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**Who Can I Turn to
after the Disaster?**

1 Emergency Relief for Citizens

(Used by citizens of Tainan City)

It is available at the Social Affairs Section of District Offices and Social Affairs Bureau of City Government: NT\$10,000-20,000 for funeral, NT\$3,000-8,000 for injuries, and NT\$3,000-8,000 for life relief.



2 Immediate Emergency Assistance

(Applicable to the people living in Tainan and is capable of work, citizens of Tainan included.)



It is available for individuals who have troubles, for the main supporter of the household livelihood is deceased, missing, fatally ill/wounded, unemployed or unable to work due to other causes at the Social Affairs Section of District Offices and Social Affairs Bureau of City Government, ranging from NT\$10,000 to NT\$30,000.

3 Relief for Natural Disasters

(applicable to citizens that are registered in Tainan and live in Tainan.)



It is available at the Social Affairs Section of District Offices and Social Affairs Bureau of City Government.

Death assistance	Deceased Relief: death due to disaster or fatally wounded to death within 30 days, NT\$200,000 for each.
Missing assistance	Missing Relief: missing due to disaster, NT\$200,000 for each.
Serious injury relief	Serious Injury Relief: seriously injured due to disaster or in dire need of hospitalization (if the amount for the medical care within 15 days of the hospitalization reaches that of Serious Injury Relief), NT\$100,000.
Relocation relief	Relocation Relief: House damaged due to disaster and cannot sustain household, NT\$20,000 for each individual of the household, maximum 5 individuals.
Household flooding relief	Household Flood Relief: House flooded over 50 cm due to disaster, NT\$5,000 each household, except for those have been approved for Relocation Relief.
Others	Other Relief: Such as Earthquake Relief Project, subject to the announcement of the City Government.

4 Agricultural Cash Relief for Natural Disasters



Divided into crop damage, fisheries damage, livestock and poultry damage, forestry damage, and loss of farmland.

If there is a need to apply for agricultural natural disaster relief, please contact the Agricultural Construction Division in the affected area directly.

5 Building Structure Safety

If citizens suffer structural damages due to disasters, they may contact the local district offices where the buildings are located or Public Works Bureau. Professional technicians will be dispatched to assess the structural safety.



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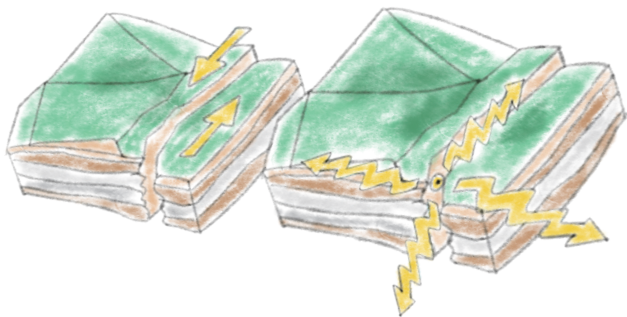


Disaster Prevention in the First Aid Classroom

1 Earthquake

Earthquake is usually referred as those of natural causes, which can be divided by its causes.

Tectonic Activity



Over 90% of earthquakes caused by volcano eruptions are constructive earthquakes. There are stresses pushing plates underneath. When the stress is higher than what plates can sustain, dislocation happens. And such dislocation will release huge energy and produce a kind of elastic waves or seismic waves, which cause tremors of the earth, so-called earthquake.

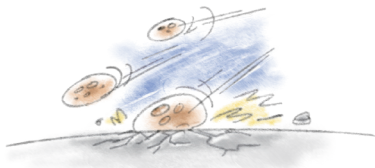
Volcanic Activity

Earthquakes caused by volcanic eruptions



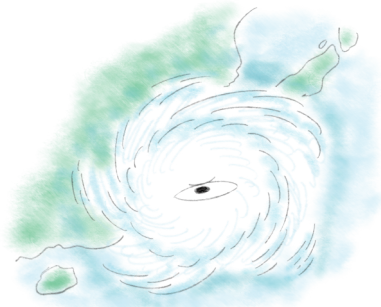
Shock Impact

E.G. Meteor impact



2 Typhoon & Flood

Typhoon



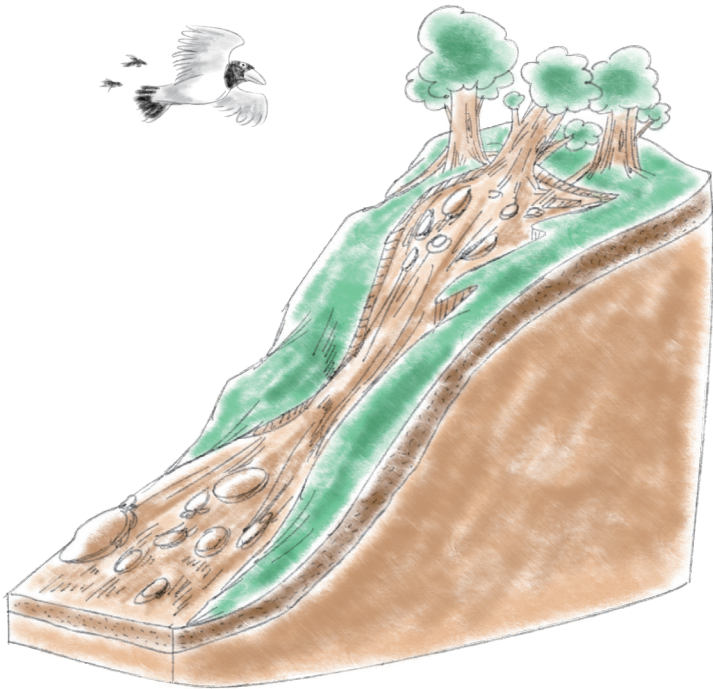
Typhoon is a kind of tropical cyclone, a strong depression developed on the tropical ocean. When the maximum wind speed at the center of the tropical cyclone close to the earth reaches 17.2 m (approx. 62 km per hour), it is called a typhoon. During the impact of a typhoon, there are often disasters in Taiwan such as strong wind, extremely heavy rain, flood, landslide, mudslide, storm surge, and seawater intrusion.

Flood



When there is no typhoon, the cause of flood in Taiwan is usually the southwesterly airflow. The southwesterly airflow is warm, humid air flow caused by the depression of southwest monsoon under the influence of the subtropical high, blowing southwesterly. The central and southern Taiwan become the windward side in the face of southwesterly airflow. Elevated due to the terrain, the warm, humid flow brings about heavy precipitation and even flood.

3 Mudslide



Mudslide refers to a natural phenomenon that a mixture of dirt, sand, debris, and rocks flows downward along the slopes due to the pull of gravity. A mudslide would inflict harms to humans and damages to buildings, bridges and infrastructure, bringing about losses of lives and property. It is, therefore, deemed as “Mudslide Disaster.”

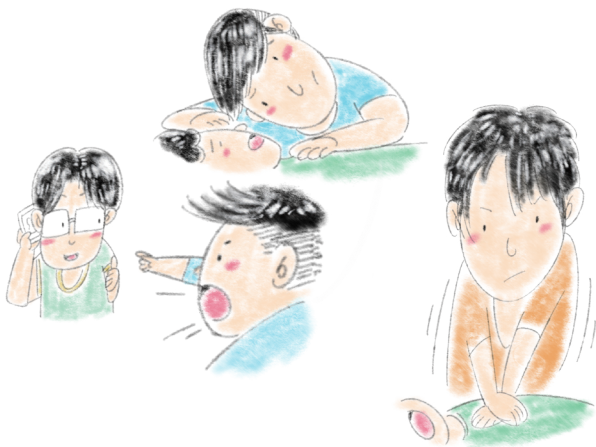
4 Automated External Defibrillator (AED) and Cardiopulmonary Resuscitation (CPR)

Basic First Aid - CPR and AED



When the heart stops beating, the brain will sustain damage due to lack of oxygen for more than four minutes, and the brain could be dead after 10 minutes. The purpose of CPR is to supply sufficient oxygen to vital organs via chest compressions. The studies of USA and Japan further suggest the importance of Automated External Defibrillator. If CPR is performed with the use of AED at first, compared to the effect of CPR alone, the survival rate out of hospitalization could double for patients witnessed out-of-hospital cardiac arrest.

Simple First Aid Procedures - Check, Call, Compress, Defibrillate

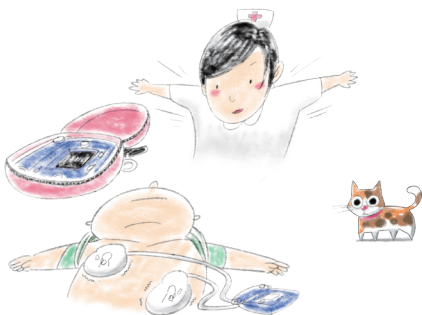


step 1 Check Check for response and breathing.

step 2 Call Ask the other people to call 119 for help and get AED.

step 3 Compress Perform chest compressions continuously.

1. Press Hard: The depth of each compression is 5 cm minimum.
2. Press Rapidly: Press at a rate of 100 to 120 times per minute.
3. Bounce of Chest: In between each compression, the chest should be able to bounce back to the original position.
4. Non-stop: If the chest compression stops for more than 10 seconds, the blood flowing through the vital organs all over the body would cease again. It would take quite some time to regain the previous blood flow after the restart of compressions. The lack of oxygen will reduce the survival rate of the patient.



step 4 Defibrillate

Use AED (Open, Patch, Analysis, Defibrillator)

1. Open - Open the box of AED and turn on the power.
2. Patch (Plug) - open the shirt, and patch the pads to the bare chest of the patient as instructed: one to the side of the left nipple, the other below the right clavicle.
3. Defibrillator-
 - (a) AED will automatically analyze the heart rhythm with a voice prompt: analyze heart rhythm; stand clear of the patient.
 - (b) AED, based on the heart rhythm analyzed, will tell you whether a shock is needed via a voice prompt.
 - (c) If a shock is indicated by AED, shout first "Stand clear!" Then check visually if everyone is clear of the patient, and press SHOCK button to deliver the shock.

If the patient still has no heartbeat, continue to compress

step 3 Compress

Perform chest compressions continuously.

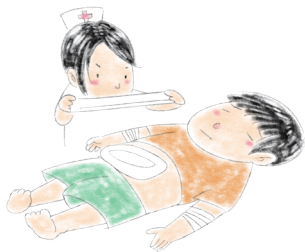
5 What to Do with Severe Bleeding?

If the severe bleeding is caused by trauma, remain calm and do not panic; treat as instructed below.



1. Put pressure on the wound

- Remove or cut the clothing on the wound to expose the wound.
- If you have sterile gauze or pads at hand, put it on the wound at once.
- Put pressure on the wound with your finger or palm.



2. Elevate the wound

- Make sure the wound site is elevated above the heart.
- Help the patient lie down.
- If you suspect the wound comes with broken bone, gently hold the wound site.

3. Patch the wound

- Cover the wound with sterile gauze that is larger than the wound, and secure it with bandage.
- If blood soaks the bandage, put another gauze on and secure it.
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4. Call 119 for ambulance

State specifically your location, the wound site, and the bleeding situation when making the phone call.



5. Constantly check the status of the patient

Observe and check for breathing, pulse, and consciousness.



6 Heimlich Maneuver

Explanation of steps of the Heimlich maneuver

Signs of choking

Patient grabs at their own throat, is unable to speak, breathe, or cough.



The position and placement of hands of the responder

The responder stands behind the patient. With one hand, make a fist and place it just above the bellybutton of the patient. Wrap the other hand around the fist.



Repeatedly compress

The responder should use their hands to repeatedly exert inward and upward pressure on the patient, until the foreign material is dislodged or until the patient loses consciousness.



If the patient loses consciousness

1. Call 119 for help, the first aid protocol is similar to CPR
2. Perform 30 chest compressions
3. Tilt the chin up and the forehead back to open up the airway. Check if there is foreign material in the mouth; if there is, remove the foreign material, if not, give the patient two breaths of air.
4. If the chest fails to rise with the first breath, open up airways again by tilting the chin up and the forehead back and give the second breath.
5. Repeat steps 2 to 4 until the patient can breathe on their own or until 119 personnel arrive.

