.)



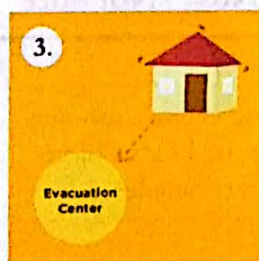
1. If the earthquake happens while travelling, what will be our initial response?

Answer



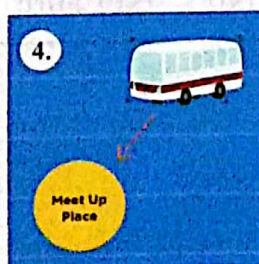
2. If the earthquake happens while at home, what will be our initial response?

Answer



3. If the earthquake happens while at home, how do we proceed with the evacuation?

Answer



4. If the earthquake happens while travelling, where do we meet?

Answer



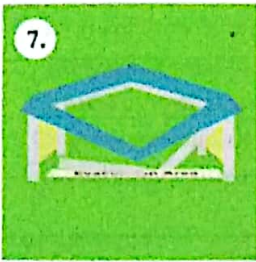
5. If someone in the family or someone who lives with us is injured, what should be our initial response?

Answer



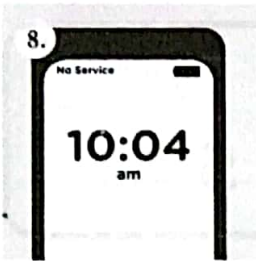
6. If we are trapped inside the house, what do we do?

Answer



7. If the designated evacuation area is damaged, where is our alternative?

Answer



8. If the communication is down, how long are we going to wait for each other at the designated meeting place?

Answer

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness during an earthquake. Kindly encircle your answer.

1

2

3

4

5

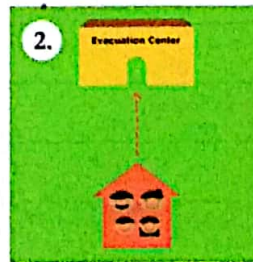
After an Earthquake & Initial Shaking

(Please encircle your answer to every question.)



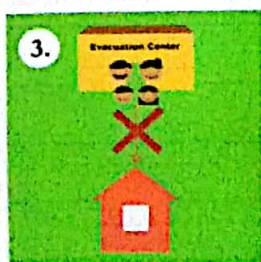
1. Do we know the contact numbers of persons in our household?

Yes No Not Sure



2. Do we know when to evacuate?

Yes No Not Sure



3. Do we know that we should not go back to our homes/buildings due to possible effects of aftershocks?

Yes No Not Sure



4. Are we prepared for possible effects of aftershocks such as fires, further damage to house/building?

Yes No Not Sure



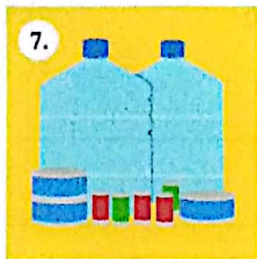
5. Is our home free of possible fire-triggers after an earthquake?

Yes No Not Sure



6. If we are vulnerable to tsunamis, do we know how to properly evacuate?

Yes No Not Sure



7. Do we know how to preserve or keep food safe after an earthquake?

Yes No Not Sure



8. Do we know from whom we can get accurate and credible data/information so as not to contribute to false rumors which may cause panic, etc.?

Yes No Not Sure

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness after an earthquake. Kindly encircle your answer.

1

2

3

4

5

Majority of the answers should be yes. If you answered no or not sure in any of the above questions, you are advised to seek the assistance of local authorities on the matter.

The signatory certifies that the family has answered, understood and discussed the questions above:

Parent/Guardian/Adult Family Member's Signature: _____

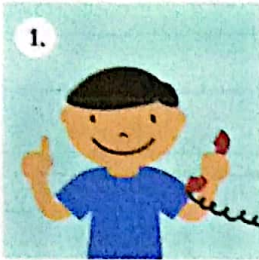
Name of Parent/Guardian/Adult Family Member: _____

Earthquake Family Preparedness Questionnaire (Gr. 3-10)

Instruction: Each student is assigned to interview their parents, guardian/s or any adult family member to answer the following questions.

Before an Earthquake

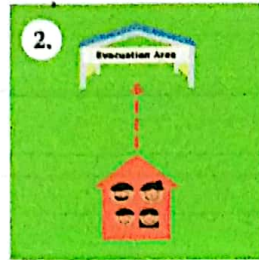
(Please encircle your answer to every question)



1.

Do we know the emergency numbers and contact details of the local fire department, police, hospitals and barangay officials?

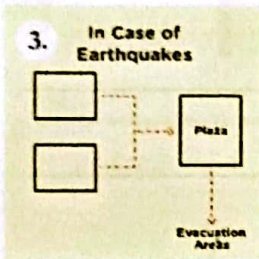
Yes No Not Sure



2.

Do we all know where the nearest safe evacuation area from our house in the event of an earthquake?

Yes No Not Sure



3.

In Case of Earthquakes

Do we all know the earthquake evacuation plan at our school/workplace?

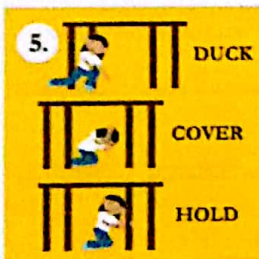
Yes No Not Sure



4.

Do we know how to evacuate infants/children, persons with disabilities, and/or the elderly in our house?

Yes No Not Sure



5.

DUCK

COVER

HOLD

Do all family members know the initial response during an earthquake (Duck-Cover-Hold)?

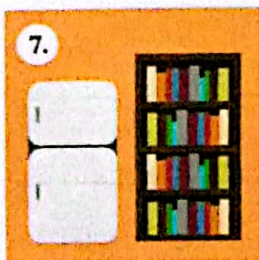
Yes No Not Sure



6.

Are overhead shelves/cabinets at home free of heavy objects that may injure people?

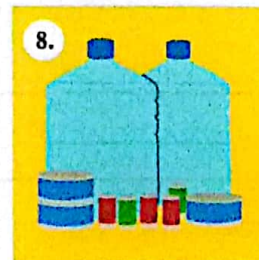
Yes No Not Sure



7.

Are heavy furniture, cupboards, and other heavy appliances strapped/bolted to the walls/floor?

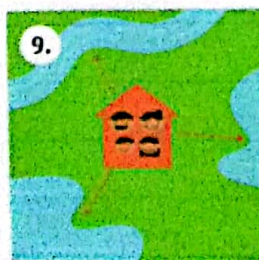
Yes No Not Sure



8.

Do we store food and drinking water for possible earthquakes?

Yes No Not Sure



9.

Do we all know if we are near any body of water? E.g. lake, sea, river

Yes No Not Sure



10.

As a result of an earthquake, do we all know if we are vulnerable to possible tsunamis?

Yes No Not Sure

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness before an earthquake. Kindly encircle your answer.

1

2

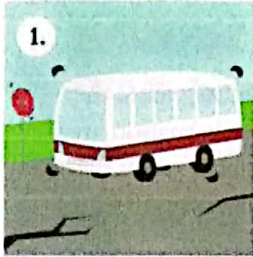
3

4

5

During an Earthquake

(Please put your answer on the space provided.)



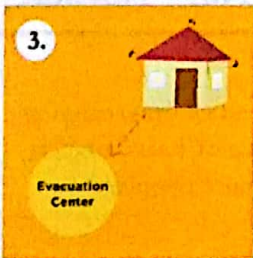
If the earthquake happens while travelling, what will be our initial response?

Answer



If the earthquake happens while at home, what will be our initial response?

Answer



If the earthquake happens while at home, how do we proceed with the evacuation?

Answer



If the earthquake happens while travelling, where do we meet?

Answer



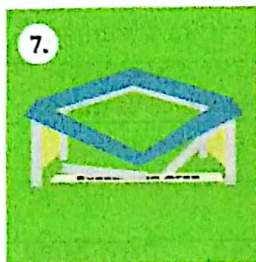
If someone in the family or someone who lives with us is injured, what should be our initial response?

Answer



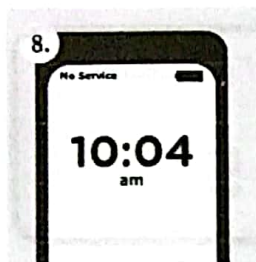
If we are trapped inside the house, what do we do?

Answer



If the designated evacuation area is damaged, where is our alternative?

Answer



If the communication is down, how long are we going to wait for each other at the designated meeting place?

Answer

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness during an earthquake. Kindly encircle your answer.

1

2

3

4

5

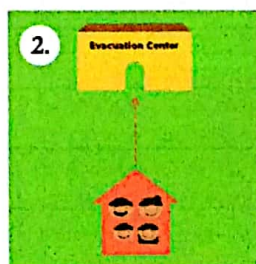
After an Earthquake & Initial Shaking

(Please encircle your answer to every question.)



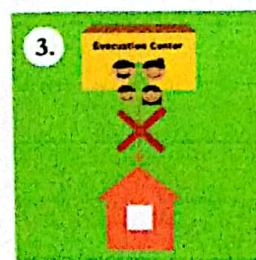
Do we know the contact numbers of persons in our household?

Yes No Not Sure



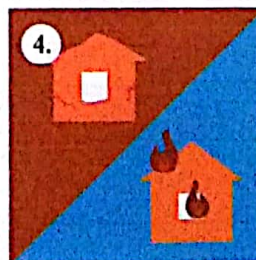
Do we know when to evacuate?

Yes No Not Sure



Do we know that we should not go back to our homes/buildings due to possible effects of aftershocks?

Yes No Not Sure



Are we prepared for possible effects of aftershocks such as fires, further damage to house/building?

Yes No Not Sure



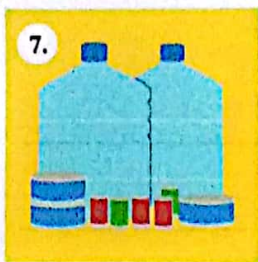
5. Is our home free of possible fire-triggers after an earthquake?

Yes No Not Sure



6. If we are vulnerable to tsunamis, do we know how to properly evacuate?

Yes No Not Sure



7. Do we know how to preserve or keep food safe after an earthquake?

Yes No Not Sure



8. Do we know from whom we can get accurate and credible data/information so as not to contribute to false rumors which may cause panic, etc.?

Yes No Not Sure

In a scale of 1 - 5 with 1 being the lowest and 5 being the highest, describe your level of preparedness after an earthquake. Kindly encircle your answer.

1

2

3

4

5

Majority of the answers should be yes. If you answered no or not sure in any of the above questions, you are advised to seek the assistance of local authorities on the matter.

The signatory certifies that the family has answered, understood and discussed the questions above:

Parent/Guardian/Adult Family Member's Signature: _____

Name of Parent/Guardian/Adult Family Member: _____

(Enclosure No. 5 to DepEd Order No. 27, s. 2015)

**GUIDANCE NOTES
FAMILY EARTHQUAKE PREPAREDNESS HOMEWORK**

I. Preparing for the Distribution of Family Earthquake Preparedness Homework

- Before discussing the homework in class, all advisers shall review the attached reference materials on earthquake preparedness (Enclosure 6). This could also be downloaded from the website of Philippine Institute of Volcanology and Seismology (PHIVOLCS) http://www.phivolcs.dost.gov.ph/index.php?option=com_phocadownload&view=file&id=71:earthquake-are-you-prepared&Itemid=44;
- All advisers shall explain the homework to their students during homeroom and guidance session using the appropriate set of questionnaires based on the grade level and medium of instruction; and
- School heads shall organize a special meeting with parents to discuss this homework for maximum participation.

II. Processing of Responses to the Family Earthquake Preparedness Questionnaire

- Upon submission of the questionnaire, the adviser shall discuss with the students their family's responses; and
- Then, all advisers shall tabulate and summarize the answers on the family assessment question only.

A. Before an earthquake

Question	Discussion Points
a. Do we know the emergency numbers and contact details of the local fire department, police, hospitals and barangay officials?	With possible effects of earthquakes to lives and property, it is important that all family members know all the relevant offices and authorities that could provide the necessary assistance.
b. Do we all know where the nearest safe evacuation area from our house is in the event of an earthquake?	All family members should be familiar with possible evacuation areas to properly guide each one where they should head to in the event of an earthquake.
c. Do we all know the earthquake evacuation plan at our school/workplace?	Since family members are not always together, it is important that each one knows about the evacuation plan.
d. Do we know how to evacuate infants/children, persons with disabilities, and/or the elderly in our house?	Children and their families should be aware that other people have particular vulnerabilities that should be considered during evacuation.
e. Do all family members know the initial response during an earthquake (Duck-Cover-Hold)?	Duck-Hold-Cover (DCH) as an initial response during earthquakes should be practiced in different contexts, especially in areas without tables or any stable furniture to stay under.
f. Are overhead shelves/cabinets at home free of heavy objects that may injure people?	It should be discussed with the students that earthquake could result to other hazards such as ground shaking, building

g. Are heavy furniture, cupboards, and other heavy appliances strapped/bolted to the walls/floor?	collapse, tsunami, liquefaction, fire and/or landslides. For families residing near bodies of water, preparedness on these possible related hazards should also be considered in their respective preparedness plan.
h. Do we store food and drinking water for possible earthquakes?	While not all families have the capacity to store food and drinking water, awareness on this remains important for schools to identify student's concerns that may arise in times of disasters.
i. Do we all know if we are near any body of water? E.g. lake, sea, river	It should be discussed with the students that an earthquake could result to other hazards such as ground shaking, building collapse, tsunami, liquefaction, fire and/or landslides. For families residing near bodies of water, preparedness on these possible related hazards should also be considered in their respective preparedness plan.
j. As a result of an earthquake, do we all know if we are vulnerable to possible tsunamis?	

B. During an earthquake and initial shaking

Question	Discussion Point
a. If the earthquake happens while travelling, what will be our initial response?	Duck-Hold-Cover (DCH) as an initial response during earthquakes should be practiced in different contexts, especially in areas without tables or any stable furniture to stay under. With or without family members, families should be aware on what to do during an earthquake
b. If the earthquake happens while at home, what will be our initial response?	
c. If the earthquake happens while at home, how do we proceed with the evacuation?	Families should be aware of the proper evacuation procedures to avoid possible injuries due ground shaking, fire, building collapse and among others.
d. If the earthquake happens while travelling, where do we meet?	Agreeing on where to meet gives a sense of direction among family members during an earthquake. This could ease the fear and tension brought about by the shaking.
e. If someone in the family or someone who lives with us is injured, what should be our initial response?	In case no one among family members are knowledgeable in applying first aid, they should at least know how to stabilize the injured person and seek proper assistance from authorities.
f. If we are trapped inside the house, what do we do?	Panic could result to inability to think during emergencies, thus it is important for families to build scenarios in the event of an earthquake, and being trapped inside could be one of them. This should allow them to discuss possible strategies to get out of their houses or identify ways to avoid being trapped.
g. If the designated evacuation area is damaged, where is our alternative?	All family members should be familiar with possible evacuation areas to properly guide each one in the event of an earthquake.

h. If communication is down, how long are we going to wait for each other at the designated meeting place?	Reducing panic is imperative during emergencies, and having an agreement with family members as to where and length of waiting time contribute to this.
--	---

C. After an earthquake and initial shaking

Question	Discussion Point
a. Do we know the contact numbers of persons in our household?	In case the earthquake happens while family members are at the workplace, school or travelling, each member should be able to recall or list down at least one number.
b. Do we know when to evacuate?	Families should be aware of the proper evacuation procedures to avoid possible injuries due to ground shaking, fire, building collapse and among others.
c. Do we know that we should not go back to our homes/buildings due to possible effects of aftershocks?	It should be discussed with the students that an earthquake could result to other hazards such as ground shaking, building collapse, tsunami, liquefaction, fire and/or landslides. For families residing near bodies of water, preparedness on these possible related hazards should also be considered in their respective preparedness plan.
d. Are we prepared for possible effects of aftershocks such as fires, further damage to house/building?	
e. Is our home free of possible fire-triggers after an earthquake?	
f. If we are vulnerable to tsunamis, do we know how to properly evacuate?	
g. Do we know how to preserve or keep food safe after an earthquake?	
h. Do we know from whom we can get accurate and credible data/information so as not to contribute to false rumors which may cause panic, etc.?	While some families may not be able to store food for possible occurrence of earthquakes, an alternative strategy is for them to learn food preservation as a survival mechanism.
	Accurate information is crucial during disasters and/or emergencies. Each family member should be able to identify reliable sources of information for proper guidance.

VI. References

- Department of Education (2008) *Disaster Risk Reduction Resource Manual: Safer School Resource Manual* Philippines :DepEd, UNICEF and Plan Philippines
- Philippine Institute of Volcanology and Seismology (2014) How safe is my house?: Self-check for Earthquake Safety of Concrete Hollow Block (CHB) Houses in the Philippines, Quezon City, Philippine Institute of Volcanology and Seismology, April 2014
http://www.phivolcs.dost.gov.ph/index.php?option=com_phocadownload&view=file&id=74:house-safe-is-your-house&Itemid=44 Access date: May 2015

Philippine Institute of Volcanology and Seismology (2009) Earthquake: Are you prepared? Quezon City, Philippine Institute of Volcanology and Seismology, June 2009 revised 2013
http://www.phivolcs.dost.gov.ph/index.php?option=com_phocadownload&view=file&id=71:earthquake-are-you-prepared&Itemid=44 Access date: May 2015

Villegas MMM (2012) Earthquake Preparedness in School 'Disaster risk reduction and management manual for Science and Mathematics teachers' Department of Science and Technology Science Education Institute Reprinted 2012 pp 161-169

Villegas MMM (2012) Earthquake and Earthquake Hazards 'Disaster risk reduction and management manual for Science and Mathematics teachers' Department of Science and Technology Science Education Institute Reprinted 2012 pp 170-175

VII. Effectivity/Transitory provision (if applicable)

This issuance will immediately take effect upon approval.

EARTHQUAKE!!!

(Are you prepared?)

Do you know that about 20 earthquakes are recorded daily in the Philippines? Most of these earthquakes however, are unfelt and can only be detected by an instrument called *seismograph*.

Earthquakes cannot be prevented, but we can prepare for them.

Always remember these basic things to do before, during and after a strong earthquake:

BEFORE

The key to effective disaster prevention is planning:



- ✓ Know the earthquake hazards in your area.
- ✓ Follow structural design and engineering practices when constructing a house or building.
- ✓ Evaluate the structural soundness of the buildings and houses; strengthen or retrofit if necessary.

Prepare your homes, workplace or schools:

- ✓ Strap or bolt heavy furnitures/cabinets to the walls.
- ✓ Check the stability of hanging objects like ceiling fans and chandeliers.
- ✓ Breakable items, harmful chemicals and flammable materials should be stored properly in the lowermost secured shelves.
- ✓ Always turn off the gas tanks when not in use.



Familiarize yourself with the exit routes and places where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

Prepare a handy emergency supply kit with first aid kit, canned food and can opener, water, clothing, blanket, battery-operated radio, flashlights and extra batteries.

Conduct and participate in regular earthquake drills.

DURING

STAY CALM.

When you are **INSIDE** a structurally sound building or home...**STAY THERE!**

Do the **"DUCK, COVER and HOLD"**.



- ✓ If possible quickly open the door for exit.
- ✓ Duck under a sturdy desk or table, and hold on to it, or protect your head with your arms.
- ✓ Stay away from glass windows, shelves, cabinets and other heavy objects.
- ✓ Beware of falling objects. Be alert and keep your eyes open.

Provide access to children, pregnant, elderly and persons with disabilities during evacuation.



If you're **OUTSIDE**..move to an open area!

- ✓ Stay away from trees, powerlines, posts and concrete structures.
- ✓ Move away from steep slopes which may be affected by landslides.
- ✓ If you're near the shore and feel an earthquake, especially if it's too strong, move quickly to higher grounds. Tsunamis (giant sea waves) might follow.



If you're in a moving vehicle; **STOP** and get out! Do not attempt to cross bridges, overpasses, or flyovers which may have been damaged.

AFTER

Be prepared for aftershocks.

Once the shaking stops, take the fastest and safest way out of the building

Don't...

- ...use elevators.
- ...enter damaged buildings.
- ...use telephones unless necessary.
- ...PANIC.



Check...

- ✓ yourself and others for injuries.
- ✓ water and electrical lines for damages.
- ✓ for spills of chemical, toxic and flammable materials.
- ✓ and control fires which may spread.

If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.

Keep updated on disaster prevention instructions from battery-operated radios.



Department of Science and Technology
PHILIPPINE INSTITUTE OF VOLCANOLOGY AND SEISMOLOGY
 C.P. Garcia Avenue, U.P. Campus, Diliman, Quezon City
 Tel. Nos. 426-1408 to 79
 Website: www.phivolcs.dost.gov.ph
 File printed June 2012

