

# Emergency FAMILY SURVIVAL Kit

## Food

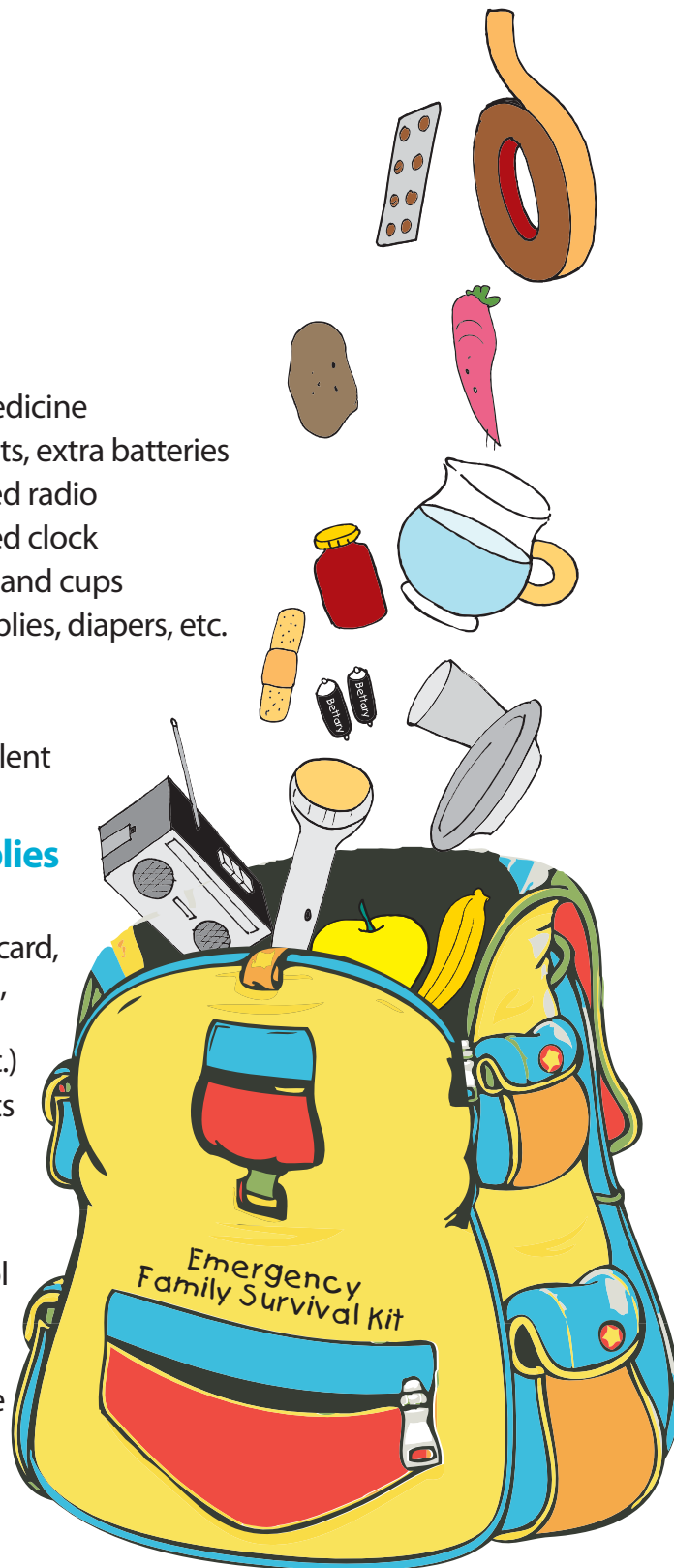
- ✧ Food items
- ✧ Drinking water

## Supplies

- ✧ Cash
- ✧ First aid kit
- ✧ Prescription medicine
- ✧ Torch/ flashlights, extra batteries
- ✧ Battery operated radio
- ✧ Battery operated clock
- ✧ Utensils, plates and cups
- ✧ Infant care supplies, diapers, etc.
- ✧ Rope
- ✧ Umbrella
- ✧ Mosquito repellent
- ✧ Mobile phone

## Evacuation Supplies

- ✧ Important documents (ID card, Driver's License, Property documents etc.)
- ✧ Pillows, blankets
- ✧ Extra clothing, eyeglasses
- ✧ Soap
- ✧ Band aid, Dettol
- ✧ Personal hygiene items
- ✧ Swimming tube



# ENSURING a BETTER WORLD for our CHILDREN

*Each year countless children lose their lives due to violence, poverty, easily preventable diseases, as well as natural and man-made disasters. Here is what we can collectively do as a society for addressing these global issues and ensuring a better, healthier and safer world for our children.*

## A Safer World

Join hands to create a safer environment for children.



## Equal Opportunities

Promote equal opportunities for all.

## Empowering Children

Empower through education and Child-Rights awareness.



## Disaster Management

Prepare children to respond to conditions during and after a calamity.

## Better Healthcare

Improve social and economic conditions, increase awareness for personal & domestic hygiene provision of safe drinking water vaccination & immunization.



## Food Security

Help make food available especially for families with children.

## Media Violence

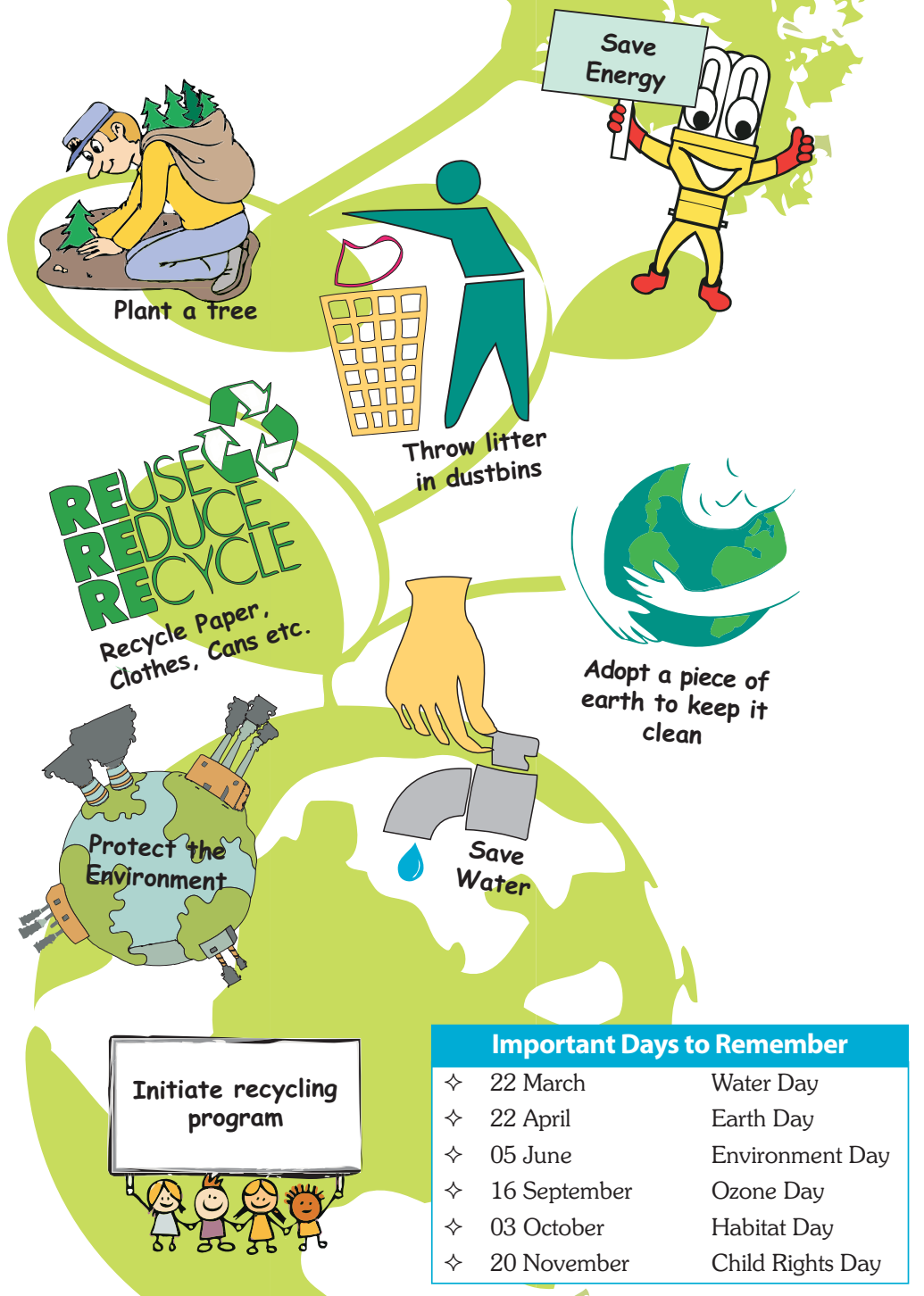
Encourage programming that is child-friendly and appropriate for children.



## Equality

Ensure equal treatment for all irrespective of cultural, religious, economic or political differences.

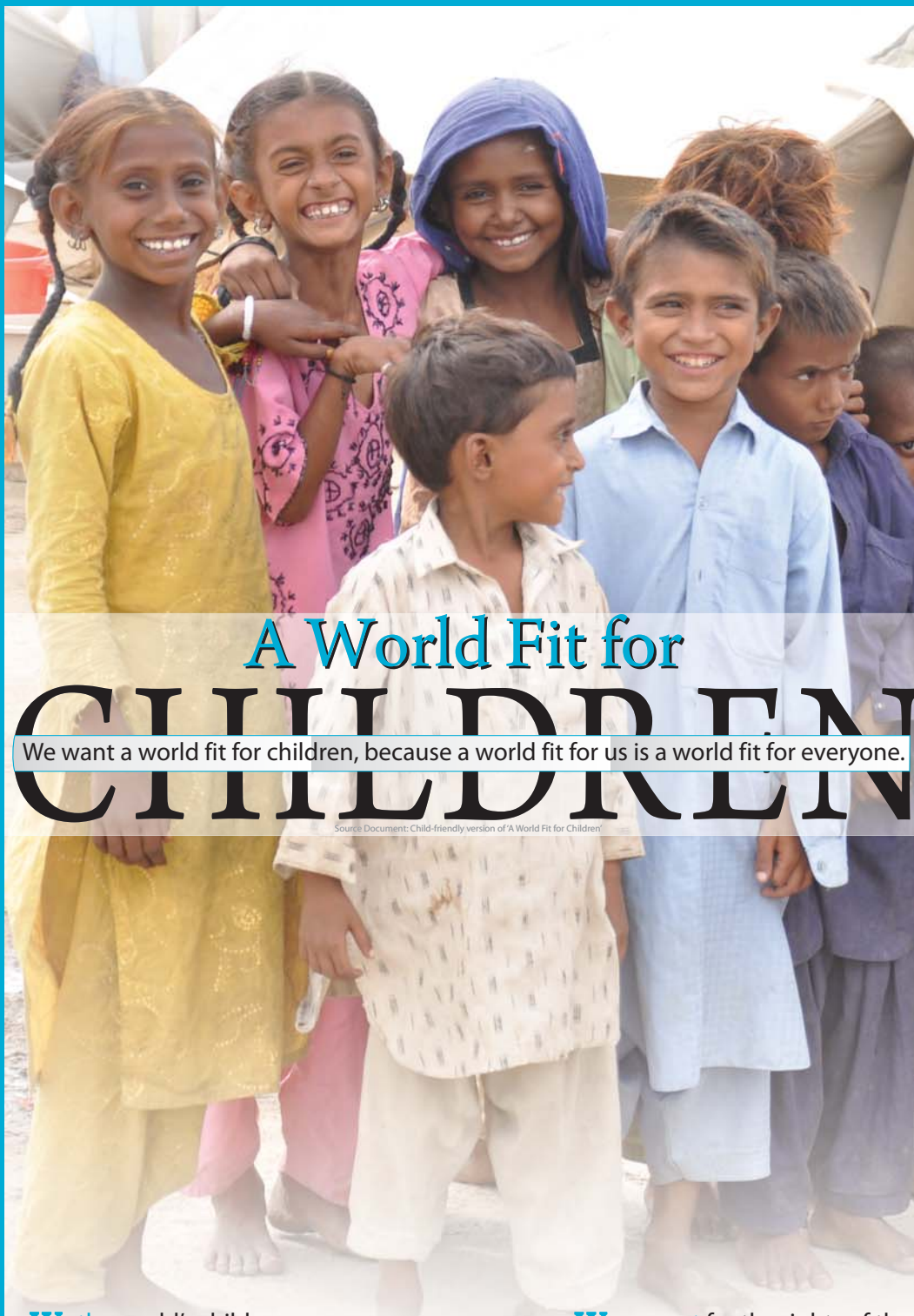
# How I can HELP my EARTH



## Important Days to Remember

- |                |                  |
|----------------|------------------|
| ✧ 22 March     | Water Day        |
| ✧ 22 April     | Earth Day        |
| ✧ 05 June      | Environment Day  |
| ✧ 16 September | Ozone Day        |
| ✧ 03 October   | Habitat Day      |
| ✧ 20 November  | Child Rights Day |





# A World Fit for CHILDREN

We want a world fit for children, because a world fit for us is a world fit for everyone.

Source Document: Child-friendly version of A World Fit for Children

**W** the world's children.  
**W** the victims of exploitation and abuse.  
**E** the street children.  
**E** the children of war.  
**E** the victims and orphans of HIV/AIDS.  
**E** denied good-quality education and health care.  
**A** victims of political, economic, cultural, religious and environmental discrimination.  
**R** children whose voices are not being heard: it is time we are taken into account.  
**E**

**W** respect for the rights of the child.  
**E** an end to exploitation, abuse and violence.  
**E** an end to war.  
**E** the provision of health care.  
**S** the eradication of HIV/AIDS.  
**S** the protection of the environment.  
**E** the provision of education.  
**E** the active participation of children.



Produced by the Sindh Education Foundation as part of "Nurture" Magazine (Issue:9 Children & Global Issues) under the RCC: ECD Programme which is supported by the Embassy of the Kingdom of the Netherlands and coordinated by the Aga Khan Foundation, Pakistan.

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# Safety Measures in DISASTERS

## Family Safety Plan

Every family needs to plan for what might happen. You should sit down with your family and talk about:

- What types of disasters might happen
- What you should do to prepare (like creating an emergency kit)
- What to do if you are asked to evacuate (which means to leave your home)

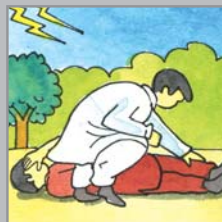
You should talk to your family about:

- Where to meet away from your home in case of a disaster (like a neighbor's house or the corner of the street);
- Where to meet outside your neighborhood if you must evacuate. You should pick a friend or relative's house;
- Where to call to "check in" if you become separated from your family during a disaster. You should memorize the phone number of your best friend or family member who lives in another area. You would call there to report where you are so your family can find you.

Natural disasters are often frightening and difficult for us to understand, because we have no control over when and where they happen. What we can control is how prepared we are to deal with the dangers that natural disasters bring.

## Thunderstorm

**Run for cover. Stay put.**



- Being under the open sky is dangerous. Find shelter in building or covered vehicles.
- Stay away from anything that is metal.
- Don't take a shower or bath.
- Never answer the phone.
- Help someone hit by lightning move to a nearby shelter.



## Flood

**Prepare. Leave. Move to higher ground.**



- Stay away from flood water. It may be contaminated.
- Do not walk through moving water. If you must walk, use a wooden stick.
- Stay away from power lines that are on the ground.
- Keep your battery-powered radio with you for the latest news.

## Fire

**Stop. Drop. Roll.**



- Leave through the window with the help of an adult.
- Stay low to avoid the smoke and move towards the exit.
- Never hide or take time to gather up your belongings.
- Designate a meeting place outside and reach there.
- Once out stay out.



## Earthquake

**Drop. Cover. Hold.**



- Do NOT rush for the doors. Instead, take cover under a heavy table or desk.
- Stay away from glass, windows or anything that could fall, like a bookcase or cupboard.
- Move away from buildings, street lights and wires.
- Do not get in an elevator during an earthquake!
- Make sure you are wearing shoes after an earthquake. There may be broken glass on the ground and inside your home.