

Caritas Confederation

FOREWORD

FOR THE LITTLE ONES...

DEAR CHILDREN!
HAVE YOU HEARD ABOUT FLOODS, EARTHQUAKES, FIRES OR LANDSLIDES? HAVE YOU SEEN SUCH EVENTS ON TV OR EXPERIENCED THEM YOURSELVES?
HERMAN THE HERMIT CRAB HAS SEEN IT ALL IN HIS LIFE. HE FOUND OUT AT HIS OWN LOSS WHAT IT MEANS TO HAVE ONE'S HOUSE DESTROYED BY WIND, FLOODED OR BURNT DOWN IN A FIRE. NOW HERMAN HAS A LOT TO TALK ABOUT... FIRST OF ALL HE WANTS US TO AVOID EXPERIENCING WHAT HE DID.
UNFORTUNATELY, DISASTERS CAN HAPPEN ANYTIME, BUT WE CAN BE PREPARED. THOSE WHO KNOW WHAT MIGHT HAPPEN, HOW THEY CAN PROTECT THEMSELVES AND WHAT HAS TO BE DONE WHEN DISASTER STRIKES, ARE MUCH LESS AFFECTED. IN SOME CASES, IT CAN BE A MATTER OF LIFE AND DEATH.
HERMAN INVITES US TO LEARN TOGETHER WITH HIM. LET'S STUDY THIS BROCHURE, FILL IN THE EXERCISES AND BECOME AS WELL PREPARED FOR EMERGENCY SITUATIONS AS HERMAN IS.

FOR THE GROWN-UPS...

DEAR PARENTS, GRANDPARENTS, TEACHERS!

THE LAST FEW YEARS HAVE SHOWN US THAT NOBODY CAN CONSIDER THEMSELVES SAFE FROM NATURAL DISASTERS. FLOODS AND LANDSLIDES HAVE AFFECTED MANY REGIONS OF ROMANIA, HOWEVER IN THE FUTURE EVEN A MAJOR EARTHQUAKE MIGHT HAPPEN.

DISASTERS AS SUCH CANNOT BE TOTALLY AVOIDED, BUT WE CA BE PREPARED, WE CAN KNOW WHAT LIES AHEAD, HOW WE CAN PROTECT OURSELVES AND WHAT SHOULD BE DONE IN CASE A DISASTER STRIKES.

THE AIM OF THIS BROCHURE IS TO INFORM AND PREPARE CHILDREN FOR VARIOUS EMERGENCY SITUATIONS. THERE ARE MANY EXERCISES WHICH WILL BE AN INCENTIVE FOR OUR CHILDREN TO BECOME INTERESTED AND TO BECOME AWARE OF THE RISKS AROUND THEM.

HOWEVER, CHILDREN WILL NOT MANAGE ON THEIR OWN. THERE ARE MANY SUBJECTS TO BE DISCUSSED WITH THEM, SOMETIMES NEEDING SOME EXTRA INFORMATION. PLEASE SUPPORT THE CHILDREN FROM YOUR FAMILY OF CLASS AND GO THROUGH ALL THE CHAPTERS OF THIS BROCHURE WITH THEM. THUS WE CAN ALL BE BETTER PREPARED, WE CAN FACE NATURAL DISASTERS AND OTHER UNWANTED EVENTS MUCH MORE EASILY.

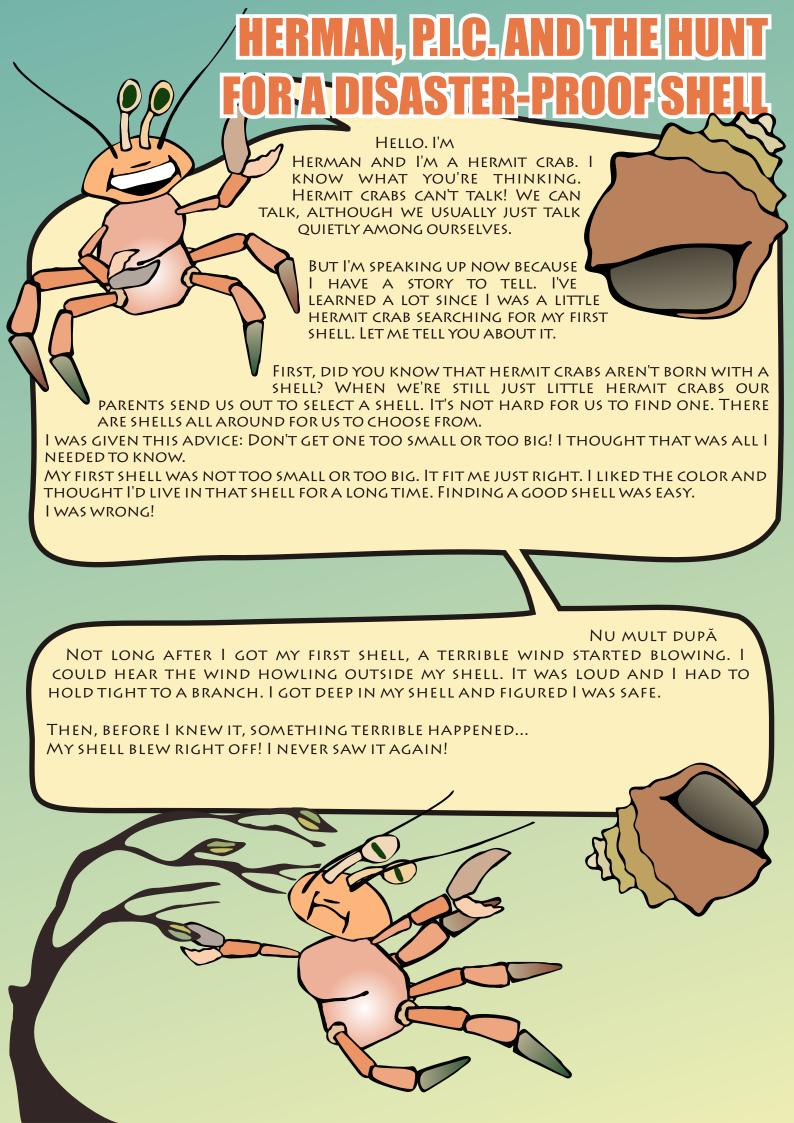
THE CARITAS TEAM

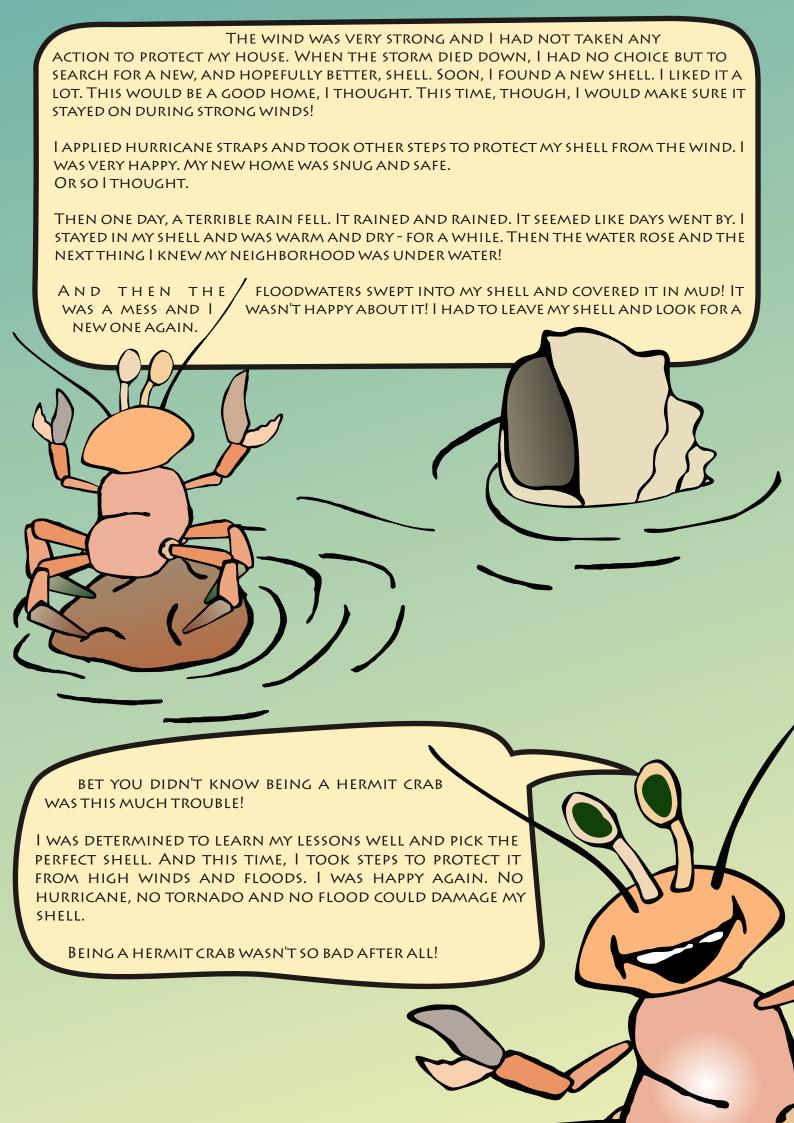
Caritas is a humanitarian organization of the Catholic Church. There are 162 member organizations which work in over 200 countries and regions. In Romania there are 6 Roman-Catholic Caritas organizations: Alba-Iulia, Timişoara, Bucureşti, Oradea, Iaşi, Satu-Mare and 5 Greek-Catholic Caritas organizations: Blaj, Cluj, Oradea, Maramureş, Lugoj.

The Romanian Caritas organizations offer social service and humanitarian programs on a non-discriminative basis for all people in need of support.

The Romanian Caritas Confederation was created due to the need of the Romanian Caritas organizations to have a national and international forum, meant to represent and protect the interest of the social charity promoted by them. The Romanian Caritas Confederation is a continuous national and international lobbying instrument, being the representative of its members, striving for the cooperation with other organizations, regardless their nationality, their religious or political affiliation.

The Romanian Caritas Confederation is working on several projects of national interest, among which "The Emergency Situation Intervention program".







SO WHEN I WENT LOOKING FOR YET ANOTHER NEW SHELL, I MADE SUKE

- IT WAS NOT TOO BIG
- IT WAS NOT TOO SMALL
- IT WAS WINDPROOF
- IT WAS FLOOD PROOF AND
- IT WAS EARTHQUAKE PROOF.

I CHECKED AND DOUBLE-CHECKED MY SHELL. I READ REPORTS THAT TAUGHT ME HOW TO BECOME DISASTER RESISTANT. SOME OF THE THINGS WERE SIMPLE AND OTHERS WERE A BIT HARDER AND I HAD TO ASK FOR HELP. BUT ALL IN ALL, IT WASN'T DIFFICULT. AND IT WAS WELL WORTH THE TIME AND TROUBLE.

FINALLY I WAS SAFE IN MY SHELL. THE WIND BLEW HARD, BUT MY SHELL STAYED ON. THE HIGH WATER CAME, BUT MY SHELL STAYED DRY AND WHEN THE GROUND SHOOK, MY SHELL STAYED IN ONE PIECE.

BEING A HERMIT CRAB WAS GOOD AGAIN. I SETTLED DOWN TO HAVE A NICE LIFE. HOW COULD I KNOW WHAT WAS AHEAD?

I WAS HAVING A BARBECUE WITH SOME OF MY FRIENDS. IT WAS A NICE SUMMER DAY AND WE WERE HAVING A GOOD TIME. ALL OF A SUDDEN, MY SHELL CAUGHT ON FIRE.

I DIDN'T HAVE A FIRE EXTINGUISHER AND I HAD NOT TAKEN PRECAUTIONS TO CUT BACK DRY BRUSH AROUND MY NEIGHBORHOOD. I HAD TO RUN OUT OF MY SHELL AND LEAVE IT BEHIND! IT WAS A TOTAL LOSS. I WAS VERY SAD.

MY SPECIAL SHELL, WHICH I HAD WORKED SO HARD ON, WAS RUINED YET AGAIN.



SO THIS TIME, WHEN I LOOKED FOR MY NEW SHELL, I MADE SURE IT WAS:

- NOT TOO BIG
- NOT TOO SMALL
- WINDPROOF
- WATERPROOF
- EARTHQUAKE PROOF AND
- FIREPROOF.

AND I KNEW I WAS SAFE AND HAD LEARNED MY LESSONS WELL. MY SHELL WAS COMPLETELY DISASTER RESISTANT!

BUT THEN I REALIZED THAT OTHER HERMIT CRABS DIDN'T KNOW WHAT I HAD LEARNED. AND OTHER PEOPLE - LIKE YOU - DIDN'T KNOW WHAT I HAD LEARNED EITHER.

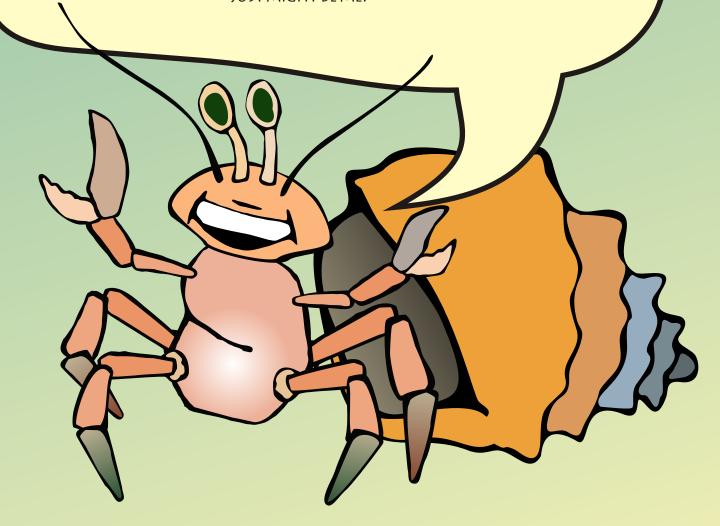
THAT'S WHY I'M SPEAKING OUT. I HAD LEARNED ABOUT THE IMPORTANCE OF BEING DISASTER PROOF.

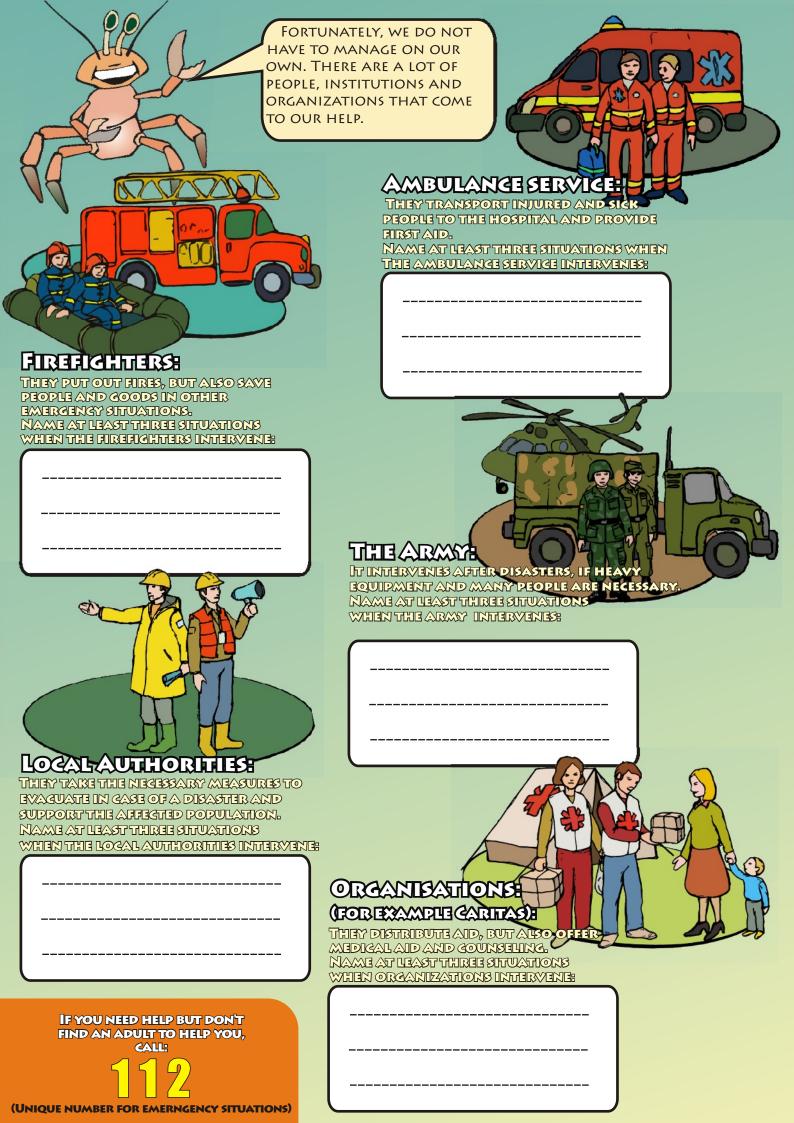
NOW I CALL MYSELF HERMAN, P.I.C. - PARTICULARLY IMPORTANT CRAB. AND I TRAVEL AROUND TELLING EVERYONE ABOUT PREVENTING DISASTER DAMAGE.

YOU CAN JOIN ME. FIND OUT WHAT DISASTERS MIGHT HAPPEN IN YOUR NEIGHBORHOOD AND THEN FIND OUT HOW TO MAKE YOUR HOME, YOURSELF AND YOUR FAMILY SAFE.

NOW I HAVE TO GO. THERE ARE MANY PEOPLE OUT THERE WHO DON'T KNOW ABOUT PROTECTING THEMSELVES AGAINST DISASTERS. BUT HELP ME SPREAD THE WORD. TELL EVERYONE ABOUT MY STORY.

AND THE NEXT TIME YOU SEE A HERMIT CRAB, YOU COULD STOP AND WHISPER "HELLO." IT JUST MIGHT BE ME!









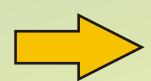


FLOODS

FLOODS ARE THE MOST FREQUENT DISASTERS IN ROMANIA AND CAN BE CAUSED BY HEAVY RAINFALL, THE MELTING OF SNOW OR THE BREAKING OF DIKES AND DAMS. THERE ARE SEVERAL TYPES OF FLOODS: FIELD FLOODS AND FLASH FLOODS. FLASH FLOODS HAPPEN VERY FAST IN A SHORT TIME. THE WATER HAS A HUGE FORCE OF DESTRUCTION, SWEEPING EVERY OBSTACLE IN ITS WAY (BUILDINGS, BRIDGES, RAILWAY SECTIONS, ETC.). THESE ARE COMMON IN MOUNTAINOUS AREAS. FIELD FLOODS ARE SLOWER AND USUALLY DEVELOP OVER SEVERAL DAYS.

- If YOU ARE WARNED ABOUT A POSSIBLE FLOOD, OR YOU JUST
 FEAR THAT ONE MIGHT HAPPEN, TALK TO YOUR PARENTS OR AN ADULT.
- If the local authorities (the town hall, the police, etc.)
 ANNOUNCE THAT THE TOWN HAS TO BE EVACUATED, TAKE YOUR
 DOCUMENTS, MONEY AND EMERGENCY KIT WITH YOU. LISTEN TO THE
 AUTHORITIES IF THEY ANNOUNCE THAT THE TOWN MUST BE
 EVACUATED.
- If YOU ARE TAKEN BY SURPRISE BY THE FLOODS, TRY TO GET TO HIGHER GROUND (A HILL). IF YOU DON'T HAVE TIME TO GET THERE, THEN GO UPSTAIRS, IN THE ATTICK OR EVEN ON THE ROOF.
- AVOID GETTING INTO THE WATER. AS THE WATER IS DIRTY, YOU CAN'T SEE WHAT LIES IN IT AND YOU MIGHT STUMBLE UPON SHARP OBJECTS. 20 CM HIGH RUNNING WATER CAN WASH AWAY EVEN AN ADULT.
- AFTER FLOODS, WATER FROM THE WELLS IS NOT DRINKABLE ANYMORE.
 DRINK WATER ONLY FROM SAFE SOURCES. THAT IS BOTTLED WATER OR WATER DISTRIBUTED BY THE AUTHORITIES.

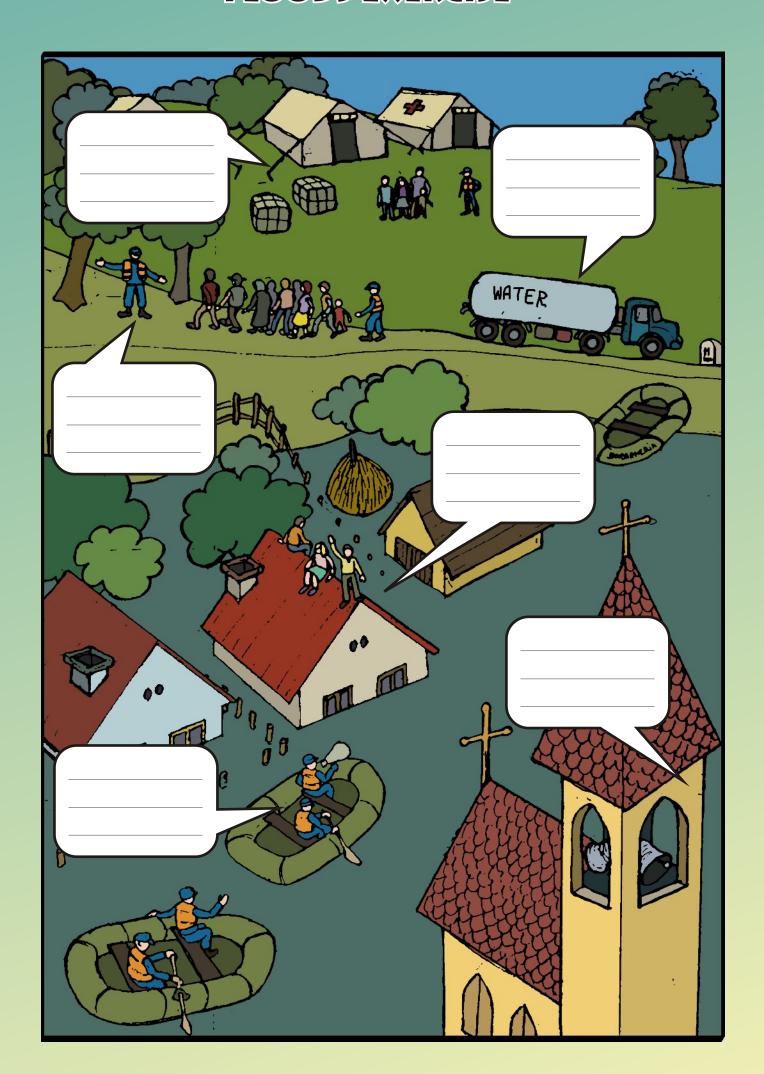




EXERCISE:

THE VILLAGE YOU CAN SEE IN THE IMAGE ON THE NEXT PAGE HAS BEEN AFFECTED BY FLOODS. FILL IN THE BLANKS ON THE IMAGE AND SAY WHAT IS HAPPENING.

FLOODS EXERCISE



EARTHQUAKES

EARTHQUAKES ARE SUDDEN SHAKINGS OR SHOCKS OF THE EARTH'S SURFACE. THE EXTERNAL LAYER OF THE EARTH IS MADE UP OF MOBILE TECTONIC PLATES. THE MOVEMENT OF THE PLATES IS UNEVEN, CREATING A TENSION ALONG THE EDGES UNTIL THEY TEAR, AND THE PLATES START TO BALANCE. THE CREATED ENERGY RESULTS IN BIGGER OR SMALLER EARTHQUAKES.

THE MAIN EARTHQUAKE IS FOLLOWED BY SMALLER ONES. THESE HAPPEN AS THE TORN BEDROCK STARTS TO SETTLE INTO A STABLE POSITION.

MOST OF THE TIMES, YOU CAN TELL IT'S AN EARTHQUAKE BY THE "LIGHT" MOVEMENTS OF THE GROUND. YOU CAN NOTICE THAT HANGING PLANTS BALANCE OR OBJECTS FALL OFF THE SHELVES. SOMETIMES, YOU MIGHT EVEN HEAR A NOISE OR FEEL A SUDDEN JOLT OR JOG.



REMEMBERH DROP, GOVERAND HOLD ON!

- •If YOU ARE INDOORS, GET AWAY FROM THE WINDOWS, HIDE UNDER THE TABLE AND DON'T RUN OUTSIDE!
- IF YOU ARE OUTDOORS, RUN AWAY FROM BULIDINGS, POSTS AND ELECTRICITY POLES, TOWARDS AN OPEN SPACE (SCHOOLYARD, PARKING LOT, FIELD, PARK) AND STAY CROUCHED!
- IF YOU ARE AT SCHOOL, HIDE UNDER A BENCH AND LISTEN TO YOUR TEACHERS.
- AFTER THE EARTHQUAKE, IF YOU CAN, LOOK FOR AN ADULT. IF YOU ARE STUCK AND DID NOT MANAGE TO GET OUT, LISTEN AND ANSWER TO THOSE WHO COME TO YOUR RESCUE.

THERE ARE MANY WAYS YOU CAN AVOID THE DANGERS OF AN EARTHQUAKE:

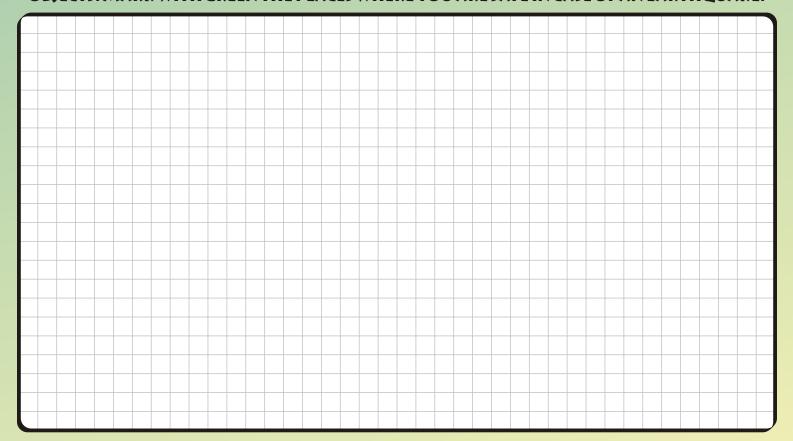
- HIGH FURNITURE AND HEAVY OBJECTS
 HANGING ON THE WALL/CEILING SHOULD BE
 WELL FIXED
- YOU SHOULD KNOW THE SAFE PLACES IN YOUR HOUSE
- YOU SHOULDN'T PUT HEAVY OBJECT ON HIGH SHELVES (FLOWER POTS, ETC.)
- THE BED SHOULD NOT BE UNDER THE WINDOW

Hunt for dangerous objects

LOOK FOR SUCH DANGEROUS OBJECTS IN YOUR HOME. WRITE NEXT TO THE DRAWING WHERE YOU CAN FIND IT. TALK TO YOUR PARENTS ABOUT WAYS TO MAKE YOUR HOME SAFE.

High shelves and libraries	Plants hanging from the ceiling	Lamp above the bed
Boiler	Heavy painting above the bed	Heavy objects on shelves on the wall
Mirrors on the wall	Heavy objects above the bed	Candelabra on the ceiling

DRAW THE PLAN OF YOUR HOME. MARK WITH RED ALL THE DANGEROUS PLACES AND OBJECTS. MARK WITH GREEN THE PLACES WHERE YOU ARE SAFE IN CASE OF AN EARTHQUAKE.



LANDSLIDES

LANDSLIDES ARE SLOW OR SUDDEN DISPLACEMENTS OF THE SOIL ON A SLOPE. THE CRUMBLING OF THE SOIL HAPPENS STEP BY STEP. THE ONSET OF LANDSLIDES MAY SOMETIMES BE VERY LONG, OTHER TIMES VERY SHORT. MOST OF THE TIMES, LANDSLIDES HAPPEN AFTER HEAVY RAINFALL OR WHEN SNOW MELTS VERY FAST.

On steep slopes, the Earth Moves with high speed, destroying everything in its way, even houses. That is why landslides lead to massive disasters, including loss of human lives.

LANDSLIDES ARE CAUSED BY THE FOLLOWING FACTORS: WATER, DEFORESTATION, EARTHQUAKES, VOLCANIC ERUPTIONS, ETC.

IN ROMANIA, LANDSLIDES ARE FREQUENT PHENOMENA AND CAN HAPPEN ALMOST EVERYWHERE.

DO NOT DISREGARD THE SIGNS OF WARNING. THESE MAY APPEAR LONG TIME BEFORE THE LANDSLIDE HAPPENS.

SINGNS OF WARNING:

- NEW CRACKS IN THE WALL COATING, BRICKS OR FOUNDATION
- TORN ELECTRIC WIRES, FALLEN TO THE GROUND
- BENT OR FALLEN FENCES, POSTS AND TREES
- UNUSUAL NOISES THAT BECOME STRONGER (THE NOISE MADE BY TREES BREAKING OR ROCKS BUMPING AGAINST EACH OTHER)
- SUPERFICIAL SLIDES (WHEN THE THICKNESS OF THE SOIL DISP FROM THE SLOPE IS LESS THAT 1.5 M)

- If YOU NOTICED THE SIGNS OF WARNING, TELL YOUR PARENTS OR AN ADULT.
- If YOU ARE INDOORS, HIDE UNDER THE TABLE OR SUMETHING RESISTANT AND STAY STILL UNTIL ALL THE MOVEMENTS HAVE CEASED!
- If YOU ARE OUTDOORS, RUN FROM THE SLIDING FARTH TO HIGHER GROUND!
- If YOU CAN'T RUN, CROUCH AND PROTECT YOUR HEAD!
- BEWARE OF THE AFFECTED AREA BECAUSE THE SOIL MAY SLIDE AGAIN DURING THE FIRST FEW HOURS OR DAYS AFTER THE FIRST SLIDES!

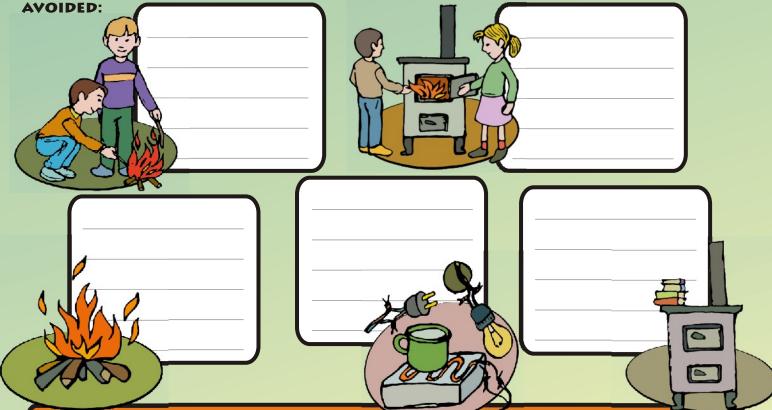
FIRES

Fires are frequent and dangerous events. In 2008 IN ROMANIA THERE WERE 15.530 FIRES (WHERE FIREFIGHTERS WERE INVOLVED). 294 PEOPLE DIED AND OVER 480 PEOPLE WERE INJURED OR INTOXICATED FROM SMOKE.

IF YOU ARE TAKEN BY SURPRISE BY A FIRE:

- GET AWAY FROM THE FIRE AND CALL FOR HELP!
- DO NOT TRY TO PUT THE FIRE OUT!
- If YOU ARE IN A ROOM WITH A LOT OF SMOKE, STA AS CLOSE AS POSSIBLE TO THE FLOOR TO AVOID SUFFOCATION!
- If YOU TRY TO GET OUT OF THE HOUSE, WALK CLOSE TO THE WALLS TO AVOID BEING HURT IF THE CEILING FALLS!
- CLOSE THE DOOR OF THE ROOM WHERE THE FIRE IS BECAUSE FRESH AIR KEEPS THE FIRE BURNING.
- Never hide!
- If YOU MANAGED TO GET OUT, STAY OUTSIDE, DO
 NOT GO BACK FOR YOUR TOYS!

MOST OF FIRES ARE CAUSED BY CARELESSNESS OR BECAUSE ONE DOES NOT COMPLY WITH SOME BASIC RULES. WRITE NEXT TO THE DRAWINGS THE SITUATIONS WHICH MUST NECESSARILY BE



DON'T FORGET: IF YOUR CLOTHES CAUGHT FIRE:
"STOP, THROW YOURSELF TO THE GROUND AND ROLL"



SNOW DRIFTS

ACCIDENTS

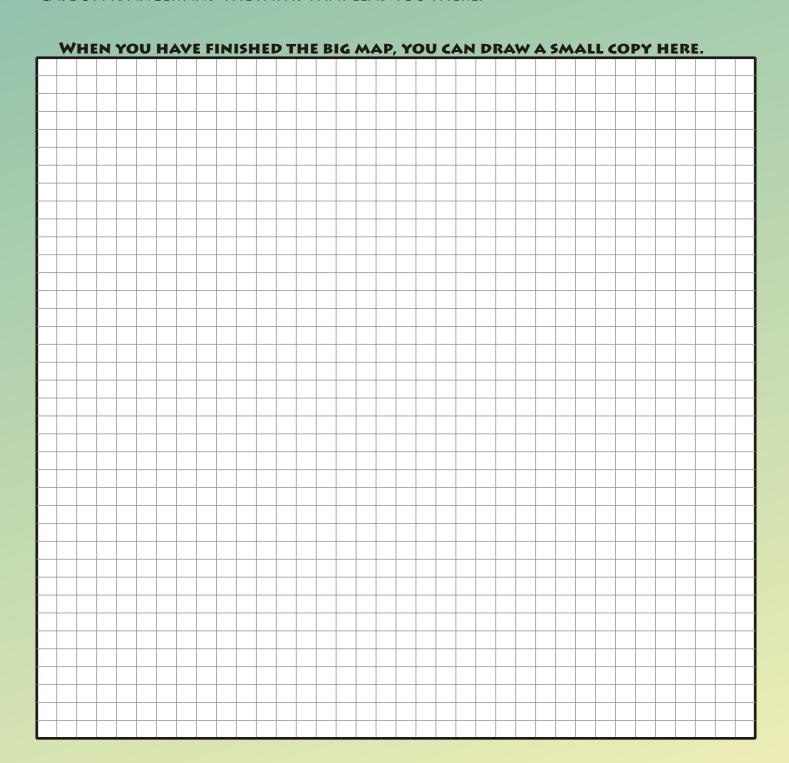
OTHERS

OUR TOWN

A PLAN OF OUR TOWN CAN HELP US VERY MUCH IN FINDING THE DANGERS AND THE DANGEROUS AREAS. SUCH A PLAN IS CALLED A RISK MAP. A MAP SHOWS US EXACTLY WHERE THE DANGER COMES FROM (FOR EXAMPLE A RIVER, RIVULET, A HILL WHICH IS ALREADY SLIDING, A DANGEROUS ROAD) AND WHICH ARE THE MOST AFFECTED AREAS. BUT NOT ONLY THAT. THE PLAN CAN ALSO SHOW WHERE WE CAN FIND SHELTER, WHERE ARE THE SAFE AREAS AND WHERE THE HELP COMES FROM.

WE CAN PREPARE TOGETHER SUCH A MAP. FIRST OF ALL, YOU HAVE TO KNOW YOUR TOWN VERY WELL. TAKE A WALK ON ALL THE STREETS AND OBSERVE CAREFULLY EVERYTHING IMPORTANT. THIS CAN BE DONE IN A SMALL GROUP OF ONLY A FEW CHILDREN. ON A LARGE SHEET OF PAPER YOU CAN DRAW THE TOWN: FIRST THE STREETS AND WATER FLOWS, THEN THE IMPORTANT BUILDINGS. DRAW ALL THE DANGERS AND DANGEROUS AREAS ON YOUR MAP. IF YOU NEED HELP, ASK AN ADULT.

AT THE END SEARCH ALSO FOR THE SAFE PLACES, THE PLACES WHERE YOU CAN TAKE SHELTER IN CASE OF A DANGER AND THE PATHS THAT LEAD YOU THERE.



WE ARE GETTING READY - THE FAMILY PLAN AND THE EMERGENCY KIT

WRITE A PLAN

WHEN A DISASTER STRIKES WE MUST ACT VERY QUICKLY. OFTEN IN SUCH SITUATIONS PEOPLE PANIC AND ARE NOT ABLE TO THINK CLEARLY. THAT IS WHY IT IS IMPORTANT TO THINK ABOUT WHAT NEEDS TO BE DONE, NOW THAT WE HAVE TIME AND WE ARE CALM. YOU HAVE ALREADY RECEIVED "OUR PLAN". THERE YOU CAN WRITE ALL THE INFORMATION YOU NEED TO BE READY. YOU CAN POST YOUR PLAN IN A PLACE IN THE HOUSE WHERE EVERYONE CAN SEE IT.

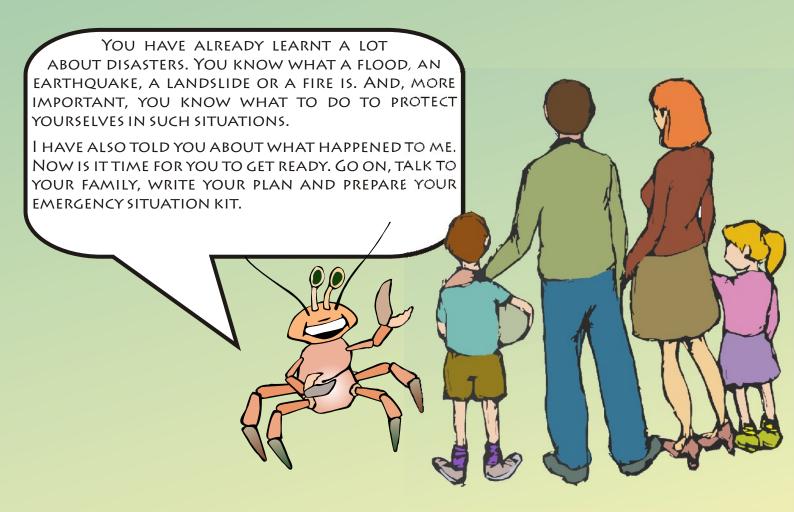
TO FILL IN THE PLAN, IT WOULD BE GOOD TO MEET WITH ALL THE MEMBERS OF THE FAMILY AND DISCUSS ALL THE QUESTIONS IN THE FORM. IF YOU HAVE THE RIGHT ANSWER, WRITE IT DIRECTLY IN THE FORM.

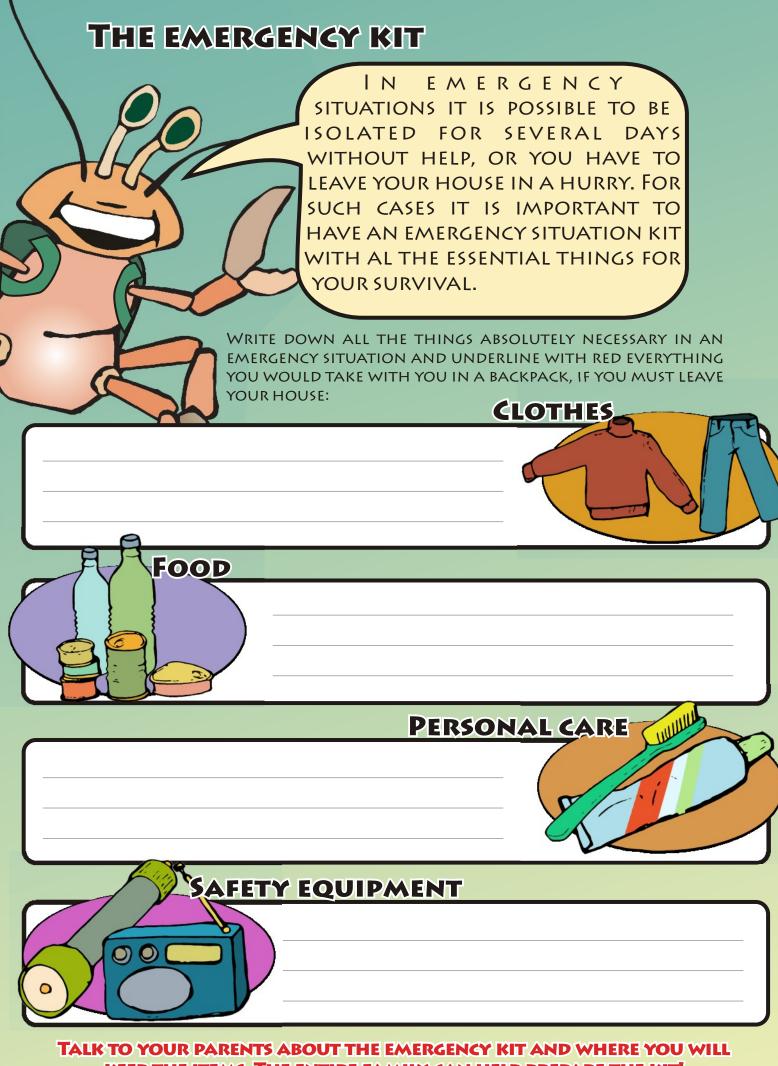
A VERY IMPORTANT ISSUE IS HOW WE FIND EACH OTHER AFTER A DISASTER. IT WOULD BE VERY GOOD TO KNOW BY HEART THE ANSWERS TO THE FOLLOWING QUESTIONS, BUT THE CARDS WHICH WE MUST KEEP WITH US CAN ALSO HELP.

WHERE WILL WE MEET AFTER A DISASTER?

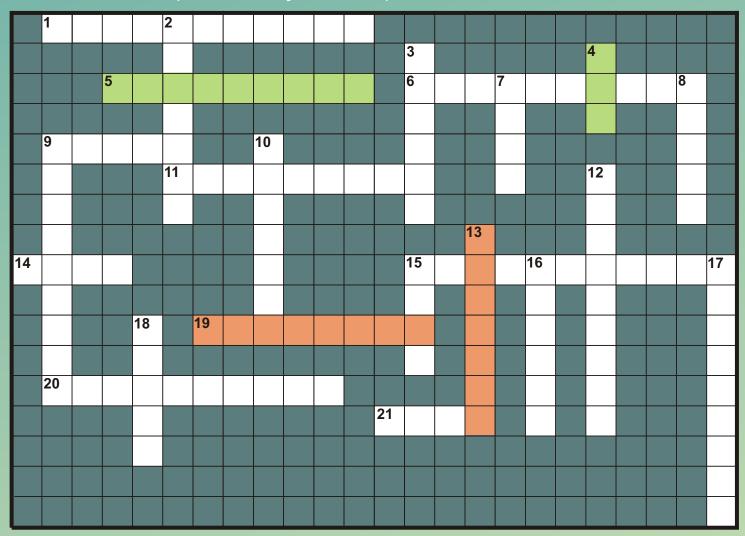
IT IS POSSIBLE THAT NOT ALL OF YOU ARE AT HOME WHEN A DISASTER STRIKES. IF YOU CANNOT MEET AT HOME (BECAUSE, FOR EXAMPLE, YOUR HOUSE WAS FLOODED), YOU WILL FIND EACH OTHER EASILY IN CASE YOU ESTABLISHED BEFOREHAND A COMMON MEETING PLACE.

HOW DO WE GET INTO CONTACT, IN CASE WE CANNOT MEET AT THE MEETING PLACE? IN CASE THE ENTIRE VILLAGE WAS EVACUATED OR IF A MEMBER OF THE FAMILY IS OUT OF TOWN, IT IS USEFUL TO HAVE A PERSON LIVING IN ANOTHER TOWN (PREFERABLY IN A DIFFERENT COUNTY) THAT YOU CAN CALL TO ASK ABOUT THE REST OF THE FAMILY. ESTABLISH THE RIGHT PERSON AND WRITE ALL CONTACT DETAILS IN THE PLAN.





CROSSWORD PUZZLE



CALAMITY OR NATURAL DISASTER: (1)

PLACE PREPARED FOR EVACUATED PEOPLE: (2)

THEY OCCUR AFTER HEAVY RAINFALL: (3)

EVERY FAMILY MUST PREPARE AN: (5) (4)

FLASH FLOODS CAUSE: (6)

CONSTRUCTION TO AVOID FLOODS: (7)

The character from the story is looking for a (8)

20 cm high running water can wash away even an (9 - horizontal)

SAVING PEOPLE INJURED IN DISASTERS AND ACCIDENTS AMBULANCE (9 - VERTICAL)

IN WINTER FLOODS OCCUR DUE TO (10)

In emergency situations people are often (11)

A MASSIVE SNOW SLIDE IS CALLED AN (12)

Tragic event with disastrous consequences: (13) (19)

To be prepared for a disaster, you should have a family (14)

FLOODS THAT HAPPEN OVER A SHORT PERIOD OF TIME ARE CALLED (15 - HORIZONTAL)

The unsupervised setting alight of rubbish can lead to a (15 - vertical)

The crab from the story (16)

Dangerous storm during winter: (17)

LIQUID FOR PUTTING OUT FIRES: (18)

EVENT CAUSED BY THE MOVEMENT OF TECTONIC PLATES: (20)

ICY RAINS: (21)

Brochure edited by The Romanian Caritas Confederation
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