

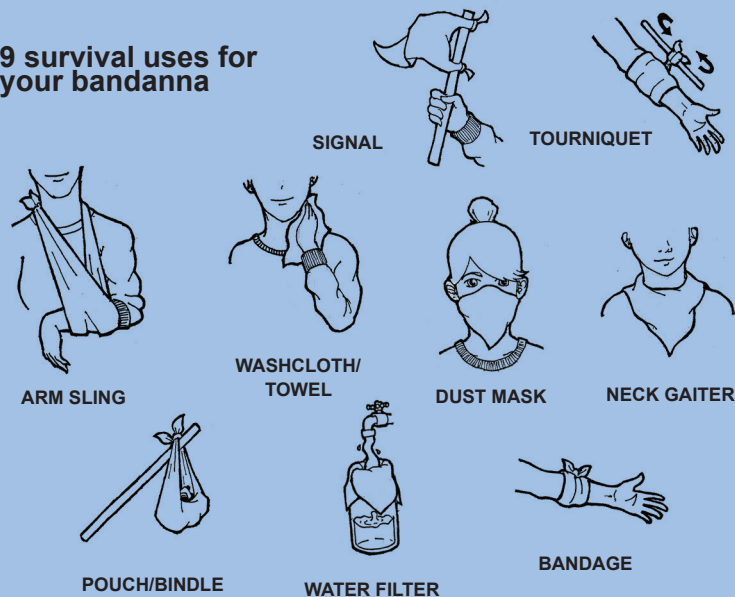
How do you act in an emergency?

- Be quiet but alert. Don't panic.
 - When you hear an alarm, or when Teacher tells you there is an alarm, do what the teacher says.
- For example, she might tell you to leave the classroom in an orderly manner. Or she might ask you to sit very, very quietly in the room.
- Know where the doors are found.
 - Keep a light and whistle with you, but do not play with them. Use them only when needed.
 - Call 4911 only when needed. Tell an adult about the problem.
 - DO NOT enter an elevator in emergencies.

Emergency kit items (Tell Mom or Dad to help you put these together)

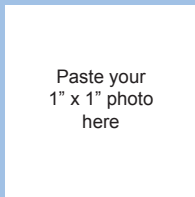
- ID+Contact info
whistle
small flashlight
glow stick (to give light without battery)
bandanna/scarf
compass
AM radio
large garbage bag (use as mat, raingear)
energy bars
bottle of water
First aid kit
- antiseptic
 - alcohol
 - adhesive bandage
 - first-aid tape
 - gauze

9 survival uses for your bandanna



ATENEODE MANILA
UNIVERSITY

ATENEODE GRADE SCHOOL Emergency Response QUICK REFERENCE GUIDE



Paste your
1" x 1" photo
here

Family / Last Name		
Given / First Name		
From Barangay, Town / City		
Year of Birth	Blood Type	Weight kgs
Allergies; Health/Physical Condition		
Medications		
Emergency Contact Name / Mobile		

What is an emergency?

There is an emergency when we have to act fast to stop any harm to you or people around you.

For example, we need to do something at once when there is a fire, an earthquake, or a flood that might hurt you or your classmates.

How do you report an emergency?

- Look for an adult who can help you. During classes, your teacher will guide you.
- Move away from things that could hurt you, such as smoke, strong wind, or things that could fall or cause fire.
- If you need to call the emergency numbers, tell the one who answers your call: your name, where you are, and what is happening.

Nickname

Getting out of buildings (Evacuating)

- Get your Go-Bag and follow your teacher's directions.
- Go out of the building in an orderly manner, as the teacher tells you.
- Follow the guides to the designated Assembly Area.
- Remain at the Assembly Area until your teacher gives you new directions.
- When you get out of the building, tell an adult if there are people who need help.

Explosion

- If inside the building/room:**
- Hide behind or under something that can protect you.
 - Stay away from stuff that can break, move or make electricity.
 - If there is smoke or fire, leave the room at once, and tell an adult.
 - Also tell adults if other people need help.
- If you cannot leave the room:**
- Be quiet but alert. Stay calm. Don't panic.
 - Tap on a water pipe or use your whistle or light or bandanna to tell others where you are.
 - Don't move unless necessary.
 - Cover your nose and mouth with a cloth so you keep dust out.
 - Shout only as a last resort to save your energy.

Earthquake

- **“DUCK, COVER AND HOLD”** until shaking stops. Move away from stuff that can break, move or make electricity.
- After the shaking stops, follow orders to evacuate to the designated Assembly Area with your Go-Bag.
- Tell an adult about people who need help, or about things that might cause harm.
- Await orders, be quiet, and help others.
- If you cannot leave the building, keep quiet, but try to catch attention by waving your bandanna or clothing, blowing your whistle, tapping a water pipe, or using your flashlight.
- Shout only as a last resort to save your energy and to stop you from breathing in dust.

Fire

- **A**lert others in the area and ask an adult to call Security.
- **C**lose (but not lock) the door when you go out.
- **E**vacuate or leave the area with your Go-Bag or as directed by an adult.
- If you are in a closed room, and if the doorknob is hot, look for another way out or plug the door gap with wet cloth. If it is not hot, open slowly. If there is smoke, crawl away from the place. Use a wet cloth to cover your nose and mouth.
- If your clothes or those of another are on fire, **STOP, DROP and ROLL.**

Medical emergencies

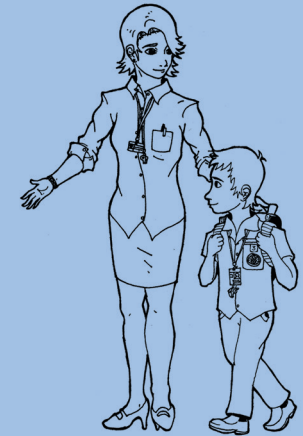
- Report at once to an adult.
- Do not move a person who is hurt, unless she might be more harmed if she remains in the same place.
- Do not attempt to give first aid.
- Clear the area of people.

Typhoons and floods

- Follow the directions of your parents (at home) or teacher (in school).
- Stay indoors and away from things that can break due to strong winds.
- Do not walk in floodwater, but if you have to, clean yourself right away. If you have a wound, ask to see a doctor.

Threats and acts of violence

- Go to a place where you can hide.
- Remain hidden until your teacher or school administrators tell you that it is safe to come out.
- When you come out, raise both your hands over your head (universal surrender signal).



Let's be prepared for emergencies!