

Save lives with a pillowcase

Can you turn a pillowcase into a life-saving tool? The Red Cross says we should all be prepared for an emergency.

There have been more natural disasters recently, as extreme weather has become more likely. There are man-made disasters too, like fires. What would you do in an emergency?

The Hong Kong Red Cross started the Pillowcase Project this year. It is for students in Primary Three to Six, and it teaches you all about being prepared.

Students receive an emergency kit and an activity book after the programme.

"Disasters often strike quickly and without warning," says Eva Yeung from the Red Cross. She says the best protection is learning what to do.

"Most people do not have a family fire escape plan. A number of them have never been taught to get low and go under the smoke to the way out," says Eva.

The emergency kit, which is like a pillowcase, is small and light, so you can grab it and run quickly to a safe place.

Smart emergency tips

Fire: Fire produces heavy smoke. If it happens, drop close to the floor immediately, and escape by crawling away.

Floods: Check and clear drains before the rainy season. If you think the place where you live may be hit by possible floods, leave and find shelter in a safe place.

Landslides: During heavy rain, stay away from slopes.



Earthquakes: If you are indoors when an earthquake happens, hide under a piece of strong furniture. Stay away from glass or objects that could fall down easily. If you are outdoors, stay away from buildings, slopes and overhead wires.

Emergency survival kit: Prepare the kit in advance. It should contain items such as a whistle, torch, medicines and snacks. Put the kit in a place where you can easily find it. Also bring along a towel, mobile phone and your keys.

Escape plan: Work out an emergency escape route and set a meeting place for your family. Practise the escape plan at least twice a year.

Pillowcase Project for Posties readers

We have 10 free places for Posties readers at the next Pillowcase session. Join in and learn some important skills!

When: Saturday, December 12, 3:00pm – 4:00pm (registration starts at 2:45pm).

Where: Hong Kong Red Cross Headquarters, 19 Hoi Ting Road, West Kowloon.

Who: students from Primary 3 to 6. Language: Cantonese.

To enter, email your name, school year and parent or guardian's phone number to fiona.wong@redcross.org.hk on or before this Friday, November 27, with the title "Pillowcase Project - Posties". Good luck!

say it

Phrases from this story

pillowcase
枕套emergency
緊急prepared
防護protection
預備immediately
立刻escape route
逃生路線