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The REDACt project Educational Hub

Planning for Emergencies and for Safe Citizens

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GA T3 Implementation of REDA system (pilot studies)

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1. BACKGROUND OF THE DOCUMENT

1.1. SCOPE AND OBJECTIVES

Earthquake imposed crises, invoke the entire community including the entire of its structural components. They put into test the operational capacity of services, their response efficiency and the response of the population, which strongly affects the dynamics and progress of response actions, both during the event and after that.

Response of the population is strongly related to the level of **communication**, of **comprehending the risks** and of **being able and trained** to respond. Scope of the deliverable is to provide simple guidelines, which combined with the content of the REDACt Educational Hub and the short tutorials given, can support citizens to develop their own emergency plans, in line with the State issued guidelines.

The document is a part of the REDACt Educational Hub (Edu-Hub). It capitalizes on respective material published by competent Authorities at National and Regional Levels and is based on research carried out during the project and on internationally recognized and widely acceptable principles.

The International Hellenic University led this effort and partners contributed with data, information and translations.

1.2. RELATED DOCUMENTS

1.2.1. Input

Table 1. List of former deliverables acting as inputs to this document

Document ID	Descriptor
D.T.3.5.1	The REDACt project Educational Hub

1.2.2. Output

Table 2. List of other deliverables for which this document is an input.

Document ID	Descriptor
D.T3.1.	

2. EMERGENCY RESPONSE EFFICIENCY AND PUBLIC BEHAVIOR

Earthquake Response imposes a huge workload to Civil Protection and it's an extremely demanding job, especially considering that it must be carried out in a very limited amount of time. At the same time, interaction between the Public and Civil Protection authorities is of critical importance as it strongly affects the dynamics and progress of response actions, both during the incident and after that.

Being a critical factor for earthquake response efficiency, the Public needs to act in a way that does not create problems or impose additional work load on authorities. Towards that end, the Public needs to act accordingly to State issued guidelines, to avoid unnecessarily exposing themselves to risks, to stay safe and to protect their families and loved ones.

At the same time, the Public can voluntarily contribute to supporting those in need (e.g. people with difficulty to move) and help build an overall more resilient society against earthquakes.

Given that "Time" during emergencies is a critical factor, the Public needs to be **prepared and trained** in order to respond efficiently without unnecessarily exposing themselves to risks. That target can be achieved by providing the propped education and tools to support the Public in developing and executing their own emergency plans at various levels (personal, family etc.) while at the same time, by providing them with the situational awareness they need.

Improving the Public response capacity is therefore a critical target, which can keep people safer, limit property damage, support community preparedness and help recover after a disaster.

3. DEVELOPING AN EARTHQUAKE EMERGENCY PLAN

Planning for emergencies is an investment on personal and family safety and must cover all earthquake disaster mitigation stages at the level of the citizen: prevention, preparedness, response, and recovery. While developing an emergency plan, people need also to take into consideration the various conditions that may exist during an emergency (kids at various activities, individuals being at different places, location and access to assets of interest etc.) and foresee specific actions to overcome any problems.

Communication to get situational awareness at personal level (e.g. condition and whereabouts of other family members etc.) is also crucial, so any actions leading to failure of communication networks (like using the cellphones for voice communication) must be avoided and communication over VoIP using Data, must be used.

Efficient planning relies on:

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- **getting to know the risks.** Because knowing the risks in the region can help individuals develop an efficient response plan, be better prepared and stay safer.
- **Making scenarios** based on various conditions. A family may not be together at the time of an event. Family members should therefore plan how to contact each another, where (safe place) to meet, how to get there taking into consideration different scenarios. Planning will help an individual and a family to know what to do in case of an emergency. Training (practicing) will help them detect any problems during implementation and optimize the plan.
- **Train to respond.** Communication is essential during emergencies as already described in D.T3.5.1. For communication to be operational, the Public needs to avoid overloading the comms network by trying to make phone calls. Instead, they should use data to communicate and exchange critical information that can provide situational awareness regarding personal concerns (see also D.T3.5.1).
Even in that case, for communication to be used efficiently during an emergency, arrangements and **training for all participants is essential.** If for instance a family is going to use a VoIP service to communicate (i.e. Whatsapp, Messenger etc), “groups” must be created and pinned at the top of the “contacts” list in order to be immediately accessible. Communication groups should also be developed with persons that need to be contacted (neighbors, friends, people who may provide important information). At the same time, members of groups must be trained in using and communicating over this way, send and receive messages and share their live location so that the rest of the group members can monitor them on a map as they walk towards a predefined safe location.

4. PREVENTING DAMAGE AND PLANNING FOR RESPONSE

4.1. Getting to know the risks

Comprehending the risks, can help understand and justify the reasons for taking preventive, preparedness, and response actions. Towards that end, a series of popularized documents have been developed by the REDACT project:

- From Earthquake Focus to induced Damage (1 Eng + 3 translations in Greek, Turkish and Romanian).
- Earthquake Damage to structures and Infrastructure (1 Eng + 3 translations)
- Earthquake induced Geotechnical failures (1 Eng + 3 translations)

These documents are made available over the REDACT Educational Hub site (<https://www.redact-project.eu/educational-hub/>).

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The highest possibility of being injured during an earthquake comes from falling objects since earthquakes that will not damage construction (non-structural vulnerability), can lead to furniture being overthrown or heavy objects falling from high places. So, heavy objects should be placed as low as possible, heavy furniture should be properly fixed on walls, ceiling lights should be secured.

The consequences of earthquake damage on construction can be severely enhanced by damage to lifelines (water leakage, electrical discharges, gas leakage). For that reason, the main supply of those lines should be cut off before evacuating the building.

When people evacuate a building using the stairs, accidents may happen leading to serious injuries. Thus, people should be very careful when using the stairs for their own and other people safety.

At the same time, debris may fall from building and hit the streets. So, once people are out of the building, they should stand at a distance to avoid being injured by falling objects.

Landslides and liquefactions can also seriously affect building and cause casualties. In case there are hanging rocks and steep slopes in the immediate vicinity of the house, an investigation by experts at prevention stage can provide solutions to improve safety. Insurance can also help recovery in case of damage.

4.2. Planning for Prevention and Response

A brief list of actions classified as per Earthquake Disaster Mitigation stage, follows:

Inside the building

PREVENTION

- Fasten shelves and libraries firmly on the walls. Move tall furniture which can be overthrown and block the exit.
- Fix firmly water heaters and fuel and water tanks.
- Move heavy objects to lower places.
- Remove any heavy objects over beds and sofas.
- Fasten the fixtures and roof fans well.
- Determine protected spaces in every room in the house:
 - under resistant desks or tables.
 - Away from glass surfaces and libraries.
 - Away from outer walls.
- Check the proper operation of the electricity and gas supply network. Close the mains switch before evacuating the house. Let all family members know how the general electric, water and gas switches can be turned off.

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- Get them to know the emergency phones (medical care/ambulance, police, fire department etc).
- Keep a bag with a portable radio with batteries, a flash light and a first aid kit.
- **Setup a communication plan with family members and another one with friends and/or persons you need to communicate with during an emergency, to exchange important information. See in D.T3.5.2 how to communicate over VoIP and share messages and live location.**
- Setup an evacuation plan with all family members:
 - Check the **available exits**. Think of alternatives if any of them is blocked for any reason.
 - Consult the map of available safe areas (refuge areas) in the vicinity of the house, work, kids activities (gym, playground, institute, school etc.) and **select the appropriate safe area as meeting location** per scenario/case (what if everyone's in the house, what if one or more kids are somewhere else etc.). **For people living in the Region of Anatoliki Makedonia and Thraki, a navigation-able map is given at the REDACT project Educational Hub site: <https://www.redact-project.eu/educational-hub/>**
 - Check the stairs. If there are emergency lights, make sure that they operate properly.
 - Check for old buildings that may be damaged during an earthquake in the vicinity and plan routes towards safe locations by avoiding them.
- Additional Preventive actions that can provide support during emergencies:
 - Keep important documents at an easily accessible place.
 - Keep medication (if the case) and prescriptions at an accessible place along with relevant and important information such as insurance information, allergies, medical conditions, emergency contacts, medication, family medical history, recent vaccinations, surgeries. If possible, keep a copy of this info in your emergency kit.
 - Keep a short supply of bottled water, enough for each family member for two days.
 - Keep canned food (check and replace when necessary) enough for each family member for two days.
 - Keep a power bank to charge cellphones or other devices if necessary.
 - Make an insurance contract for the house.
- Plan for pets. As pets are not allowed in some hotels prepare to take your pets to someone who can keep them for a while.
- Review the plan regularly. Check that all the necessary supplies are in order. Check communication with all involved (using the created communication groups). Rehearse! It will help correct any problems and optimize the plan.
- When in shopping centers, large shops or buildings where a lot of people may be present, check for the location of emergency exits. During evacuation, walk carefully towards one of the exits.

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Emergency planning for people with special needs including elders, persons with mobility difficulties, persons requiring special care, need to:

- Know the building's emergency plans.
- Keep medicines and/or special medical equipment they need at an easily accessible location.
- Identify people who can help them during an emergency and arrange emergency communication and plan response actions with those persons.
- In case they need special equipment and/or medication, those should be clearly identified as theirs to use and easily located.

RESPONSE

When inside the house during an earthquake:

- Keep calm.
 - **Take cover** under a durable furniture (table, desk, desk) and hold it in place.
 - If there is **no durable furniture**, kneel in the middle of the room, reducing your height as much as possible and **protect your head and neck** with your hands. Stay away from large glass surfaces, tall furniture and hanging objects that may cause injuring if they fall.
 - Don't go out on the balcony. Stay inside the house.
 - Carefully check yourself and those around you for potential injuries.
 - If there are heavily injured do not move them.
 - Close/Turn off all main switches.
 - Evacuate carefully using the stairs! Keep your flashlight or your cellphone readily available in case there's no electricity in the building.
 - Do not use the elevator. You may be blocked inside it and remain for a long period in an abandoned building with no communication capability.
 - Try to help those in need (people with mobility problems, elders etc) who live in the same building.
-
- When in shopping centers, large shops, buildings where a lot of people may be present, walk carefully towards one of the emergency exits.

Outside the building

RESPONSE

- Remember that there may be aftershocks. Stay away from building facades.
- Walk towards the predefined safe location by using (if possible) selected routes away from old/damaged buildings and electrical and phone networks.

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- **Communicate over DATA (VoIP)** with your predefined communication groups, **stating your condition** and (if necessary), **sharing your live location** so that they can monitor you on their cellphone as you walk towards a safe location.
- **DO NOT use your cellphone for voice calls as the network will probably be overloaded blocking all communication!**
- Follow the authorities' instructions and do not pay attention to rumors.
- Avoid getting into the house for any reason since aftershocks may cause additional damage.
- Do not unnecessarily use your car because you'll probably get jammed into traffic and contribute to blocking first responders of providing help to those in need.
- If in the car:
 - Avoid entering tunnels or passing over bridges.
 - Take refuge in an open space and stop carefully aside so as to prevent a traffic jam. Park away from buildings and trees and away from telephone and electric cables.

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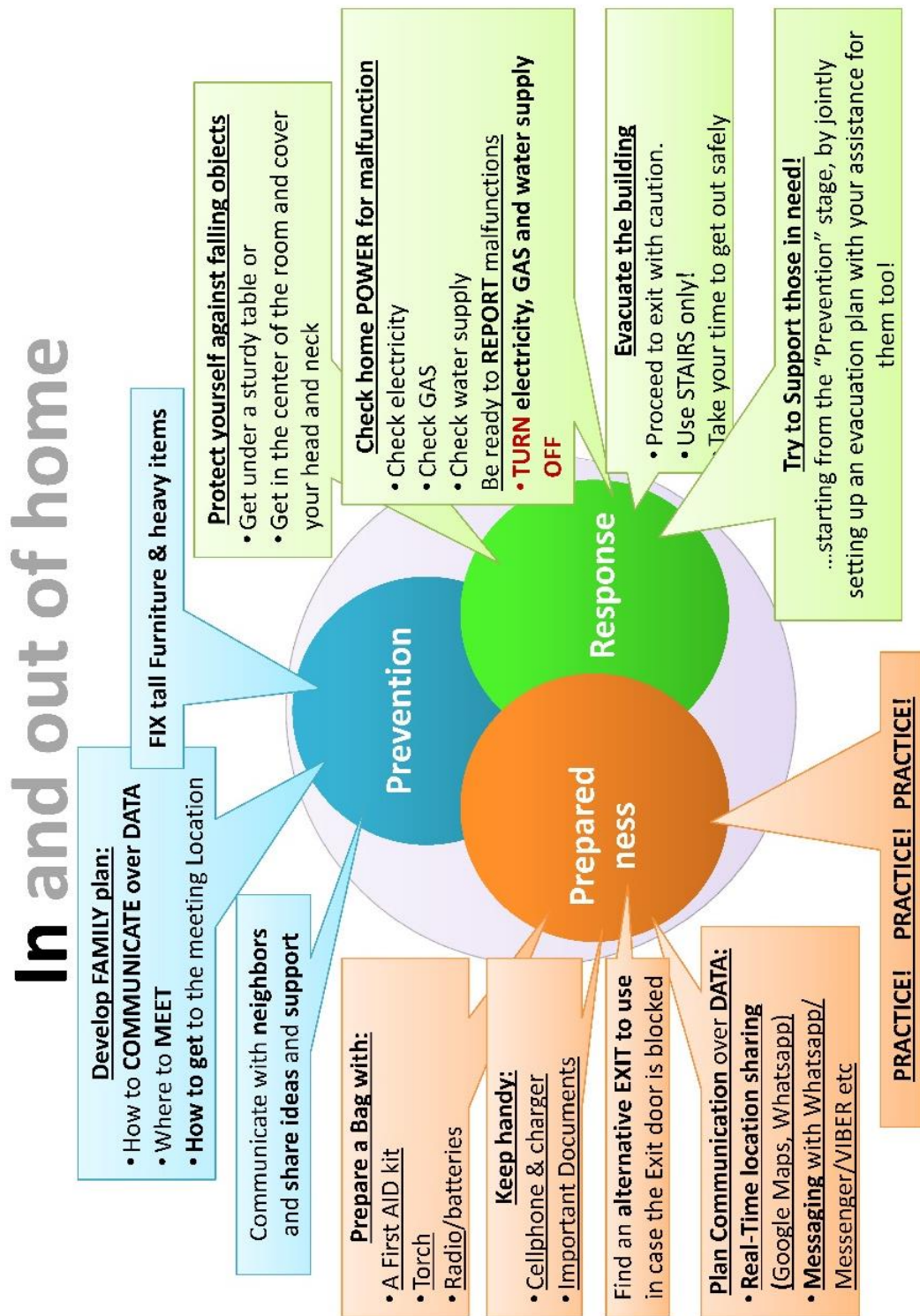


Figure 1. Things to do inside the building at Prevention, Preparedness and Response stages.

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In and out of home

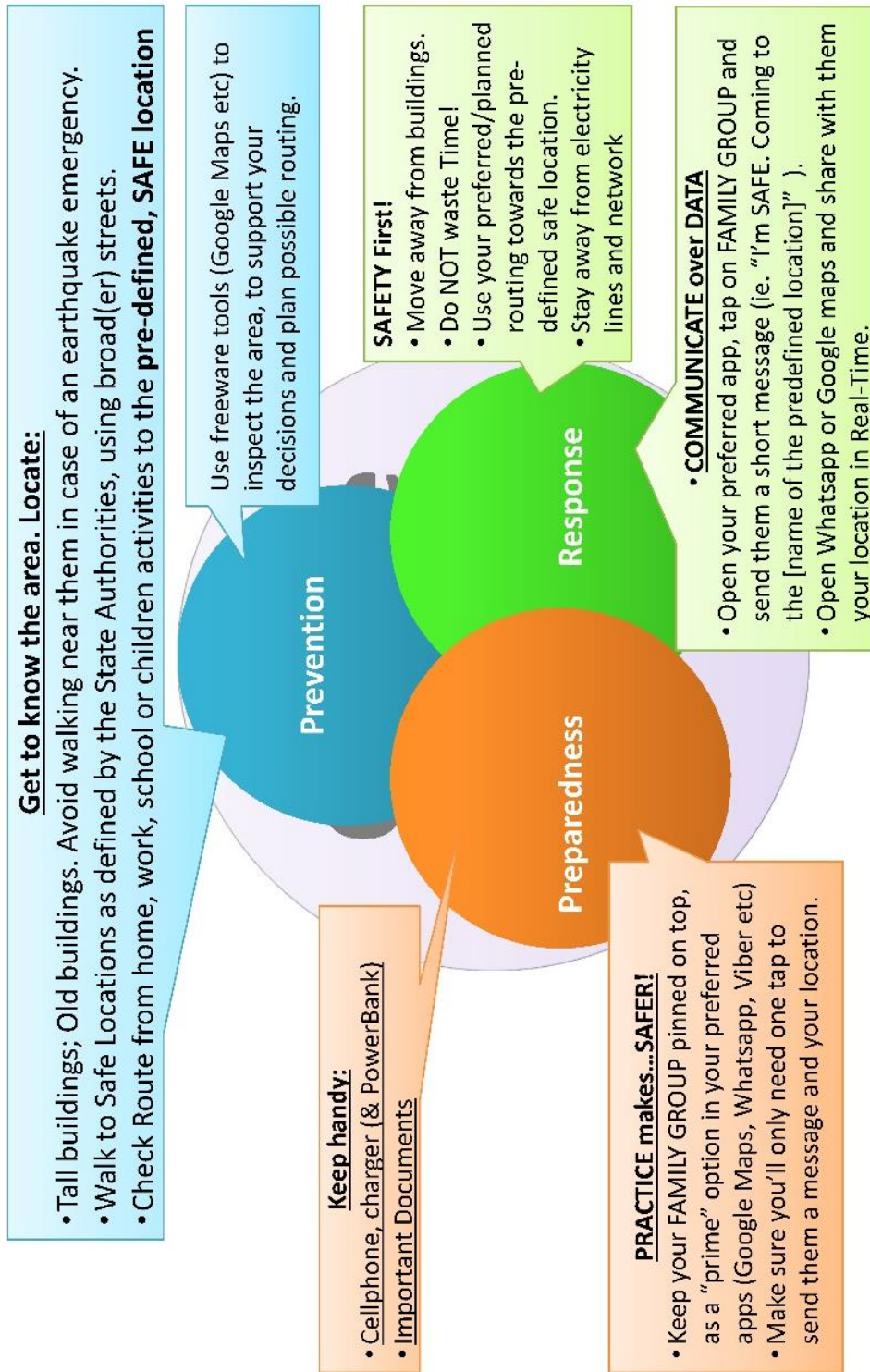


Figure 2. Things to do outside the building at Prevention, Preparedness and Response stages.

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Help improve Community Resilience

Help yourselves and Help others

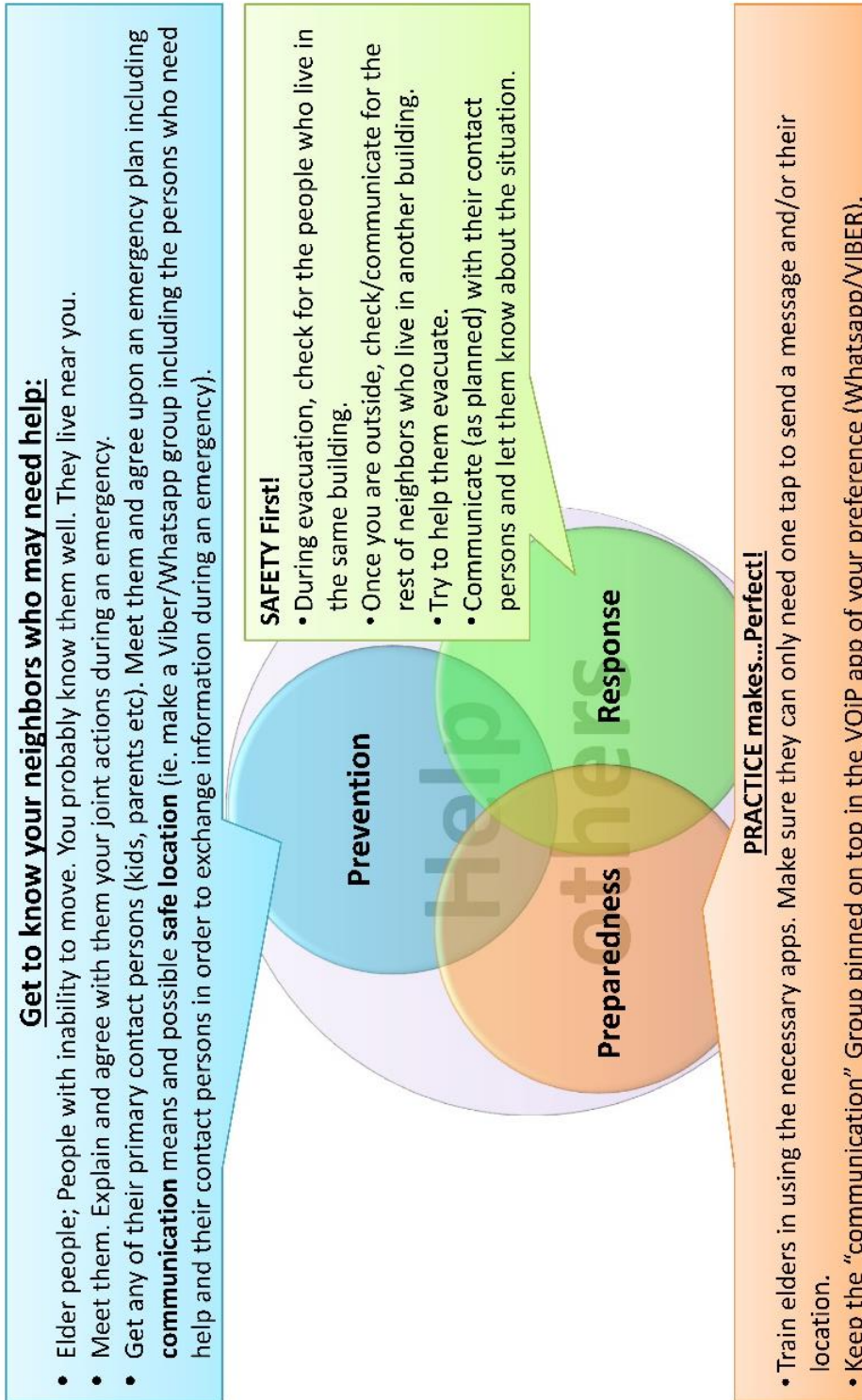


Figure 3. Simple things to do, to help people in need.

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ANNEX I

Tutorials on how to communicate using VoIP services and over Data

Note:

Tutorials on how to communicate using VoIP services and free apps and services to send and receive messages and share geographic location using some of the most widely used applications are also given in D.T3.5.1.

Tutorials for sharing live location and messages over VoIP have been based on guidelines and manuals provided by the respective developers as these are available from their respective web sites.

A different, less “official” format has been selected for the ANNEX I material in order for it to more pleasant and thus more appealing to the stakeholders.

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Group communication and Live Location sharing using WhatsApp



How to use live location

[<https://faq.whatsapp.com/android/chats/how-to-use-live-location/?lang=en>]

The Live Location feature allows you to share your real-time location for a specific amount of time with the participants of an individual or group chat. You can control whether and how long to share your live location. You can also stop sharing your live location at any time. Once stopped or expired, your live location is no longer be shared. Individuals who you shared your live location with will continue to see the location you shared as a static thumbnail image, and can tap the image to see your last updated location.

This feature is **end-to-end encrypted**, which means no one can see your live location except the people you shared with.

Note:

You can disable location permissions for WhatsApp at any time by going to your phone's Settings > Apps & notifications > Advanced > App permissions > Location > turn off WhatsApp.

Alternatively, if you recently opened WhatsApp, you can go to your phone's Settings > Apps & notifications > WhatsApp > Permissions > turn off Location.

Share your live location

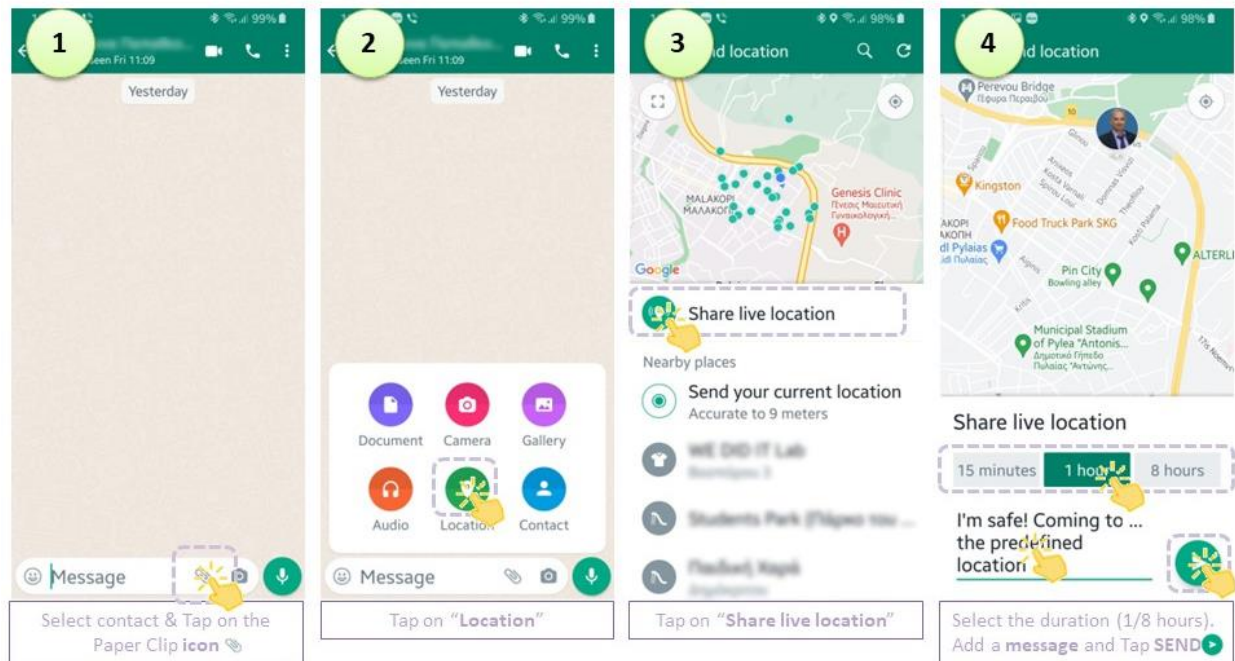
1. Enable location permissions for WhatsApp in your phone's Settings > Apps & notifications > Advanced > App permissions > Location > turn on WhatsApp. Alternatively, if you recently opened WhatsApp, you can go to your phone's Settings > Apps & notifications > WhatsApp > Permissions > turn on Location.
2. Open an individual or group chat.
3. Tap Attach > Location > Share live location.
4. Select the length of time you'd like to share your live location. Your live location will stop being shared after the selected amount of time. Optionally, add a comment.
5. Tap Send.

Stop sharing your live location

1. Open the individual or group chat.
2. Tap Stop sharing > STOP.

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Location sharing with



Stop sharing your live location in all chats and groups

1. Tap More options > Settings > Account > Privacy > Live location.
2. Tap STOP SHARING > STOP.

Figure 4. Location sharing using Whatsapp. A four step process taking a few seconds to provide and receive important information as Live location and message exchange.

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GROUP communication and location sharing with VIBER

VIBER is a platform providing communication for free (<https://help.viber.com/en/>) and can be downloaded from Google Play and Apple Store. It provides messaging, VoIP and location sharing capabilities.

How to Set Up a GROUP for instant communication

1. Open Viber on your Phone.
2. Tap on Chats.
3. Tap Compose (Android)/(iOS)
4. Tap New Group and assign a name to it.
5. Select the contacts you would like to form a group with.
6. Tap Done (iOS) or the Checkmark (top corner) to confirm.
7. Group Chat will be selected by default.
8. Tap on the Camera to add a group icon.
9. TAP and HOLD on the Group icon and PIN this Group “at the TOP”, to have direct access to it at any time.

How to send your location to the Group members



1. Tap on Group icon
2. Tap on the three dots at the bottom right.
3. Tap on Send Location (the “pin” icon).
4. Your location appears on a Map
5. Tap “send location”. Viber will send your actual location at that moment.

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Group communication Live Location sharing in Messenger

Facebook Messenger is an app that permits communication over the Web. It is a free service that uses data and Voice over Internet Protocol - VoIP (<https://www.messenger.com/>). It also permits sharing **live** location so the recipient of the message can track you as you move, in almost real time.

To **START** sharing your live location via Facebook Messenger:

1. From **Chats**, open the conversation you want to share your location with.
2. Tap  then Location 
3. Tap **START SHARING LIVE LOCATION** (the big BLUE button)

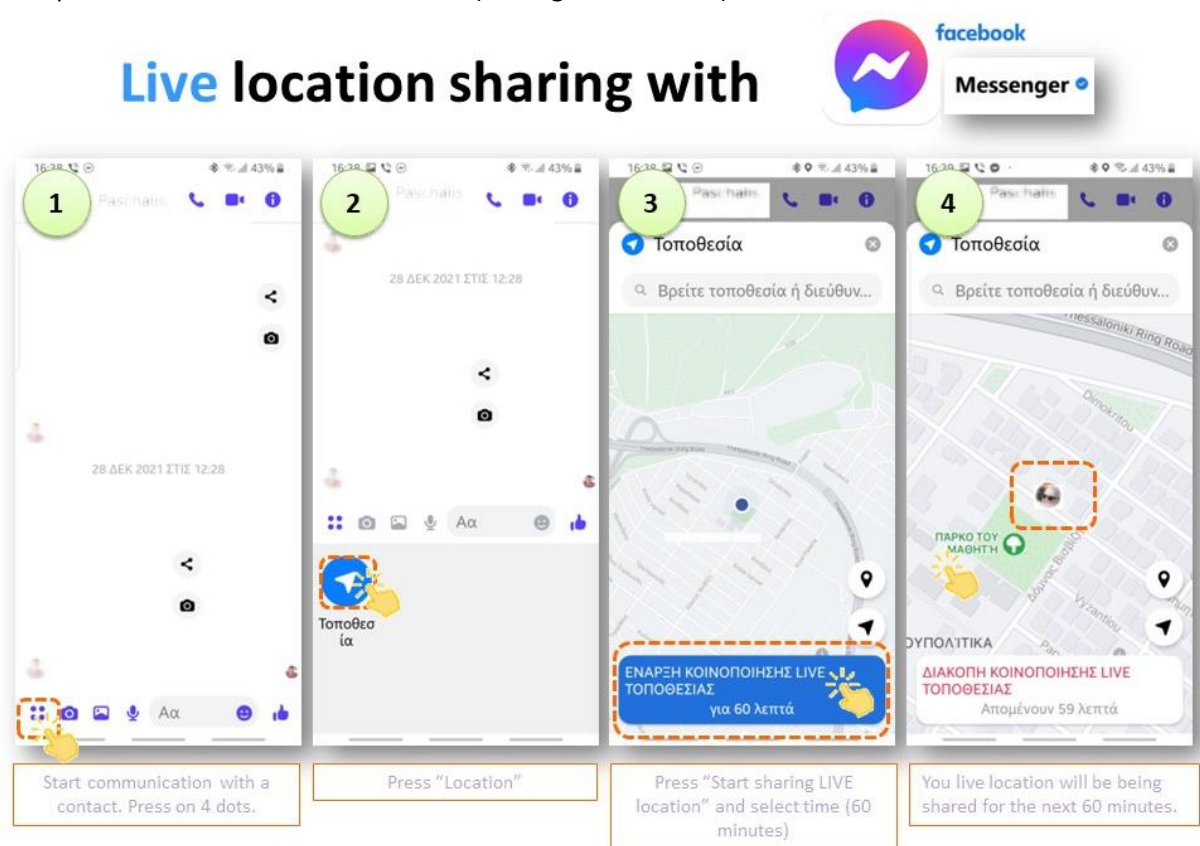


Figure 5. Location sharing using Messenger. A four step process taking a few seconds to provide and receive important information (live location and message exchange).

To **STOP** sharing your location:

1. Open the conversation.
2. Scroll to the message where you sent your live location.

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3. Tap **STOP SHARING LIVE LOCATION**.

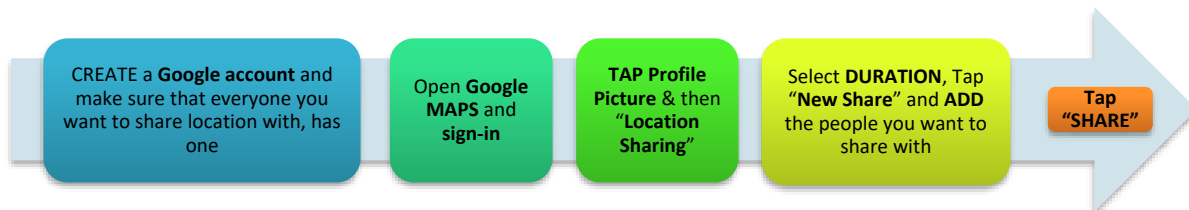
Share live location using **GOOGLE MAPS**



Share location with persons who have a Google Account using **GOOGLE MAPS**

(<https://support.google.com/maps/answer/7326816?hl=en&co=GENIE.Platform%3DAndroid>)

1. Create a Google account (<https://support.google.com/accounts/answer/27441?hl=en>).
2. Ask the persons you want to share location with, to make their own Google account. Add their Gmail address to your Google Contacts.
3. Make sure you have easy access to their emails (ie. Share location with them a couple of times and the next time you'll open it, Google maps will suggest their emails for location exchange).
4. On your Android phone or tablet, open the Google Maps app (Maps) and sign in to your account. Learn how to sign in.
5. Tap your profile picture (upper right corner) or initial Account Circle and then tap "Location sharing"
6. In the menu "Location sharing in Real Time", select the duration of location sharing by tapping on the respective option (1 hour or until de-activating sharing).
7. Tap "New share" and Add people by tapping on their profile icons of the person with whom you want to share your location. If asked about your contacts, give Google Maps access.
8. Tap Share.



A bit of Advice: Practice makes perfect! During critical situations, every second is precious. Practice and get yourself and your contacts familiar with the procedure of location sharing.

Share live location with a person who does NOT have a Google Account

To share your location to someone who does NOT have a Google Account or to share without using the Google Maps app, you can share your location with a link.

1. On your Android phone or tablet, open the **Google Maps** and sign in to your account. Learn how to sign in.
2. Tap your **profile picture** or **initial Account Circle** (top right) and then tap **Location sharing** and then tap **New share Add people**.
3. To copy your Location sharing link, tap **Copy to clipboard**.

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4. To share the link with someone, *paste* the **link into an email, text, or other messaging app**. People with this link can find your **real-time location for as long as you choose**, up to 24 hours.

Stop sharing!

1. On your Android phone or tablet, *open* the *Google Maps* app.
2. *Tap* your **profile picture or initial Account Circle** and then *tap* **Location sharing**.
3. *Tap* the **profile of the person** you don't want to share your location with anymore.
4. *Tap* **Stop**.

Share your estimated time of arrival

When you navigate by car, foot, or bicycle, you can share your destination, estimated arrival time, and your current location. The person you share this information with can track your location until you arrive.

1. On your Android phone or tablet, open the Google Maps.
2. Set a destination. (Learn how to navigate to a place).
3. **After you start navigation**, tap **More** (bottom of screen with the instructions) and then **Share trip progress**.
4. Tap the **profile of the person** with whom you want to share and then **Share**.
5. When you reach your destination or stop navigation, you stop sharing your location.
6. To stop sharing before you arrive: Tap More More and then Stop sharing.

Get someone's location/Find someone's location

When someone **shares their location** with you, you can find them on your map.

1. On your Android phone or tablet, *open* the Google Maps app (MAPS).
2. *Tap* your profile picture or initial Account Circle and then *Location sharing*.
3. Tap the profile of the person you want to find.
4. To update the person's location: Tap on a friend's icon and then *More, More* and then *Refresh*.

Ask for someone's location

If you shared your location with someone or they shared with you in the past, you can **ask for their location** in Maps.

1. On your Android phone or tablet, open the Google Maps app Maps.
2. Tap your profile picture or initial Account Circle and then Location sharing.
3. Tap a contact who shared with you before.

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4. Tap Request and then Request. After you ask for your contact's location, they get your email address, a notification and can:
 - View your profile to verify who you are.
 - Share their location with you.
 - Ignore your request.
 - Block you. You can't ask for their location anymore.

Tip: To find someone's location, you can also ask the Google Assistant.

5. Case B. After you have activated sharing YOUR location with someone else, a requester appears **on their screen** informing them that they are NOT sharing their location with you and asking them if they want to share. If they choose to share, they only have to tap on the requester and then tap on share.

Hide someone's location

If you don't want someone's real-time location on your map, you can hide it. You can turn their location back on at any time.

1. On your Android phone or tablet, open the Google Maps app Maps.
2. On the map, tap their icon.
3. At the bottom, tap More More.
4. Tap Hide from map.

Tip: You can permanently block someone's location from your map. Learn how to block another person's account.

Show (turn on) someone's location you've hidden

1. On your Android phone or tablet, open the Google Maps app Maps.
2. Tap your profile picture or initial Account Circle and then Location sharing and then More and More.
3. Tap Hidden from map and then More and More and then Show on map.

Deny or block a location request

If you don't want to share your location with someone in Google Maps, you can:

1. Deny the request: Tap No. Your location isn't shared.
2. Block the requester: Tap Block. Your location isn't shared and the requester can't ask for your location anymore. When you block someone, it affects how they can contact you in other Google products. Learn more about blocking users.

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Unblock someone

1. On your Android phone or tablet, open the Google Maps app Maps.
2. Tap your profile picture or initial Account Circle and then *Location sharing*.
3. At the top, tap More More and then Blocked users.
4. Next to the person you want to unblock, tap *Remove* and Remove.

Location sharing with Google Maps

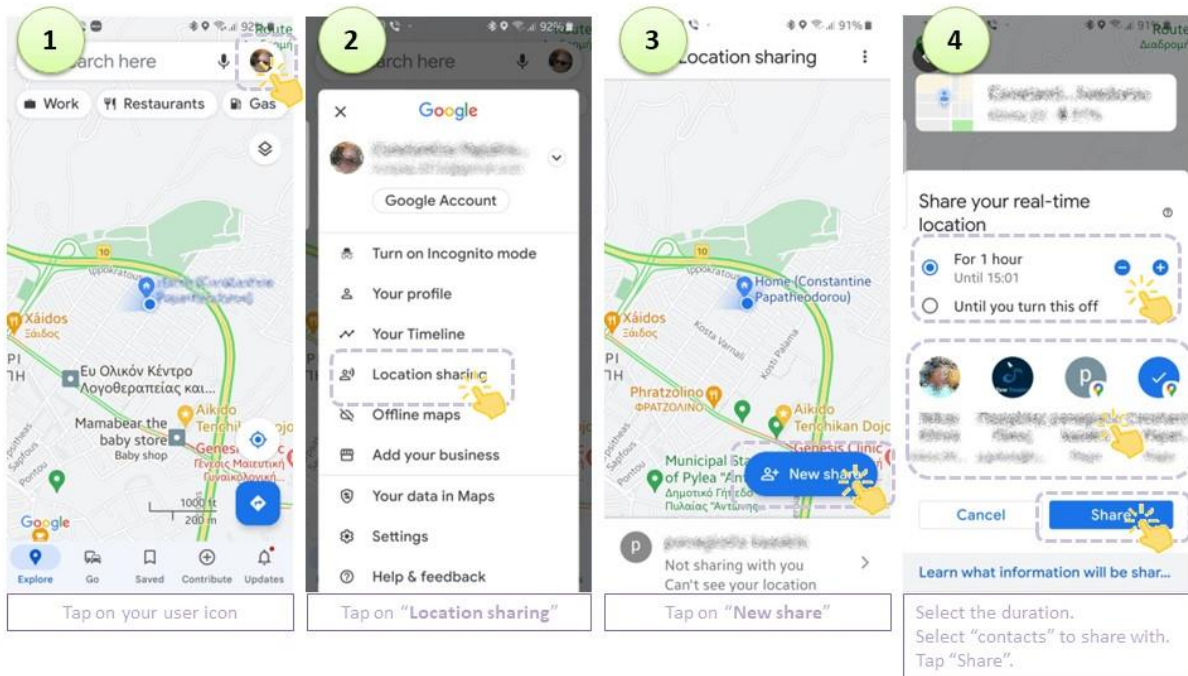


Figure 6 Location sharing using Google Maps. A four-step process taking a few seconds to provide and receive important information.

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