Friends Power Series 1

I'm prepared for emergencies
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Welcome to the adventures of Friends Power!

I’m Prepared for Emergencies

Learning to be prepared for emergencies is very important. Friends Power are here to help you stay safe and be prepared in every situation. You are already a great planner! Every day you get your homework done, you practice your sport and music on time. You plan when and where you will meet your friends. Do you know how to be prepared for emergencies? It’s simple! It’s just knowing, planning and practising, and these stories can help!

Are you ready to put your planning skills to good use? Are you ready to help your family prepare for the unexpected?

Join our adventures and know how to be prepared to face emergencies and disasters.

Happy reading!
Respy is very sporty and speedy in response to any need.

Prep is always prepared. He has a backpack full of useful stuff.

We're a special team. We have the power to move from place to place to help our friends.

Bevy cares about behaviour, fashion and hygiene.

Hi, I'm Knowl. I like computers and anything to do with technology. I've three friends.
IT'S 6 PM IN MARINA CITY AND KNOWL IS SURFING THE INTERNET. HE READS THAT AN EARTHQUAKE HAS JUST HIT REHAB CITY.

OH MY GOD AN EARTHQUAKE! I MUST CALL FRIENDS POWER TO HELP.

AN EARTHQUAKE HAS HIT REHAB CITY CLOSE TO WHERE ADAM LIVES. FRIENDS POWER MUST GO AND HELP. I’LL CALL BEVY AND YOU CALL RESPY. WE’LL MEET IN FRONT OF MY HOUSE IN HALF AN HOUR.

NOW WE’RE ALL HERE. LET’S GO.

FRIENDS POWER!!
Hi guys! What are you doing here?

Yeah. The ground and walls were shaking. It was cool!

Cool! Are you mad? It’s scary and dangerous.

OK. OK! But what’s an earthquake anyway?

An earthquake occurs when there is a massive release of energy which causes the Earth’s plates to move. The ground starts shaking and buildings may collapse. People may die if they are not protected or prepared.

There are small ones and big ones. The strength of an earthquake is measured on the Richter scale.

After an earthquake, the ground can shake again. We should be prepared for aftershocks, too.
First, we must put the big and heavy things on the lower shelves. We’d better be prepared for aftershocks.

Glass and fragile things should be locked away at a low level.

Adam, I’m not playing, I’m following the latest news.

You should help us instead of playing computer games.

What’s happening? The floors are shaking. Is this an aftershock?

Now, we need to check that all the exits are clear.

Yes, let’s remain calm and be careful of falling objects.

The team spreads out through the house.

We’d better be prepared for aftershocks.

What’s happening? The floors are shaking. Is this an aftershock?
The cupboard falls and blocks the main door.

Quick! Hide under a table or door frame for protection.

Prep! Protect your head.

It's so dusty! Cover your nose and mouth.

Quick! Hide under a table or door frame for protection.

Aftershock stops.

It's stopped. Let's get out and find a safer place.

Guys, help me move the cupboard quickly so we can get out.

OK.
Stay away from electrical wires they’re dangerous

TAKE CARE! BUILDINGS CAN COLLAPSE

Hey, up there looks safe. Let’s go

Guys, I’m so glad you came, you saved my life. Thanks.

Friends power

It’s important to know about earthquakes and how to prepare. So check out our quiz.
QUIZ 1: EARTHQUAKES

CIRCLE THE CORRECT ANSWER (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

1. AN EARTHQUAKE IS:
   A. A RELEASE OF ENERGY THROUGH THE EARTH’S PLATES
   B. THE NAME OF A GAME
   C. A CHOCOLATE DRINK

2. THE STRENGTH OF AN EARTHQUAKE IS MEASURED ON:
   A. EARTHQUAKE SCALE
   B. RICHTER SCALE
   C. SHAKING SCALE

3. AN EARTHQUAKE CAN HAPPEN:
   A. ANYTIME, ANYWHERE
   B. DURING SUMMER TIME
   C. DURING WINTER TIME

4. THE FIRST THINGS YOU NEED TO DO WHEN AN EARTHQUAKE HITS ARE:
   A. STAY CALM
   B. GET UNDER A TABLE AND PROTECT YOUR HEAD
   C. GRAB YOUR HOMEWORK

5. YOU SHOULD PREPARE YOUR HOUSE BY PUTTING:
   A. HEAVY THINGS ON TOP SHELVES
   B. HEAVY THINGS ON LOWER SHELVES
   C. LIGHT THINGS ON LOWER SHELVES

6. IF YOU ARE OUTSIDE DURING AN EARTHQUAKE, YOU SHOULD:
   A. STAY AWAY FROM ELECTRICAL WIRES AND BUILDINGS
   B. STAY CLOSE TO BUILDINGS
   C. GO BACK HOME IMMEDIATELY

Answers:
FLOODS
That means there could be floods. The Very heavy rain over the past few hours has raised the water level in the river to dangerous levels.

Floods happen when the ground cannot absorb the amount of water. Yes, the water can rise very high very quickly. Sometimes a whole city can be flooded.

Look at that house. It’s collapsing.

People living in low lying areas, near rivers, in wadis and valleys are most at risk.

It’s 5 PM in Marina city and friends power are all meeting at knowl’s house. Breaking news appears on TV.
MY HOUSE IS NEAR A RIVER. THE WATER WILL GET IN.

DON'T WORRY, WE'LL COME AND HELP YOU PREPARE.

FRIENDS POWER ARRIVE AT BEVY'S HOUSE.

FRIENDS POWER!

FIRST, LET'S START BY BUILDING A FLOOD BARRIER TO PREVENT WATER FROM GETTING IN THE HOUSE.

MY FATHER KEEPS SOME SANDBAGS IN THE BACK.

PUT ALL THE BAGS TIGHTLY TOGETHER.

IF YOU DON'T HAVE SAND BAGS, YOU CAN USE BRANCHES OF TREES AND TIE THEM TOGETHER.

GREAT! NOW WE HAVE A GOOD BARRIER.
Thanks guys, you saved my home. Oh look - an SMS from the municipality telling us to get up on the roof or move to high ground as the water level is rising.

Let's go. Take care everyone. Watch out for power lines.

Let's aim for that hill over there.

Come on guys, quickly.

Prep's backpack falls in the water.

Prep! Be careful. The current is strong. It's dangerous.

Swish...Swash.
Thank goodness, you're safe. Flood water is very powerful and you could have drowned. Don't panic, grab this rope!

Help!

That was scary, thanks!

Flood water is very dirty and full of sewage and mud. We must make sure you didn't get cut and clean you up.

Look, the firefighters and the army have come to drain the water and help people. I'm glad.

Now you too know more about floods and how to prepare. Check out our quiz.

Friends power.
Quiz 2: Floods

Circle the correct answer (there might be more than one correct answer)

1. Floods happen when:
   A. There is sudden heavy rain
   B. There is not enough rain
   C. You drink too much water

2. People who live close to the river can protect their homes by:
   A. Having sandbags ready and using them to build a barrier in front of the doors
   B. Tying branches together to create a fence around the house
   C. Closing the doors tightly

3. When a flood warning comes, people should:
   A. Move to the lowest level possible
   B. Move to highest level possible
   C. Stay where they are

4. Flood water is:
   A. Dangerous
   B. Fun
   C. Safe

5. Flood water:
   A. Is dirty and not safe to drink
   B. Is safe to drink
   C. Tastes like orange juice!

Answers:
1. A
2. A and B
3. B
4. A
5. A

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It’s 10 am in Marina City in August. The weather is beautiful and Friends Power are enjoying a day at the park.

You know the sun is good for you? It produces vitamin D in your body and helps you grow.

I love sunny days!

But isn’t it dangerous to be out in the hot sun for a long time?

Right! Too much hot sun can harm your skin and give you sunstroke.

Prep receives an SMS

What’s the matter, Prep?

My sister says my mum is sick and I have to go home right away.

Wait, we’ll come with you.

Friends Power!
You need to drink lots of fluids to help you stay hydrated. Should we call the doctor?

I’m not feeling well. I think it’s because I stayed too long in the sun. I have a bad headache.

You need to drink lots of fluids to help you stay hydrated. Should we call the doctor?

Thanks dear, I already did. I’ll be fine, don’t worry.

I heard on TV that it’s going to get even hotter this afternoon.

Let’s see if we can find some info on extreme heat.

What do you mean by extreme heat?

It’s when the temperature rises 10°C above the usual temperature. It’s usually around 35°C in August, that means it’s going to be more than 45°C.
This will cool down the room but what happens to people who don’t have AC?

I’ll come with you. Let’s go.

They should close the shutters and the curtains to stop the sun getting in.

Wait. What is it?

Oh, no. I’ve run out of water, I’d better fill up.

I’d better go home and make sure the shutters are closed.

You’re right.

I should also make sure I drink enough water during the day.

Also avoid going out when the sun is hottest from 12 till 4 pm in the afternoon.

I’ll come with you, let’s go.

Bevy turns the AC on.

They should close the shutters and the curtains to stop the sun getting in.

I should also make sure I drink enough water during the day.
Sure, but we need to go early and everyone has to bring sun cream, drinks and hats. I'll bring the beach umbrella.

I've got my hat.

I'll borrow one. How about we all go to the beach tomorrow?

Has the doctor left already?

Sure, but we need to go early and everyone has to bring sun cream, drinks and hats. I'll bring the beach umbrella.

Yes, he says your mom is fine now. She's resting.

Before you go, you should cover your head with a hat or scarf to protect it from the sun.

Friends power.

Now you know how to protect yourself against extreme heat, try our quiz.
QUIZ 3: EXTREME HEAT

CIRCLE THE CORRECT ANSWER (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

1. EXTREME HEAT IS WHEN:
   A. THE TEMPERATURE RISES 10°C OR MORE ABOVE NORMAL TEMPERATURE
   B. THE TEMPERATURE FALLS BELOW NORMAL
   C. YOUR MUM OVERHEATS THE SOUP

2. LONG EXPOSURE TO HOT SUN IS:
   A. AWESOME
   B. DANGEROUS
   C. COOL

3. AVOID HOT SUN:
   A. IN THE AFTERNOON FROM 12 TILL 4 PM
   B. IN THE MORNING
   C. IN THE EVENING

4. WHEN YOU GO OUT IN THE HOT SUN, YOU SHOULD:
   A. WEAR A CAP OR SCARF ON YOUR HEAD
   B. WEAR LIGHT COLOURS
   C. PUT ON PROTECTIVE SUN CREAM
   D. STAY IN THE SHADE IF YOU CAN
   E. DRINK LOTS OF FLUIDS THROUGHOUT THE DAY
   F. AVOID THE AFTERNOON

5. IF YOU FEEL DIZZY OR HAVE A HEADACHE ON A HOT DAY YOU SHOULD:
   A. DRINK WATER
   B. TELL YOUR PARENT OR TEACHER
   C. GO INDOORS

Answers:
1. A
2. B
3. A
4. A, B, C, D, E and F
5. A, B and C
It hasn’t rained for nearly two years... Many of the rivers and streams have dried up. It’s hard to find water.

I’ve been trying to help people understand what drought does and how we should adjust.

Friends Power are on the net chatting with their friend Saeed, who lives in a desert area.

Hello, Saeed. How are you doing my friend? We haven’t talked for a long time.

Salam my friends. I’m happy to hear from you. What’s up?

We just wanted to check how you are. It’s been so hot these last few days. We wondered how you’re getting on.

Thank you for asking my friends. We’re suffering from a terrible drought.

It’s been so hot these last few days. We wondered how you’re getting on.

Thank you for asking my friends. We’re suffering from a terrible drought.

I’ve been trying to help people understand what drought does and how we should adjust.
OK, WE'LL COME AND HELP YOU. WE'LL BE THERE IN A FEW HOURS.

COME ON FRIENDS LET'S GET GOING!

FRIENDS POWER!

FRIENDS POWER ARRIVE AT SAEED'S HOUSE FIVE HOURS LATER

SALAM ALEIKUM MY FRIENDS!

THANK YOU VERY MUCH FOR COMING. MY BROTHER SALMAN WILL TELL YOU MORE ABOUT THE SITUATION.

SALAM! NICE TO SEE YOU MY FRIENDS. I'M A MEMBER OF A LOCAL YOUTH ASSOCIATION CALLED "THE FUTURE IS NOW". WE TRY TO HELP PEOPLE IMPROVE THEIR LIVES.

JUST NOW OUR MAIN CONCERN IS DROUGHT. RIVERS HAVE DRIED UP AND WE'RE HAVING A BIG PROBLEM WITH MOSQUITOES.
Also many people take water from the river to drink and leave it uncovered and inappropriate containers. Unclean water has made many people sick, especially children.

Great. We'll come with you. We're having a meeting at the school with the children. We'll discuss how we can help the town.

One hour later the meeting at the school is about to start.

My friends, you know there's a drought. We need to work together to help everyone get through it.

People should not waste water. Also water should be stored properly in clean, covered containers. This will stop people getting ill, especially children.
We have lots of mosquitoes in our house!

Hi everyone, we’re Friends Power. You know, we can all prevent diseases with simple measures.

Mosquitoes spread diseases such as malaria. They love to stay around stagnant water.

So you should keep away from pools of water and make sure to sleep under bed nets and use mosquito repellent.

Cover water containers and only drink water that has been boiled first.
The children agree to follow the advice of Friends Power and to share what they've learnt with their parents.

Tell your parents to conserve water by not watering vegetables during the hottest part of the day and to avoid washing vehicles.

Saeed, we'll go home now. We'll check back with you in 10 days.

10 days later Friends Power chat with Saeed on the net.

Salam Saeed, how are things going?

Our pleasure, Saeed.

Now you too know what to do in time of drought, right? Try our quiz.

Great my friends. I'm really happy. Fewer people are falling sick. People are more aware of the need to conserve water and to boil water before drinking it. Thank you all.

Salam Saeed, how are things going?

10 days later Friends Power chat with Saeed on the net.

Tell your parents to conserve water by not watering vegetables during the hottest part of the day and to avoid washing vehicles.

Now you too know what to do in time of drought, right? Try our quiz.
QUIZ 4: DROUGHT

CIRCLE THE CORRECT ANSWER (THERE MIGHT BE MORE THAN ONE CORRECT ANSWER)

1. DROUGHT OCCURS WHEN THERE IS:
   A. A HOT WIND
   B. NO RAIN FOR A LONG TIME
   C. A LOT OF RAIN ALL THE TIME

2. WATER SHOULD BE STORED IN:
   A. OPEN CONTAINERS TO BE EXPOSED TO FRESH AIR
   B. EMPTY FOOD AND DRINKS CONTAINERS
   C. CLEAN AND PROPERLY SEALED CONTAINERS

3. STAGNANT WATER:
   A. ATTRACTS MOSQUITOES
   B. CAN BE USED FOR DRINKING
   C. CAN BE DANGEROUS AND SHOULD BE AVOIDED

4. YOU CAN CONSERVE WATER BY:
   A. WASHING CLOTHES LESS OFTEN
   B. NOT WASHING VEHICLES
   C. ONLY WATERING VEGETABLES IN THE EARLY MORNING OR EVENING

5. YOU CAN PROTECT YOURSELF FROM MOSQUITO BITES BY:
   A. AVOIDING STAGNANT WATER
   B. USING MOSQUITO REPELLENT
   C. SLEEPING UNDER A BED NET

FRIENDS POWER is a series of health education comic stories developed for children. It aims to build the knowledge, attitude and skills of children on selected health topics such as natural disaster preparedness and response and healthy lifestyles. This first publication in the series deals with disaster preparedness and response focusing on earthquake, flooding, extreme heat and drought.