



KKNT UNIVERSITAS DIPONEGORO TIM 119 2025



ACT

**Creative
Health
Program
on Disaster**

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01 | Introduction

Hi friends! 🙌

Did you know that nature can change suddenly? 🌍

Sometimes the weather is sunny, but it can suddenly rain heavily.

Sometimes the sea is calm, but it can rise and reach the land.

These natural changes can lead to disasters.

What is a disaster?

A disaster is an unexpected event that can cause damage and endanger humans, animals, and the environment.



Common Disasters



In Indonesia

02

Examples of Disasters

FLOODS

Happen when it rains heavily and the water cannot flow properly. Water overflows into roads, rice fields, and houses.

LANDSLIDE

Occur when soil on hills or mountains collapses due to heavy rain or unstable ground. It can bury roads, houses, and harm people nearby.

EARTHQUAKES

Strong shaking caused by the shifting of Earth's plates. Earthquakes can destroy buildings and injure many people.

TSUNAMI

Very large sea waves usually caused by underwater earthquakes. They can hit land and cause severe damage.

DROUGHT

Happens during a long dry season with no rain. The land becomes dry, crops die, and clean water becomes scarce.

02 | Examples of Disasters

TIDAL FLOOD (ROB)

Tidal flood is a type of flood that comes from the sea, not from rain. Seawater can rise, especially during the full moon or high tide. When that happens, seawater enters the land — into roads, rice fields, and even homes.

In areas close to the sea and where the land is flat or low, tidal floods tend to happen more often.

Example: Sayung Subdistrict, Demak

In Sayung, Demak Regency, tidal floods often occur.

Sayung is located near the sea, and the land is low, so when the seawater rises, it can enter the villages.

Sometimes, the roads in Sayung are flooded with seawater, even reaching schools and houses.

People there have to wear boots or use small boats.

Because of the frequent tidal floods, the people of Sayung have to be extra careful, especially during the high tide season.



Why Does Sayung Often Experience Tidal Floods?

1.The land keeps sinking

Every year, the land in Sayung slowly sinks because many people and factories take water from underground. As a result, the sea level becomes higher than the land.

2.The sea level is rising

Because polar ice is melting and the weather is getting hotter, the sea level is rising globally. During high tide, water can easily enter villages.

3.Rivers are getting shallow

The rivers in Sayung are filled with mud and trash, making it hard for rainwater and seawater to flow, which causes flooding.

4.Damaged mangrove forests

There used to be mangrove forests along the coast that could hold back seawater. Now that many are damaged, seawater enters more easily.

5.Lots of garbage in the drains

Trash clogs drainage systems, so tidal and rainwater can't flow out quickly.

6.Drains are narrow and small

In some villages, the drains are narrow and poorly maintained, so water overflows into roads and homes.



04 | How to Respond

1. Help your parents move important items to higher places, such as school books, clothes, and documents.
2. Throw trash in the bin so drains don't get clogged and water can flow away quickly.
3. Ask your parents or teacher where to go if the water starts rising.
4. Don't play in floodwater because it's dirty, slippery, and dangerous.
5. Listen to information from your parents, teachers, or local officials, and follow their instructions.
6. Stay healthy by wearing sandals when going outside and washing your hands after being outdoors.
7. Prepare snacks and drinking water in an emergency bag to take with you in case you need to evacuate.



05 | Diseases After Disasters

- **Diarrhea:** Caused by contaminated food or water
- **Dengue Fever:** Aedes mosquitoes breed in stagnant water after floods
- **Leptospirosis:** Bacteria from rat urine in floodwater can infect through wounds
- **Respiratory Infections:** Crowded and damp shelters can trigger infections
- **Skin Diseases:** Long contact with dirty water can cause rashes, fungal infections, and scabies.
- **Other Digestive Illnesses (like typhoid):** Often appear due to food or water contamination



06 | How “CHP” Works

1.Introduction

- All participants form a large circle
- Each person introduces themselves
- The instructor explains the workshop’s goal



2.Warm-Up

- “Chicken”: Counting and movement activity
- “Mirrors”: Copying each other’s movements in pairs



05 | How “CHP” Works

3. Main Activities 1

- Make a group of 5–6 people
- Choose one type of disaster, discuss its causes, how to prevent it, and how to respond
- Present your chosen disaster and explain why you chose it



04. Main Activity 2

- Create a short drama from your group discussion
- Use simple dialogue to explain the disaster and solutions



05 | How “CHP” Works

5. Closing

- Participants return to a large circle and are given time to ask questions about the workshop.
- The workshop ends with another round of “Chickens”.



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THANK
YOU