



EMERGENCY HANDBOOK

BE PREPARED. BE INFORMED. BE PROACTIVE



MESSAGE FROM THE PUNONG BARANGAY

Greetings! With great pride and honor, we present to our beloved constituents THE BARANGAY SAN ANTONIO EMERGENCY HANDBOOK.

Disaster Preparedness is one of the most relevant subjects not only in our Barangay, but the whole country as well. Empowerment is now encouraged in Local Government Units, Communities and each Citizen. We hope that this HANDBOOK, will help all members of our community to be informed and proactive in terms of Disaster Preparedness. Rest assured that Barangay San Antonio will continue to invest and innovate with the purpose of SAVING LIVES and keeping our constituents safe.

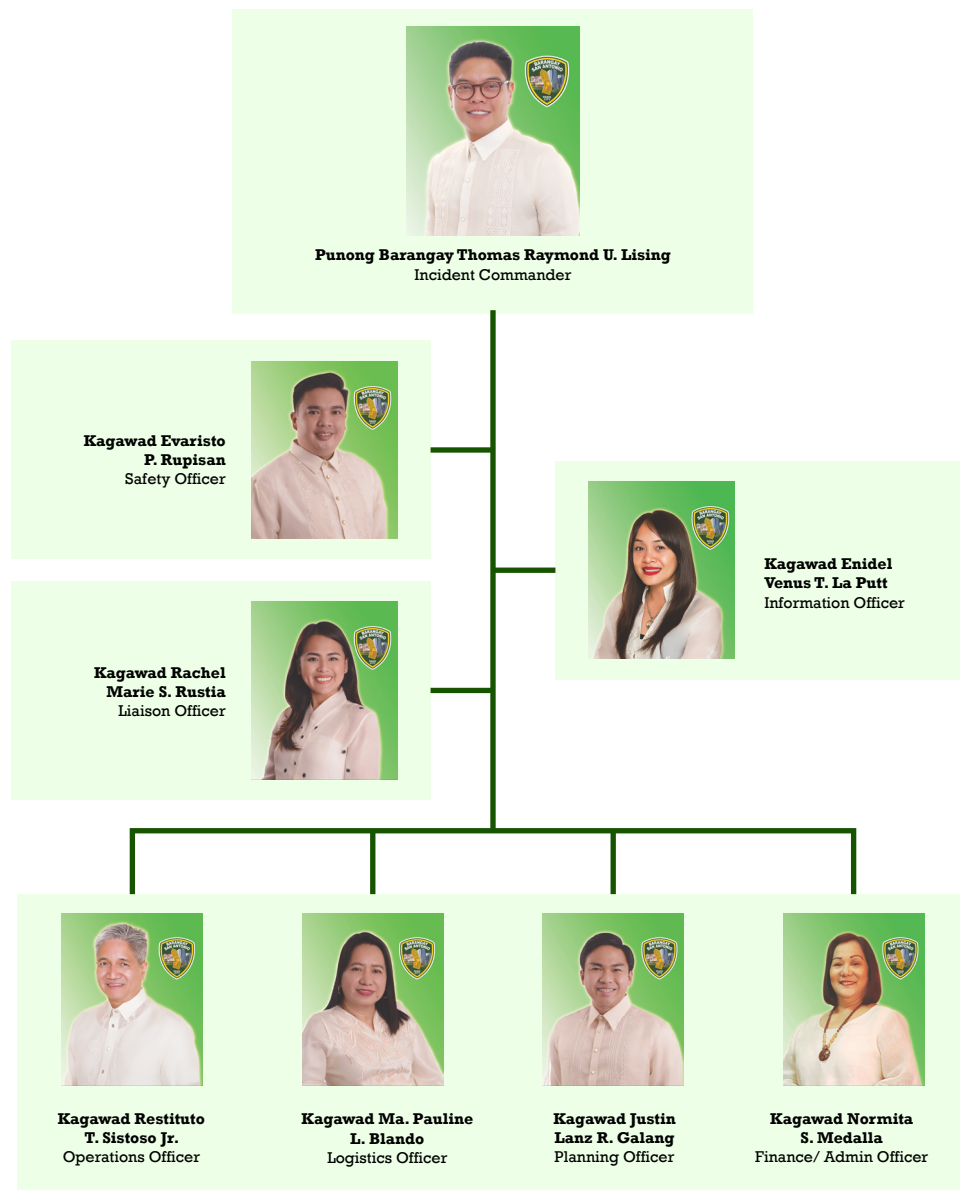
On behalf of the Barangay San Antonio Family, I would like to extend my gratitude for the overwhelming support and cooperation that our constituents and stakeholders extend to our Disaster Preparedness Program.

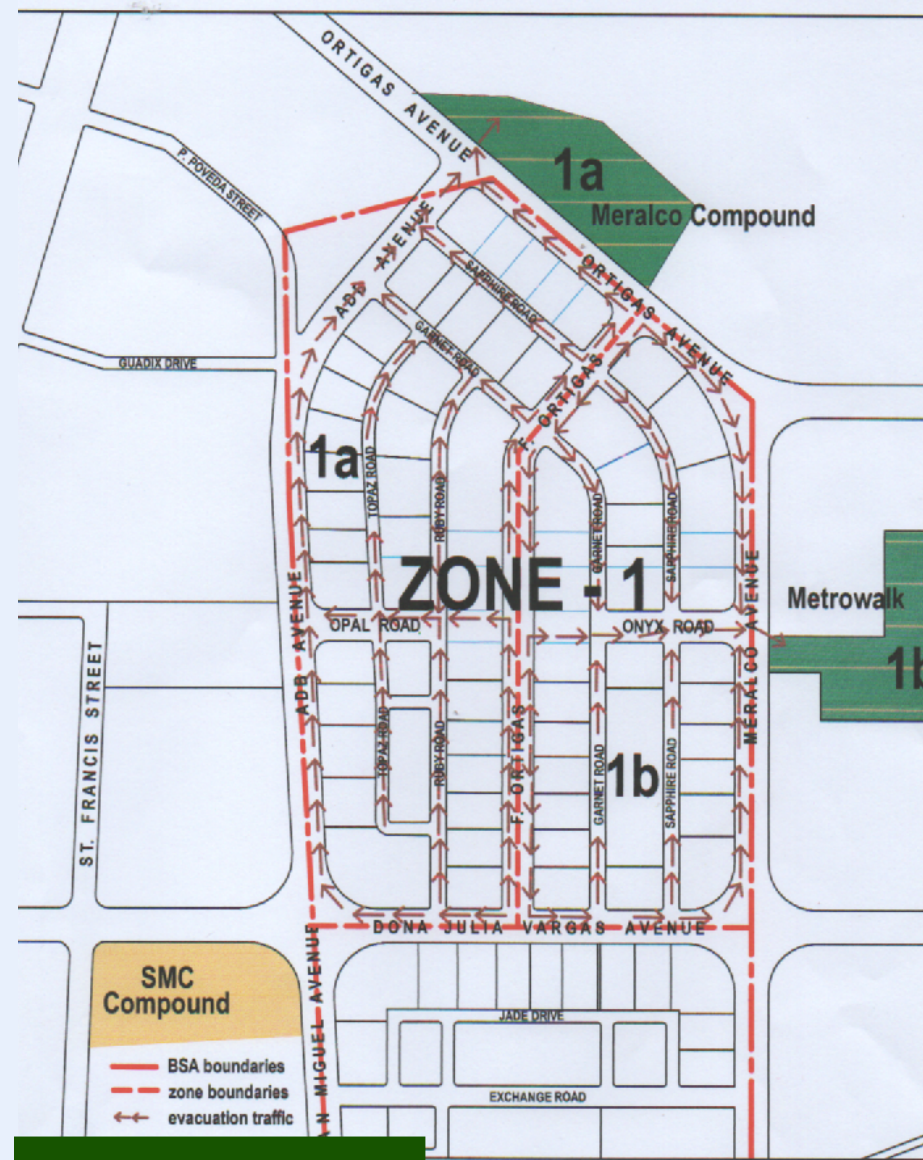
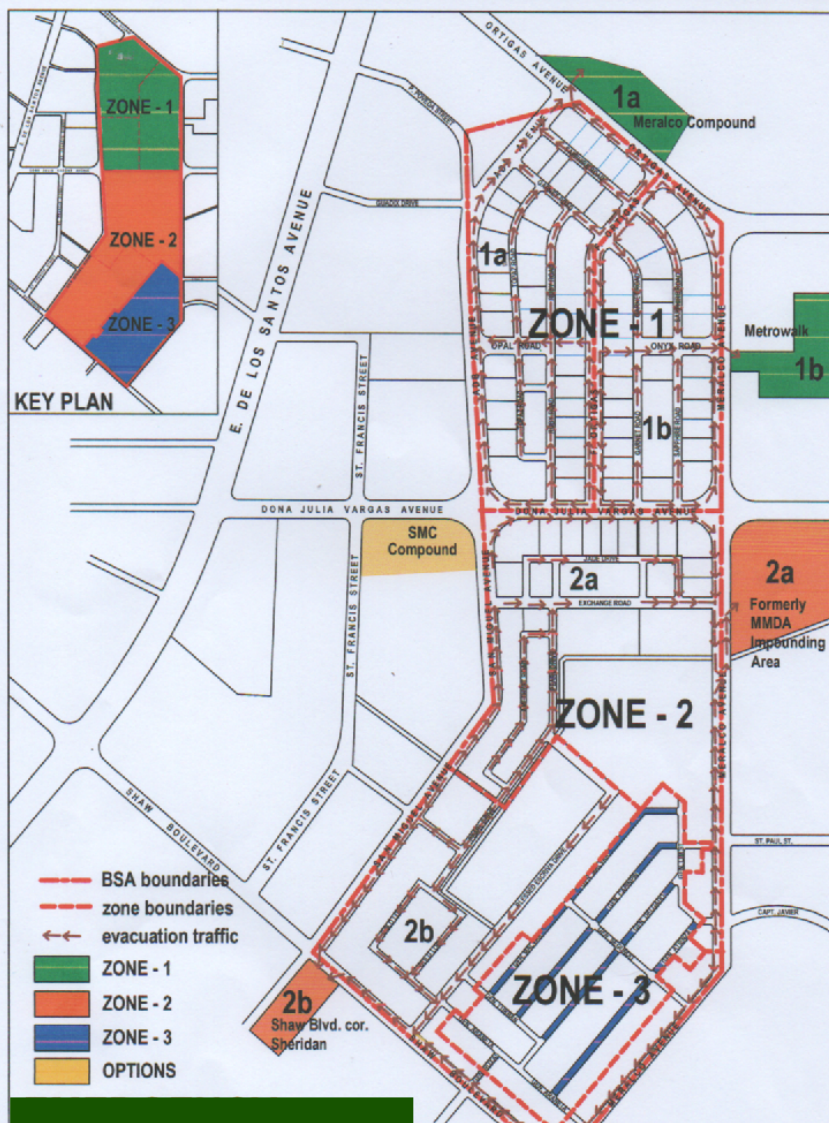
Thank you very much at
Mabuhay po tayong lahat!

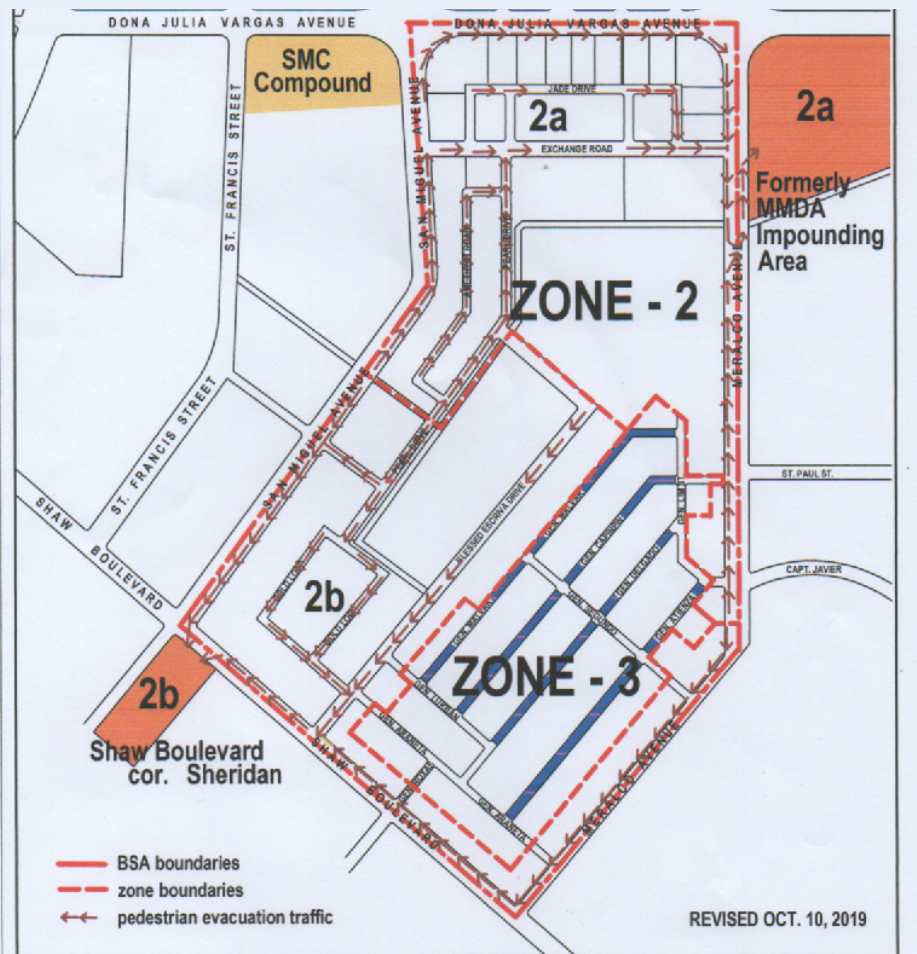


THOMAS RAYMOND U. LISING
Punong Barangay
Barangay San Antonio, City of Pasig

INCIDENT COMMAND SYSTEM ORGANIZATIONAL STRUCTURE







EMERGENCY EVACUATION MAP OF BARANGAY SAN ANTONIO ZONE 2 & 3

REVISED OCT 10, 2019

PAGIWAS SA SUNOG

(Fire Safety Tips)

KAPAG NAGLIYAB ANG IYONG DAMIT

(If your clothes are caught on fire)

STOP

HUWAG TUMAKBO

(Do not run)



AGAD NA HUMIGA SA SAHIG AT TAKPAN ANG MUKHA GAMIT ANG MGA KAMAY

(Immediately lie on the ground and
cover your face with your hands.)

DROP

ROLL



GUMULONG PAULIT-ULIT HANGGANG MAPATAY ANG APOY. PANATILIIN ANG PAGTAKIP NG MUKHA UPANG MAIWASAN ANG PAGSUNOG NI TO AT PAGLANGHAP NG USOK

(Continuously roll your body until the flame dies down. Covering
your face with your hands protects you from further injury and
smoke inhalation.)

PAG-IWAS SA COVID-19

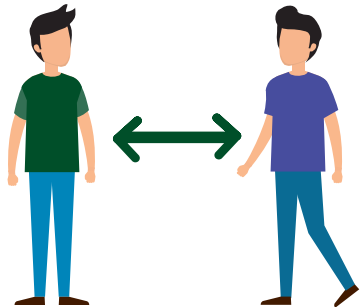
(COVID-19 Prevention Tips)

PAPAANO NATIN PWEDENG PROTEKTAHAN ANG ATING MGA SARILI LABAN SA COVID-19 AT PIGILIN ANG PAGPAPALAGANAP NITO? SUNDIN LAMANG ANG MGA SUMUSUNOD NA GABAY:

(How can we protect ourselves against COVID-19 and prevent it from spreading? Just follow these guidelines:)

KUNG MAARI AY UMIWAS MUNA SA MATATAONG LUGAR. IWASAN MUNA ANG PAGPUNTA SA MGA LUGAR NA ITO KUNG HINDI NAMAN KINAKAILANGAN.

(As much as possible, avoid crowded places. Avoid going to these areas if it is not urgent.)

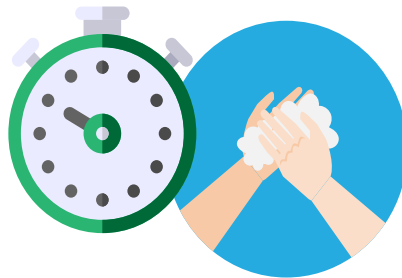


PANATILIING I METRONG LAYO KAPAG NAKIKIPAG-USAP AT HIGIT SA 1 METRO SA MGA TAONG MAY SINTOMAS NG UBO'T SIPON O SAKIT SA BAGA. ITO AY PROTEKSYON DIN PARA SA ATING MGA VKAPWA NA MAS MADALING MAHAWAAN NG VIRUS O IBA PANG URI NG SAKIT.

(Maintain a distance of 1 meter when speaking with another person, and at least 1 meter if a person has symptoms of cough, colds, or any lung illnesses. This is also to protect others who are more susceptible to the virus and other diseases.)

MAGHUGAS LAGI NG KAMAY GAMIT ANG SABON AT UMAAGOS NA TUBIG. ANG PAGBABANLAW AY HINDI BABABA NG 20 NA SEGUNDO. KUNG WALANG LABABO NA MAPAGAGAMITAN, PWEDENG DIN GUMAMIT NG ALCOHOL-BASED NA SANITIZER. PANATILIIN ITONG PANG ARAW-ARAW NA GAWAIN.

(Always thoroughly wash your hands with soap under running water for not less than 20 seconds. If a sink is unavailable, you can use an alcohol-based sanitizer. Let us always practice hand hygiene in our everyday lives.)



TAKPAN ANG ILONG AT BIBIG TUWING BABAHING O UUBO. MAARING GAMITIN PANTAKIP ANG TISSUE, PANYO, O ANG LOOBAN NG SIKO.

(Cover your nose and mouth when sneezing and/or coughing. You can cover your nose and mouth with a tissue, a handkerchief or your inner elbow.)

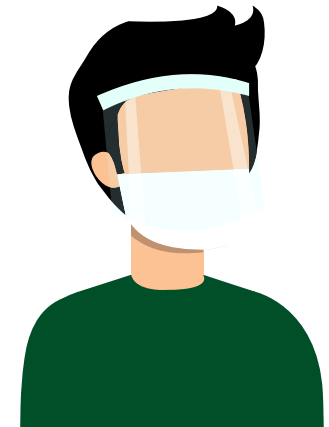


IWASANG HAWAKAN ANG ILONG AT BIBIG. UGALIING MAGHUGAS LAGI NG MGA KAMAY. MAARING MAKAPASOK MULA SA MGA PARTE NG ATING KATAWAN ANG VIRUS O IBA PANG KLASANG MGA BACTERIA.

(Avoid touching your nose and mouth. Make it a habit to always wash your hands. Viruses and other forms of bacteria can enter our bodies through any of its orifices.)

AT HUWAG NATIN KALIMUTAN NA LAGING SUOTIN ANG FACE MASK AT FACE SHIELD KAPAG NASA LABAS NG ATING MGA TAHANAN.

(Always wear your face mask and face shield when you are not at home.)

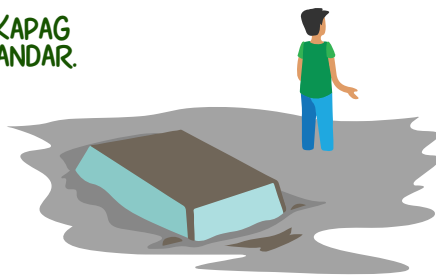


PAGBAHA

(Flood)

IWANAN ANG SAKSAKYAN KAPAG ITO AY HUMINTO SA PAG-ANDAR.

(Leave your stuck vehicle.)



LUMIKAS AGAD PATUNGO SA MATAAS NA LUGAR.

(Head towards highground.)



TANDAAN

(Remember)

-  **Manatili sa loob ng bahay at maging handa at alerto sa mga panawagan ng mga awtoridad tungkol sa evacuation.**
(Stay inside your home and always be ready and alert for calls for evacuation by the authorities.)
-  **Pumunta agad sa mas mataas na lugar o sa mga evacuation centers palayo sa mga sapa, ilog at mga kanal.**
(Head towards high ground, or evacuation centers far from streams, rivers, and canals.)
-  **Kung mabilis ang pagtaas ng baha at hindi na ligtas ang pananatili sa loob ng inyong tahanan, tumawag agad sa Emergency Hotlines na 8631-0099 o 0918-625-4428. Ibigay ang pangalan at address upang mabigyan agad ng tulong at makalikas.**
(If floodwaters are quickly rising and you are no longer safe in your home, call the Emergency Hotlines at 8631-0099 or 0918-625-4428. Provide your name and address for immediate assistance.)
-  **Huwag piliting dumaan sa mga lugar na may harang o mataas ang tubig.**
(Do not attempt to pass through blocked or flooded areas.)
-  **Iwanan ang sasakyan kapag ito ay tumigil sa pag-andar lalo na kapag tumataas ang baha. Agad na lumikas patungo sa mataas na lugar.**
(Leave your stuck vehicle especially when floodwater is rising and immediately head for higher ground.)

PAGKIDLAT AT PAGKULOG

(Lightning and Thunder)

HUWAG GUMAMIT NG DE-KORDON NA TELEPONO!

(Do not use corded telephones!)



IWASAN

ANG MGA SUMUSUNOD

(Avoid the following)

-  **Paggamit ng telepono at mga electrical appliances.**
(Use of telephones and electrical appliances.)
-  **Pagtayo sa ilalim na mataas na puno.**
(Standing under tall trees.)
-  **Pananatili sa open o high ground.**
(Staying in open or high ground.)
-  **Paghawak sa mga bagay na gawa sa bakal.**
(Holding anything made of metal.)
-  **Pagligo, paghawak ng bathroom fixtures, o ano mang bagay na pwedeng daluyan ng kuryente.**
(Bathing, touching bathroom fixtures, or anything that can conduct electricity.)

TANDAAN

-  **Tanggalin sa saksakan ang mga appliances tulad ng aircon, computer at iba pang mga kagamitan. Ang power source mula sa kidlat ay maaring magdulot ng malaking pinsala.**
(Unplug all appliances from power sockets such as aircons, computers, and other items. The sudden surge of electricity brought by lightning can cause great hazard and damage.)
-  **Pumasok sa loob ng gusali o sasakyan.**
(Take cover in a building or vehicle.)
-  **Kung nasa malawak na lugar/bukid sumilong sa mababang lugar na may maraming puno.**
(If in an open field, stay in a low area with many trees.)
-  **Kung nasa anumang bahagi ng tubig, agad umahon at pumunta kung saan may tuyong lupa.**
(If in any body of water, immediately head to shore or dry land.)
-  **Kung nakasakay sa bisikleta o motorsiklo, bumaba agad at pumunta sa ligtas na lugar.**
(If riding a bicycle or motorcycle, park and move to a safe place.)

PAGLINDOL

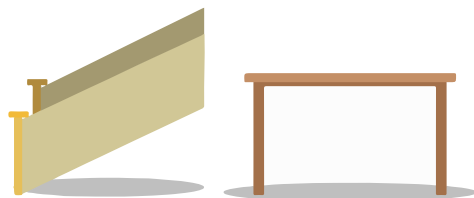
(Earthquake)

BAGO LUMINDOL

(Before An Earthquake)

ALAMIN ANG MGA LUGAR NA DAPAT PAGTAGUAN TULAD NG ILALIM NG MESA O ANUMANG MATIBAY NA KASANGKAPAN.

(Identify safe spaces where you can take cover during an earthquake such as under tables or any sturdy furniture, etc.)

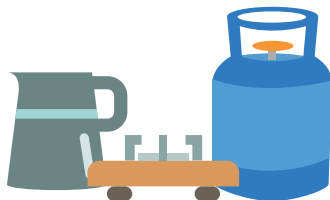


IWASAN ANG MGA SALAMIN NA BINTANA AT MGA LUGAR NA MAY MGA KAGAMITAN NA NAKASABIT O MAARING BUMAGSAK.

(Avoid glass windows or locations where objects are suspended or can fall off.)

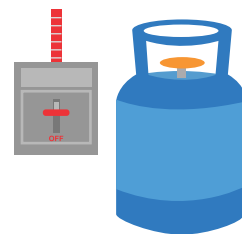
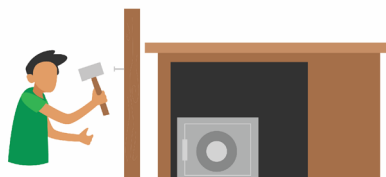
ITABI NG MABUTI ANG MGA KAGAMITAN NA MADALING MAGLIYAB.

(Safely store flammable objects.)



PANATILING MAAYOS ANG BAHAY. ILAGAY ANG MABIBIGAT NA BAGAY SA IBABA UPANG MAIWASAN NA MAHULUGAN NITO.

(Arrange your home accordingly. Place heavier objects at the bottom to avoid falling over and causing injury.)



ALAMIN ANG MGA MAIN SWITCH PARA SA KURYENTE, TUBIG, AT GAS AT KUNG PAANO ITO PATAYIN.

(Know where and how to turn off the main switches for electricity, water, and gas.)

MAGHANDA NG SURVIVAL KIT NA NAGLALAMAN NG

(Prepare a Survival Kit with the following items:)



FLASHLIGHT

DE-BATERYA NA RADYO

(Battery-Powered Radio)



POSPORO

(Matches)



EKSTRANG BATERYA

(Extra Batteries)



KANDILA

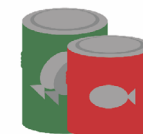
(Candles)

TUBIG NA MAINOM

(Drinking Water)



FIRST-AID KIT BAG



PAGKAING DE LATA

(Canned Goods)



KUMOT AT DYARYO

(Blankets and Newspapers)

PAGLINDOL

(Earthquake)

HABANG LUMILINDOL

(During An Earthquake)

MAGTAGO SA ILALIM NG MATIBAY NA ISTRATURA NA MAY GANAP NA PUNDASYON AT GAWIN ANG MGA SUMUSUNOD:
(Take cover under a strong structure with a sturdy foundation and do the following:)



1. DUCK

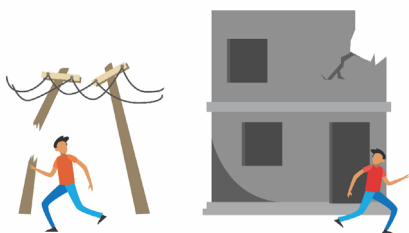


2. COVER



3. HOLD

MAGING ALETRO



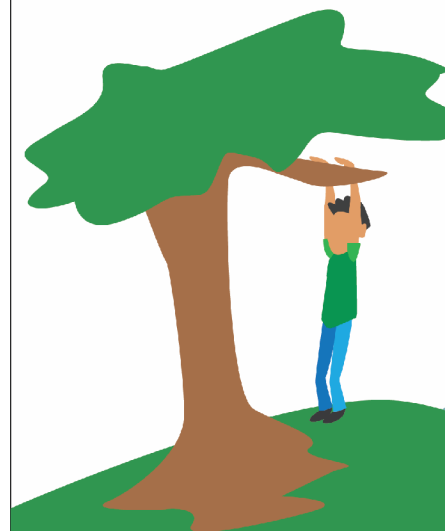
UMIWAS SA MGA POSTE NG KURYENTE AT MGA GUSALING MAY MGA SALAMIN NA BINTANA.
(Avoid electrical posts and buildings with glass windows.)

HABANG LUMILINDOL

(During An Earthquake)

AGAD NA LUMIKAS AT PUMUNTA SA MATAAS NA LUGAR UPANG HINDI MADAKIP NG MAARING NA PAPARATING NA TSUNAMI.

(Immediately move towards higher ground to avoid being caught by a possible tsunami.)



HUWAG TUMAWID SA MGA TULAY O OVERPASS NA MAAARING GUMUHO.

(Do not cross bridges or overpasses as they may collapse.)



PAGLINDOL

(Earthquake)

PAGKATAPOS LUMINDOL

(After An Earthquake)

SIGURADUHING NA LAHAT NG MGA KASAMA AY NASA LIGTAS NA KALAGAYAN. ALAMIN KUNG MAY NASUGATAN UPANG MABIGYAN NG FIRST AID.

(Ensure that all your companions are safe. Check if anyone is wounded and administer First Aid.)



HUWAG MUNANG PUMASOK SA NAPIN-SALANG BAHAY O GUSALI. IPASURI MUNA ITO SA MGA EKSPERTO O PROPESYONAL SA KALIGTASAN UPANG MALAMAN ANG MGA SIRA AT POTENSIAL NA PANGANIB.

(Do not attempt to enter a damaged building. Have a safety expert or professional survey the damage and potential hazard.)



KUNG MAY NAAMOY NA GAS LEAK, AGAD NA PALABASIN ANG MGA KASAMA AT BUKSAN ANG MGA PINTO AT BINTANA. IWASAN ANG PAGBUBUKAS NG MGA APPLIANCES NA PWEDENG PAGMULAN NG SUNOG.

(If you smell a gas leak, immediately evacuate the area and open the doors and windows. Do not use any appliances that can start a fire.)

SIGNAL NG BAGYO

(Storm Signal)

SIGNAL	LEADTIME (hours)	WINDS (kph)	IMPACTS OF THE WIND
1	36	30-60	No damage to very light damage
2	24	61-120	Light to moderate damage
3	18	121-170	Moderate to heavy damage
4	12	171-220	Heavy to very heavy damage
5	12	More than 220	Very heavy to widespread damage

PAGASA COLOR-CODED RAINFALL & FLOOD WARNING SYSTEM

RED WARNING	TORRENTIAL More than 30 mm rain Observed in 1 hour and expected to continue in the next 2 hours.		Serious flooding expected in low-lying areas	EVACUATION
ORANGE WARNING	INTENSE 15-30 mm rain Observed in 1 hour and expected to continue in the next 2 hours.		Flooding is threatening	ALERT
YELLOW WARNING	HEAVY 7.5-15 mm rain Observed in 1 hour and expected to continue in the next 2 hours.		Flooding is possible	MONITOR

HABANG BUMABAGYO

(During A Storm)

-  **Manatiling kalmado at sa loob muna ng tahanan.**
(Remain calm and stay indoors.)
-  **Siguraduhing may flashlight at radyo de-baterya.**
(Ensure that you have a flashlight and a battery-powered radio.)
-  **Kung ang tirahan ay nasa bahaing lugar, lumikas agad sa pinakamalapit na evacuation center.**
(If you live in an easily flooded area, immediately head for the nearest evacuation center.)
-  **Huwag gamitin ang mga kagamitang de-kuryente o de-gas kapag ito'y nabasa.**
(Do not use anything that runs on electricity or gas if it is wet or exposed in water.)
-  **Itabi ang mga kagamitan kung saan hindi ito maaabot ng tubig baha.**
(Store items where they will not be affected by floodwater.)
-  **Mag-imbak ng mga pagkain, tubig, gaas at relief items.**
(Ensure that there is enough storage of food, water, gas, and other relief items.)

PANGUNANG LUNAS O FIRST AID

PAANO PIGILIN ANG PAGDURUGO?

(How can you stop a bleeding?)

GAMIT ANG KAMAY O MGA DALIRI, TAKPAN AT APLIYAN NG PRESSURE ANG APEKATDONG BAHAGING PINANGGAGALINGAN NG PAGDURUGO NG GASA O MALINIS NA TELA.

(Using your palms or fingers, cover the affected area with gauze or a clean cloth.)



PERO HUWAG ITO GAWIN KUNG MAY BALI ANG NASUGATAN.

(However, do not attempt this if the injured also has fractures or broken bones in the affected area.)

PAGLUNAS NG SUNOG O PASO

(How to treat burns.)

ANG SUNOG O PASO AY MAARING DULOT NG INIT, KEMIKAL O RADIATION.

(Burns can be caused by heat, chemicals, or radiation.)

Padaluyan o ibabad sa malamig na tubig ang apektadong bahagi sa loob ng 10 minuto.

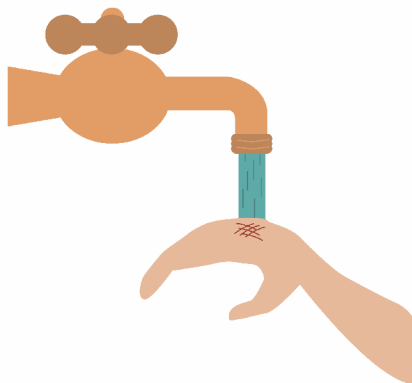
(Treat the affected area by running or submerging it under cold water for 10 minutes.)

Huwag lagyan ng lotion o ointment ang bahaging napasuan.

(Do not apply lotion or ointment to the affected area.)

Takpan ang napasuang bahagi ng gasa o malinis na tela.

(Cover the affected area with gauze or a clean cloth.)



CARDIOPULMONARY RESUSCITATION (CPR ADULT)



1

TIGNAN KUNG MAY PULSO O KUNG NAKAKASAGOT ANG PASYENTE SA IYONG MGA TANONG.

(Check if the patient has a pulse or can answer your questions.)

Kung wala siyang pulso o hindi sumasagot, humingi ng saklolo. Kung walang paparating na tulong, gawin ang Cardiopulmonary Resuscitation o CPR.

(If the patient does not have a pulse or is unresponsive, immediately call for help. If no help is available, apply CPR.)

2

BUKSAN ANG DALUYAN NG HINGA.

(Open their airways.)

Itingala and ulo ng pasyente. Tingnan kung siya ay nakakahinga ng maayos sa loob ng 5 segundo ngunit di lalagpas ng 10 segundo. Suriin, pakinggan at pakiramdaman and pasyente. Kung hindi sapat ang kanyang pag hinga, hipan ang kanyang bibig ng dalawang beses at iangat ang dibdib. Tingnan kung may pulso sa loob ng 5 segundo ngunit di lalagpas ng 10 segundo.

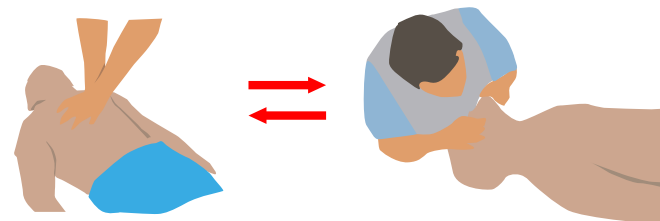
(Raise their head. Check if the patient is breathing properly. Watch, listen and feel. If the patient's breathing is insufficient, give them two breaths and raise the patient's chest. Check their pulse for at least 5 seconds, but not more than 10 seconds.)



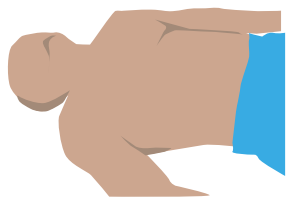
3

KUNG WALANG PULSO, BIGYAN NG 30 COMPRESSIONS AT 2 BREATHS. BIGATAN AT BILISAN ANG PAGTULAK SA DIBDIB HABANG INA-APPLY ANG 30 COMPRESSIONS. ANG RATE AY 100 KADA MINUTO SA 2 BREATHES.

(If there is no pulse, give them 30 compressions and two breaths. Push hard and fast when applying 30 compressions. The rate is 100 per minute for 2 breaths.)



CARDIOPULMONARY RESUSCITATION (CPR ADULT) CHEST COMPRESSION TECHNIQUE



ILAGAY ANG IYONG MGA KAMAY SA BREASTBONE NA NASA LINYA NG NIPPLE LINE.

(Place your hands on the breastbone at the nipple line.)



ISENTRONG IYONG MGA BALIKAT SA IYONG MGA KAMAY.

(Center shoulders over your hands.)

Mga Hakbang: (Steps:)

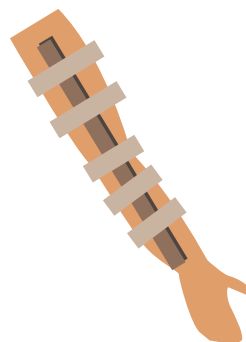
- 1 Lumuhod sa tabi ng biktima** (Kneel beside victim.)
- 2 Siguraduhin na ang biktima ay nakahiga sa matigas at patag na higaan. Kung ito'y nakasubsob, dahan dahan itihaya siya.** (Ensure the victim is lying on a hard, flat surface. If they are not lying straight, carefully adjust them.)
- 3 Pagpatungin ang iyong dalawang kamay sa dibdib ng biktima.** (Place your two hands on top of each other on the victim's chest.)
- 4 Ituwid ang iyong kamay at idiretso ang mga balikat bago simulan ang pagbigay ng CPR.** (Straighten your hands and align your shoulders in preparation for giving CPR.)
- 5 Itulak ng paibaba ang dibdib at siguraduhin na ang iyong pagtulak ay umaabot ng 2 inches o higit pa.** (Compress their chest. Ensure that you press down at least 2 inches with each compression.)
- 6 Itulak ang dibdib sa bilis na 100 beses sa bawat isang minuto upang ang dugo ay dumaloy patungo sa utak.** (Compress the chest 100 times per minute so that blood can resume its flow to the brain.)

PAGLUNAS SA BALI O FRACTURE (FRACTURE TREATMENT)

MGA PALANTANDAAN O SINTOMAS NG BALI O FRACTURE:

(Symptoms of a broken bone or fracture:)

- Pananakit o pamamaga ng apektadong parte ng katawan.** (Pain and/or swelling in the affected area.)
- Ang apektadong bahagi ay hindi maigalaw ng normal.** (Unable to move the affected area normally.)
- Wala sa natural na posisyon o porma ang apektadong bahagi.** (Unable to move the affected area normally.)
- Namamaga at may pasa.** (Affected area is swollen and bruised.)
- Iregular na hugis, pag-ikli o panghihina ng apektadong bahagi.** (Irregular shaping, shortening or weakening of the affected area.)



PANGUNANG LUNAS O FIRST AID

- Unahin munang bigyang lunas ang pagdudurugo at hirap sa paghinga.** (Prioritize treating the person's bleeding and difficulty in breathing.)
- Suotan ng palapa o lagyan ng suporta ang apektadong bahagi upang maiwasan ang paggalaw nito. Maaari ring gumamit ng karton or dyaryo bilang suporta.** (Place a splint or support to limit movement of the affected area. You may use a carton or newspaper as support.)

PAALALA: (Reminder:) Agad ipatingin sa doktor o pumunta sa pinakamalapit na ospital, at hindi sa manghihilot. (Immediately seek medical attention from a doctor or head to the nearest hospital.)

PAGSUSUKA AT PAGTATAE

(Vomiting and Diarrhea)

ANG PAGSUSUKA, PANANAKIT NG TIYAN O PAGTATAE AY MAARING SANHI NG ALLERGIES, O PAGKAIN O PAGINOM NG KONTAMINDONG PAGKAIN O TUBIG.

(Vomiting, stomach pains, or diarrhea may result from allergies or ingesting contaminated food or water.)



PANGUNAHING LUNAS O FIRST AID



GUMAMIT NG MAINIT NA TWALYA SA SARILI O KUNG SAAN MAN ANG KARAMDAMAN UPANG ITO AY HUMINAHON.

(Apply a warm towel to ease the pain or discomfort.)

UNTI-UNTING UMINOM NG TUBIG. KUNG BUMALIK ANG SIGLA MULA SA PAGKAIN, KUMAIN LAMANG NG "BLAND", "STARCHY" O MATAMIS NA PAGKAIN SA UNANG 24 ORAS.

(Gradually drink small amounts of water. If energy returns to normal, resume eating bland, starchy or sweet food for the first 24 hours.)

KUNG PATULOY PA RIN ANG PAGLALA NG KUNDISYON NG PASYENTE, TUMAWAG NG DOKTOR PARA MAPASURI ANG KALAGAYAN.

(If the patient's condition continues or worsens, call a doctor to examine them.)

SAN ANTONIO BARANGAY HALL

BARANGAY SAN ANTONIO HEALTH CENTER / EMERGENCY HOTLINES

0918 625 4428
8-631-0099

24-HOUR COMMAND CENTER

0961 730 8345
8-633-6133

BARANGAY HEALTH CENTER

Address: 7 Gen. Malvar Street, Barangay San Antonio
Pasig City, Metro Manila