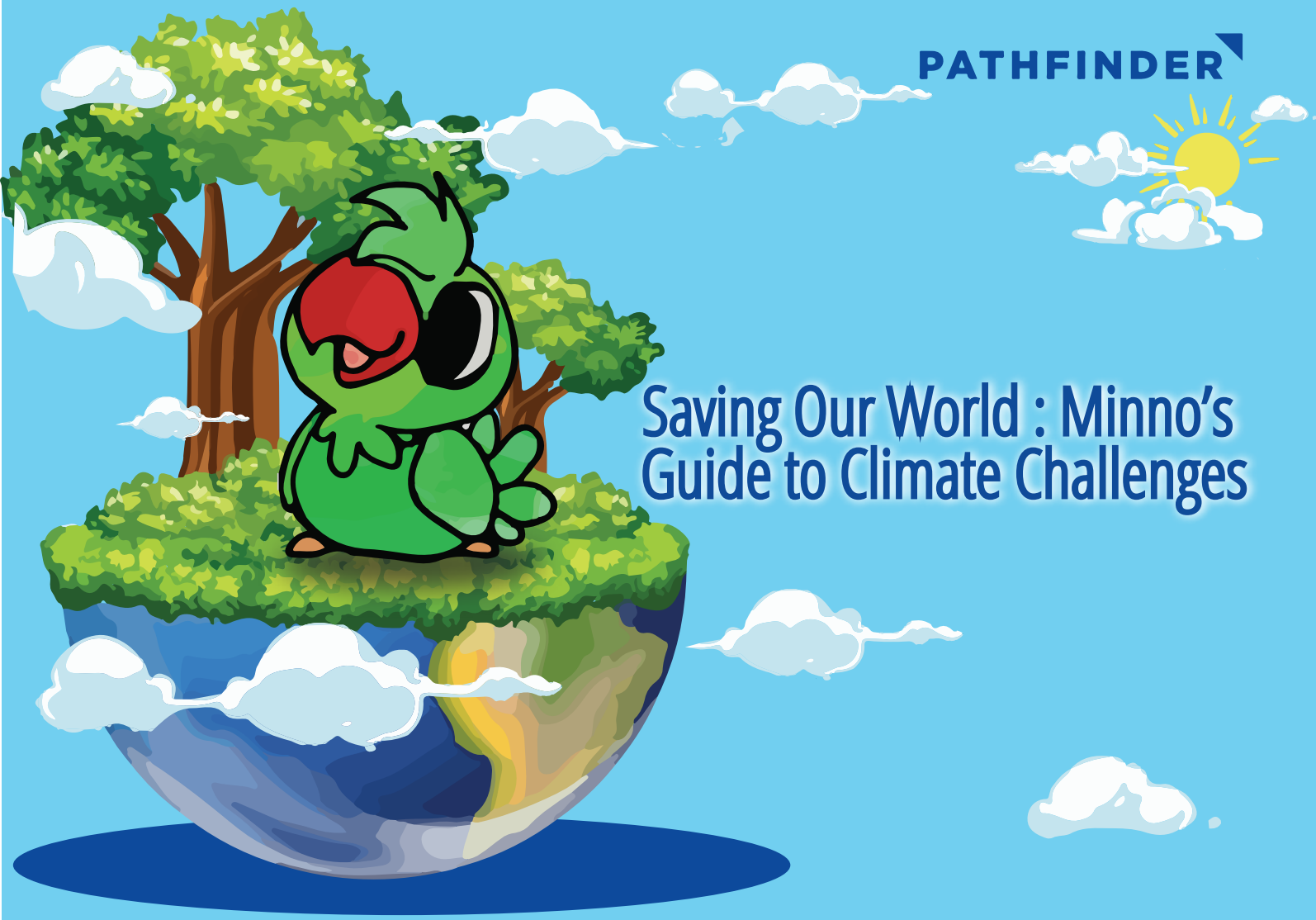


PATHFINDER



Saving Our World : Minno's Guide to Climate Challenges

Saving Our World : Minno's Guide to Climate Challenges

Acknowledgments

This work is the intellectual property of Pathfinder International

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Pathfinder expands access to sexual and reproductive health services, opening the door to opportunities for women and all individuals to thrive—economically, educationally, and civically. Driven by our country-led leadership and local community partners, Pathfinder brings together a suite of services and programs that enable millions of people to choose their own paths forward.

Our program, **Advancing the Leadership of Women and Girls Towards Better Health and Climate Change Resilience**, builds the resilience of communities to withstand climate shocks and emergencies through women-led preparation, response, and recovery. The program positions women and girls as change agents in strengthening access to equitable health services and building community resilience to climate shocks—ultimately helping women forge their own paths to a healthier future.



Hi, I am Minno!

I love learning about how to stay safe and helping my friends do the same. Together, we will explore all kinds of challenges and learn easy ways to stay safe. Let's team up and make sure we are always ready no matter what comes our way!

What is Disaster Risk Management?

Disaster Risk Management (DRM) is like being a disaster detective, spotting dangers before they strike, planning ahead, and bouncing back stronger after. It's all about staying smart, prepared, and ready to protect yourself and your community.



What role can you play when disasters strike your community?

1. Prevention

Stay ahead by identifying risks like floods and earthquakes. Make smart choices, plant trees, save water, and protect the environment to reduce disaster impact.

2. Preparedness

Have a plan before disaster strikes. Know safe locations, keep emergency supplies ready, and practice drills to ensure quick responses when it matters.

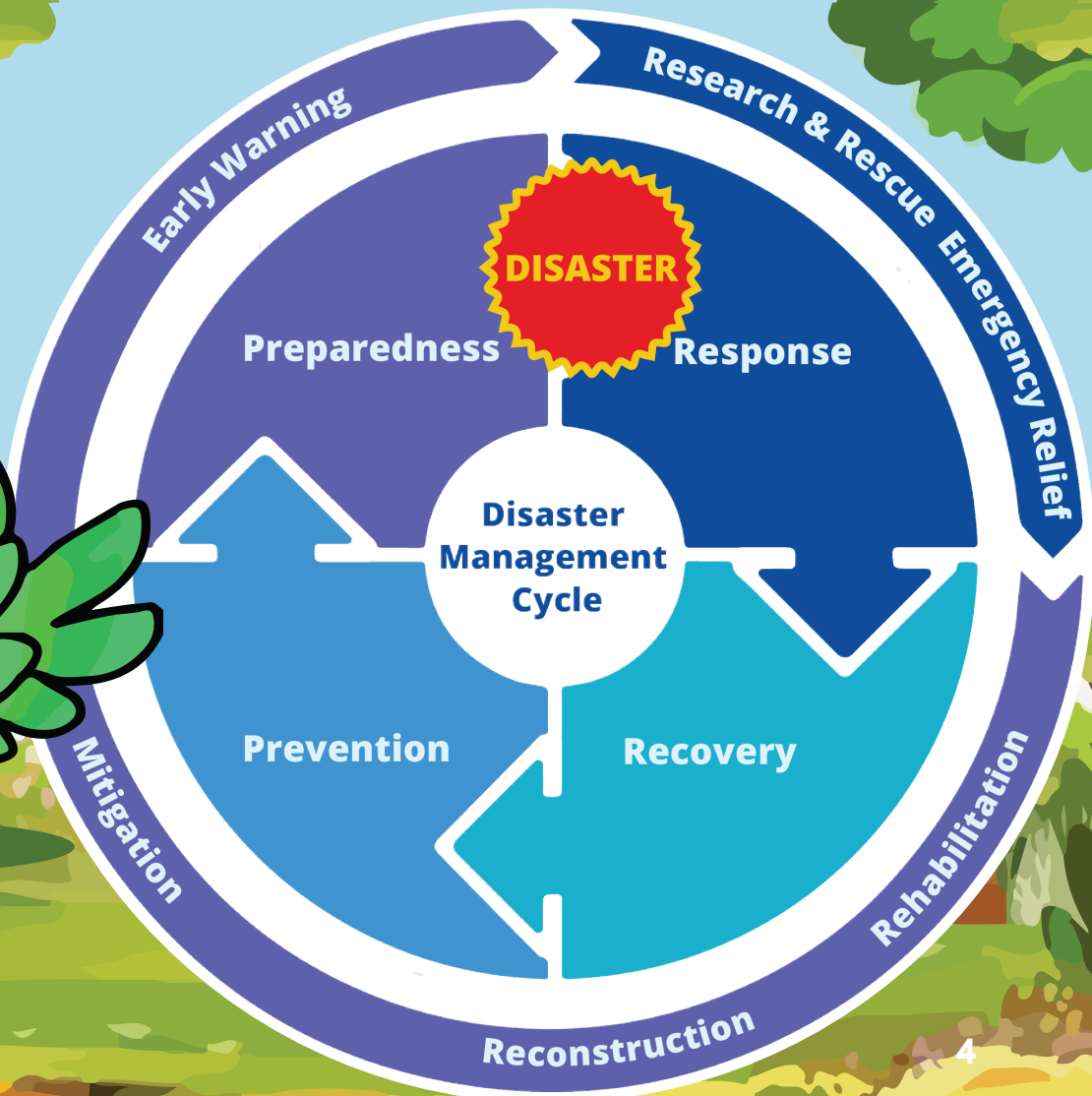
3. Response

When disaster hits, act quickly. Stay calm, follow your plan, and help others. Teamwork and focus are key to staying safe.

4. Recovery

After the danger passes, rebuild and learn. Strengthen your community and enhance resilience to be better prepared for the next challenge.





HEAVY RAINFALLS & FLOODS



How do sudden downpours turn our streets into rivers?

While rain is a natural part of life, climate change has turned up the intensity. Heavy downpours and rapid snowmelt can quickly lead to severe floods, exacerbated by Pakistan's challenging landscape and limited drainage systems. Vulnerable groups, including children, women, the elderly, and people with disabilities, face significant risks during these events, from displacement to water-borne diseases. It's essential that we prioritize their needs and take steps to keep them safe!

HEAVY RAINFALLS & FLOODS

Early Warning

Preparedness

1. Create a family emergency plan by mapping out evacuation routes
2. Clear drains and gutters
3. Secure valuables and supplies in waterproof containers
4. Stay informed about weather updates
5. Assemble an emergency kit with essentials like dry foods (dates, chickpeas, rusk), water, medications, sanitary pads, and a flashlight
6. Take precautionary measures to avoid diseases by practicing good hygiene, wearing protective clothing, preventing water contamination, and eliminating stagnant water

Research & Rescue Emergency Relief

Response

1. Move to higher ground or emergency shelters as directed. Avoid floodwaters due to hidden hazards
2. Stay updated via local media for emergency instructions
3. Help women and girls, the elderly or disabled
4. Watch for open drains and manholes
5. Keep away from poles to avoid electrocution
6. Avoid stagnant water
7. Drink clean, boiled water

Rehabilitation

Recovery

1. Assess damage to homes, infrastructure, and agriculture
2. Restore essential services like electricity, water, and sanitation
3. Identify individuals needing medical attention
4. Facilitate temporary housing for displaced individuals
5. Promote community clean-up initiatives to prevent health hazards

Reconstruction

Prevention

1. Build flood barriers and reservoirs
2. Plant mangroves
3. Maintain local drainage systems (e.g., ditches)
4. Use flood-resistant crop varieties such as paddy rice and sugarcane
5. Diversify income sources away from agriculture

Mitigation

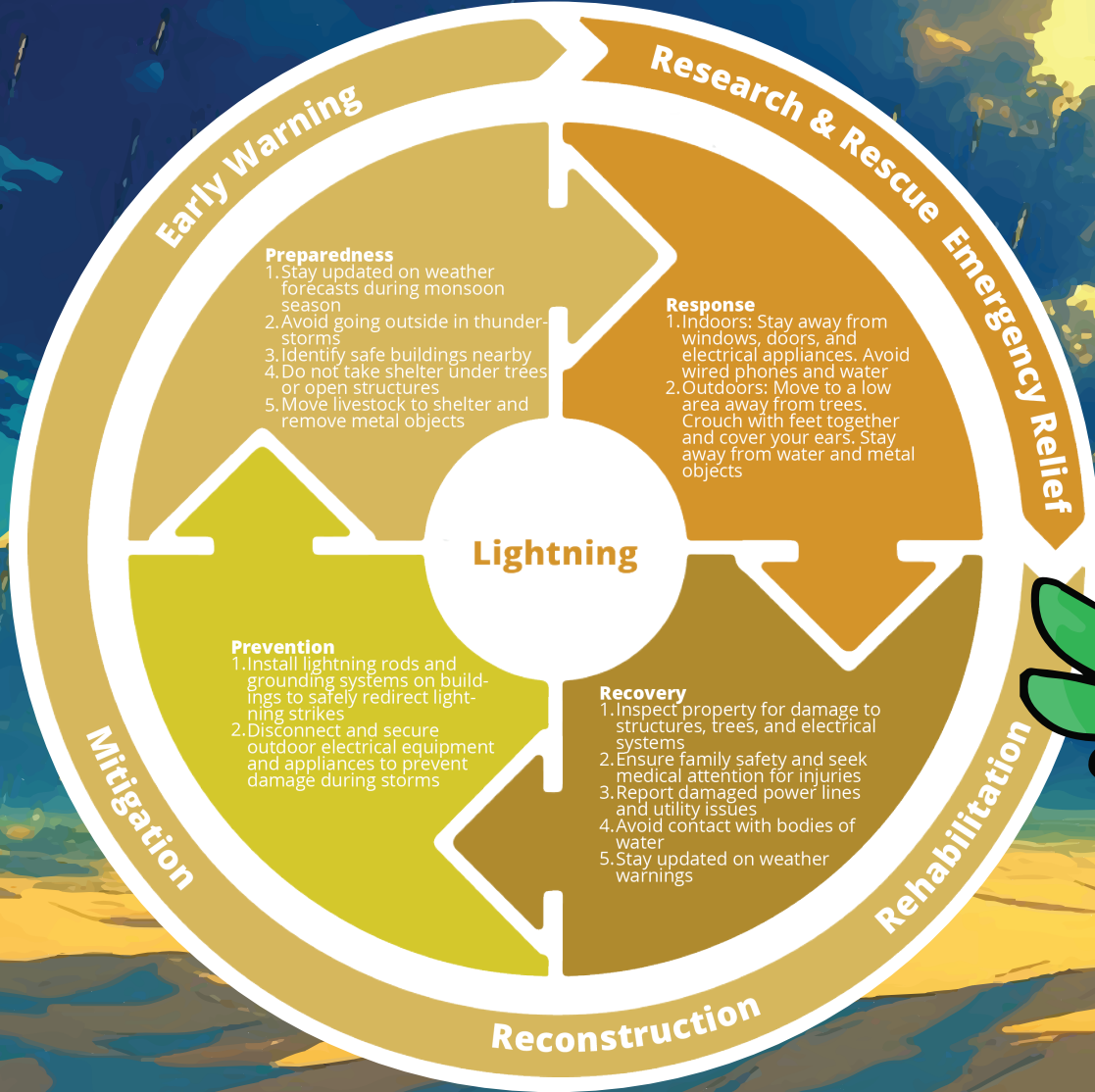


A cartoon green creature with a red face and spiky hair stands on a sandy beach under a stormy sky with lightning. The creature has a large red eye and a small mouth. It is looking up at the sky. A speech bubble is above its head.

LIGHTNING

What makes lightning so striking and dangerous?

Lightning is a powerful electrical discharge during thunderstorms that poses serious threats in rural Sindh and Khyber Pakhtunkhwa. It can harm both people and livestock due to the region's unique environment. Stay alert during storms to keep safe!

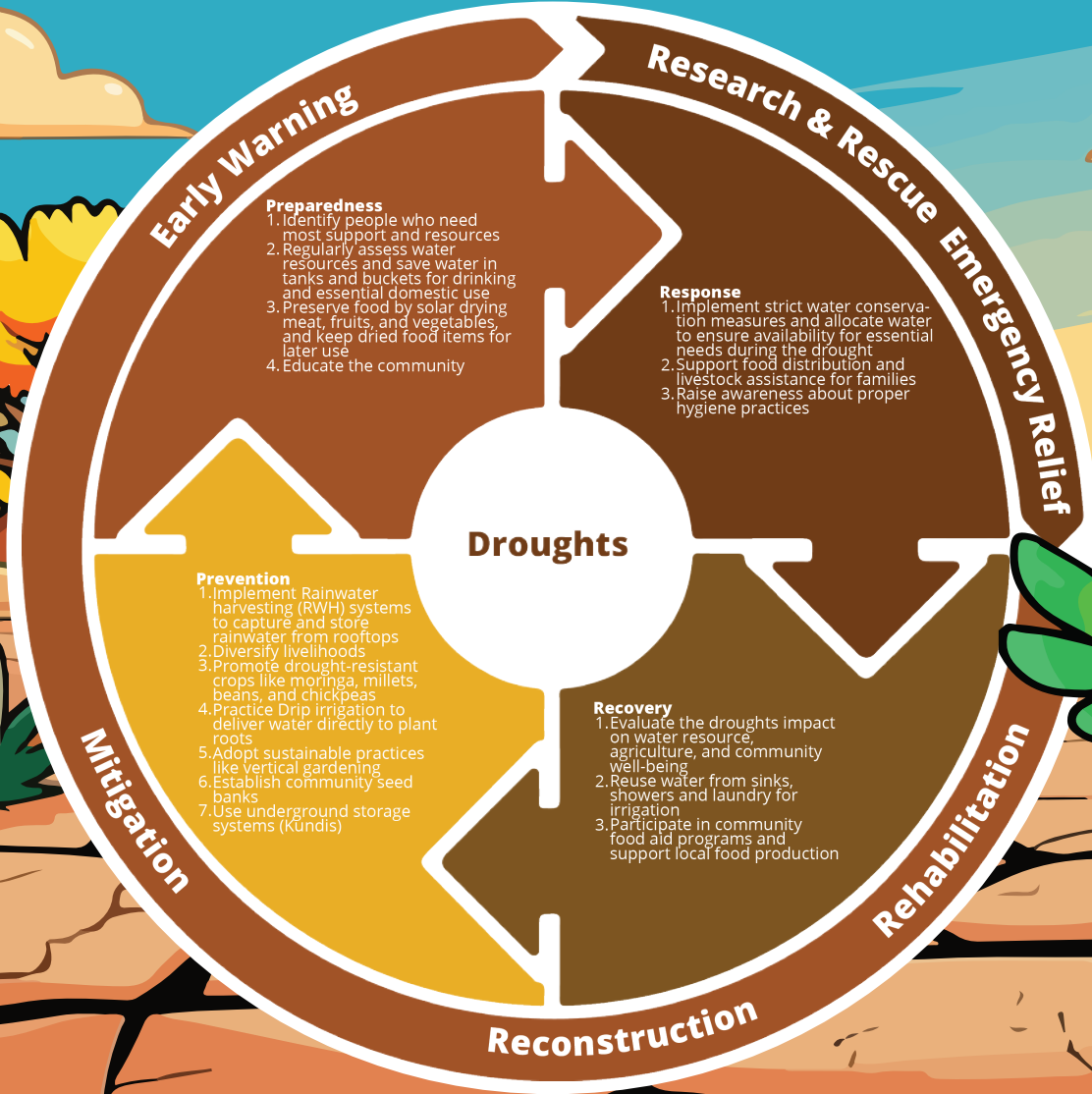




DROUGHTS

What challenges do we face when the rain stops, and water becomes scarce?

Droughts are long periods of low rainfall that cause water shortages and environmental stress. In rural areas, they harm agriculture and access to clean water. Women and girls face food insecurity and increased burdens as they are often responsible for water collection. Limited access to clean water worsens health risks. Together, we can support communities facing these challenges!

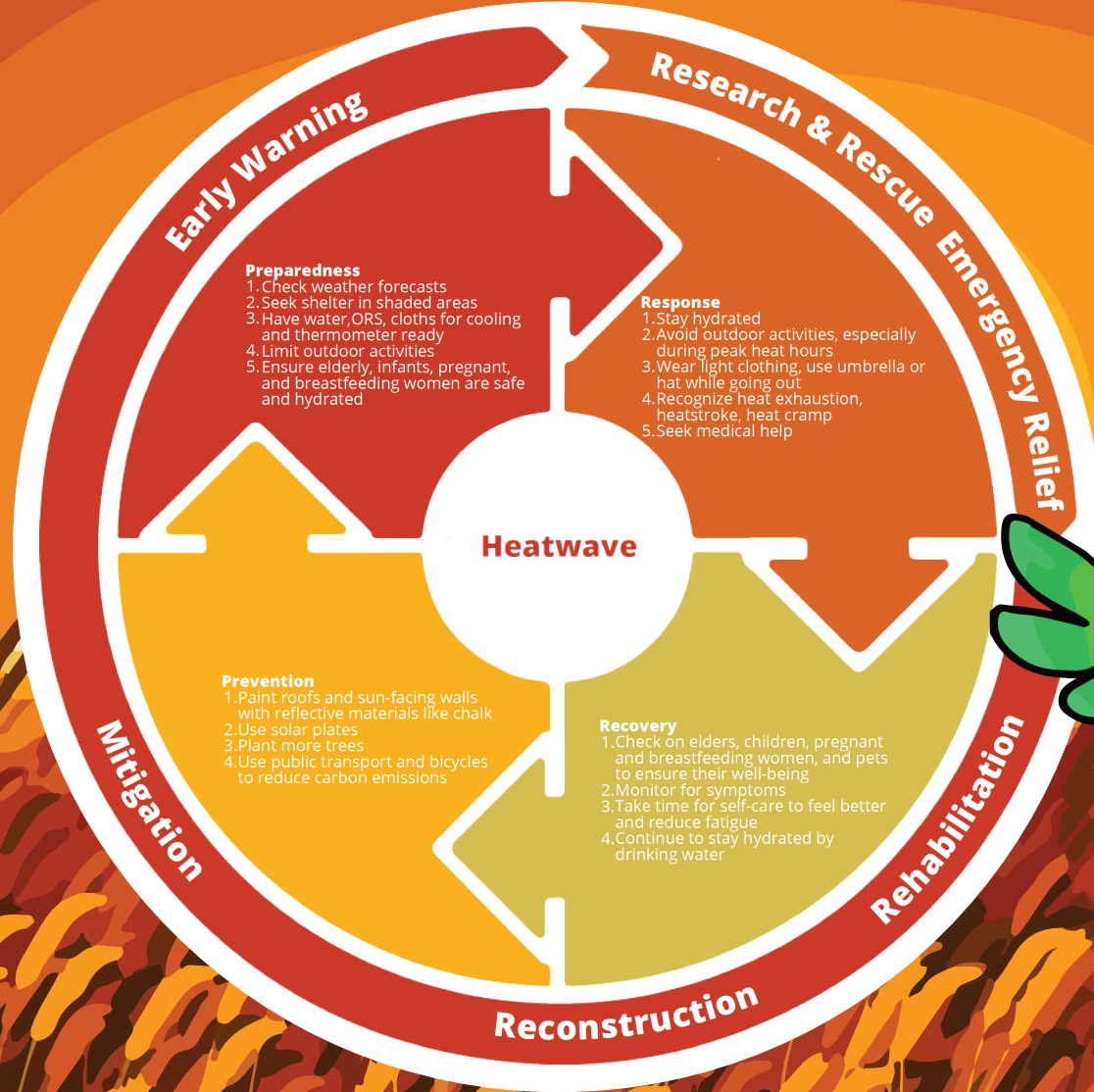


HEATWAVE



How does soaring heat change our environment and health?

Did you know Pakistan is one of the most vulnerable countries to climate change? In Sindh, heatwaves bring extremely high temperatures that can be dangerous for everyone, especially children, pregnant women, the elderly, and those with health issues. During these intense heat periods, people can suffer from heatstroke and dehydration. Let's stay cool and help each other during these heatwaves!





FIRE

How can a spark quickly turn into a raging fire?

Extreme heatwaves can trigger bushfires. High temperatures ignite dry vegetation, and glass bottles in the sun may start fires. Hazards like unattended cooking and electrical faults increase the risk, especially in rural areas with traditional stoves. Wooden and straw homes catch fire easily, and strong winds can spread flames rapidly. Stay vigilant to keep safe!

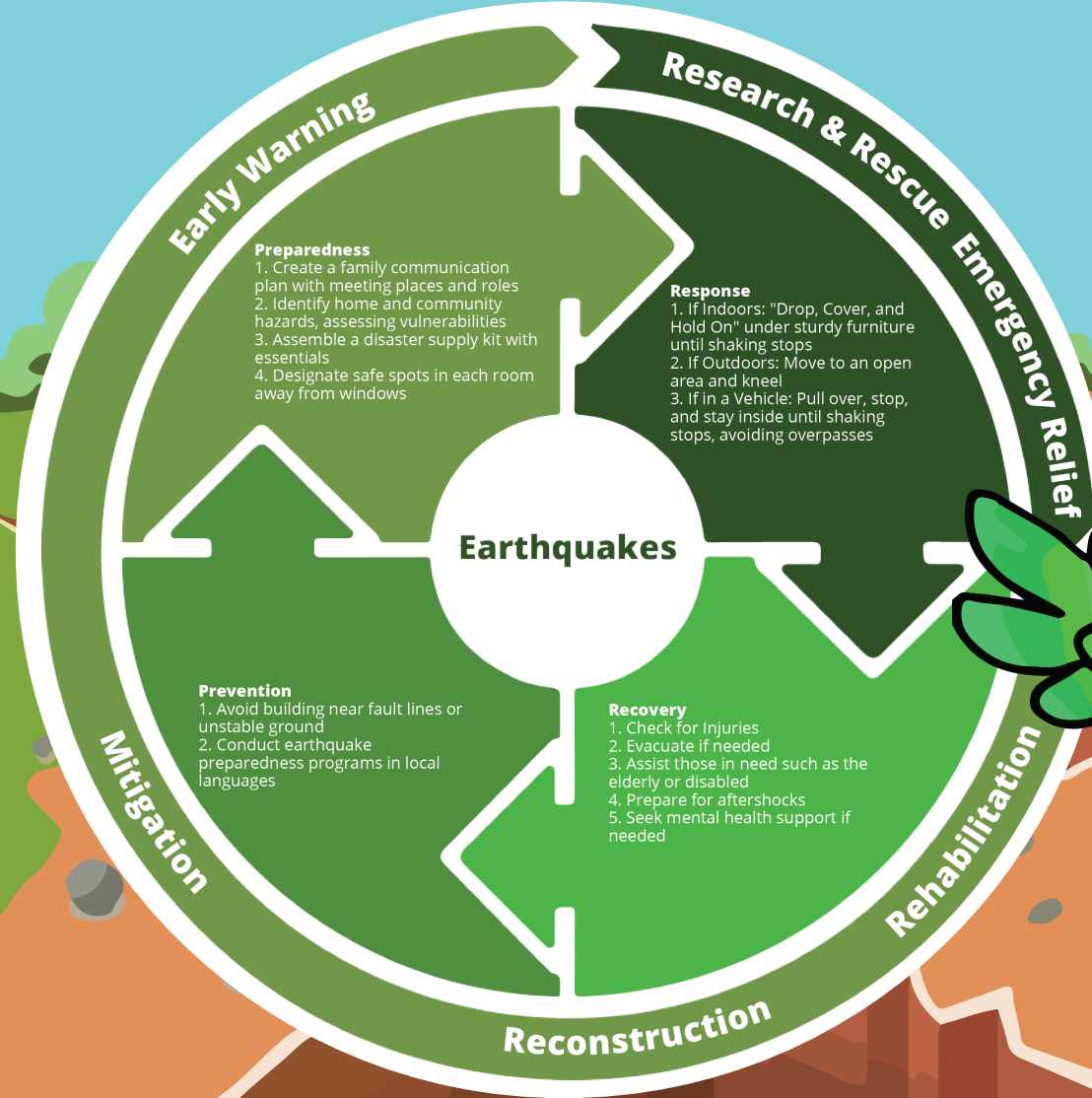




Earthquake

What happens when the ground shakes beneath our feet?

Earthquakes in Pakistan occur when tectonic plates shift, creating tremors felt across the region, particularly in Islamabad region and Khyber Pakhtunkhwa province. Although Sindh experiences fewer earthquakes, it is not immune to occasional shakes. Vulnerable groups, children, the elderly, pregnant women, and people with disabilities face higher risks during these events. It's crucial to prioritize their safety and preparedness in our communities!

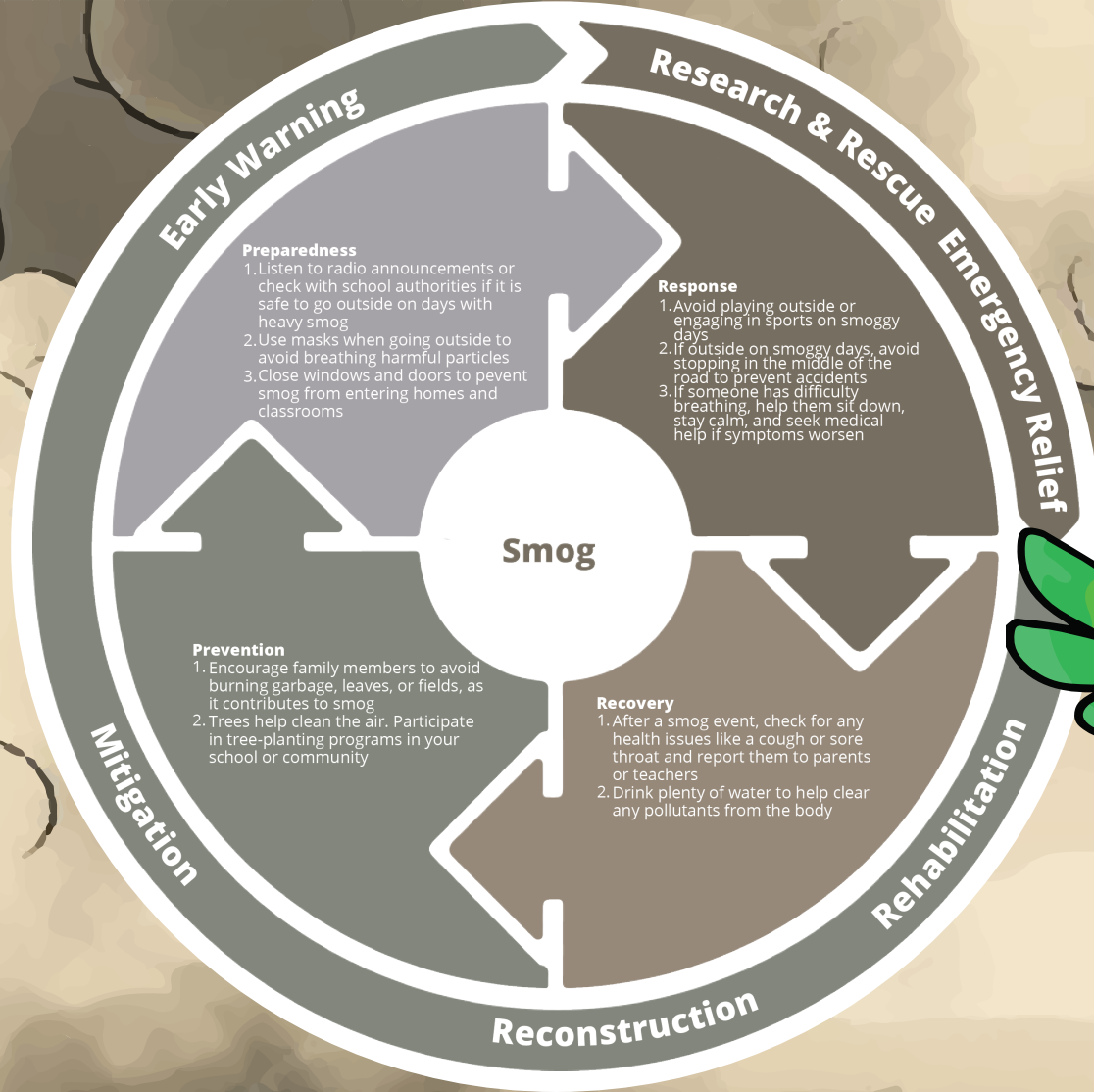


SMOG



What happens when smog comes to visit?

Imagine stepping outside and feeling the air thick with fog and smoke from cars and factories. That's smog! In winter, cold air gets trapped by warm air, keeping the smog close to the ground. This makes it hard to breathe, especially for kids, the elderly, and those with breathing problems. But we can help! By reducing pollution and planting trees, we can clear the air and keep it safe for everyone!



Emergency Response Authorities

PDMA 1129 Disaster Helpline

The National Disaster Management Authority (NDMA) governs disaster management across Pakistan. It oversees the Provincial Disaster Management Authority (PDMA), which provides emergency services through the **1129** helpline. At the district level, the District Disaster Management Authority (DDMA) operates early warning systems, ensures evacuations, provides essential services.



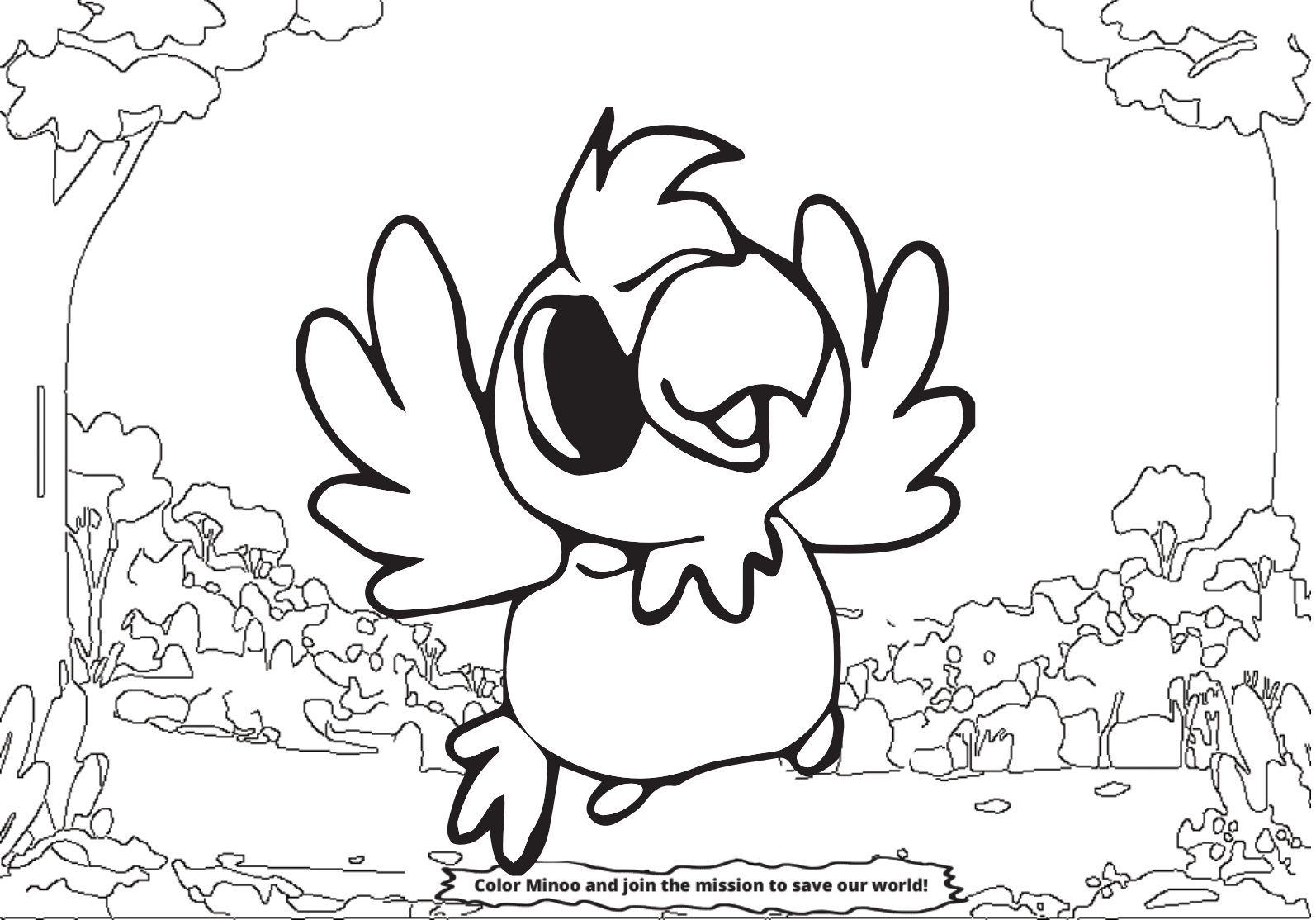
1122 Emergency Helpline

In case of an emergency, especially during climate-induced disasters there are designated district authorities within reach through the **1122** helpline. These services are operational across all provinces.



1123 - Tele-Tabeeb

Tele-Tabeeb - **1123** is a telehealth initiative that is established by SIEHS. The helpline is open 24/7 and is operating nationwide to provide free medical consultation and mental health counselling virtually.



Color Minoo and join the mission to save our world!



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