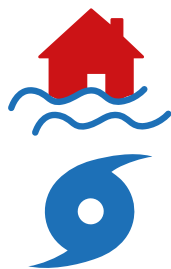


Stay Safe During Floods and Typhoons



Flood and Typhoon Action Plan and Tip Sheet For Patients

Purpose

Use this plan to stay safe in the event of a typhoon and flooding in your area. Share this plan with everyone in your home and with friends and family members. Review this information every year so that everyone is ready to act when a flood occurs.

Floods are Dangerous to Your Health

Typhoons and flooding pose significant risk to health and wellbeing. Typhoons and flooding can occur simultaneously, while flooding may occur due to a variety of sources, such as heavy precipitation, infrastructure failure, or earthquake-related tsunamis. Floodwaters can pose an immediate risk of drowning or injury, however, there may be additional risks in the days and weeks after a flood. Medical care might be disrupted, critical supplies scarce, and a lack of clean water. Typhoon winds can damage structures and cause injuries. Flood waters can harbor disease or obscure dangerous objects. Mold in homes can be toxic and lead to breathing problems. Additionally, many people experience stress and anxiety during this difficult time, which can create or worsen mental health conditions. The physical, emotional, and financial effects of flooding often impact entire families, making it essential to maintain mutual care and seek

help when needed. Recognizing the family-oriented nature of Filipino communities, it is vital to address these interconnected challenges to support collective recovery and well-being.

Before a Flood

1. Know When Flooding May Occur

Monitor weather updates and flood warnings issued by the Philippine Atmospheric, Geophysical and Astronomical Services Administration (PAGASA) through their website at <https://www.pagasa.dost.gov.ph/>, mobile applications, or local new platforms, such as radio, television, or social media. Sharing updates with family and neighbors helps everyone stay prepared and strengthens community resilience.

Pay close attention to rainfall warnings issued by the National Disaster Risk Reduction and Management Council (NDRRMC), particularly orange and red rainfall advisories sent via SMS.

RAINFALL WARNING ICONS		
ICON	DESCRIPTION	FORECAST
	Advisory Community AWARENESS	Flooding is POSSIBLE in low-lying areas and near river channels.
	Alert Community PREPAREDNESS	Flooding is THREATENING in low-lying areas and near river channels.
	Emergency Community RESPONSE	SEVERE Flooding is EXPECTED. Take necessary precautionary measures.

Adapted from guidance from [PAGASA](https://www.pagasa.dost.gov.ph/)

Check official advisories and announcements from your city or municipality through their social media channels, or community announcements to stay informed about localized updates and instructions.

You can check the flood risk for your home's location on this website at <https://noah.up.edu.ph/know-your-hazards/flood>. This site will tell you the likelihood that flooding will occur at your address.

2. Enable Emergency Alert and Stay Connected

PAGASA does not currently require or offer registration for emergency alerts. These alerts are automatically broadcast to mobile devices through the Emergency Cell Broadcast System. This system ensures that everyone in an affected area receives timely alerts without the need to sign up.

To receive emergency alerts:

1. Enable Emergency Alerts on Your Device:
 - For Android: **Go to Settings > Safety and Emergency or Wireless Emergency Alerts** and turn on notifications.
 - For iOS: Go to **Settings > Notifications**, then enable **Emergency Alert** at the bottom.
2. Stay Connected:
 - Ensure your mobile device has an active signal and is compatible with the cell broadcast system.
 - Check PAGASA's social media pages and website for additional updates.

- Staying informed reduces fear and anxiety, and helps you prepare with confidence. Share updates with loved ones and your neighbors – staying connected provides support and strengthens community resilience.

3. Know Your Evacuation Route and How You Will Evacuate (Car, Transit, Etc.)

Coordinate with your Local Government Unit (LGU) or Barangay to identify designated evacuation areas and the official routes to follow in the event of an evacuation order. If you own a vehicle, ensure that the fuel tank is fully stocked in preparation for potential evacuation. If possible, have a backup route in mind in case a route is blocked by debris or floodwater.

4. Have a “Go Bag” Ready

This is a list of things to have ready in case of evacuating from flooding. Keep everything together, ideally in a single bag, so you can easily grab it to go. You should prepare a Go Bag if you need to shelter in place with supplies for a week. See “Making Your Own Family Go Bag” for more information.

Pack a waterproof bag that anyone in the family can easily carry. Ensure it is always complete with essential items like, food and medicines, toiletries, important documents, and emergency tools, and place it in a location where it can be easily accessed during an emergency. Adding small comfort items, like a family photo or a child's toy can help reduce stress during evacuation.

FOOD AND MEDICINES

- Drinking water and food that does not spoil easily
- First aid kit and medicines: Alcohol, band-aids, antiseptics, bandage, tweezers, 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

5. Be Prepared and Alert Even Before the Typhoon or Flooding

- Check for damage to the ceiling, doors, and windows, and arrange for immediate repairs. Boarding up windows is strongly recommended for safety. Secure the roof and any loose objects that could be blown away, and trim tree branches that may fall.
- Ensure your **Go Bag** is complete, and your mobile phone and power bank are fully charged. Store important documents in airtight containers or waterproof bags.
- Monitor tropical cyclone advisories and evacuate immediately if advised by the NDRRMC, LGU, or Barangay. If your area is prone to flooding, elevate valuables to prevent water damage. Identify a household emergency contact and discuss evacuation plans in advance.
- Explain emergency plans to children and older persons, emphasizing the importance of staying informed and prepared.
- The best time to evacuate is before the typhoon makes landfall to avoid blocked roads due to strong winds, flooding, or debris. If leaving, secure your home by turning off electricity, gas, and water supply, and locking doors before departure.

6. Plan for Power Outages

- Back up **medical equipment that needs electricity or batteries**. If you can't purchase

backup power, identify a location that has backup power, and arrange ahead of time to charge medical equipment at the location.

- Have a backup cooler with ice for **medications that require refrigeration** and a thermometer to check the temperature inside the cooler.
- If you get water from a **well with an electric pump**, have a backup plan to have enough water to drink if the power goes out. You may consider using water purifying tablets as an alternative solution, or water filter straw, if available.
- See more information on the "General Power Outage Guidance Sheet" on page 45.

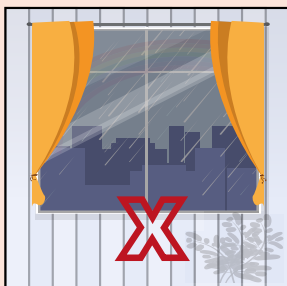
7. Join Your Local Emergency Response Team to Build Community Resilience

Consider joining your local emergency response team as a volunteer or participating in community drills and simulations to help prepare for future emergencies. These activities build confidence, reduce panic, and strengthen community resilience, ensuring a more coordinated and effective response when disasters occur.



During a Typhoon

Stay away from windows as blowing debris can shatter glass.

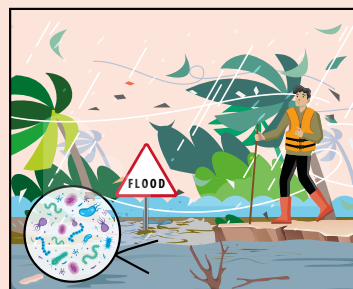


Have a plan for how you will get to higher ground if floodwaters rise. This could be a second story, or onto your roof.



Go to higher ground.

If you must go in floodwaters, use a long, sturdy stick or pole to test the ground ahead of you for holes, drop-offs, or obstacles. Avoid fast moving waters.



If possible, put on a life jacket or hold onto something buoyant. Try to get to dry land or on top of a sturdy structure as soon as possible.

During a Flood and Typhoon

Pay attention to local media outlets for evacuation orders from local government authorities.



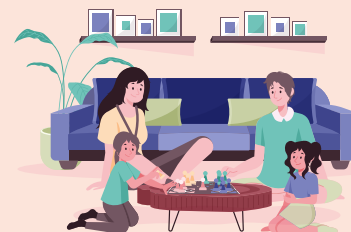
Know how to get out of your house – where the exits are and what windows can be opened.

Evacuate when it is recommended, and remain calm. If no evacuation order is in place, stay indoors in a safe location.



Keep your Go Bag with you and ensure your family knows what to do if the situation worsens.

Reassure and explain to the children that there is nothing to fear because the family is prepared.



Try to provide activities, games, or tasks for children to distract from fearful thoughts.

Check in with children and encourage them to express their thoughts and feelings through talking, drawing, or playing. It's normal for them to feel scared or confused. Providing comfort, reassurance, and a predictable routine can help them feel safe. If they show changes in behavior like difficulty sleeping, irritability, or

clinginess, respond with patience and support. Answer any questions they have where you can provide clarity. Offering comfort and reassurance helps them cope with the experience while encouraging play and positive interactions helps children recover emotionally post-disaster.

My emergency contact person is:

Their phone number is:

Identify both a preferred and backup evacuation location that has power if you need it. If possible, these two locations should be in different directions from your home.

My evacuation locations are:

1.

2.

If I need to evacuate, the vehicle/transport I will use is: _____

Never drive, walk, or take transport into standing water.

If I need help evacuating, I can call:

Name

Phone

1.

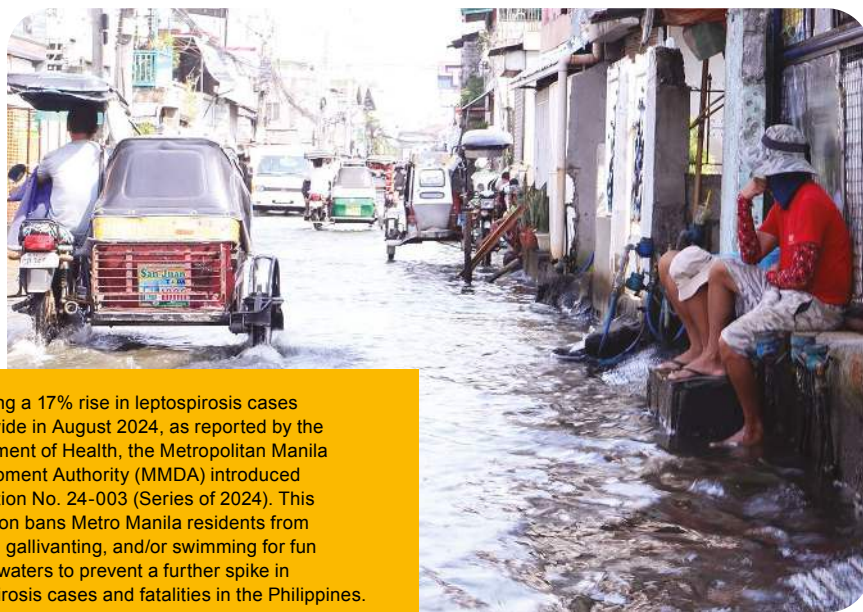
1.

2.

2.

If I do not have backup power and rely on electronic medical equipment, I can go to charge/run equipment when the power goes out at: _____

Dangers of Walking Through Floodwaters



Following a 17% rise in leptospirosis cases nationwide in August 2024, as reported by the Department of Health, the Metropolitan Manila Development Authority (MMDA) introduced Regulation No. 24-003 (Series of 2024). This regulation bans Metro Manila residents from playing, gallivanting, and/or swimming for fun in floodwaters to prevent a further spike in leptospirosis cases and fatalities in the Philippines.

Floodwaters may look passable, but they hide dangerous risks like strong currents, deep holes, sharp objects, and harmful bacteria. Walking, swimming, or driving through floodwaters can result in serious injury, illness, or even loss of life. The best way to protect yourself and your family is to avoid floodwaters entirely. If avoidance is not possible, wear rain boots for protection. If you feel anxious, take slow, deep breaths to stay calm and think clearly.

Stay in a safe, dry place and wait for help. If you must evacuate, use designated evacuation routes or call for assistance. Your safety is more important than reaching your destination quickly.

Photo/Americares

After a Flood

1. Know Your Health Risks During and After Floods and How to Minimize Them

Flood cleanup is hard work. Pace yourself, take breaks, and drink plenty of water to reduce the likelihood of injury.

Avoid indoor fumes. Never burn fuels, run a generator, or operate a vehicle in a closed space. This can lead to deadly carbon monoxide poisoning.

Dust and debris can create unhealthy air. Check air quality and wear a mask to protect your lungs.

Have a backup plan if you need electricity for medical devices, medicine, or heating/cooling.

Flooding can cause mold growth, which can affect breathing and cause headaches. Wear a face mask when cleaning up.

Beware of falling hazards. Damaged buildings, trees, and poles can be dangerous. Do not enter damaged buildings until they have been declared safe.

Stay away from damaged power lines or water near them. Avoid using electrical appliances when they're wet.

Turn around, don't drown. Standing water is dangerous. It can hide holes, downed power lines, and sharp objects. Never walk or drive through it.

Floodwater can make you sick. It often carries sewage, germs, and toxic chemicals. Mosquitoes that spread disease breed in it.

Protect yourself from contaminated water. After a typhoon, follow local authority guidance on whether to use bottled or boiled water. Boiling may not remove chemical contaminants.

*To manage mold in your home, see [cdc.gov/mold/pdfs/You Can Control Mold.pdf](https://www.cdc.gov/mold/pdfs/You%20Can%20Control%20Mold.pdf) or [epa.gov/mold/brief-guide-mold-moisture-and-your-home](https://www.epa.gov/mold/brief-guide-mold-moisture-and-your-home).

Visit [DOH](#), [PAGASA](#), [NDRRMC](#), and LGU to learn more about risks to your health from floods and typhoons.

After flooding can be a stressful time for your health. Speak with your health care team about taking care of your long-term medical conditions and any mental health concerns after flooding.

Make sure it is safe before re-entering your home.

2. Make Sure Everyone is Safe

- Listen to the news and make sure it is safe to go outside.
- If you have evacuated, make sure the area is safe before returning home.
- Check on your children to provide emotional support and understand how they're coping.
- Inspect or have the power lines professionally checked to ensure they are safe to use.

After a Flood and Typhoon

Typhoons and floods can affect your physical and mental health. It's normal to experience stress, anxiety, or difficulty sleeping after a flood and typhoon. Take care of yourself by resting, staying hydrated, and seeking medical care when needed. Reach out to family, friends, or community support groups to talk about your experience. If distress persists, consult a health professional or use simple coping strategies like deep breathing and staying connected with others.



Floodwater may contain harmful bacteria, chemicals, and sewage. Avoid contact whenever possible, if contact is unavoidable, wear properly fitting rain boots for protection.



Wash your hands with clean water and soap, especially before eating and after coming into contact with floodwater or contaminated surfaces. If clean water is not available, use alcohol or hand sanitizer.



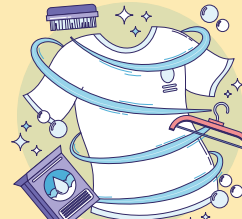
Drink only boiled water, or bottled water if there has been a chemical contamination. Follow local authority guidance on when it's safe to drink the water.



Consume only safe, sealed, and non-perishable foods. Discard any food that has come into contact with floodwater.



When toilets are not functional, adopt the "Poo Bag Approach." This method involves using sturdy, sealable bags to safely collect and store human waste away from water sources, preventing contamination and maintaining hygiene until proper disposal is possible.



Wash clothes, towels, and bedding using hot water and soap, or discard items that have been soaked with floodwater.



Regularly bathe with clean water to prevent infections and skin rashes.



Clean and disinfect surfaces that have come into contact with floodwater using a bleach solution to prevent the spread of disease.

NOTES:

This image shows a single page from a notebook or ledger. It features approximately 28 evenly spaced, thin grey horizontal lines running across its width. The lines are uniform in thickness and color, providing a clean template for writing or drawing. There are no margins, headers, footers, or other markings present on the page.

Appendix for Patients

Appendix A

Plan for Power Outages

Purpose

Extreme weather events frequently can lead to power outages. This can lead to issues with using electricity-dependent devices and refrigeration. This in turn can impact health.

Here is how to prepare for power outages so that you do not have to suffer the impact of power outages.

1. I will try to conserve electricity if it is really hot. This can help prevent blackouts.
2. If I use **medical equipment that needs electricity or batteries**, I will have a backup plan so I can use them if the power goes out.
3. If the power goes out, I will:
 - Use my backup electricity generator
 - Have a backup battery fully charged in my home
 - Evacuate somewhere that has power
4. If I have **medications that require refrigeration**, I will have a cooler and ice or ice packs ready to store them, as well as a thermometer to check the temperature inside the cooler.
5. If I get water from a **well with an electric pump**, I will have a backup plan so I will have enough water to drink if the power goes out.
6. If the power goes out, I will:
 - Have ___ gallons of bottled water at my home (at least 1 gallon per person, per day).
 - Have ___ meals that do not require cooking (several days of non-perishable food, per person).
 - Evacuate to a safe location before a power outage occurs or flooding prevents evacuation.
7. After an extreme weather event, I may want to **test my well water for pollution** before drinking it. I can do this by contacting the local health department to have well water sampled and tested for contamination. Or, I can call the officer to find a certified lab city/municipal sanitary inspector nearby to bring a sample for testing.
8. If I have **electric heat or air conditioning**, I will not:
 - Try to heat my home by burning fuels, such as wood or propane, indoors
 - Use a gas oven or stove to heat my home
 - Use an electricity generator or gas grill indoors
 - Run my car with the garage door closed for air conditioning

*These can all result in **carbon monoxide poisoning**, which can be deadly.*

9. If I am too cold or hot because the heat or air conditioning does not work from a power outage, I will go someplace where heat or air conditioning is available.

If I am too cold during a power outage, I will go to: _____

If I am too hot during a power outage, I will go to: _____

If I need help getting someplace warm or cool, I can call:

Name

Phone

1. _____

1. _____

2. _____

2. _____