



GET READY.

Disasters Happen.

Important things you need to know to keep your family
and children safe before, during and after disasters.

Our family is ready. Is yours?

www.getready.gov.fj



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Get ready for these possible disasters:



CYCLONES

Strong rotating storms with winds of over 50km/hour, accompanied by a lot of rain, low pressure, thunder and lightning. Cyclone season in Fiji is from November to April every year.



FLOODS

Results from heavy prolonged rainfall which causes water levels in rivers and streams to rise over the banks and spill over to surrounding areas.



LANDSLIDES

Involves movement of a large piece of land usually over a slope.



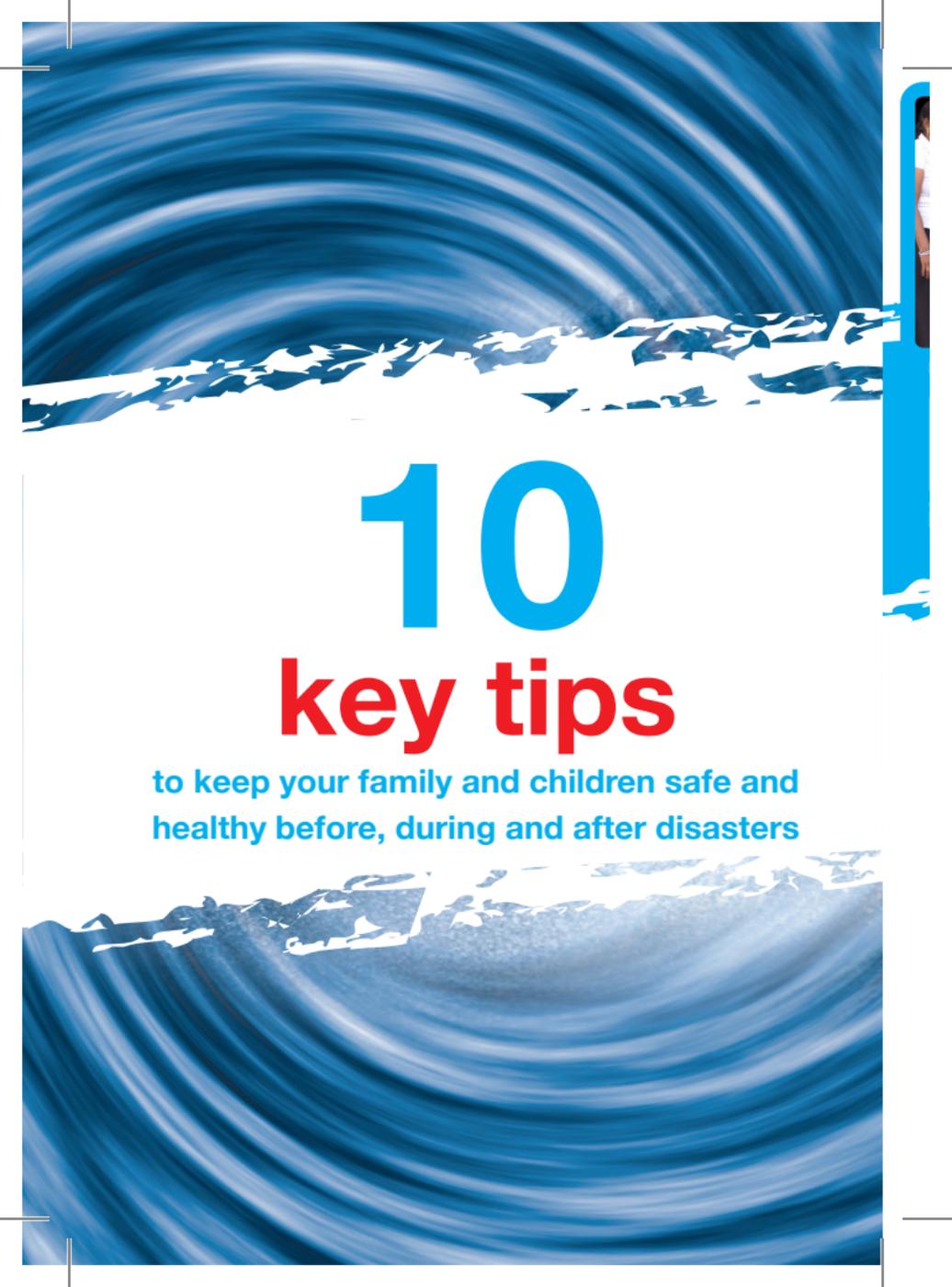
EARTHQUAKE

The sudden movement of the earth's surface from the release of energy from the earth's crust, which suddenly moves into a new position.



TSUNAMI

A large wave that spans over a substantial length and travels a far distance, usually generated by water displacement after an earthquake.



10

key tips

to keep your family and children safe and healthy before, during and after disasters



Know where your family members are at all times.

Know where your children and family members are at all times. Do not leave children to look after younger children for long periods. Stay especially close to younger children and do not let them go swimming in areas where flash floods can occur rapidly. Protect children by keeping them inside during extreme weather and away from floodwaters and damaged buildings. Shoes and protective clothes should be worn during disaster and clean-up activities. Seek additional information on the radio or from others so you can keep your family safe.



Get your children immunised.

Make sure that your young children receive vitamin A supplementation and are immunised today against measles, rubella and other diseases as advised by a health facility. There are often outbreaks of serious illnesses during disasters. Remember to ensure that all other children and family members are safe, together, and looked after, while you visit the health facility. If there is no one you trust to look after your other children – bring them with you!



Don't leave anybody behind.

If you have to go to an evacuation centre – make sure that you don't leave anybody behind. Remember to bring any required medication with you and continue on-going medical treatment as prescribed by health professionals. Report any safety threat to people you trust and who can help. Violence and sexual abuse will not be tolerated.



Keep your family fed as best you can but don't eat spoiled food.

Continue exclusive breastfeeding of all infants under six months old. Breastfeeding mothers should eat two extra small meals or “snacks” (extra food between meals) each day to provide energy and nutrition for her and her growing baby. Pregnant mothers should eat one extra small meal or “snack” (extra food between meals) each day to provide energy and nutrition for her and her growing baby. Cover and keep your family's food safe, fresh and away from anything that can make it spoiled such as flies, cockroaches and rats. Don't eat spoiled food – it can make you all very sick.



Boil all drinking water.

Boil ALL drinking water or use water purification tablets. Ensure family members and children wash their hands properly with soap after using the toilet and before handling food.



Dispose of waste safely.

Make sure that all family members safely dispose of feces by burying it away from where people are active. Also ensure that any dead animals are buried or disposed away from where people congregate to prevent outbreaks of sickness.



Seek urgent medical attention for diarrhea, high fever or unusual body pains.

If any of your children or family members gets diarrhea, give them oral re-hydration salt solutions available from health and relief workers and continue to monitor their health. If any of them experience high fever, unusual body pains or develop some rashes, see a health professional immediately as this could indicate a serious infection such as leptospirosis, typhoid fever or dengue fever.



Help your children feel safe and loved.

Children need extra attention in a disaster and feeling safe and loved goes a long way. Encourage them to talk about their worries, play with your children regularly, tell each other stories and sing together. Take care of children who may have been separated from their own family. Try to keep a daily routine. The sense of 'normalcy' will help you all cope well with the situation.



Get your children back to school and a routine as soon as possible.

Make sure your children go back to school as soon as they officially reopen but keep sick children at home. Schools and communities can also help to organize fun activities for children outside of school time. Before sending off your children to school or other activities, make sure that they are looked after and supervised by qualified teachers and others you trust.



Work together and help your community recover.

Work together and collaborate with everyone to cope with the disaster:

- GIVE help to others
- ACCEPT help from others
- LISTEN to and comfort others
- TALK with people you trust
- SEEK assistance in cases of violence or abuse
- PARTICIPATE in community and social activities
- REACH OUT to those who are most affected, including sick, elderly, pregnant women, and people with disabilities
- PRACTISE safe sex - use condoms if you have sex



**Build your
family
emergency
kit**

Emergency supplies

Get these supplies packed and ready to go:

DRY GOODS

- Flour (4 Kgs.)
- Sugar (2 Kgs.)
- Rice (2 Kgs.)
- Salt (500 gms.)
- Tea (500 gms.)
- Powdered milk (500 gms.)
- Breakfast crackers (4 pkts.)
- Semolina (1 pkt.)

CANNED GOODS

- Tuna (4 cans)
- Baked beans (2 cans)
- Dhal soup (2 cans)
- Fruit jam (1 can)



MISCELLANEOUS ITEMS

- Matches (*2 boxes*)
- Candles (*1 box*)
- Cooking oil (*750mls.*)
- Bath soap (*2 bars*)
- Toilet paper (*4 rolls*)
- Garbage bags (*6 pieces*)
- Mosquito coils (*1 box*)
- Plastic bags (*asst.*)
- Emergency blankets (*1 per family member*)
- 30 litre plastic container
- Pacific Community-focused Integrated Disaster Risk Reduction (PCIDRR)
First-Aid Kit

NOTE: These are only rough guidelines for you and your family. Substitute items according to your needs. You might like to include items such as peanut butter, curry spices - whatever you think is needed.



Keep up to date through the media and public information services to stay informed.

On the next pages you will be able to note down essential information about yourself and your family members that will be important to know and to keep with you before, during and after disasters.

Family member information



PASSPORT
SIZE
PHOTO

Name _____

Mobile _____

Birthdate	
Blood type	
Build	
Eye colour	
Allergies	
Important notes	

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EMERGENCY NUMBERS

**DIAL
911 FOR
AMBULANCE, FIRE**

**DIAL
917 FOR
POLICE**

Brought to you by



NDMO

MINISTRY
of Health

Shaping Fiji's Health

with support from



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unite for children

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