READY FOR ADVERSITY: DRRM IN TIME OF PANDEMIC

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Disasters sometimes are unexpected and unpredictable. Many of us lack preparedness when disasters hit us thus resulting in devastating and tragic aftermaths. Hunger, thirst, and communication is what troubles us all during times of such a horrible situation. This COVID-19, for example, took many lives so strict quarantine protocols are implemented, many of us are not allowed to leave our homes, this is to halt the spread of the infectious disease. Emergency kits with food, water, and other necessary elements to survive during an emergency when a disaster hits us, such as this COVID-19 that are still progressing to consume a big pile of our population.

An emergency kit should be efficient for 72 hours. It should be custom designed and readily available. It also needs to be mobile and transportable. An emergency kit should also have an accessible oxygen apparatus and should also include a manual with emergency phone numbers, emergency protocol instructions, and an emergency treatment record. Now, when in an emergency situation happens, you are well prepared whenever natural disasters, accidents, or any other ill-luck happens within the premises of our homes, we have complete access to food, shelter, water, and other necessary elements for survival.

Being prepared during emergency situations is necessary especially during these times that we cannot leave the comfort of our homes. During hard lockdowns, everyone is not allowed to leave so having access to our necessities is a great asset for surviving in during this global pandemic.
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