

# FAQs

## FREQUENTLY ASKED QUESTIONS PIRMI NA PAKIANA



### Kutob san-o iton panhatag hit relief goods? Until when will the supply of food support us?

**Kutob nala Pebrero 2014 iton panhatag hin relief goods. Guin aabi-abi iton mga tawo nga bumalik pangabuhi para makapalit hiton mga kinahanglanon.**

*General food distribution will last until February 2014. People are encouraged to revive their livelihood in order to regularly purchase their necessities.*



**Diri pa ako/kami nahihibitang han mga panhitabo pagkatapos han bagyo. Kinahanglan ko hin makakaistorya para magawas ko tak mga kabido ug kahadlok. Hain ako mapakadto?**

*I/My family am/is still feeling emotionally distressed from the typhoon. I want to get some help to talk about it or know how I can deal with this grief/anxiety/sadness. Where do I go to avail such services?*

**Diri guin re-rekomenda iton usa la ka beses nga de-briefing (iton pag-istorya han mga nahihibitang han panahon han bagyo). Pwede maghuruuharampang iton usa ka kumunidad para maigawas iton mga problema o bisan la simple nga uruistorya para man mabuligan iton usa ka tawo. Mayda guihap mga local volunteer groups, pareho hit Red Cross, nga nahatag hin bulig pang-mental para han mga naapektuhan han bagyo. Kun grabe ka masulub-on iton usa ka tawo, nga diri na niya maariglar iton iya kalugaringon, kinahanglan niya buimisita hin pinakaharani nga health centre o ospital.**

*Psychological debriefing (talking in depth only once about the bad things that happened) is not recommended. Communities can work together to provide support to those in need by listening to their concerns, ensuring they have their basic needs met, and facilitating their participation in daily activities. There are various local volunteer groups, such as Red Cross that provide support for people affected by the typhoon. If someone is so sad/anxious/depressed that they are unable to look after themselves or their children, they should visit the nearest health centre or hospital to talk to someone with special training in mental health.*



**Pakiana tungod** (Concerns regarding)

Magkadirudilain nga Pakiana (General Queries)  
➤ Western Visayas

0920-946-3766  
0918-912-2813



### Kinahanglan ko/namon hin tabang pang-medical. Hain ako/kami mapakadto?

*I/My family need/s medical assistance. Where should I go?*

**Puede dad-on iton pasyente ha pinakaharani nga health centre o functioning nga ospital. Mayda la pili nga mga health centre ngan ospital nga nanhahatag hin libre nga konsultasyon ngan medisina. Ini an mga centre nga may may mga medical volunteers (international, national and local).**

*A patient may go to her/his nearest health centre and/or functioning hospital. Centres with (international, national and local) medical volunteers conduct free medical care, and in some cases may also provide free medicines and treatment.*



**Naguba an akon/amon balay dida han bagyo. Kinahanglan ko/namon hin masisirungan. Guin aano pag-aro hin bulig para makatikang kami pag-balay? Ano iton upod didat recovery shelter kit?**

*My house is severely damaged by the typhoon and I need shelter. How do I get assistance? What is included in the recovery shelter kit?*

**Kaistoryahi iton imo/ayo barangay kapitan para makaaro hin bulig panimalay. Mga sim, martilyo, raysang, sirutsu, etc. iton apil hit shelter kits.**

*Affected communities should first approach their barangay captain to ask for shelter assistance. Recovery shelter kits include iron sheets, hammers, nails, handsaws, etc.*



**Na-ilo ako tungod han bagyo. Gusto ko magpadayon pag-eswekla. May mga scholarships ba nga pwede ko ma-aplayan?**

*I am orphaned by the typhoon. I want to pursue my studies. Are there available scholarships for me?*

**Mayda mga ahensiya, mapa-gobyerno man o pribado, nga mabulig paghatag hin mga scholarship para ha mga estudyante nga apektado han bagyo. Igpasamwak ini ha mga bulletin board hit kada eskwelahan. Guin aabi-abi nga maki-istorya iton mga estudyante ngan ira kag-anak ha eskwelahan kun di-in hira naka-enrol.**

*There are institutions (government, NGOs, schools) with resources to support typhoon affected students. A list of scholarships will be disseminated through school bulletin boards. Students and/or parents of students are encouraged to contact their schools for more information.*