

## DISASTER MANAGEMENT CYCLE:

Disaster management aims to reduce, or avoid, the potential losses from hazards, assure prompt and appropriate assistance to victims of disaster, and achieve rapid and effective recovery. Disaster Risk Management includes sum total of all activities, programmes and measures which can be taken up before, during and after a disaster with the purpose to avoid a disaster, reduce its impact or recover from its losses.

The four disaster management phases illustrated here do not always, or even generally, occur in isolation or in this precise order. Often phases of the cycle overlap and the length of each phase greatly depends on the severity of the disaster. The cyclical nature of disaster management process focuses on the ongoing and continual actions to prevent and manage the disasters.

- Mitigation - Minimizing the effects of disaster.  
Examples: building codes and zoning; vulnerability analyses; public education.
- Preparedness - Planning how to respond.  
Examples: preparedness plans; emergency exercises/training; warning systems.
- Response - Efforts to minimize the hazards created by a disaster.  
Examples: search and rescue; emergency relief .
- Recovery - Returning the community to normal.  
Examples: temporary housing; grants; medical care.



## **1. Mitigation; the action of reducing the severity, seriousness, or painfulness of something.**

Mitigation activities actually eliminate or reduce the probability of disaster occurrence, or reduce the effects of unavoidable disasters through proactive measures taken before an emergency or disaster occurs.

The mitigation phase, and indeed the whole disaster management cycle, includes the shaping of public policies and plans that either modify the causes of disasters or mitigate their effects on people, property, and infrastructure. Mitigation measures may include but not restricted to:

- Enforcement of building codes, floodplain management codes and environmental regulations.
- Public safety measures such as continual maintenance of roadways and dams.
- Land-use planning (zoning) and controlling human activities in hazard prone areas
- Earthquake resistant construction, permanent houses
- Community health and sanitation (improving nutrition, keeping the community clean, immunization, herbal gardens, training of community health workers)
- Deployment of warning systems to alert and notify the public.

## **2. Preparedness: Getting ready to cope**

Disaster preparedness refers to measures taken to prepare for and reduce the effects of disasters. These measures can be described as logistical readiness to deal with disasters

Disaster preparedness has the potential to save the maximum number of lives and property during a disaster.

Preparedness phase covers a wide range of activities;

- Individual, family and community preparedness measures: knowing what to do
- before, during and after a disaster for earthquake, drought, epidemic

- Preparedness can also take the form of ensuring that strategic reserves of food, equipment, water, medicines and other essentials are maintained in cases of emergencies and disasters.
- Public awareness activities - public awareness campaigns such as community meetings and house-to-house information dissemination, posters and pamphlets, media coverage, disaster consciousness day/ week/month.
- Formulation of community counter disaster plan or disaster management plan

### **3. Response; When disaster strikes.**

The assistance and intervention during or immediately after a disaster. Focus is on saving lives and protecting community assets (buildings, roads, animals, crops, infrastructure). Usually measured in hours, days or weeks. Humanitarian organizations are often strongly present in this phase of the disaster management cycle.

- Evacuation and evacuation center management
- Search and rescue
- First Aid and Medical Assistance
- Damage Needs Capacity Assessment
- Relief delivery (food and drinking water; non-food items such as clothing, blankets, kitchen utensils...)
- Psycho-social counseling (comforting, critical stress debriefing)

### **4. Recovery; Getting back to normal**

After the disaster - recovery: rehabilitation and reconstruction

Disaster recovery has three distinct but interrelated meanings. First, it is a goal that involves the restoration of normal community activities that were disrupted by disaster impact. Second, it is a phase, that starts after the recovery phase and ends when the community has returned to its normal routines. Third, it is a process by which the community achieves the goal of returning to normal routines.

There is no distinct point at which immediate relief changes into recovery and then into long-term sustainable development. There will be many opportunities during the recovery period to enhance prevention and increase preparedness, thus reducing vulnerability.

Recovery activities continue until all systems return to normal or better. Recovery measures, both short and long term, include;

- Rebuilding and strengthening of damaged structures
- Relocation to safe places
- Income generating projects

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[https://www.gdrc.org/uem/disasters/1-dm\\_cycle.html](https://www.gdrc.org/uem/disasters/1-dm_cycle.html)