

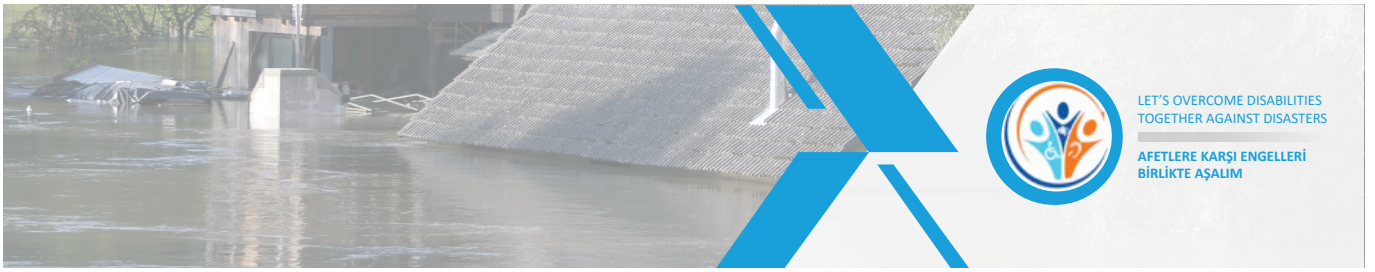
LET'S OVERCOME DISABILITIES
TOGETHER AGAINST DISASTERS

AFETLERE KARŞI ENGELLERİ
BİRLİKTE AŞALIM



FLOOD PREPAREDNESS FOR THE HEARING IMPAIRED





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The parts of this study cannot be copied without reference. If used, the title of the study and the project have to be mentioned.

October, 2017

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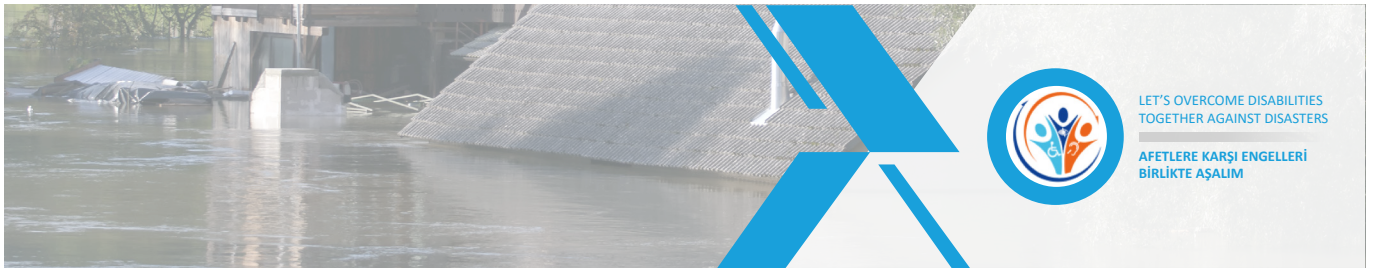
INTRODUCTION

The number of disasters occurring in the world and in our country has significantly increased recently and these disasters have brought about social, cultural and economic losses. The most effective way to protect yourself from disasters is being prepared against them and turning it into a lifestyle. For a safe life, Be Informed, Make a Plan, Be Prepared and Take Action!

Although disasters are impossible to prevent, minimizing their damage is possible only with a society that is informed, educated and organized. Aiming for each individual to be prepared against disasters and emergencies, this study presents the disadvantaged groups' proper actions within their own means and capabilities.

You can prepare yourself and your loved ones against disasters and emergencies better by evaluating your own personal needs and by preparing an emergency plan that fits these needs.

Do not forget that no one knows your needs, preferences and skills better than you. **YOU ARE** the expert of **YOURSELF!**



BEFORE A FLOOD

- ◆ First, find out about the flood risk of the place you live in.
- ◆ Secure your home or office, corridors, stairwells, doors, windows and other areas in such a way that you can easily leave the building in an emergency. Fix or remove furniture that may block your way out.



Image 1: Fixing items

- ◆ **Create a Disaster Plan and a Personal Support Network;**
 - Create a Disaster Plan with the people in your support network and decide on how to communicate and to evacuate during emergencies.
 - Create an escape/evacuation plan. Open and safe places to meet family members after a flood should be determined. The chosen meeting point should be close to the places frequently visited like home, school and workplace.
 - One of the first steps of disaster preparedness for the disabled individuals is to decide on the people they can trust for support. A personal support network includes people who know you and can help you.

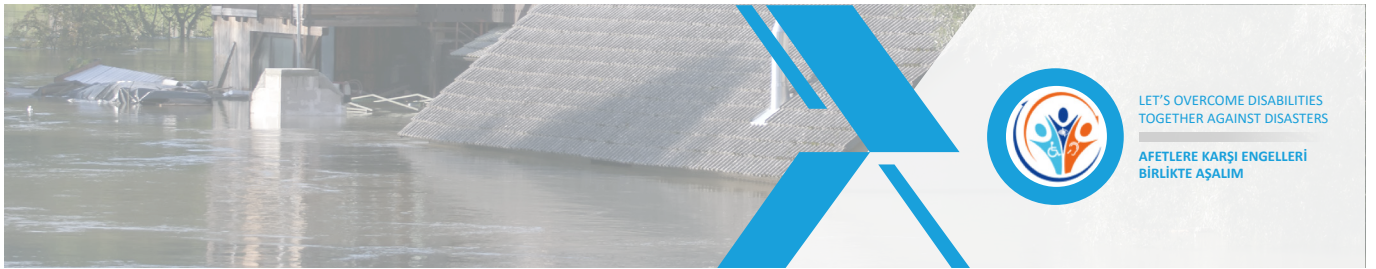


- A Personal Support Network consists of at least three people such as your family, neighbours and colleagues, those who are in walking distance from you.
- Create your Personal Support Network at home, at work and in the places where you spend most of your time.
- People in your support network need to know how to enter your home to check you in case of danger and how to reach you when they cannot hear from you.
- Make sure the people in your personal support network are aware of your plan. Inform them about the devices you regularly use.



Image 2: Disaster Plan

- Practise evacuation drills regularly.
- Inform the staff or administrators in your building or workplace about your disability. This is important for the officers to reach you in case the warnings go unnoticed during a possible flood.



- ◆ Perform **drills** based on different scenarios.
 - Do these drills considering situations in which you are alone or not during a flood. Practise for the things to do before and after a flood in places where you are frequently present.
 - The drills will allow you to develop appropriate action patterns.
 - In order to prepare for evacuation drills, first an exit plan must be made and the exit routes should be determined according to the features of the place.

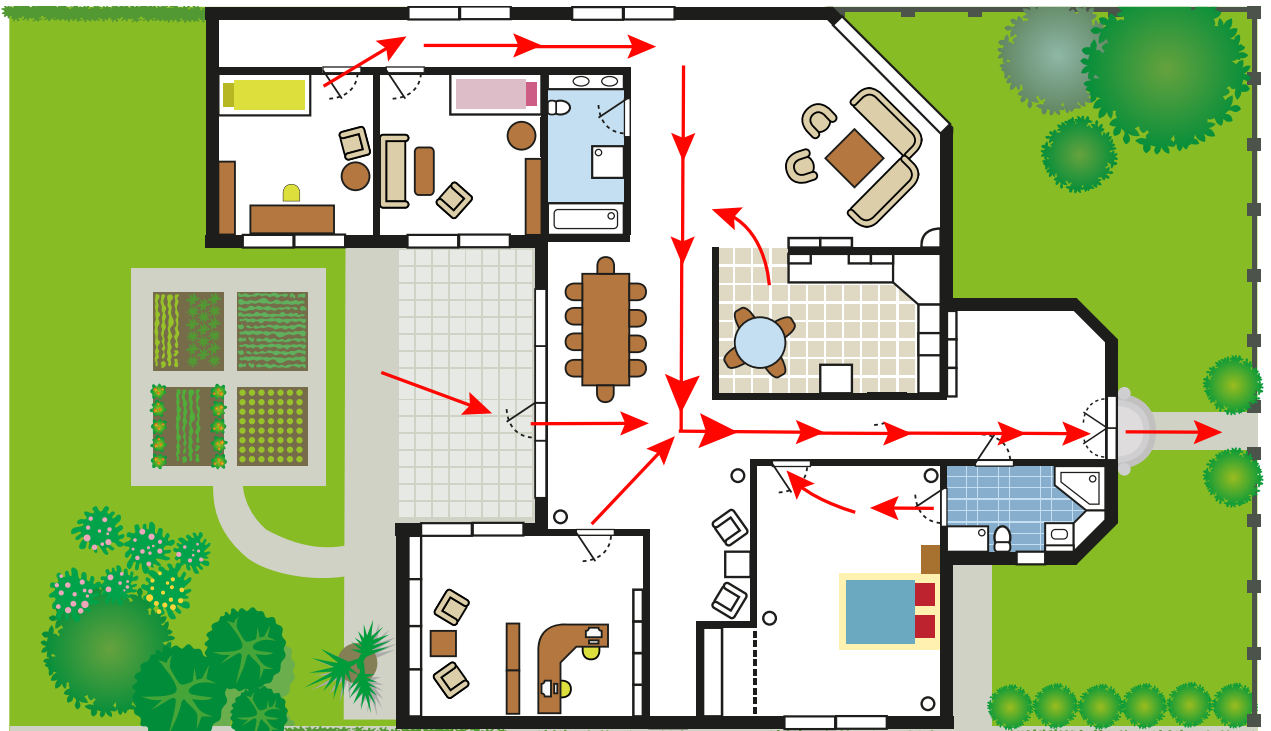


Image 3: Evacuation/exit plan

- ◆ Keep your hearing aids near you or your bed.
- ◆ Before a flood risk, keep your important documents and hearing aids at a higher level to protect them against flood damage.
- ◆ Make sure that the exit and evacuation doors open outwards.



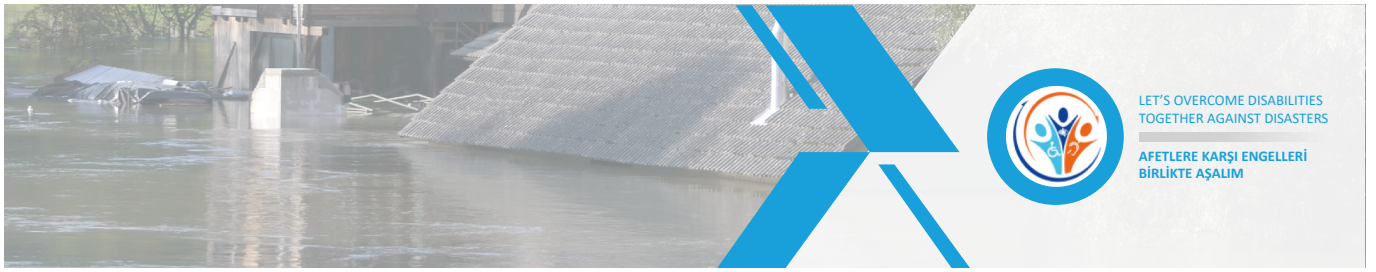
◆ **Prepare a Disaster and Emergency Kit;**

• Disasters and emergencies can happen anytime anywhere, and you may not find an opportunity to search for or get the supplies you need. Prepare a disaster and emergency kit containing special needs and essential life support materials depending on your disability and keep your bag in easy-to-access locations for you.

• **Recommended content:** Medical supplies, water, dry food, emergency contact information, prescription samples, a note including the key words for your needs and communication difficulties, a copy of ID, a pen and a notebook, a flashlight and batteries, clothes, a whistle, work gloves to clean the ruins, hygiene supplies, first aid kit, a dust mask and goggles, a blanket, current photos of family members, spare keys of your car and home, baby food, diapers, a feeding bottle, a pacifier etc.

• **Special needs:** A spare hearing aid, battery for the hearing aid etc. These materials are the recommended content. You can create your bag according to your special needs.

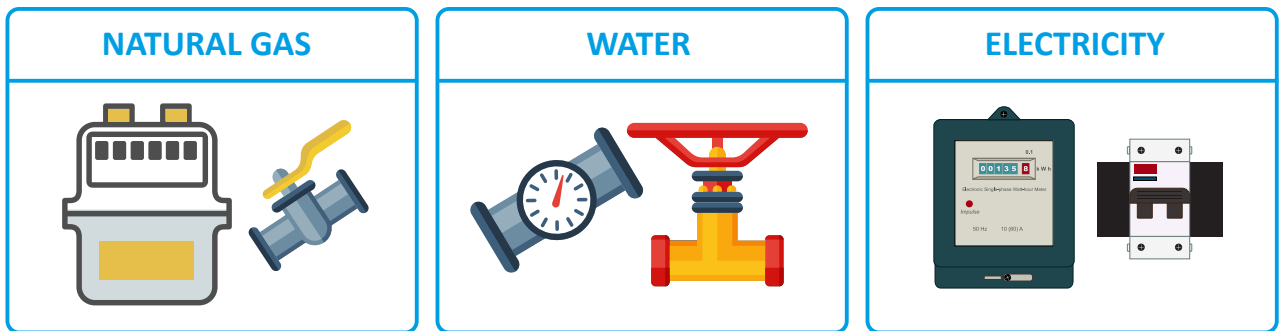




- Check all items in the disaster and emergency kit periodically and renew if necessary (Renewing water, food and batteries regarding their expiration dates and changing the clothes appropriate for the season).
- Keep copies of important documents and things that water might damage in waterproof bags..
- In your bag, keep a card that explains your hearing loss and how people can communicate you. “I use sign language” or short and simple instructions can be written on the card.
- Your disaster and emergency kit should be easy to carry.

◆ **Prepare a Personal Evaluation List.**

- Prepare a personal evaluation list that shows the personal skills you can and cannot perform in your daily life and keep your list in your disaster and emergency kit.
- ◆ Identify accessible places in a hotel or asylum centre in your immediate vicinity or outside your area in case of a possible need for temporary accommodation after a disaster.
- ◆ Find out where the gas, water and electricity sources are located in your home and learn how to turn them off. The installations should be easily accessible.



- ◆ Before you sleep, you can put your hearing aid devices in a container that is fastened to your bedside. So you have quick access to them even when you are awakened with panic.



- ◆ Participate in training programs for flood fighting. Get first aid training.
- ◆ Have your building and workplace insured against flood risks.
- ◆ If a flood risk is predictable, ensure that basement floors, basement entrances and doors are protected with sandbags or barriers.
 - Cover the drainage channels and toilet connections on the basement with a wooden stopper.
- ◆ **The guide/assistant animals and dogs** are not only companions in daily life, but also in an emergency. They can help to safely escape from dangers and to guide the hearing impaired individual during evacuation.
- ◆ Guide dogs can alert their owners to alarms, phones, sounds and warnings.
- ◆ If you have a guide/ assistant animal;
 - While preparing your disaster and emergency kit, consider their care needs and do not forget to make preparations for them as well.
 - The following list has the basic items that you must have in your kit to meet the needs of your guide/assistant animal or pet in an emergency. Your disaster and emergency kit should be easy to carry.

Emergency kit contents for animals: Sufficient bottled water, animal food, a spoon, a collar and leash, a harness, a blanket and toys, plastic bags, paper towels, bags, sterile gloves, a copy of the report card (ownership information, identity information, veterinary documents), manual tin-opener, medications that the animal uses, vitamins, newspapers, a muzzle, masks (against dust and smoke), food and water can.

- These materials are the recommended content. You can make a kit according to your animal's special needs.
- Do not forget to check and renew the items that need changing every 6 months.

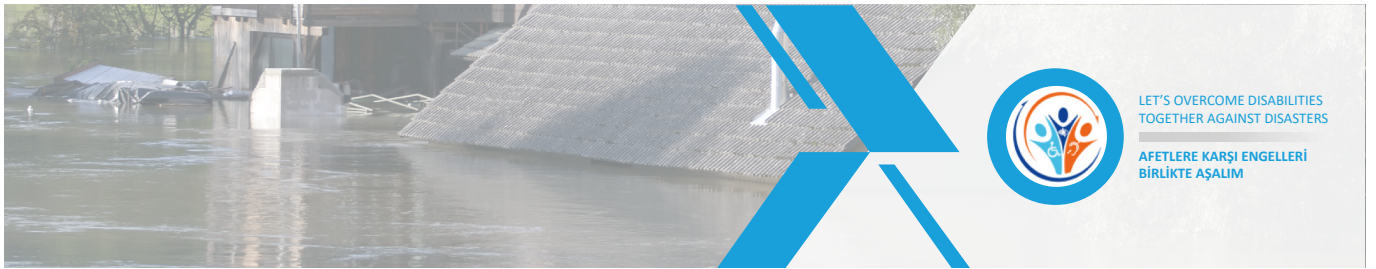
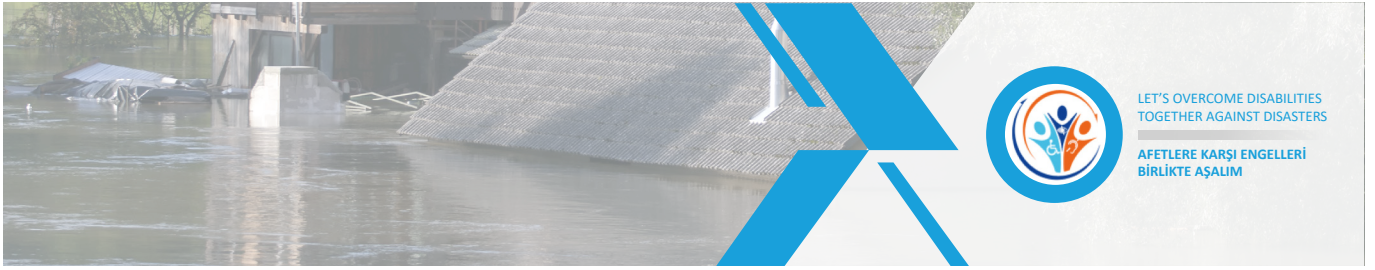


Image 5: Emergency kit contents for animals.

- ◆ Remember that pets and guide animals may be confused, scared, or injured during or after a flood. Keep a cage or carrier in an accessible place to transport and evacuate your animals. Do not leave them behind.

DURING A FLOOD

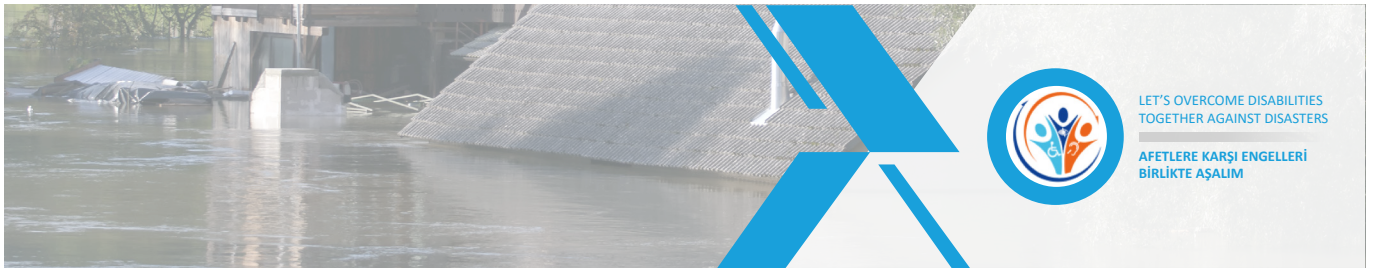
- ◆ If you are exposed to any flood risk;
 - Follow local radio and TV channels for emergency news and instructions.
 - If you detect any gas leaks, turn off your natural gas valve.
 - If the authorities notify that evacuation of the houses is necessary, unplug electrical appliances and switch off electrical circuits and gas lines.
 - Turn off the electricity only if there isn't flood hazard yet and the area around the fuse box is completely dry.



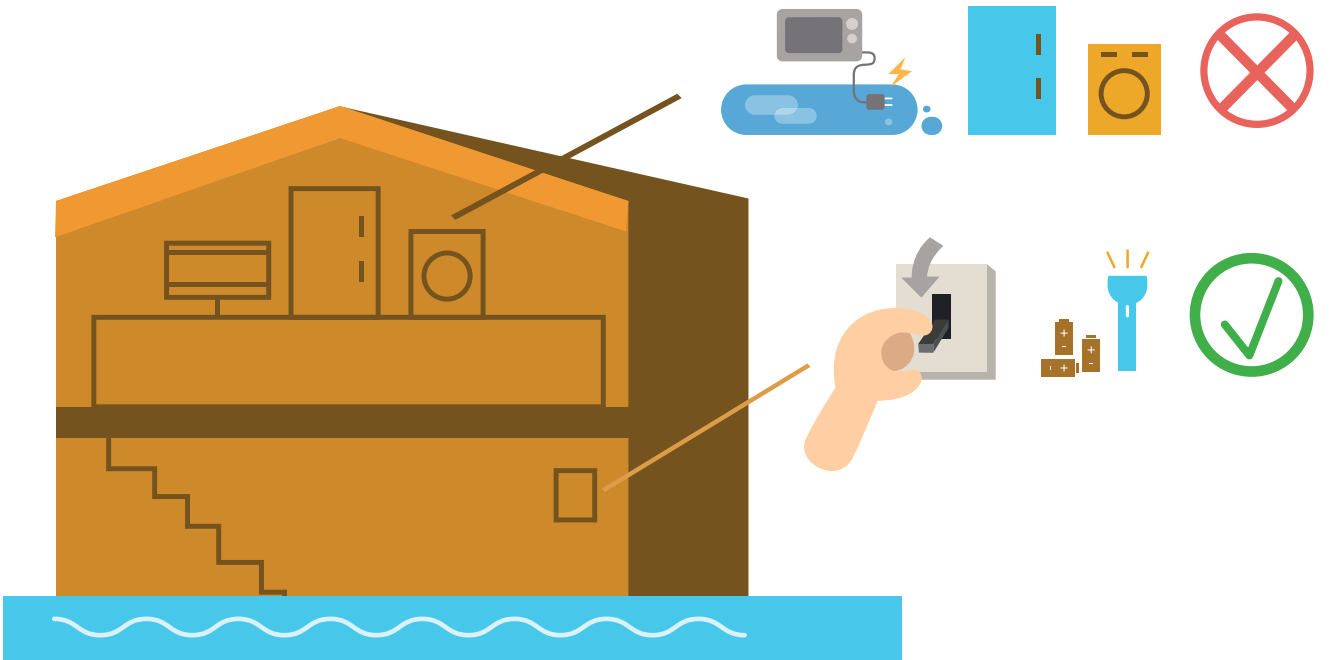
- ◆ If your vehicle stops during the flood, get off and leave it immediately.
- ◆ If you are on your vehicle during the flood, do not try to use a road covered with water. Remember that the vast majority of deaths take place in vehicles.
- ◆ In the case of a breakdown, go up a higher altitude.
- ◆ Do not try to go into the floodwater that enters the basement or garage.
- ◆ Do not go through the flowing water.
- ◆ If you are told not to go out by the authorities, go upstairs in your building and stay in the middle of the building, away from the windows.



- ◆ If you are out during the flood, stay away from the pit areas; go to high places.
- ◆ The water at the level of your ankle is strong enough to drag you while the water at the level of the knee can drag your vehicle. Do not enter the floodwaters.



- ◆ Do not use power tools and light in case of a gas leak. Use a battery-powered flashlight.



- ◆ Remember that short-term precipitation will cause intense sudden flooding and long-term precipitation will cause rivers to overflow.
- ◆ Places such as streambeds, rivers, ditches, valleys and canyons are exposed to sudden floods, so stay away from these places.

AFTER A FLOOD

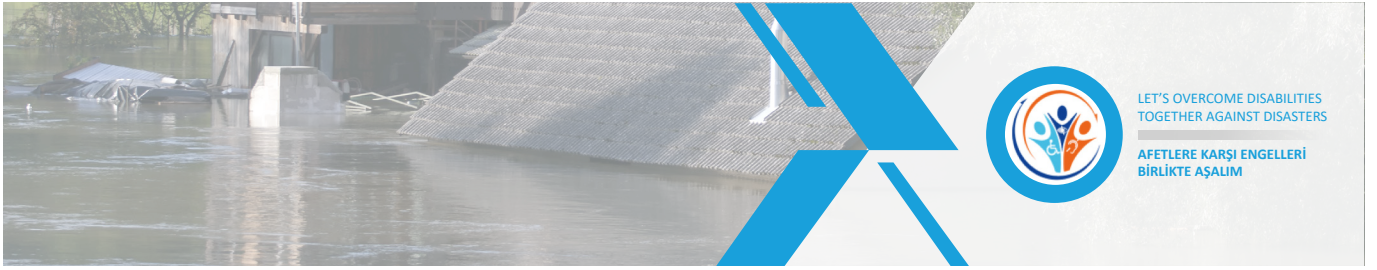
- ◆ Carry out a condition evaluation.
 - Try to be calm. Evaluate the way you are affected by the flood, your health condition, and the situation around you.
- ◆ If you cannot reach the people in your support network, ask other people for help.
 - Let them know that you are hearing impaired.



- ◆ If your building is exposed to floodwaters, do not attempt to cut the electricity off. Leave your home immediately according to your evacuation plan, and do not enter the house until the warning of the authorities.
- ◆ Go to the emergency meeting/assembly areas already set in your disaster plan and wait there.



- ◆ Be careful for potential hazards such as holes and pits, broken glass and debris that can appear after the flood.
- ◆ Be careful with floors and stairs covered with mud. They can be slippery.
- ◆ Follow the instructions from the authorities with the communication tools in your disaster and emergency kit.
- ◆ If you suspect from its smell or taste that your drinking water has been contaminated, do not drink it.
 - Do not use the water if you do not know its source.
 - Be careful to use bottled water.
- ◆ Since floodwaters can drag harmful insects and animals, check your living areas well after the flood.



- ◆ Check your property for damage. When checking, use battery-powered flashlight and waterproof shoes.
- ◆ Make sure the items that have been in contact with floodwater are cleaned before using them.
- ◆ Stay away from seashores, lakeshores and riverbanks.
- ◆ Landslips and landslides may occur after the flood, so stay away from risky places.
- ◆ Stay away from natural gas pipes, electric poles and lines.