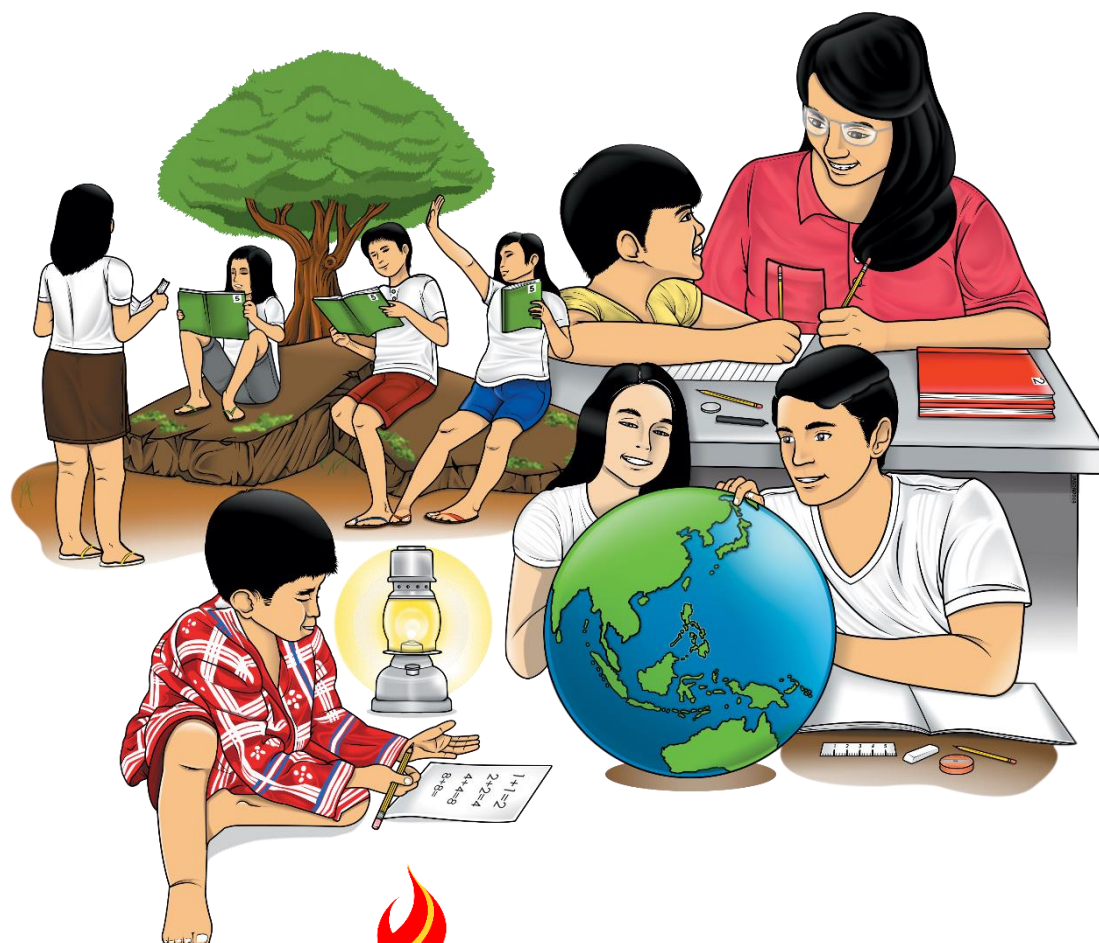


# Disaster Readiness and Risk Reduction

## Quarter 1 – Module 3:

### Disasters and Its Effects



**Disaster Readiness and Risk Reduction**  
**Alternative Delivery Mode**  
**Quarter 1 – Module 3: Disasters and Its Effects**  
**First Edition, 2021**

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# **Disaster Readiness and Risk Reduction**

## **Quarter 1 – Module 3: Disasters and Its Effects**

## **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module was designed and written with you in mind. It is here to help you master the lesson on Disaster and Its Effects. The scope of this module permits it to be used in many different learning situations. The language used recognizes the diverse vocabulary level of students and the lessons are arranged to follow the standard sequence of the course. But the order in which you read them can be changed to correspond with the textbook that you are now using.

The Module is intended to equip you with knowledge on different Effects of Disasters in One's Life.

After going through this module, you are expected to:

1. Identify the effects of disasters to human and to the society.
2. Determine ways to lessen the impact of a disaster.
3. Cite personal values that can help one overcome the effects of disasters.
4. Help the community in reducing the effects of natural and human-made disasters.



## ***What I Know***

**Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.**

1. What is Post Traumatic Stress Disorder (PTSD)?
  - a. Congenital condition
  - b. Neonatal condition
  - c. Pre-existing condition
  - d. Psychological condition
  
2. What is the collective term used for the condition of people who develop stress reaction that negatively affect their physical and mental behavior after suffering from a disaster?
  - a. displaced population
  - b. emotional aftershock
  - c. food scarcity
  - d. health risk
  
3. What do you call the effect of a disaster that causes a group of people forced to leave their homes?
  - a. displaced population
  - b. emotional aftershock
  - c. food scarcity
  - d. health risk
  
4. Which among the following is NOT an effect of a disaster?
  - a. displaced population
  - b. emotional aftershock
  - c. food scarcity
  - d. health risk
  
5. What effect of disaster refers to the shortage of sustenance among people?
  - a. displaced population
  - b. emotional aftershock
  - c. food scarcity
  - d. health risk

6. What is the term used referring to damaging incident that happened unexpectedly in a certain society and caused harm to people and their properties?
  - a. disaster
  - b. hazard
  - c. politicking
  - d. terrorism
7. COVID19 has caused millions of diseased people and thousands of deaths all over the world. How are you going to name the damaging event?
  - a. disaster
  - b. hazard
  - c. politicking
  - d. terrorism
8. How are you going to call a dangerous condition that carries human threat?
  - a. disaster
  - b. hazard
  - c. politicking
  - d. terrorism
9. A strong typhoon hit an uninhabited area in the mountainous Sierra Madre region. What are you going to name the damaging event?
  - a. disaster
  - b. hazard
  - c. politicking
  - d. terrorism
10. What is it that disasters bring to humans?
  - a. devastation
  - b. excitement
  - c. fame
  - d. power
11. In a situation that you know you and your family are on a disaster risk area, how could you reduce the impact of a disaster that may come in your life?
  - a. Avoid the crowd.
  - b. Watch news to be informed.
  - c. Get the right mindset and preparation.
  - d. Build good relationships among neighbors.

12. Why should people need to plan and be ready for the possible consequences of a disaster?
  - a. So that people would show their own capabilities.
  - b. So that people could set an example to others.
  - c. So that people would reduce the potential effects of disasters.
  - d. So that people could prepare ahead of time.
13. Which should be the right attitude in dealing the effects of a disaster?
  - a. Let us be mindful of others.
  - b. Try to be a leader for others.
  - c. Show positivity in dealing with it.
  - d. Be grateful on what the government can provide.
14. Which of the following characteristics will help a person to recover quickly after a disaster?
  - a. One must be happy and hopeful.
  - b. One must be prayerful and friendly.
  - c. One must be wise and cooperative.
  - d. One must be resourceful and determined.
15. Coronavirus disease 2019 (COVID-19) is an infectious disease caused by coronavirus 2 (SARS-CoV-2), a serious acute respiratory syndrome. This was first detected in Wuhan, China in December 2019 and then spread around the globe, triggering a continuing pandemic SITUATION. How can the Philippine win against disasters like COVID19?
  - a. Quarantine protocols must be continued.
  - b. People must maintain a clean environment at all time.
  - c. The citizens must follow health guidelines and safety measures.
  - d. The government must be allowed to decide for the good of the fellow people.



# Lesson 1

## Effects of Disasters on one's Life

A natural disaster can bring about many devastating effects. Among these are deaths, destruction of infrastructures, loss of livelihood and services, and other physical and nonphysical effects. Since we are partly responsible for the disasters happening around us, we must change some of our ways, in order to prevent or minimize the effects of disasters in our lives.



### ***What's In***

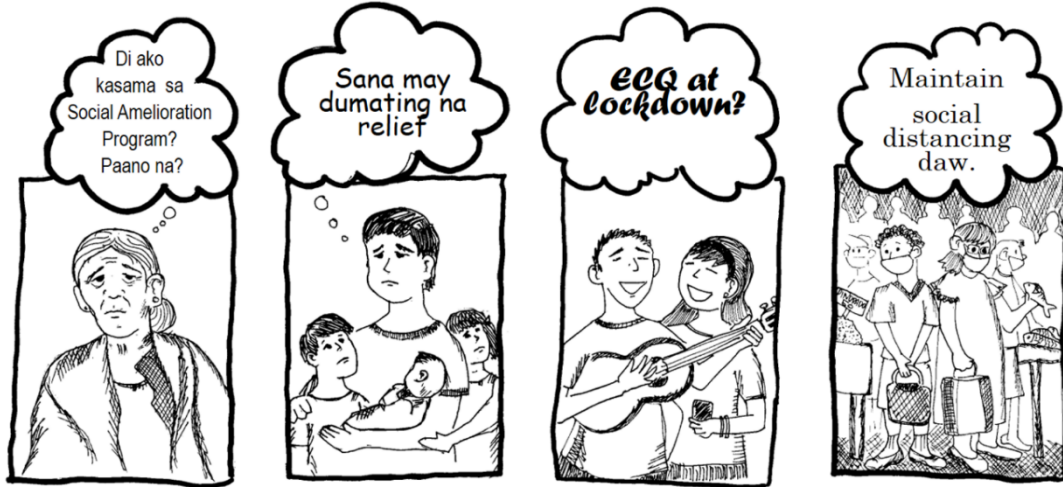
**Direction:** Think of five (5) disasters that you had experienced, watched, or read in the past two years. Then, write how you feel while experiencing, watching, or reading it.

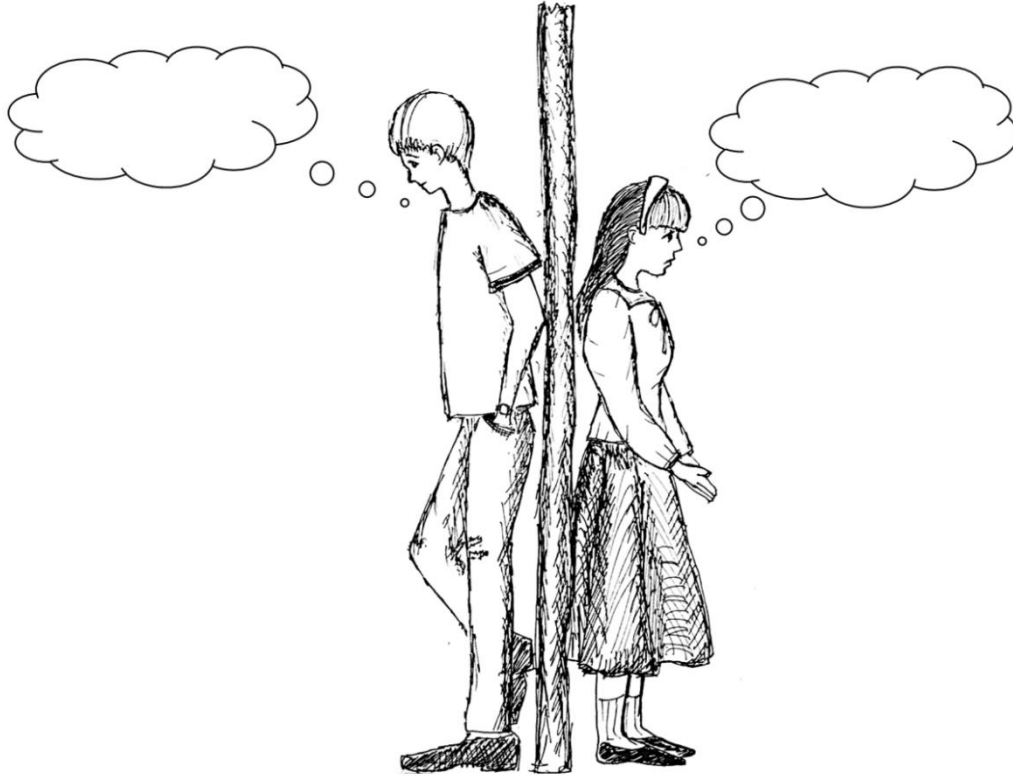
Calamity/Disaster	Your Feeling
1.	
2.	
3.	
4.	
5.	



## What's New

**Direction:** Below are some illustrations depicting expressions about COVID 19 pandemic. Read them silently and try to figure out by answering the questions on the next page.





What troubling situations reminded you of the scenarios? Share the feelings and opinions that you had related to the situations as shown in the illustrations.

(Write your thoughts and ideas below)

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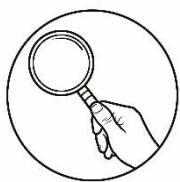
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## ***What is It***

A disaster is a damaging event that occurs suddenly and involves loss of life and property. It can be of two types, natural and man-made.

<https://www.toppr.com/ask/content/concept/disaster-and-its-types-210877/>

Natural disasters can destroy a whole community in an instant. Examples of natural disasters are volcanic eruptions, tsunamis, earthquakes, and typhoons which are destructive to people's lives.

Man-made disasters on the other hand are caused by human beings. Some of the man-made disasters are bomb explosions, terrorism, wars, leakage of poisonous chemicals, pollutions, industrial accidents, and epidemics. They are identified as man-made disasters because they happen due to human actions and not by natural forces.

### **What is the difference between hazard and disaster?**

A hazard is a dangerous situation or event that carries a threat to humans. A disaster is an event that harms humans and disrupts the operations of society. Hazards can only be considered disasters once it affected humans. If a disaster happened in an unpopulated area, it is still a hazard.

[https://www.ccohs.ca/oshanswers/hsprograms/hazard\\_risk.html](https://www.ccohs.ca/oshanswers/hsprograms/hazard_risk.html)

<https://www.google.com/search?q=hazard+is+dangerous+event+or+situation&rlz=>

### **The Human Effect of Natural and Man-Made Disasters**

#### **1. Displaced Populations**

One of the most immediate effects of natural disasters is population displacement. When countries are ravaged by earthquakes or other powerful forces of nature, many people need to abandon their homes and seek shelter in other regions. A large influx of refugees can disrupt accessibility of health care and education, as well as food supplies and clean water.

#### **2. Health Risks**

Aside from the obvious immediate danger that natural disasters present, the secondary effect can be just as damaging. Severe flooding can result in stagnant water that allows breeding of waterborne bacteria and malaria-carrying

mosquitoes. Without emergency relief from international aid organizations and others, death tolls can rise even after the immediate danger has passed.

### 3. Food Scarcity

The aftermath of natural disasters affects the food supplies. Thousands of people around the world are hungry because of destroyed crops and loss of agricultural supplies, whether it happens suddenly in a storm or gradually in a drought. As a result, food prices rise reducing families' purchasing power and increasing the risk of severe malnutrition or worse. The impacts of hunger following an earthquake, typhoon or hurricane can be tremendous, causing lifelong damage to children's development.

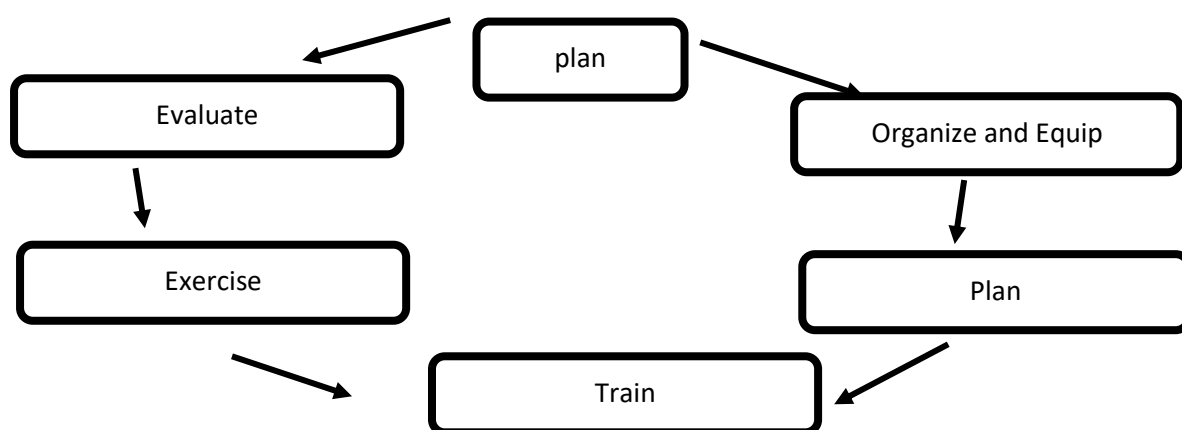
### 4. Emotional Aftershocks

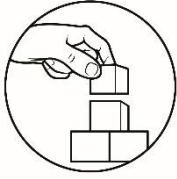
Natural disasters can be particularly traumatic for young children. Confronted with scenes of destruction and the deaths of friends and loved ones, many children develop post-traumatic stress disorder (PTSD), a serious psychological condition resulting from extreme trauma. Left untreated, children suffering from PTSD can be prone to lasting psychological damage and emotional distress.

'The Devastating Impact on Natural Disasters', ChildFund, last modified May 30, 2020, <https://www.childfund.org/Content/NewsDetail/2147489272/>

Great damage caused by a disaster can be reduced if everyone will take responsibility in anticipating its effects. Here are some ways on how to plan ahead of a disaster:

1. Check for hazards at home.
2. Identify safe place indoors and outdoors
3. Educate yourself and family members
4. Have Disaster kits/supplies on hand.
5. Develop an emergency communication plan.
6. Help your community get ready.
7. Practice the **Disaster Preparedness Cycle**





## ***What's More***

**Direction:** Consider yourself as a friend to the following people. Given their situations and the fact that they are suffering from a previous disaster, state the impact / effects of the disasters they are experiencing and what tips, advice or words can you give them to help them recover? Put your answer on a clean sheet of paper.

1. Dale Marc is a 16-year-old student. He lives in Taal, Batangas, together with his family. Fishing is their primary source of income. They found out that the Taal volcano had erupted in Taal Batangas. What are the possible effects / effects of this condition on their family, and what advice are you going to give him?

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2. Anna is a primary school teacher in Cainta, Rizal. She used to be the mother of two beautiful children. Their community was hit by a Super Typhoon submerging and washed away their homes and properties. It is noticeably clear to her mind how her two children tried to hold their hands tightly, but their hands slipped away. What would be the potential effect / effects of the Super Typhoon teacher Anna is experiencing? How do you think can she be helped in coping up from the tragedy?

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3. Coronavirus Disease 2019 (COVID-19) is an infectious disease caused by severe acute coronavirus 2 respiratory syndrome (SARS-CoV-2). It was first identified in Wuhan, Hubei, China in December 2019 and resulted in a continuing pandemic. The first confirmed case in Hubei dates back to 17 November 2019. The virus arrived in the Philippines on 30 January 2020 when the first case of the disease was confirmed in Metro Manila. After more than a month without recording any cases, the Philippines confirmed its first local transmission on 7 March 2020. Since then, the virus has spread to the country with at least one case recorded in the 17 regions of the country.

During this pandemic situation, Nurses serves as a “**frontliner**” to help COVID patients obtain good health and recover from their current situation. What could be the potential effect / impact of the increasingly confirmed cases of COVID patients on Nurses in the Philippines?

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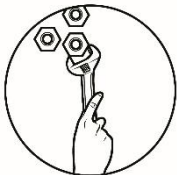
## ***What I Have Learned***

Knowing that a disaster disturbs the usual pattern of life and can cause both physical and emotional harm among people, how would you ensure that you are prepared to face the possible effects of ANY disaster that you may encounter in life?

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## ***What I Can Do***

Suppose you have watched a true-to-life story featured on a television. On your journal, compose a letter addressed to Ate Charing (a TV program host). Your letter should narrate how the main character/s in the story inspired you with everything that he/she went through and the process on how he/she survived over the challenges of the disaster that he/she had experienced. Make sure that emphasis will be given on the disaster effects to the life of the main character.

Your output will be graded according to this rubric.

	4	3	2	1
Story/ Content	The story adheres to the theme/topic	The story is on topic but the substance is satisfactory.	The story is on topic and the substance is fair.	The story is neither on topic nor has substance.
Chain of events	The story is very well organized, and scenes follow a logical sequence.	Clear transitions are used in most scenes.	Some transitions are not clear and hard to follow.	Ideas and scenes seem to be randomly arranged and improvement is needed.
Characters	Readers could describe the characters accurately.	Most readers would have clear idea on the role of the characters.	The reader knows a little about the characters.	It is difficult to tell the actual role of the characters.

\*\*\*derived from google/teacherspayteachers.com –

**REFLECTION:**

Complete the open ended statements with the things that you have learned or realized in this lesson;

I Understand that \_\_\_\_\_

\_\_\_\_\_

I realized

\_\_\_\_\_

\_\_\_\_\_

I need to learn more about

\_\_\_\_\_

\_\_\_\_\_





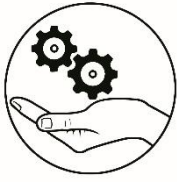
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  - d. The government must be allowed to decide for the good of the fellow people.



### ***Additional Activities***

Read the quotation below. Then, write your agreement or disagreement to the message that it conveys.

“Disasters gave me two things:  
a moment to REACT and  
a decision to OVERCOME.”

*Michael Dooley*

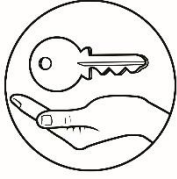
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## ***Answer Key***

<b>Assessment</b>	<b>What I Know</b>	<b>Other Activities:</b>
1. D	1. D	***require varied
2. B	2. B	answers
3. A	3. A	
4. B	4. B	
5. C	5. C	
6. A	6. A	
7. A	7. A	
8. B	8. B	
9. B	9. B	
10.A	10.A	
11.C	11.C	
12.C	12.C	
13.C	13.C	
14.C	14.C	
15.C	15.C	

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