

Predict

PREvention of Disasters ICT



	How to react in case of flood						
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Provided by	Biljana Karovska Andonovska, Biljana Teovska						
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<i>How to react in case of fire</i>	<input type="checkbox"/>						
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<i>How to react in case of flood</i>	<input checked="" type="checkbox"/>						
Objectives & goals							
<p>The objective of this lesson is to teach children, youth and persons with disabilities, and to explain them the basic directions that they need to follow in a case of flood, particularly at home, at school, and in the woods.</p> <p>At the end of the lesson participants will know how to react in order to protect themselves and how to protect others in a situation of flood.</p>							
Description							
<p>The lesson is regarding appropriate reaction in case of flood and self-protection in that kind of situation. We will separately discuss for self-protection at home, and we will explain instruction that person should follow when he/she can leave the home, and when they can't leave the home. We will also discuss regarding self-protection at school, and separately instructions that persons should follow in a situation when they can leave the school, as well as the situation when they can't leave the school. As third part, we will explain the instructions that children, youth and persons with disabilities should follow in a case of flood in woods. There are different directions that they need to respect depending on whether they can leave the place where they are, or they can't leave the place.</p>							
Contents arranged in 3 levels							



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Module name: How to react in case of flood

1. Introduction

In this module, we will analyze the most frequent floods possibilities in which a child, a young person and a person with disabilities can be found.

Floods are one of the most frequent natural disasters. Floods can happen anywhere at any time. They're caused by rising ground water levels, burst water drains, rainwater running off hillsides as well as flooding from rivers and the sea. Sometimes, a river will receive a lot of extra water, either from lots of rain or other natural disasters. When this happens, the water overflows from its normal path in the riverbed and possibly onto dry land. This is called a **flood**. Even if you live miles away from the coast or a river, there's still a chance flooding could affect you. Flooding is the presence of large amounts of uncontrolled water that can endanger life and health of people and which may cause material damage. Flooding occurs when the water level rises so much, or when the strong water pressure breaks through the embankment. Floods can form destructive wave which carries waste, mud and stones.



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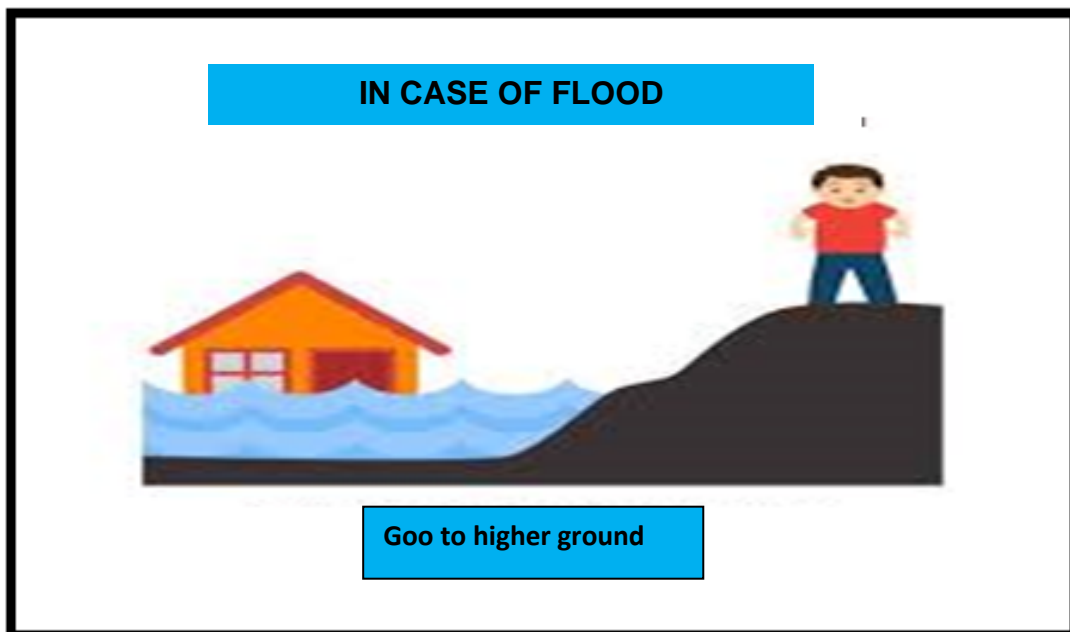
Flash floods tend to be associated with many types of storms, all capable of producing excessive rainfall amounts over a particular area, so detection remains a challenge. The main tools used to detect heavy rainfall associated with flash floods are satellite, lightning observing systems, radar, and rain gauges. You may notice a stream starting to rise quickly and become muddy. Sometimes flood debris temporarily blocks the water flow upstream. When it breaks free the debris may release a “wall of water” downstream. You may hear a roaring sound upstream as a flood wave moves rapidly toward you. People are often caught off guard because rain may not be heavy or falling at all where they are.

Children, youth and people with disabilities are not a homogeneous group, but represent a diverse population and they have different capacities and needs. Accordingly, the response in emergencies must take into account the specific needs of individuals with different types and degrees of disability, health condition or age.

We need to know that they will need extra help and should plan in advance who will help them and how.

1.1 At home, at school, in the woods

There is no doubt that consequences of disasters can be significantly reduced if children, youth and persons with disabilities are well informed and if they are familiar with the disaster prevention and protection methods. Both preventive measures and advice on how to react in the event of a flood may be slightly different depending on where we are.



In general, we should keep in mind that all the advice and instructions which apply to adults, imply that they also apply to children and youth, as well as people with different types of disabilities (blind, deaf, wheelchair users, people with reduced intellectual abilities, etc.).



In most cases, the type of assistance and the method of evacuation will be similar when it comes to these particularly vulnerable groups, so they should be remembered and used in emergency situations, with appropriate changes, appropriate to the type of emergency situation.

On the other side, children, youth and persons with disabilities, will be safer if they are familiar with the potential risks in their environment and if they have basic information on how to protect they selves in a situation of disaster.

1.2 Prevention tips

The way to react to a flood can also be different depending on the context, and we must know all the possibilities on how to react when we are alone at home, spending the day in the country with friends or at school.

During flood-free periods on a preventive level people need to act responsibly. Responsible acting means that they should not throw waste into rivers, streams and canals where we live and anywhere. If the waste is already in the river or canals, we need to inform the competent public utility service.

In schools, all preventive measures are standardized, and it is the students' responsibility to know and respect them.

If we are in the woods, we must pay maximum attention to the weather and stay informed regarding weather conditions.

2. How to react in case of flood at home

2.1 Detection

Conditions that cause floods include heavy or steady rain for several hours or days that saturates the ground.

In a situation when danger of flooding is present, you should listen radio, television or Internet for possible flood warnings and reports of flooding in progress or other critical information.

Anyway, you should stay away from electrical cables and unplug all electrical appliances.

You should be prepared to evacuate at a moment's notice.

2.2 What to do if we can leave the place

If you have to leave your home and be evacuated at the request of a competent institution, it is necessary to close your home well before leaving.

Prepare a bag with personal documents and essential things as a bottle of drinking water, warm clothes, boots - preferably rubber boots, flashlight, whistle, raincoat, transistor radio and extra batteries, stick, rope, etc.



IN CASE OF FLOOD



Waterproof clothing

Figure 2: In case of flood you should wear waterproof clothes

If you have not been instructed to evacuate immediately and if you have time evacuate domestic animals, and if it is not possible, release them from the buildings in which they are located.

As next steps, it is necessary to follow the following instructions:

- Follow the advice of the competent state and local institutions;
- Do not walk through moving water and avoid the areas that are known to have landslides and rockfalls;
- If you have to walk in water, walk where the water is not moving, and do not cross streams and brooks;
- Be cooperative, collaborate with rescue teams and do not obstruct their work;
- Follow the indicated evacuation routes and do not use other shorter routes;
- If you are instructed to go to a specific location, go there and do not go anywhere else;
- Request information from the competent local institutions, from radio or the Internet, where there is organized accommodation and food in case of emergency.

In a case you are moving on ice, know that there is a possibility that it will break and you will collapse. You should always have the necessary protective equipment with you in such situations, as well as a mobile phone and a whistle around your neck.

If the ice breaks, you should follow next instructions:

- Don't move;
- Call for help immediately or blow the whistle;
- Try to slowly return to where you came from;



- Try to rise above the ice, roll on it or crawl, until you reach thicker ice;
- If you are not able to return to safe ice, remember that it is necessary to reduce body heat loss.

2.3 What to do if we can't leave the place

If there are no possibilities to leave your home, then bring items from the yard inside the house or fasten them where they are located. If time permits, join with neighbors to put sandbags or other protection in place. As next steps, you should follow these directions:

- Lock all doors;
- Move to the upper floors of the house main appliances and other important items;
- Do not climb into a closed attic. You may become trapped by rising floodwater;
- Listen to the radio for further information;
- Be informed on water supply and whether it is safe to drink the water.



Figure 3: In case of flood do not climb into a closed attic, because you may become trapped by rising floodwater

No matter of all this steps, if there is a risk, you should move immediately to the upper floors of the house.

2.4 What to do after the disaster

After the flood you should avoid moving water, flooded areas and buildings that are surrounded by floodwaters. You should also be careful when entering any building and in the areas where floodwaters have receded - the roads may be damaged and dangerous.



Figure 4: After disaster you should return to your home only when competent authorities indicate it is safe

After disaster you should return to your home only when competent authorities indicate it is safe, but in any case you should follow next instructions:

- Do not use electrical appliances before checking;
- Secure your home (turn off electricity at the main switch, use battery light and do not use electrical appliances before checking);
- Clean and disinfect everything that got wet;
- Immersed rooms and other rooms inside the home should be cleaned with warm soapy water;
- Flooded clothing and bedding should be discarded or washed with hot water and dried;
- Do not use fresh water if it has come in contact with flood water;
- Report broken power lines or water pipes to the authorities;
- If you see dead animals, notify the competent service.

It is useful to know that the danger of flooding is present even when the water recedes.

3. How to react in case of flood at school

3.1 Detection

Natural disasters like floods can happen at any time, and when they happen at school, everyone should be prepared to handle them safely and effectively.

Sometimes schools are safe and they are used as community gathering grounds.

No one should enter flood water or put their life at risk!



3.2 What to do if we can leave the place

Flood water is dangerous. Remember that you should not put yourself or others at risk. The emergency services are responsible for ensuring public safety and co-ordinating the incident response.

If flood happens while you are at school, listen for updates from the local authorities, let school administrators/teachers tell you where to go and what to do or not to do.



Figure 5: In case of flood you should stay with your classmates

Mainly, you should follow these directions:

- Listen the instructions from your teacher;
- Follow appropriate evacuation signs;
- Stay with your classmates;
- Move important items to higher places;
- Move/retreat to higher ground and avoid standing, flowing, or rising water
- Do not touch electrical devices when there is water around (avoid electricity sources);
- Contact family when you get a chance;
- Stay safe, always listen to the advice of teachers and evacuate when told to do so. When you are evacuated you will be taken to an evacuation centre run by your local council;
- Leave everything behind. Don't stop to move valuables. Grab your emergency kit and go;
- Don't touch flood water – it may be polluted, or there may be downed power lines closely;
- Do not go barefoot, wear shoes all the time;
- Do not let someone drive through deep or fast-flowing water on a road;
- Do not stay near rivers or other waterways when there has been a heavy rainfall;
- Move out of low lying areas if there is a heavy rainfall;
- Do not walk through fast-flowing water, even if it is only a few inches deep;



- Wash your hands after coming into contact with floodwater. The water often sweeps up all sorts of debris, including sewage;
- Avoid entering fast flowing water because it can trap you and make it very difficult for you to escape;
- Beware of injuring yourself on dangerous objects, such as broken glass, or underwater debris;
- If the water is shallow move slowly across the water, using the stick for support;
- During a water advisory, use only bottled, boiled, or treated water for drinking;
- Help your teacher to evacuate students who have special needs, because they need extra help/assistance.



Figure 6: In case of flood you should listen the instructions from your teacher

3.3 What to do if we can't leave the place

Sometimes it is too dangerous to leave the school building, so you and your classmates will be forced to stay into the school. You should follow the instructions from your teachers. If trapped in a building, you should go to its highest level, and follow next instructions:

- Stay with your classmates;
- Do not panic, stay calm;
- Move to higher ground or a higher floor;
- Don't go into a basement;
- Stay where you are and wait for further instructions;
- Cover any open wounds (if possible);
- Do not climb into a closed attic. You may become trapped by rising floodwater;
- Only get on the roof if necessary and if your teacher tell you to do so;
- During a flood you must move important items to a safe place or higher floor;
- Do not go out and walk through the road where the water is moving;
- Use only bottled water for drinking;
- Wash your hands after coming into contact with floodwater.



3.4 What to do after the disaster

Once the waters from a flash flood have receded, your first instinct may be to rush back to your home, but it is important to stay where you are until advised by local emergency management authorities that it is safe for you to leave and begin making your way back.

After flood your teachers should ensure utilities are restored before children return to flood-affected areas and living and learning spaces are free from physical and environmental hazards. Children and teens should not be involved in clean-up efforts but should return after the area is cleaned up. Before children return, these areas should be cleaned and disinfected, along with all toys, clothing, etc.

After flood has ended, the risks still remain, so students should follow next instructions:

- Listen for news reports to learn whether the community's water supply is safe to drink;
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines;
- Avoid moving water;
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car;
- Stay away from downed power lines and report them to the power company.
- Stay out of any building if it is surrounded by floodwaters;
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations;
- If it's dark, use a flashlight - not matches, a candle or a lighter;
- If your skin comes into contact with contaminated flood water, wash with soap and uncontaminated water as soon as possible;
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

4. How to react in case of flood in the woods





Figure 7: In case of flood in woods, do not panic and tried to get in touch with rescue teams

4.1 Detection

Flash floods occur suddenly and develop quickly, due to rapidly rising water and sometimes without visible signs. Even ordinary rains, can occur floods if the characteristics of the area allow it to be flooded quickly.

If you are in woods and flooding is likely, do not panic and tried to find or to get in touch with rescue teams, and then strictly follow the instructions of the rescuers so that the rescuers can take you to the nearest safe place.

4.2 What to do if we can leave the place

If there are possibilities to leave the place, you should follow below instructions:

- Do not walk through moving water and avoid the areas that are known to have landslides and rockfalls;
- If you have to walk in water, walk where the water is not moving, and do not cross streams and brooks;
- If there are electrical cables, stay away from them;
- Follow the advice of the competent state and local institutions;
- Be cooperative, collaborate with rescue teams and do not obstruct their work;
- Follow the indicated evacuation routes and do not use other shorter routes;
- If you are instructed to go to a specific location, go there and do not go anywhere else;
- Request information from the competent local institutions, from radio or the Internet, where there is organized accommodation and food in case of emergency;
- Stay informed via radio and the Internet.

4.3 What to do if we can't leave the place

In a situation when you can't leave the place in woods where we are, then we should stay there and follow bellow instructions:

- Climb on a higher place or on a tree that is close to you;
- Do not walk through moving water and avoid the areas that are known to have landslides and rockfalls;
- Avoid the floodwater and be informed on water supply and whether it is safe to drink the water;
- If there are conditions for that, stay informed via radio and the Internet regarding weather condition.

4.4 What to do after the disaster

After the disaster you should return to your home only when you have relevant information that indicates it is safe.

After the disaster, you should also follow the bellow instructions:

- Avoid moving water.
- Be cautious in the areas where floodwaters have receded - the roads

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may be damaged and dangerous.

- Do not visit flooded areas.

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How to react in case of flood in the woods

What to do if we can leave the place

What to do if we can't leave the place

What to do after flood in the woods

Results

Pupils, youth and persons with disabilities will be able for react appropriately in order to protect themselves and in order to protect others in a situation of floods.

5 glossary entries



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Floods - natural disasters which caused by rising ground water levels, burst water drains, rainwater running off hillsides as well as flooding from rivers and the sea.

Prevention of flood - not to throw waste into rivers, streams and canals.

Reactions in a case of flood - take appropriate measures in order to protect yourselves or in order to protect others.

Protection in case of flood - protection of your life and home, as well as protection of other people in case of flood.

The most important way of protection - stay away from electrical cables, climb to the high ground, and be prepared for evacuation.

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- <https://emergency.ucmerced.edu/plan-procedures/disability-guidelines>
- <https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/pplwthdsblts/index-en.aspx>
- <https://www.ada.gov/emerpreguideprt.pdf>

Related Material	PREDICT_Training Check list-flood
Related PPT	PREDICT training flood Children; PREDICT training flood
Reference Link	/
Video if applicable	PREDICT_Training FLOOD video https://youtu.be/qoWS1Bi_9Zs





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