

Friends Power Series 1

I'm prepared for emergencies



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FRIENDS POWER HEROES



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 PRACTISE 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 !



HI, I'M KNOW. I LIKE COMPUTERS AND ANYTHING TO DO WITH TECHNOLOGY. I'VE THREE FRIENDS.



BEVY CARES ABOUT BEHAVIOUR, FASHION AND HYGIENE.



RESPY IS VERY SPORTY AND SPEEDY IN RESPONSE TO ANY NEED.

PREP IS ALWAYS PREPARED. HE HAS A BACKPACK FULL OF USEFUL STUFF.



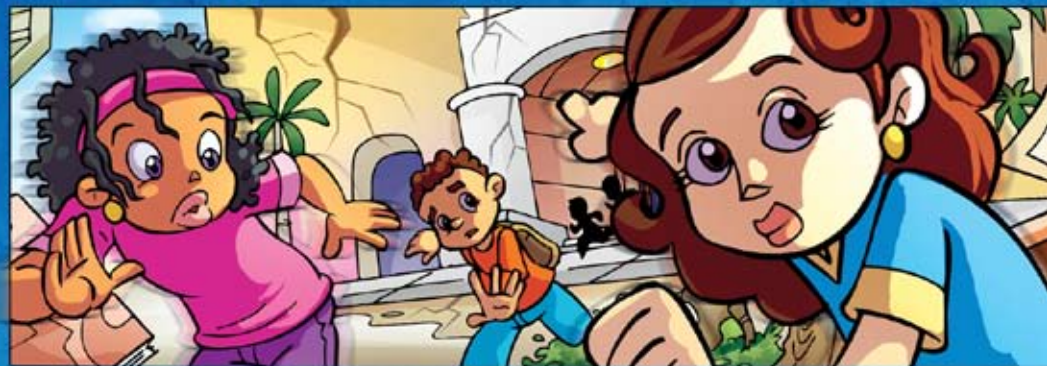
WE'RE A SPECIAL TEAM. WE HAVE THE POWER TO MOVE FROM PLACE TO PLACE TO HELP OUR FRIENDS.



FRIENDS POWER

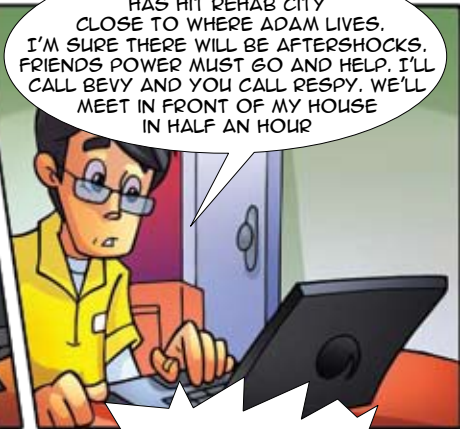
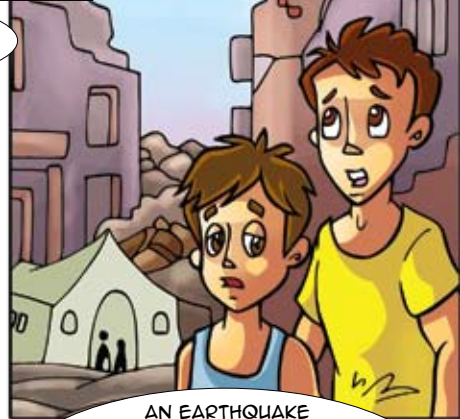


EARTHQUAKES



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.

REHAB CITY.





FRIENDS POWER ARRIVE AT ADAM'S HOUSE

HI GUYS! WHAT ARE YOU DOING HERE?



WE HEARD AN EARTHQUAKE HIT REHAB CITY NEAR WHERE YOU LIVE

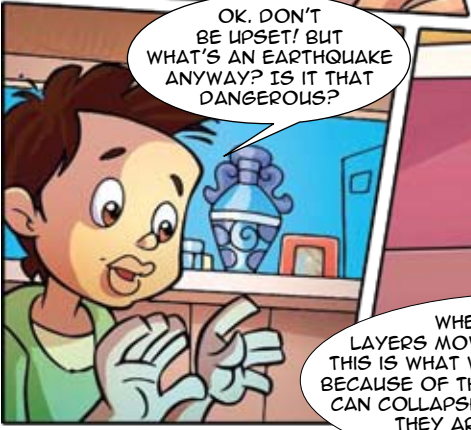
HEY! WE'RE TELLING YOU AN EARTHQUAKE JUST HIT NEAR YOU AND YOU WANT TO PLAY?!!



AWESOME! ANYWAY IT'S NOT IN MY AREA, LET'S PLAY



grrrrrrrr



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



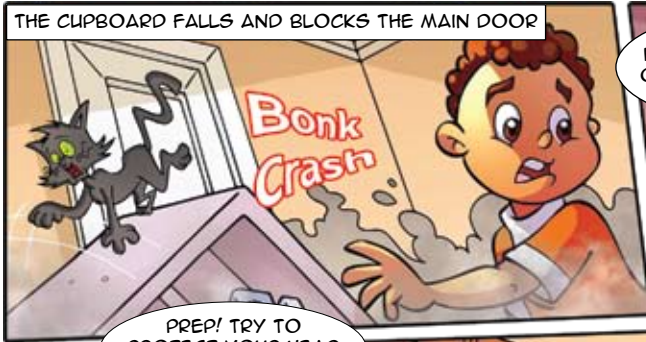
AFTER AN EARTHQUAKE, THE GROUND CAN SHAKE AGAIN. WE SHOULD BE PREPARED FOR AFTERSHOCKS. LET'S START



THE TEAM SPREADS OUT THROUGH THE HOUSE



THE CUPBOARD FALLS AND BLOCKS THE MAIN DOOR



QUICK!
HIDE UNDER A TABLE
OR DOOR FRAME FOR
PROTECTION



PREP! TRY TO
PROTECT YOUR HEAD
WITH YOUR HANDS



EARTHQUAKE STOPS

IT'S SO DUSTY!
I SHOULD COVER MY
NOSE AND MOUTH



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 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



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



FRIENDS POWER



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
1. A 2. B 3. A
4. A and B 5. B 6. A



FRIENDS POWER



FLOODS



IT'S 5 PM IN MARINA CITY AND FRIENDS POWER ARE ALL MEETING AT KNOWL'S HOUSE. BREAKING NEWS APPEARS ON TV



THE HEAVY RAIN OF THE LAST FEW WEEKS HAS BROKEN THE DAM CLOSE TO MARINA CITY. RIVERS ARE OVERFLOWING AND THERE IS A RISK OF FLOODS

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



ARE FLOODS DANGEROUS?

YES, THE WATER CAN RISE VERY HIGH VERY QUICKLY. SOMETIMES A WHOLE CITY CAN BE FLOODED



PEOPLE WHO LIVE IN LOW LYING AREAS ARE MOST AT RISK

PEOPLE WHO LIVE NEAR RIVERS AND WADIS SHOULD BUILD THEIR HOUSES ON STILTS





OH NO! I LIVE NEAR A RIVER. WHAT CAN WE DO?



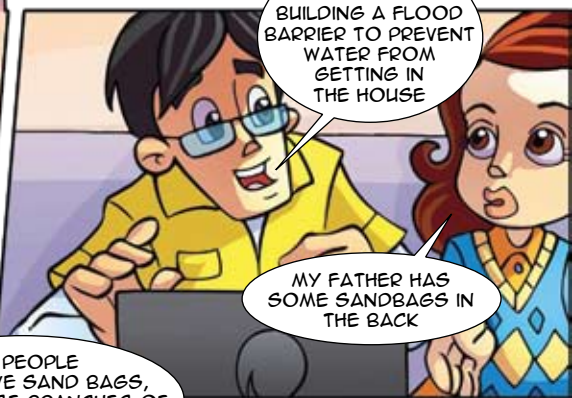
DON'T WORRY, WE'LL COME AND HELP YOU PREPARE



FRIENDS POWER!



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







HELP!
THE WATER IS
PUSHING ME
ALONG



DON'T PANIC,
I'M COMING

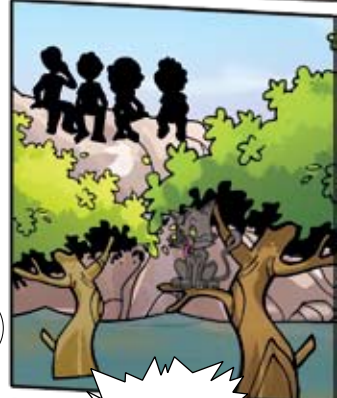


THANK GOODNESS,
YOU'RE SAFE. FLOOD WATER IS
VERY POWERFUL AND YOU
COULD HAVE DROWNED



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)

- FLOODS HAPPEN WHEN:
 - THERE IS TOO MUCH RAIN AND RIVERS OVERFLOW
 - THERE IS NOT ENOUGH RAIN
 - YOU DRINK TOO MUCH WATER
- PEOPLE WHO LIVE CLOSE TO THE RIVER CAN PROTECT THEIR HOMES BY:
 - BUILDING THEIR HOMES ON STILTS
 - HAVING SANDBAGS READY AND USING THEM TO BUILD A BARRIER IN FRONT OF THE DOORS
 - CLOSING THE DOORS TIGHTLY
- WHEN A FLOOD WARNING COMES, PEOPLE SHOULD:
 - MOVE TO THE LOWEST LEVEL POSSIBLE
 - MOVE TO HIGHEST LEVEL POSSIBLE
 - STAY WHERE THEY ARE
- FLOOD WATER IS:
 - DANGEROUS
 - FUN
 - SAFE
- FLOOD WATER:
 - IS DIRTY AND NOT SAFE TO DRINK
 - IS SAFE TO DRINK
 - TASTES LIKE ORANGE JUICE!

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



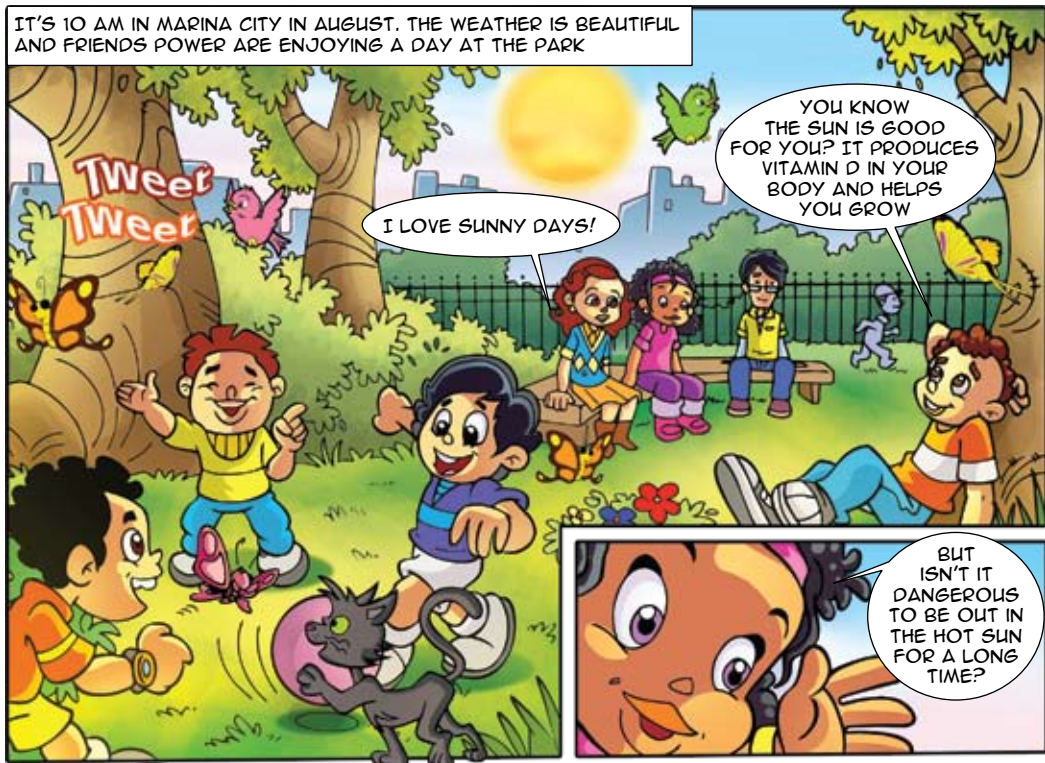
FRIENDS POWER



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



Tweet
Tweet

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



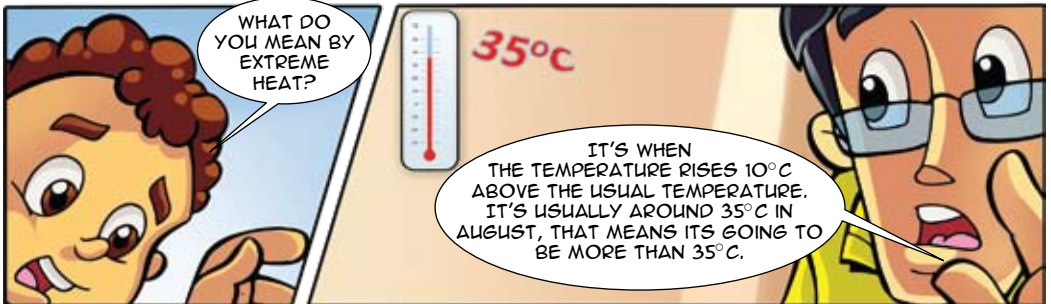
WAIT WE'LL COME WITH YOU



FRIENDS POWER!



FRIENDS POWER ARRIVE AT PREP'S HOUSE. HIS MOTHER IS LYING IN BED



BEVY TURNS THE AC ON

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.

ALSO AVOID GOING OUT WHEN THE SUN IS HOTTEST FROM 12 TILL 4 PM IN THE AFTERNOON

OH, NO, I'VE RUN OUT OF WATER, I'D BETTER FILL UP

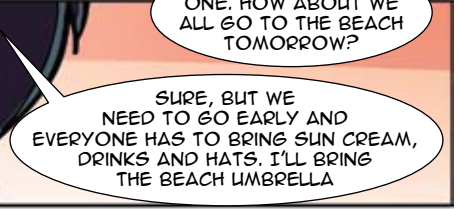
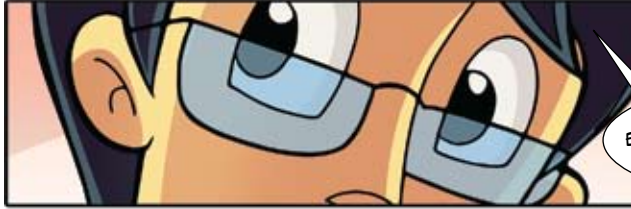
I'D BETTER GO HOME AND MAKE SURE THE SHUTTERS ARE CLOSED

WAIT

WHAT IS IT?

I'LL COME WITH YOU. LET'S GO





QUIZ 3: EXTREME HEAT

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

- EXTREME HEAT IS WHEN:
 - THE TEMPERATURE RISES 10°C OR MORE ABOVE NORMAL TEMPERATURE
 - THE TEMPERATURE FALLS BELOW NORMAL
 - YOUR MUM OVERHEATS THE SOUP
- LONG EXPOSURE TO HOT SUN IS:
 - AWESOME
 - DANGEROUS
 - COOL
- AVOID HOT SUN:
 - IN THE AFTERNOON FROM 12 TILL 4 PM
 - IN THE MORNING
 - IN THE EVENING
- WHEN YOU GO OUT IN THE HOT SUN, YOU SHOULD:
 - WEAR A CAP OR SCARF ON YOUR HEAD
 - WEAR LIGHT COLOURS
 - PUT ON PROTECTIVE SUN CREAM
 - STAY IN THE SHADE IF YOU CAN
 - DRINK LOTS OF FLUIDS THROUGHOUT THE DAY
 - AVOID THE AFTERNOON
- IF YOU FEEL DIZZY OR HAVE A HEADACHE ON A HOT DAY YOU SHOULD:
 - DRINK WATER
 - TELL YOUR PARENT OR TEACHER
 - GO INDOORS

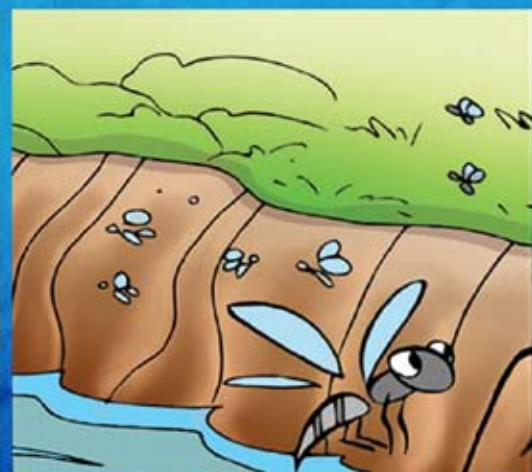
Answers
1. A 2. B 3. A 4. A, B, C, D, E and F 5. A, B and C



FRIENDS POWER



DROUGHT



FRIENDS POWER ARE ON THE NET CHATTING TO 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

45°C

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





FRIENDS POWER ARRIVE AT SAEED'S HOUSE FIVE HOURS LATER





ALSO MANY PEOPLE ARE WASTING WATER. THEY TAKE WATER FROM THE RIVER TO DRINK AND LEAVE IT IN UNCOVERED AND INAPPROPRIATE CONTAINERS.



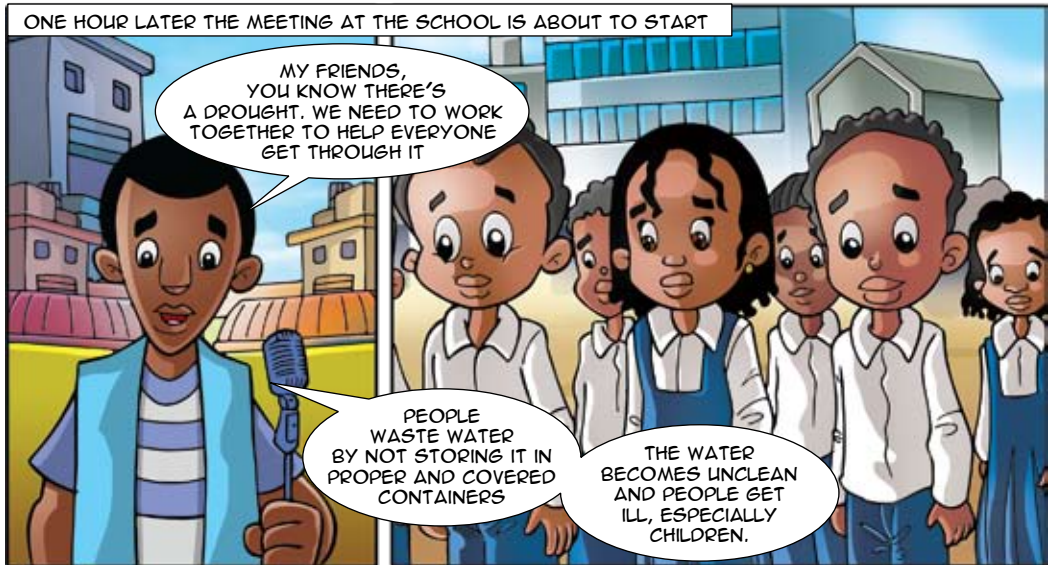
UNCLEAN WATER HAS MADE MANY PEOPLE SICK, ESPECIALLY CHILDREN

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

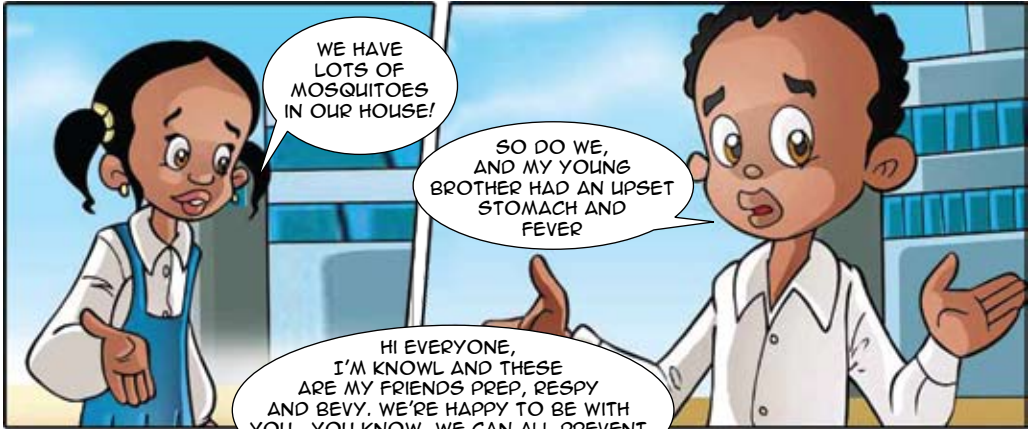


MY FRIENDS, YOU KNOW THERE'S A DROUGHT. WE NEED TO WORK TOGETHER TO HELP EVERYONE GET THROUGH IT

PEOPLE WASTE WATER BY NOT STORING IT IN PROPER AND COVERED CONTAINERS

THE WATER BECOMES UNCLEAN AND PEOPLE GET ILL, ESPECIALLY CHILDREN.





WE HAVE LOTS OF MOSQUITOES IN OUR HOUSE!

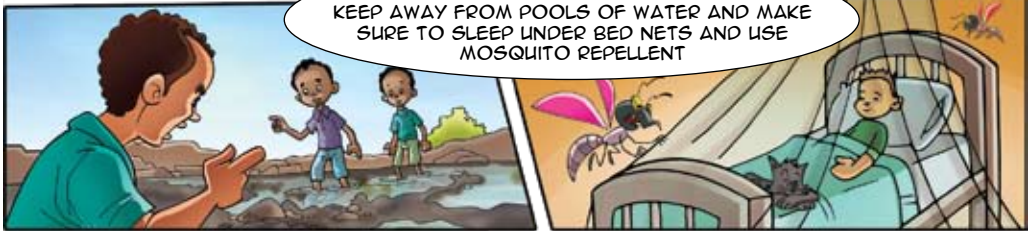
SO DO WE, AND MY YOUNG BROTHER HAD AN UPSET STOMACH AND FEVER

HI EVERYONE, I'M KNOW 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





TELL YOUR PARENTS TO CONSERVE WATER BY NOT WATERING VEGETABLES DURING THE HOTTEST PART OF THE DAY AND TO AVOID WASHING CARS



THE CHILDREN AGREE TO FOLLOW THE ADVICE OF FRIENDS POWER AND TO SHARE WHAT THEY'VE LEARNT WITH THEIR PARENTS



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?



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



OUR PLEASURE SAEED.



FRIENDS POWER



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

Answers
1. B 2. C 3. A and C
4. A, B and C 5. A, B and C





COMING
SOON



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.

