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 practicing, 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.

Bevy cares about behaviour, fashion and hygiene.

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

Hi, I'm Knowl. I like computers and anything to do with technology. I've three friends.
FRIENDS POWER

EARTHQUAKES
IT’S 6 PM IN MARINA CITY AND KNOWL IS SURFING THE INTERNET WHEN HE READS THAT AN EARTHQUAKE HAS JUST HIT REHAB CITY, CLOSE TO WHERE HIS FRIEND ADAM LIVES.

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

HI KNOWL, WHAT’S UP?

I’M GLAD YOU’RE HERE, WE MUST HURRY

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

AN EARTHQUAKE
HAS HIT REHAB CITY
CLOSE TO WHERE ADAM LIVES.
I’M SURE THERE WILL BE AFTERSHOCKS.
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.

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

Hi! We’re telling you an earthquake just hit near you and you want to play!!

Awesome! Anyway it’s not in my area, let’s play.

Hey! We heard an earthquake hit Rehab City near where you live.

Ok, don’t be upset! But what’s an earthquake anyway? Is it that dangerous?

When the earth’s layers move the ground shakes. This is what we call an earthquake. Because of the movements buildings can collapse and people may die if they are not protected or prepared.

Rehab City.

Not all earthquakes have the same strength. There are small ones and big ones. The strength of an earthquake is measured by something called the Richter scale.

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

You should help us instead of playing computer games.

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

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

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

Yes, let's remain calm and try to get outside.

What's happening? The floors are shaking. Is this an earthquake?
THE CUPBOARD FALLS AND BLOCKS THE MAIN DOOR

PREP! TRY TO PROTECT YOUR HEAD WITH YOUR HANDS

Quick! Hide under a table or door frame for protection

Earthquake stops

It's so dusty! I should cover my nose and mouth

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

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

OK
Stay away from overhead wires and buildings. They might fall on you.

That's true, buildings and bridges can collapse and injure you.

Hey, that looks like a safe shelter. Let's go.

That's true, buildings and bridges can collapse and injure you.

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

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. The movement of the earth’s layers
   B. The name of a game
   C. A chocolate drink

2. The strength of an earthquake is measured by:
   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 out of the building
   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 overhead wires and buildings
   B. Stay close to buildings
   C. Go back home immediately

Answers:
What do they mean by floods?

Floods happen when there is too much rain. The ground cannot absorb any more water and the water eventually has nowhere to go.

Yes, the water can rise very high very quickly. Sometimes a whole city can be flooded.

Are floods dangerous?

People who live in low lying areas are most at risk.

People who live near rivers and wadis should build their houses on stilts.
Friends Power!!

Friends

Oh no! I live near a river. What can we do?

Don’t worry, we’ll come and help you prepare.

Friends Power arrive at Bevy’s house.

First, let’s start by building a flood barrier to prevent water from getting in the house.

My father has some sandbags in the back.

Put all the bags tightly together.

If people don’t have sand bags, they 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.

Prep’s backpack falls in the water

Prep! Be careful. It’s dangerous. You may hurt yourself on something in the water.

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

Let’s aim for that hill over there.

Come on guys, quickly.
Thank goodness, you’re safe. Flood water is very powerful and you could have drowned.

Don’t panic, I’m coming.

Help! The water is pushing me along.

Thank goodness, you’re safe. Flood water is very powerful and you could have drowned.

That was scary, but I’m not hurt. 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 TOO MUCH RAIN AND RIVERS OVERFLOW
   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. BUILDING THEIR HOMES ON STILTS
   B. HAVING SANDBAGS READY AND USING THEM TO BUILD A BARRIER IN FRONT OF THE DOORS
   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
FRIENDS POWER
EXTREME HEAT
It's 10 am in Marina City in August. The weather is beautiful and Friends Power are enjoying a day at the park.

I love sunny days!

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

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 all the time when it’s hot. Fluids 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.

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, and the rest of this week.

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 35°C.
This will cool down the room but what happens to people who don’t have AC?

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.

You’re right.

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.

Wait

What is it?

I’ll come with you, let’s go.
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?

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

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

Has the doctor left already?

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

Now you know how to protect yourself against extreme heat, try our quiz.

Friends Power.
**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. GOindoors

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**Answers**

It hasn’t rained for months and the temperature has been around 45°C for many months now. 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.
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.

Friends Power!

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 are wasting water. They take water from the river to drink and leave it in 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 waste water by not storing it in proper and covered containers. The water becomes unclean and people get ill, especially children.
So do we, and my young brother had an upset stomach and fever.

Hi everyone, I’m Knowl and these are my friends Prep, Respy and Bevy. We’re happy to be with you. 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.

Covered water containers keep mosquitoes away. You should only drink water that has been boiled first and you should cover water containers.
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 cars.

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.

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?

Our pleasure Saeed.

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. AVOIDING WASHING CARS
   - 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.