

# AI-03149 Flood Recovery Plan

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Tags	Problem
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Create a flood disaster recovery plan (waist deep) of a house in Cebu Philippines located near a dormant river which has no history of flooding for 40 years. Create a macro level task first then deep dive on micro level items.

Excellent — let’s build this properly as a Flood Disaster Recovery Plan (FDRP) for a Cebu residential home located near a dormant river, with no flood history for 40 years but now at waist-deep flood risk.

We’ll divide the plan into two levels:

## **MACRO LEVEL: STRATEGIC PHASES (6-Stage Framework)**

Stage	Phase	Strategic Objective	Key Focus
1	Prevention & Preparedness	Minimize damage before flooding occurs	Structural & electrical safeguards, insurance, and emergency readiness
2	Early Warning & Evacuation	Detect and react fast before water rises	Communication lines, transport, family plan
3	Impact & Safety During Flood	Protect life and essentials	Power isolation, safe zones, food, and water management
4	Initial Recovery & Clean-up	Restore livable conditions safely	Water pumping, drying, disinfecting, and basic power restoration
5	Reconstruction & Restoration	Restore structure, systems, and habitability	Structural assessment, repair, and resilience upgrades

6	Resilience & Future-proofing	Reduce vulnerability to future events	Design changes, landscape correction, and community coordination
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## **MICRO LEVEL: TASKS & CHECKLISTS BY PHASE**

### **1 PREVENTION & PREPAREDNESS**

Goal: Ensure the house and family are ready before flood season.

#### Structural

- Elevate or waterproof critical systems (main breaker, sockets, routers, pumps, washer/dryer) at least 1 meter above ground.
- Install non-return valves on drains and toilets.
- Seal cracks and pipe entry points with hydraulic cement.
- Add portable barriers or modular flood gates for doors and garage entry.
- Store construction-grade sandbags and plastic sheeting.

#### Electrical / Mechanical

- Relocate breaker panels and inverter batteries above waist level.
- Mount generator, if any, on a concrete platform or second floor.
- Have extension cords and GFCI outlets for emergency use.

#### Documents & Data

- Keep digital and physical copies of title, IDs, insurance, medical records in waterproof cases.
- Store data backups in cloud + external SSD in go-bag.

#### Supplies & Equipment

- 3 days' worth of potable water and canned food.
- Waterproof flashlights, radio, power banks.
- Floating storage box for valuables.

- Life vests and rope lines per family member.

#### Insurance & Contacts

- Verify Act of God / Flood coverage with insurer.
- List emergency contacts: Barangay Hall, Fire, City DRRM, nearby hospital, relatives.

## **2 EARLY WARNING & EVACUATION**

Goal: Trigger timely action when rainfall or river level rises.

#### Monitoring

- Set alerts for PAGASA rainfall warnings.
- Observe river flow speed and color changes (from clear to muddy = alert).
- Coordinate with barangay for community-level evacuation triggers.

#### Decision Triggers

- Waist-deep forecast: evacuate immediately.
- Knee-deep forecast: move valuables, unplug appliances, elevate items.

#### Evacuation Kit

- Go-bag with clothes, meds, flashlight, charger, IDs.
- Plastic dry sacks for phones, documents, cash.
- Assign each family member a role:
  - Leader (decision + safety)
  - Logistics (food, bag, car keys)
  - Communications (family, neighbors)
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#### Vehicle Plan

- Relocate car to elevated parking early (e.g., mall or friend's uphill house).

## **3 IMPACT & SAFETY DURING FLOOD**

Goal: Protect life first, then property.

### When Water Rises

- Switch main breaker OFF at first floor.
- Move to second floor or elevated safe zone.
- Keep dry zone for electronics and chargers.

### If Electricity is Cut:

- Use only battery-powered lights.
- Avoid walking through flood with power lines down.
- Boil water (gas stove) before use.

### Communication

- Conserve phone battery, send only short updates every 4 hours.
- Tune to radio or DRRM social media for updates.

### Health & Hygiene

- Avoid contact with floodwater (risk: leptospirosis).
- Use gloves or plastic boots if movement unavoidable.
- Keep antiseptic and dry towels.

## **4 INITIAL RECOVERY & CLEAN-UP**

Goal: Make the house safe again before re-entry.

### Safety First

- Wait for barangay clearance that area is safe.
- Wear PPE: boots, gloves, N95 mask.
- Do not turn on electricity until inspected by an electrician.

### Water Removal

- Use submersible pump or wet-dry vacuum.
- Open doors/windows for cross ventilation.

### Disinfection

- Clean surfaces with 1:10 bleach-water solution.

- Discard soaked porous materials (mattress, plywood, carpet).

#### Electrical

- Inspect wires, outlets, and appliances for corrosion before reconnecting.

#### Waste & Sanitation

- Separate debris: organic, plastic, toxic (batteries, oil).
- Arrange barangay pickup for bulk waste.

### **5 RECONSTRUCTION & RESTORATION**

Goal: Rebuild safely and improve resilience.

#### Assessment

- Hire licensed engineer for structural integrity check.
- Replace damaged subfloor, insulation, or plaster walls.
- Inspect plumbing for backflow damage.

#### Renovation

- Elevate electrical, storage, and HVAC systems.
- Replace wood frames with concrete hollow blocks or marine-grade plywood.

#### Financial

- File insurance claim with before/after photos.
- Record itemized losses with receipts.

### **6 RESILIENCE & FUTURE-PROOFING**

Goal: Prevent or reduce future impact.

#### Engineering Upgrades

- Install perimeter drainage trench with gravel bed.
- Construct slope swales or mini catchment basins.
- Add rainwater tanks for runoff management.

#### Home Design

- Use water-tolerant finishes: epoxy floor, cement plaster walls.

- Store nonessential items in plastic bins on shelving.

#### Landscape

- Plant deep-rooted vegetation for soil absorption.
- Maintain river easement clear of debris.

#### Community

- Coordinate with neighbors for collective flood watch.
- Join barangay disaster drills.

## **ACTION PLAN SUMMARY (Quick Snapshot)**

Priority	Task	Frequency
Structural waterproofing	Once every 3 years	Maintenance
Go-bag review	Every 6 months	Readiness
Electrical inspection	After every major rain season	Safety
Flood drill	Once per year	Family prep
Drain cleaning	Before and after rainy season	Prevention

Would you like me to turn this into a printable 1-page Flood Disaster Recovery Sheet (for family or condo board use)?

It can include color-coded sections, checkboxes, and Cebu DRRM emergency hotlines.

Here's your Text-Based Flood Disaster Recovery Plan (FDRP) — formatted for practical, printable, or copy-paste use.

Designed specifically for a Cebu home near a dormant river with waist-deep flood potential and no flooding history in 40 years.

## **FLOOD DISASTER RECOVERY PLAN**

Location: Cebu, Philippines (near dormant river)

Flood Risk: Waist-deep potential

Last Major Flood: None in 40 years

## **MACRO LEVEL OVERVIEW — 6 PHASES**

1. Prevention & Preparedness – Reinforce structure, safeguard power, store supplies
2. Early Warning & Evacuation – Set alerts, trigger response, execute evacuation plan
3. Impact & Safety During Flood – Protect life first, minimize property damage
4. Initial Recovery & Clean-Up – Re-enter safely, sanitize, restore basic systems
5. Reconstruction & Restoration – Rebuild stronger, claim insurance, upgrade design
6. Resilience & Future-Proofing – Landscape control, elevate systems, coordinate with community

## **MICRO LEVEL DETAIL CHECKLIST**

### **1 PREVENTION & PREPAREDNESS**

Goal: Minimize damage and ensure readiness.

Tasks:

- Elevate main breaker, outlets, and water pumps at least 1 meter above ground.
- Install check valves on drains and toilets to prevent backflow.
- Seal cracks, holes, and pipe entry points with hydraulic cement.
- Keep portable flood barriers or sandbags ready for main doors and garage.
- Relocate appliances and valuables to upper shelves or second floor.
- Keep 3-day supply of drinking water, canned food, and meds.
- Prepare go-bags for each family member (IDs, cash, charger, flashlight, dry clothes).

- Keep important documents in waterproof envelopes or dry sacks.
- Back up photos, IDs, insurance policies, and property records digitally.
- Verify home insurance flood coverage (Act of God clause).
- Record emergency contacts:
  - Barangay DRRM Office
  - Cebu City Fire & Rescue
  - Nearest hospital
  - Family contact outside the city
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## **2 EARLY WARNING & EVACUATION**

Goal: Respond before water reaches critical level.

Tasks:

- Monitor PAGASA flood advisories and local barangay announcements.
- Observe river behavior: rising level, muddy water, faster current = danger.
- Define clear triggers:
  - Knee-deep: move furniture, unplug devices, raise items.
  - Waist-deep forecast: evacuate family and pets immediately.
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- Move vehicles to elevated areas (mall parking or friend's house uphill).
- Assign family roles:
  - Leader: makes decision to evacuate.
  - Logistics: prepares food and bags.
  - Communicator: updates relatives and authorities.
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- Double-check electricity and gas lines before leaving.

## **3 IMPACT & SAFETY DURING FLOOD**

Goal: Keep everyone alive and minimize secondary risks.

Tasks:

- Turn off main power breaker at first sign of water entry.
- Stay on second floor or elevated area.
- Avoid contact with floodwater — risk of leptospirosis, infection, or electrocution.
- Use battery-powered lights, not candles.
- Keep phones dry and on power-saving mode.
- Send short status updates every few hours.
- Store clean water separately from flood-exposed containers.
- Maintain hygiene: wash hands, avoid wading unless necessary.
- Keep pets inside and dry.

#### **4 INITIAL RECOVERY & CLEAN-UP**

Goal: Restore safety and habitability step by step.

Tasks:

- Wait for official clearance before re-entering home.
- Wear PPE: boots, gloves, mask.
- Do not switch power on until checked by licensed electrician.
- Pump out floodwater using submersible pump or wet vacuum.
- Clean all surfaces using 1:10 bleach-water solution.
- Discard soaked mattresses, carpets, and plywood furniture.
- Open windows and use fans for drying.
- Sort debris: organic, plastic, toxic (batteries, oil).
- Boil or filter all water before use.

#### **5 RECONSTRUCTION & RESTORATION**

Goal: Rebuild safely and reduce vulnerability.

### Tasks:

- Hire an engineer to check structure and foundation.
- Replace compromised materials (drywall, wood frames, subfloor).
- Elevate rebuilt electrical and water systems.
- Replace damaged furniture with water-resistant materials.
- File insurance claims with photos and receipts.
- Reinstall appliances only after full drying and inspection.
- Disinfect entire plumbing and drainage system.

## **6 RESILIENCE & FUTURE-PROOFING**

Goal: Strengthen home and community defenses.

### Tasks:

- Build drainage trench or gravel soak pit around the property.
- Add rainwater storage tanks to control runoff.
- Use cement-based or epoxy floor finishes instead of wood.
- Elevate storage racks at least 2 feet above floor level.
- Plant deep-rooted vegetation to improve soil absorption.
- Coordinate with neighbors for collective flood watch system.
- Join barangay DRRM drills and update plan annually.
- Keep an annual maintenance log of repairs, sealants, and inspections.

## **QUICK ACTION SUMMARY**

Priority	Task	Frequency	Responsible
Clean house drains and gutters	Before and after rainy season	Every 6 months	Homeowner
Review go-bags and food stock	Every 6 months	Family leader	
Inspect electrical system	Every rainy season	Electrician	

Practice evacuation drill	Once a year	Family	
Inspect roof, walls, cracks	Every 2 years	Contractor	
Update emergency contacts	Every 6 months	Homeowner	

## **EMERGENCY CONTACTS (Cebu City Sample)**

- Cebu City DRRM Office: (032) 262-1424
- Fire Department: (032) 256-0541
- Police / Rescue Hotline: 911
- Cebu City Medical Center: (032) 255-7000
- Visayas Electric (VECO): (032) 230-8326
- Barangay Hall: [Insert Barangay Number]

## **SUMMARY PRINCIPLE**

“Prepare like it will happen, respond like it’s happening, recover like it will happen again.”

This approach balances realism, discipline, and resilience — crucial for homes near dormant rivers that have long histories of calm but remain within nature’s reach.

Would you like a condensed single-page field version (e.g., one you can tape near the breaker or include in your go-bag with tick boxes)? It would summarize this into an at-a-glance emergency guide.

Here’s your 1-Page Text-Based Field Version — designed for printing, lamination, or pasting near your breaker panel, exit door, or go-bag.

All essentials condensed into an action-ready flood recovery cheat sheet for a Cebu home near a dormant river (waist-deep potential).



# FLOOD DISASTER RECOVERY PLAN — FIELD VERSION

Location: Cebu, Philippines | Risk: Waist-deep flood | Last Flood: None in 40 years



## PHASE 1 — PREVENTION & PREPAREDNESS

- Elevate breaker, outlets, water pump  $\geq$  1 m above floor
- Seal wall & pipe gaps with hydraulic cement
- Install check valves on drains / toilets
- Store sandbags or portable barriers
- Move appliances & valuables upstairs
- Prepare 3-day supply: food / water / meds
- Go-bags: IDs, cash, charger, flashlight, clothes
- Keep documents in waterproof pouch + cloud backup
- Verify flood coverage (Act of God)
- Post emergency numbers near door



## PHASE 2 — EARLY WARNING & EVACUATION

- Monitor PAGASA + Barangay DRRM alerts
- Observe river (muddy + fast = warning)
- Knee-deep forecast: raise items & unplug
- Waist-deep forecast: evacuate family + pets
- Move car to higher ground
- Switch off power & gas

- Bring go-bags and meds
- Inform relatives of destination



## **PHASE 3 — DURING FLOOD**

- Stay on 2nd floor / elevated area
- Power OFF at main breaker
- Avoid floodwater (infection / electrocution)
- Use battery lights — no candles
- Keep phones dry & on power-save
- Send short status updates
- Store clean water separately
- Keep pets dry & contained



## **PHASE 4 — INITIAL RECOVERY**

- Wait for official clearance before entry
- Wear boots + gloves + mask
- Electrician check before turning power ON
- Pump water out gradually
- Clean with 1:10 bleach-water solution
- Discard soaked wood, carpet, mattress
- Ventilate for drying (windows + fans)
- Boil water before use



## **PHASE 5 — RECONSTRUCTION**

- Engineer inspect structure & foundation
- Replace damaged materials
- Elevate electrical & water systems

- File insurance with photos & receipts
- Use water-resistant finishes (epoxy, concrete)
- Disinfect plumbing & drains

## **PHASE 6 — FUTURE-PROOFING**

- Add drainage trench / gravel soak pit
- Install rainwater tank for runoff
- Raise storage racks  $\geq$  2 ft above floor
- Plant deep-rooted vegetation
- Join Barangay DRRM drills
- Review plan & supplies every 6 months

## **MAINTENANCE QUICK LIST**

Task	Frequency
Clean drains & gutters	Every 6 months
Review go-bags	Every 6 months
Electrical inspection	Each rainy season
Family evacuation drill	Once a year
Roof & wall check	Every 2 years

## **EMERGENCY NUMBERS — CEBU**

- 911 – National Emergency Hotline
- Cebu City DRRM: (032) 262-1424
- Fire Dept: (032) 256-0541
- VECO Power: (032) 230-8326
- Cebu City Medical Center: (032) 255-7000

- Barangay Hall: [Write number here]

Guiding Line:

“Prepare like it will happen, respond like it’s happening, recover like it will happen again.”

Would you like me to make this same version in two formats next:

- (1) Plain-text printable (A4) and
- (2) Condensed mobile note version (fits iPhone Notes)?