

The purpose of this Guide is to help communities and local health personnel cope with natural disasters such as earthquakes, cyclones and floods. External relief (from governments or international organizations) is essential for solving many of the problems, but if those affected do not rely upon it entirely, and if they organize themselves properly, they will help to improve the quality of the relief.

The Guide sets out clearly what should be done by the community and by local health personnel at the time of the disaster to organize rescue work and emergency care, and later on to solve the many survival and health problems resulting from the disaster.

Finally the Guide describes the various emergencies to which natural disasters can give rise and the steps that communities and local health personnel can take to prepare for the eventuality of a disaster and to prevent and mitigate its consequences.

The text is liberally illustrated.