

DISASTER MANAGEMENT TRAINING GUIDE



LUCKY SUMMER

DISASTER PREPAREDNESS TRAINING GUIDE: LUCKY SUMMER WARD

“Staying Safe Together: A Community Guide to Disaster Preparedness in Lucky Summer”

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Introduction

Why This Guide Matters

Disasters affect everyone but not equally. In fast-growing urban settlements like Lucky Summer, disasters such as floods, fires, and disease outbreaks are not distant possibilities, they are lived realities. This toolkit responds to the urgent need to equip communities with practical, locally relevant skills and knowledge to prepare for, reduce, and recover from disaster events.

Disaster preparedness is no longer the job of government alone. It begins at the household, takes root at the court or estate, and grows through the collective action of neighbours, youth groups, schools, women's associations, and faith-based organisations.

This guide was developed as a value product of a planning research study conducted in Lucky Summer Ward. It draws directly from the lived experiences, risks, and coping strategies of local residents. It is not theoretical, it is community-grounded, action-oriented, and meant for real people working with limited resources but a strong will to stay safe together.

Main Objectives of the Disaster Preparedness Training Guide

- 1. Build awareness of disaster risks-** Educate participants on the types, causes, and potential impacts of disasters relevant to their context.
- 2. Strengthen individual and community preparedness-** Equip participants with practical skills to plan, respond, and recover effectively from disasters.
- 3. Promote coordinated response mechanisms-** Encourage collaboration among local authorities, community groups, and other stakeholders for efficient disaster management.
- 4. Integrate disaster risk reduction into daily life-** Foster habits, policies, and infrastructure planning that reduce vulnerabilities and enhance resilience.
- 5. Enhance decision-making during emergencies-** Provide clear guidelines for assessing situations, prioritizing actions, and minimizing harm during crises.
- 6. Support policy and institutional frameworks-** Align training with national or local disaster management strategies to ensure consistency and effectiveness.

Who This Guide is For

This guide is written for everyday community actors who care about their safety and that of their neighbours. It can be used by:

- Tenants and landlords living in high-density residential buildings
- Youth and women's groups, who often act as first responders
- Community Health Volunteers (CHVs) and local leaders
- Barraza facilitators, estate committees, and neighbourhood associations
- Faith-based organisations (churches, mosques) that serve as shelters
- Schools and informal learning centres, to teach preparedness early
- Anyone with a heart for community safety and resilience

No prior expertise is needed to use this guide. If you can speak, listen, and care, you can lead a session from this guide.

How to Use This Training Guide

This is a modular training guide which means it is structured in sections (“modules”), each focusing on a key area of disaster preparedness. Each module will take between 30-60min to complete and contains:

- A core message or training goal
- Key concepts and examples
- Hands-on exercises for group learning
- Role plays, maps, checklists, and visuals
- Clear takeaways for immediate action

In addition to the core training modules, the guide also includes; A Facilitator’s Checklist Table that serves as a practical table that helps baraza leaders, CHVs, youth reps, and estate officials prepare and deliver high-impact sessions confidently from set-up to follow-up.

A set of annexes with ready-to-use tools such as:

- A household emergency plan template
- A court-level disaster preparedness form
- Emergency contact list templates
- Attendance and reporting sheets
- Health and sanitation safety posters

Posters and Visual Tools: Designed for low-literacy and visual learning environments, the guide includes sample posters such as:

- “Before–During–After” disaster action checklists
 - Safe water and sanitation tips
 - Fire safety do’s and don’ts
 - Risk awareness illustrations
- These can be printed, laminated, or drawn on flipcharts for use during or after training sessions in courts, schools, churches, and barazas.

Facilitators can:

- Use one module per baraza, school, or church session
- Combine multiple modules for a half-day training
- Translate summaries into Kiswahili or other local languages
- Adapt tools to suit different spaces, courts, estates, kiosks, classrooms

The toolkit can be:

- Printed and displayed
- Read aloud in small meetings

- Shared digitally via WhatsApp or email
- Used repeatedly, it is not one-off

Training Module Overview

Module	Title	Training Goal	Key Takeaways
1	Understanding Disaster Risk in Lucky Summer	Introduce DRRM concepts and help participants understand risk, vulnerability, and resilience in their own context	Participants can define key DRRM terms, identify local risks, and begin mapping vulnerabilities in their estate
2	The Disaster Cycle – Prepare, Respond, Recover	Help participants understand the 4 stages of disaster management and how each one can be acted on locally	Participants can differentiate preparedness, response, recovery, and mitigation and align estate actions with each phase
3	Household Preparedness	Equip households with plans, kits, and safety strategies for fire, flood, and health crises	Participants leave with a working household plan, emergency kit checklist, and home safety assessment
4	Fire Risk Preparedness and Response	Train participants to prevent, detect, and respond to fire outbreaks in dense housing contexts	Participants understand key fire safety principles, rehearse evacuation, and draft fire response plans for their courts
5	Flood Risk Preparedness and Community Response	Provide practical steps for estate-wide and household flood preparedness and coordinated response	Participants map flood-prone areas, assign flood response roles, and prepare rally points and contact trees
6	Sanitation and Health During Disasters	Prevent disease outbreaks during and after disasters through hygiene, reporting, and community checks	Participants know how to safely use shared toilets, treat water, spot early signs of disease, and lead estate sanitation efforts

Facilitator's Checklist Table

Phase	Checklist Item
Before the Session	• Read and understand the full module content • Prepare key definitions and local examples • Gather materials: flipcharts, manila paper, markers, sample kits • Print/display infographics or risk maps (if available) • Ensure venue is well-lit, ventilated, and accessible • Confirm seating for group work (circle, semi-circle, etc.) • Print emergency contacts and activity templates
During the Session	• Introduce yourself and state the purpose of the session • Explain the session structure (presentation, demo, group activity, feedback)
	• Speak clearly, repeat key ideas, and use local language if necessary
	• Use real-life examples from Lucky Summer (recent fires/floods)
	• Engage participants with open questions and discussion
	• Facilitate hands-on activity or group mapping exercise
	• Display or use posters, flashcards, or real items (e.g., torch, whistle)
	• Summarise key takeaways at the end
	• Encourage 1–2 participants to share what they learned
	• Take attendance and capture feedback if time allows
After the Session	• Submit a quick update to the DRM contact person or CHV lead
	• Support follow-up (e.g., drain cleanup, kit assembly, rally point signage)
	• Leave posters or materials in a visible community location
	• Record any difficult questions or feedback for improving future sessions

Core Training Themes and Modules

Module 1: Understanding Disaster Risk in Lucky Summer- Introduce the Foundations of Disaster Risk and Local Hazards.

Theme: Understanding Risk to Take Control

Training Goal

To introduce learners to the foundational ideas behind disaster risk and resilience, while rooting the conversation in real examples from Lucky Summer. This session sets the stage for the rest of the training by ensuring participants understand what risk is, why it exists, and how it can be managed.

What is Disaster Risk Reduction and Management (DRRM)?

Trainer Explanation:

Disaster Risk Reduction and Management is a system for preventing or reducing the damage caused by disasters like floods, fires, and disease outbreaks. It includes four main stages: preparedness, response, recovery, and mitigation. We use these concepts to manage disasters before they happen and build back better when they do.

Example to Explain: “When a court knows it floods every April, DRRM means preparing ahead. Not just reacting when the water arrives.”

Key Concepts Trainees Must Understand

Term	Meaning
Hazard	A threat (e.g. heavy rain, fire, cholera outbreak)
Exposure	Being in harm’s way (e.g. living in a flood zone)
Vulnerability	Conditions that make you more likely to be hurt (e.g. poverty, poor housing)
Risk	The chance that a hazard + vulnerability = harm
Resilience	The ability to bounce back and recover after disaster

Understanding this helps you not just fear disasters, but manage them.

Trainer Tip: Have participants share a local example of each term

Why People-Centred DRRM Matters

People-centred approaches:

- Start at the estate and household level
- Use local knowledge (who’s vulnerable? where do floods happen?)

- Rely on collective action (e.g., WhatsApp alerts, baraza cleanups)
- Respect everyone's role youth, CHVs, mothers, caretakers

Trainer Discussion Prompt: Ask: “Who acts first when a fire or flood hits, government or neighbours?”

Explore how communities, not external agencies, are the first to respond in Lucky Summer. This shows why disaster management must be designed with and for the people most at risk.

Understanding Local Vulnerability

Use role play or storytelling to explore how different people are affected by disasters:

- A mother with small children on the 3rd floor
- A new tenant unfamiliar with court exits
- A CHV without protective gear during floods
- A disabled elder living alone

Trainer Tip: Highlight that vulnerability is socially produced, not random. We plan for it to reduce it.

Practical Activity: Hazard Mapping

Have participants sketch a simple map of their estate/court and mark:

- Flood-prone zones
- Fire hotspots
- Shared toilet blocks
- Exit routes
- Court noticeboards or WhatsApp trees

Discuss:

- Where are the greatest risks?
- Who is most exposed?
- What could be done now?

Then ask: what can be done here and now?

This Module Trains Participants To:

- Understand key DRRM concepts (hazard, vulnerability, risk, resilience)
- Apply these concepts to their estate and daily life
- Recognise their own role in identifying and reducing risk
- Begin collective problem-solving through mapping and dialogue

UNDERSTANDING DISASTER RISK

WHAT IS DISASTER RISK?

The likelihood of harmful impacts to people and property from hazardous events.



WHY PEOPLE DRRM MATTERS

Good disaster risk reduction and management (DRRM) can save lives and protect development



UNDERSTANDING LOCAL VULNERABILITY AND KEY DISASTERS IN LUCKY SUMMER



Module 2: The Disaster Cycle – Preparing, Responding, Recovering

Theme: Every Phase Matters

Training Goal:

To introduce participants to the four key phases of disaster management and train them to think in cycles, not just emergency reactions. This module helps residents and groups identify what they can do before, during, and after a disaster at the household or estate level.

What is the Disaster Cycle?

Use a circular diagram to explain the phases:

- Preparedness – Planning and training before a disaster occurs
- Response – Immediate action during the event (e.g., rescue, first aid)
- Recovery – Restoring normal life and rebuilding safely
- Mitigation – Reducing long-term risks so future events are less damaging

These phases are not separate they overlap and repeat. For example, what we learn during recovery can be used to improve preparedness.

Trainer Demo: Use a real-life Lucky Summer story and walk through each phase.

Why Is the Cycle Important for Lucky Summer?

Discuss:

- Why do people focus only on reaction?
- What if we shifted energy to prevention and early action?

Many residents only think of disaster response, but being prepared before an emergency and taking steps to prevent harm is what saves lives.

Example: Flooding in Lucky Summer is predictable during long rains. Yet without preparedness (like drain clearing), it becomes a disaster. If the cycle is understood, barazas can focus on pre-rain action rather than just reacting when damage has occurred.

Trainer Reflection: “We can’t stop rain, but we can stop floods from becoming disasters.”

Breaking Down the Phases

A. Preparedness

- Create court evacuation plans
- Conduct community drills
- Share emergency contact lists
- Store basic emergency supplies
- Teach children what to do

“Preparedness gives people power before a disaster arrives.”

B. Response

- Raise the alarm (whistle, shout, SMS)
- Evacuate calmly and safely
- Rescue vulnerable persons
- Call emergency numbers

- Administer first aid if trained

“Good response can save lives—but poor response can create panic.”

C. Recovery

- Clean up with safe materials (e.g., bleach for flood-contaminated homes)
- Reconnect families and neighbours
- Rebuild with better materials
- Report losses and request support
- Support each other emotionally

“Recovery is not just physical—it’s about dignity and healing too.”

D. Mitigation

- Raise floors or build water channels
- Install safer wiring or fire breaks
- Avoid rebuilding in flood-prone areas
- Improve hygiene and sanitation access
- Push for policies that support safer planning

“Mitigation means the next disaster won’t hurt as much—or at all.”

Practical Activity: Cycle Planning for Your Court

Split into groups of 4. Assign each group one phase (Preparedness, Response, Recovery, Mitigation).

Each group answers:

- What can we do at court/household level for this phase?
- What are we doing well?
- What’s missing?

Groups present and help build a complete “Disaster Cycle Wall Chart” for the ward.

Linking to Court Plans

Help participants add actions under each cycle stage to their emerging court preparedness plan. For example:

- Preparedness = clear drains every March
- Response = assign rally point leaders
- Recovery = CHV checks on elderly after flooding
- Mitigation = push for fire extinguisher installation in shared spaces

This Module Trains Participants To

- Understand and describe the four stages of disaster risk management
- Identify what activities fall under each phase
- Begin tailoring estate-level action to the cycle
- Prioritise early planning over emergency panic

THE DISASTER CYCLE



Module 3: Household Preparedness

Theme: Every Home is a First Responder

Training Goal

To equip households in Lucky Summer with practical steps, tools, and mindset shifts that help them prepare, respond, and recover independently and collectively when disasters strike.

This session trains participants to:

- Develop a household emergency plan
- Assemble an affordable, context-sensitive emergency kit
- Identify safety gaps within their own living space
- Practice roles and responsibilities with family or neighbours

Why Household Preparedness is Essential

Even in well-organised communities, disaster impact often starts and must first be managed at the household level. In Lucky Summer's high-density informal housing, families often live several floors up, with limited exits, shared corridors, and no immediate access to emergency services.

Waiting for external help in the first minutes of a fire or flood can be deadly. But preparedness makes each home safer—even when alone.

Key Household Preparedness Actions

A. Create a Household Emergency Plan

- Who is responsible for what in case of a fire, flood, or illness?
- Where do we meet if separated?
- Who will assist children, the elderly, or persons with disability?
- Where do we keep keys, torches, and phones?

Tip: Practice your plan as a family don't wait for the real emergency.

B. Assemble a Basic Emergency Kit

This kit can be stored in a bag or plastic bucket and should contain:

- Flashlight and spare batteries
- A loud whistle or bell
- First aid supplies (plasters, painkillers, antiseptic)
- Bottled drinking water

- Copies of ID cards in a waterproof sleeve
- Airtime or a power bank
- A list of key contacts (relatives, local clinic, fire services)

***Trainer's Note:** You can display the items or pass around a sample kit for learners to touch, see, and understand affordability and accessibility.*

C. Assess Your Space: Is It Safe?

Participants should be encouraged to do a walk-through of their living spaces. Ask:

- Are exits blocked by furniture or padlocks?
- Are electric wires exposed?
- Are paraffin stoves stored indoors without ventilation?
- Do we store gas safely and close valves when not in use?

***Visual Aid:** Create a checklist poster titled “Is Your Home Disaster-Ready?”*

Real-Life Scenario: Role Play

Scenario: It's 7 PM. There's a fire starting in the cooking area on the 3rd floor. Break into groups and act out:

- Raising the alarm
- Helping others evacuate
- Grabbing the emergency kit
- Calling for help
- Reuniting family outside the building

***Trainer Tip:** This activity builds muscle memory and helps correct panic behaviours in real emergencies.*

Group Exercise: Build Your Emergency Plan

Each household (or pair) will:

- Fill out a basic emergency plan template
- Identify local contacts and rally points
- List items missing from their home kits
- Share one commitment to improve household safety within one week

This Module Equips Trainees To

- Build and rehearse a working household emergency plan
- Assemble an affordable and realistic emergency kit
- Conduct safety checks inside and outside their own home
- Take responsibility for preparedness, even without outside help

BASIC EMERGENCY HOUSEHOLD KIT



TORCH



FIRST AID



WATER



WHISTLE



DOCUMENTS



PHONE

Module 4: Fire Risk Preparedness and Response

Theme: Prevent, Prepare, Act – Every Second Counts

Training Goal

To help participants understand the causes and impacts of fire outbreaks in dense informal settlements, and equip them with life-saving behaviours, low-cost prevention actions, and real-time response strategies they can use in their own households, blocks, or courts.

Why Fire Risk is High in Lucky Summer

Fires in Lucky Summer can be high-impact due to:

- Overcrowded housing with no escape routes
- Illegal electricity connections and overloaded sockets
- Use of paraffin lamps, charcoal jikos, and candlelight
- Flammable construction materials (e.g. wood, plastics, polythene partitions)
- Lack of access for firefighting services due to narrow paths

Recent cases in the ward show entire court units gutted within minutes. Often, the fire is out of control before help arrives.

Understanding Fire Hazards

Trainers should begin by asking:

- Where is the most likely place a fire could start in your home?
- How fast do you think it would spread?
- Could your neighbours hear you shout “fire”?
- Is there a safe way out?

Use this to introduce fire risk as a daily reality in high-density settlements.

Fire Prevention Measures (Low-cost & Practical)

Electrical Safety

- Don't overload sockets with multiple appliances
- Avoid illegal power tapping and unqualified electricians
- Unplug items not in use (e.g., cookers, iron, TV)

Cooking Safety

- Always turn off gas at the cylinder
- Keep paraffin stoves on the floor—not on unstable surfaces
- Don't leave open flame unattended (candles, jikos)

Home Setup

- Keep exits free of clutter
- Install a whistle or alarm system (even a metal rod to bang on)
- Store sand or a fire extinguisher nearby (where feasible)

Trainer Tip: Bring visuals showing good and bad fire safety habits. Display a sample LPG cylinder valve and demonstrate proper closure.

Response: What To Do During a Fire

Participants should learn this action sequence:

1. **Raise the alarm** – Shout “Moto!”, blow a whistle, bang metal
2. **Evacuate immediately** – Don’t stop to collect items
3. **Help others** – Prioritise children, elderly, or disabled
4. **Use sand or water if trained and safe to do so**
5. **Never re-enter a burning structure**

Important: If there is thick smoke, stay low. Crawl. Use a wet cloth to cover your nose/mouth if possible.

Using a Fire Extinguisher – The PASS Method

- **P** – Pull the pin
- **A** – Aim the nozzle at the base of the fire
- **S** – Squeeze the handle
- **S** – Sweep side to side

Trainer Demo: If safe, demonstrate with a real or mock extinguisher. Practice in small groups.

Activity: Court Fire Drill Simulation

Split into estate court groups and:

- Designate a fire starter (imaginary)
- Practice alarm-raising
- Evacuate to a rallying point
- Account for all members
- Debrief: What worked? What delayed action?

Encourage groups to create a court-specific Fire Response Plan.

Optional: Safe Cooking Poster Contest

Engage youth or women’s groups to design a poster showing safe vs. unsafe cooking or wiring. Display winning entries in public spots.

This Module Equips Trainees To:

- Understand how and why fires occur in their local setting
- Take proactive, low-cost steps to reduce household fire risk
- Respond quickly and appropriately during fire emergencies
- Teach others how to use simple response tools like extinguishers, sand, and sound

DOS AND DON'TS OF FIRE SAFETY IN INFORMAL SETTLEMENTS



DOS



**INSTALL
SMOKE
ALARMS**



**USE SAFE
HEATING
METHODS**



**KEEP
SPACE
BETWEEN
HOMES**

BLOCK EXITS



DON'TS



**LEAVE CANDLES
UNATTENDED**



**OVERLOAD
ELECTRICAL
OUTLETS**

BLOCK EXITS

Module 5: Flood Risk Preparedness And Community Response

Theme: Don't Wait for the Water — Prepare, Act, Recover

Training Goal

To help participants understand why flooding happens in Lucky Summer, what early warning signs to look out for, and how to prepare before, during, and after a flood to protect lives, health, and property.

Why Lucky Summer is Prone to Flooding

This ward is especially vulnerable to flooding due to:

- Flat terrain with minimal natural drainage
- Construction on or near riparian lands and drainage corridors
- Blocked community drains filled with solid waste
- Inadequate infrastructure investment and lack of stormwater planning

Many households are built at ground level meaning even small amounts of rain can cause flooding inside homes.

Flooding as a Repeated and Predictable Hazard

Residents know the rainy seasons, yet flooding continues to catch many off guard due to:

- No organised early warning systems
- Poor coordination between courts and local government
- Lack of flood drills or shared preparation

*Trainer Prompt: Ask: "What warning signs did you see before the last flood?"
Build a list: dark clouds, rising canal water, foul smell from drains, past patterns.*

What to Do: Before, During, and After Flooding

Before the Flood

- Clean and unblock estate drainage channels
- Place valuables and documents on upper shelves
- Store food in sealed plastic containers
- Pack an emergency flood bag (torch, IDs, water, medicine)
- Ensure emergency contacts are current

During the Flood

- Turn off electricity at the main switch
- Avoid walking or wading through floodwater
- Move children, elderly, and vulnerable persons to higher ground
- Stay updated via WhatsApp groups or local scouts

After the Flood

- Disinfect floors and surfaces with bleach
- Do not use contaminated food or water
- Monitor children and neighbours for symptoms (coughs, diarrhoea)
- Report blockages, injuries, or illness to CHVs or the county DRM officer

Trainer's Note: Emphasize personal safety. "If it looks risky, don't go in."

Exercise: Risk Mapping and Response Drill

1. In small groups, draw a **mini-map** of your block or estate
2. Mark:
 - Entry points for water
 - Flooded areas from previous years
 - Potential escape or rally zones
 - Drainage cleaning points
3. Discuss:
 - What should we do 2 weeks before the rainy season?
 - Who leads this in our court?

Court-Level Flood Plan Template

Guide the group to fill in:

- Rally point for families
- Roles: who checks drains, who alerts others, who helps evacuate
- WhatsApp alert tree
- Local chief or CHV contact
- Resource list: bleach, gumboots, extra torch, ropes

Optional Visual Tools:

- Flood Preparedness Poster: "Before, During, After" (can be drawn or printed)
- WhatsApp "Flood Alert" chain printed and pinned on court noticeboard

This Module Equips Trainees To:

- Recognise how and why Lucky Summer floods occur
- Take simple but life-saving steps before, during, and after a flood
- Mobilise household and estate-level responses without waiting for outside help
- Build a shared flood response plan that works for their terrain and layout

HOW TO STAY SAFE DURING FLOODS IN LUCKY SUMMER



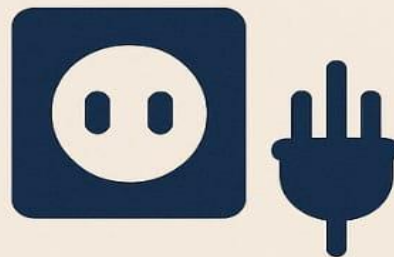
CLEAN DRAINS



**STORE VALUABLES
OFF THE FLOOR**



USE SANDBAGS



**SWITCH OFF
ELECTRICITY**

Module 6: Sanitation And Health During Disasters

Theme: Clean Spaces, Healthy Bodies, Strong Communities

Training Goal

To equip participants with knowledge and practical skills to prevent disease during and after disasters, and to promote safe hygiene and sanitation practices in shared living environments.

Why Sanitation and Health Matter During Disasters

After a flood, pit latrines may overflow. After a fire, clean water may be unavailable. In both cases, Lucky Summer faces heightened risks of disease outbreaks, including:

- **Cholera and diarrhoea** due to contaminated water
- **Skin and eye infections** from dirty floodwater
- **Respiratory illness** from damp or moldy spaces
- **Increased rat or insect activity** due to poor waste disposal

These health issues spread quickly in crowded estates, especially when people share latrines, taps, and kitchens.

Key Sanitation Risks in Lucky Summer

- Pit latrines that are full, shared, or unventilated
- Informal garbage dumps in corridors or near walkways
- Limited access to handwashing stations
- No system for reporting illnesses or symptoms
- Lack of water treatment knowledge in low-income households

Trainer Prompt: Ask: “What made people sick last time your area flooded?” Build a risk list from local memory.

Practical Health Protection Measures

Safe Use of Shared Toilets

- Use one latrine per family unit if possible
- Clean after use using bleach or detergent
- Keep lids closed and floors dry
- Assign cleaning duties in shared spaces (rotational system)

Water Hygiene

- Boil water for at least 10 minutes or use chlorine drops (AquaTabs)
- Avoid using floodwater for cleaning or cooking
- Store drinking water in covered, labelled containers

Waste Management

- Bag waste tightly before dumping
- Dig temporary compost pits for food waste
- Don't throw waste into drains, it worsens flooding
- Avoid burning plastic or diapers in enclosed spaces

Early Detection of Health Issues

Encourage residents to:

- Report diarrhoea, vomiting, coughs, or rashes to CHVs immediately
- Create neighbour-to-neighbour health alerts ("My child has a fever, watch your kids too.")
- Check on vulnerable residents regularly (elderly, infants, pregnant women)

Trainer Tip: Use a symptom checklist poster during barazas. Display public health hotline numbers for rapid action.

Activity: Sanitation Walk-Through

In small groups:

1. Walk around a court or estate and assess:
 - Latrine condition
 - Drain cleanliness
 - Waste bins and storage
 - Standing water
2. Score each on a sheet (1–5) and give one improvement idea
3. Present findings to the larger group and discuss low-cost solutions

Optional Visual Tools

- Sanitation Poster: "5 Tips to Keep Your Court Clean After Disaster"
- CHV Contact Card with symptoms-to-watch and health emergency numbers
- Water safety infographic: boil, treat, store, label, cover

This Module Equips Trainees To

- Prevent disease during and after disaster events through simple hygiene habits
- Mobilise group responsibility around sanitation in shared spaces
- Identify and act early on potential disease outbreaks
- Communicate health concerns within households and between neighbours

5 TIPS TO KEEP YOUR COURT CLEAN AFTER DISASTER

1. REMOVE DEBRIS



2. CLEAR DRAINAGE



3. SWEEP THE COURT



4. WASH THE SURFACE



5. PROPERLY DISPOSE OF WASTE



Annexes

Annex 1: Training Attendance Sheet

No.	Name	Place of residence	Group (e.g. CHV, Youth, Tenant)	Phone Number	Signature
1					
2					
3					
...					

Tip: Use this to track participation and follow up with active groups.

Annex 2: Key Emergency Contacts – Lucky Summer Ward

Service	Contact Office	Name /	Phone Number	Location / Note
Local Chief				
Assistant Chief				
Ward Administrator				
Nearest Health Facility				
Nairobi Fire Department				
Community Health Volunteer				Add contact per place of residence if possible
Flood/Fire WhatsApp Admin				For real-time alerts
Local Police Post				

Tip: Laminate and post in each estate or court office.

Annex 3: Household Emergency Plan Template

Question	Family Response
Where is our nearest safe exit?	
Who is responsible for helping the children?	
Where do we meet if separated?	
What are our 3 most important documents?	
Where is our emergency kit kept?	
Who will call for help?	
Important phone numbers?	

Use in Module 3. Print or draw on flipchart paper for group work.

Annex 4: Place of residence e.g. Kware, Bakhita, Mwalimu Plaza etc etc Disaster Preparedness Plan (Blank Template)

Area	Key Details / Notes
Court Name / Zone	
Rally Point	
Alarm Method	E.g. Whistle, bell, metal sheet
Flood Entry Points	
Fire Extinguishers / Sand Buckets	
Drainage Cleaning Schedule	
Risk Mapping (Sketch Attached?)	
Contact Tree (Who alerts who?)	

Use in Module 5. This becomes a living document for each estate.

Annex 5: Symptoms-to-Watch Poster (Disaster Health Monitoring)

Health Symptom	Action to Take
Persistent diarrhoea	Report to CHV, use water treatment
Skin rashes after flooding	Clean with disinfectant, report
Breathing difficulty	Seek clinic care, watch for mold in home
Fever + vomiting	Possible cholera/typhoid—seek treatment
Red eyes / eye discharge	May signal infection, especially after smoke

Print this on A4 and post in courts or public areas.