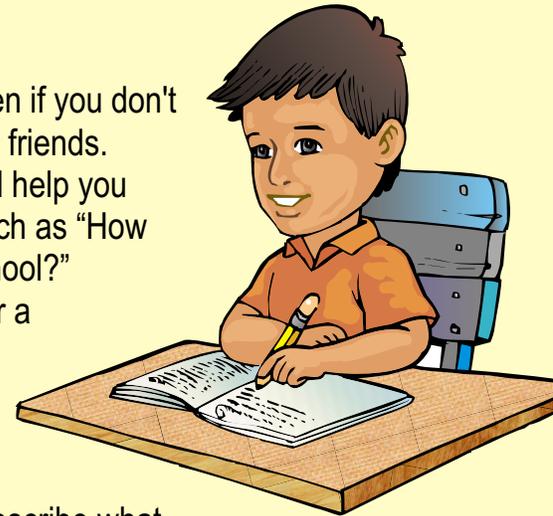


How does it feel like when there's a disaster?

Remember that:

- Things soon get back to normal after most disasters.
- Disasters are not God's punishment.
- You can find something to do to pass the time and have some fun even if you don't go back home for a while. You'll be in a new place and can make new friends.
- Ask grown-ups for help if you are feeling confused or afraid . They will help you understand what is going on. Don't be afraid to ask any questions such as “How long are we going to be in this shelter?” or “When will I go back to school?”
- It is possible that after a disaster you might have to live in a shelter for a while. To prevent diseases and accidents within the shelter you should remember to keep clean and tidy, wash your hands often, use the latrines, bury the garbage to stop flies, mosquitoes and rodents from breeding, and avoid dangerous areas.
- Sometimes it helps to write or draw about what happened. You can describe what happened and how you feel, so that you can remember it all better when it's all over and you want to tell how brave you were.
- It is fine to cry about what happened, if ever you feel like it. But remember that everything is going to get better.
- You too, can help. Girls and boys of all ages can help in shelters by taking care of other children, playing with them. You can also help at home after a hurricane or an earthquake, picking things up, or cleaning.



Work out the clues to find a piece of advice you should never forget..

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