



Flooding, If It Happens, What Can We Do?



The phenomena of flooding occurs because water reservoirs such as rivers, soil, or dams / reservoirs are no longer able to accommodate the water that comes because of the increase in the volume of water which is usually caused by natural phenomena such as heavy rains for a long duration of time.

As a result, there can be an imbalance or difference in the flow of water that comes from rainfall and is not channeled so that the water overflows and floods occur.

The cause of flooding in addition to rainfall is also because the culture of protecting the environment is not inherent in society because there are still many of us who are less concerned about environmental conditions.

So, we can say that the cause of flooding is not merely nature but our culture which does not care about the environment and cleanliness, by littering; development that ignores Environmental Impact Analysis (AMDAL); loss of water infiltration due to shrinking green open space, felling trees, improperly used river functions, etc.

Early floods in 2020

Beginning in 2020 we were treated to various news about the floods that hit the Greater Jakarta area, Banten, and other regions in Indonesia which were quite alarming.

Many flood-affected residents cannot stay at home because the conditions are not possible and must be evacuated to posts prepared by the government and the community.

For example, the Jakarta flood post currently records the number of flood refugees throughout the DKI Jakarta region alone reaching 31,000, spread across several refugees in five areas of Jakarta.

After the floods occur, and are in refugee camps, we need to pay attention to various things, the main thing is that the location used as a place of refuge must be provided with a public kitchen that prepares baby and child food according to age, adult and elderly, health posts, clean water, sleeping mats, blankets, clothes, sanitary napkins, public toilets and all other basic needs according to age range.

Another thing to note while in refugee camps is to keep clean and healthy living behavior, including washing hands with clean water and soap before eating, before processing food, after defecating, after tricking children, after handling dirty environment and other activities.

No less important, each individual must maintain personal hygiene by using clean water, consuming boiled water, defecating in a toilet, flushing and maintaining the cleanliness of his environment.

In the midst of refuge it is necessary to have proper waste management, refugees must dispose of trash in its place, and collect it in large containers, maintain sanitation, and the surrounding environment.

For nursing mothers, breastfeeding should only be given to infants under 6 months, and infant and child feeding according to age must be met.

In the midst of flooding and while in refugee, everyone must protect themselves from the dangers of electricity, flood currents, and other accidents.

Communities affected by floods are also expected to not hesitate to ask for help from parties who can help, such as household / village head, village heads, subdistrict heads. Puskesmas staff, hospitals, PLN, police, BNPB, and others.

The community should be accustomed to storing important telephone numbers such as government agencies, rt / rw, Puskesmas, nearest hospitals, police, and others, so that it is easy to contact the relevant parties if they need help.

Relief / evacuation and shelter, preferably prioritizing infants, children, pregnant women, and the elderly.

Flood affected communities also need to pay attention to local government instructions in all their efforts to deal with disasters.

In the conditions of being in refugee, it requires awareness of each individual to respect each other among the refugees, work together, and work together.

They are also expected to maintain order together with maintaining cleanliness, save clean water, if sick, immediately seek treatment at the nearest health post or health center, and strengthen each other.

To fill the time in refugee camps, refugee communities are expected to be able to carry out useful activities, such as playing together, discussing positive things, sharing stories, and so forth.

One other important thing that is needed in disaster management, in addition to the conditions described above, is also assistance related to the psychological aspects of those affected by floods, who are in refugee camps.

Some of them certainly need help in reducing stress or trauma caused by flooding.

Communities affected by disasters will experience various initial physical, psychological, emotional, and behavioral reactions that can interfere psychologically and to deal with them requires experts to deal with this problem (psychologists) during or immediately after a flood.

After the flood subsided, there were a number of homeworks waiting in preparation for returning from the refugees.

Some things to consider when returning home, the first is cleaning the house, all walls and floors using disinfectants according to the rules and cleaning them must use footwear and gloves.

Various diseases become a threat when and after the flood, therefore they must be alert to various disease threats, such as diarrhea, skin diseases, leptospirosis, typhoid / typhoid fever, dengue fever and others.

Education civilizes behavior

Education about clean and healthy behavior must continue to be made into a culture.

Culture as a way of life that goes on for generations, and not something that individuals carry as part of their biological nature, is formed through the processes and forging in the social system.

Culture that is reflected in character is also formed through education or education, in various channels, ranging from education in the family, at school, at work, and in social interaction.

Since at home children have been educated to maintain cleanliness, care for the environment, maintain manners, and discipline, also in schools should be educated with the same principles, as well as in society, all forms of rules are applied indiscriminately, so that all habits it becomes an inherent culture.

Concern for the environment, can be implemented with a culture of sorting and disposing of trash in its place, not cutting down trees carelessly, reducing plastic waste, not creating air pollution and so forth.

Education about environmental care culture as a flood prevention solution can be done by anyone, such as family members, school communities from PAUD education to tertiary institutions such as school principals, teachers, students, school guards, etc., as well as community colleges, such as lecturers, students, and janitors, religious leaders, clerics in the teaching of majlis taklim, priests in sermons, Sunday School teachers, Hindu priests in the market, non-governmental organizations, mass organizations, or CSR.

In this educational effort synergy between agencies is needed, both education, government and society by compiling various programs that cultivate cleanliness and environmental sustainability, as well as good waste management.

Source: <https://megapolitan.kompas.com/read/2020/01/03/12501011/flood-if-have-happen-what-could-could-you-you?page=all#page2>



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