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Global Health Disaster Preparedness and Response
Assignment 2: Précis, Mitigation and Community Resiliency
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Mitigation and Community Resilience

The times we live in are unpredictable. The frequency of naturally occurring and man-made disasters, along with their associated risks, is rising. However, the likelihood of disasters emerging and the extent of their possible effects are not equally dispersed. The capacity of a community to avert potential threats, adjust to shifting circumstances, and bounce back quickly from setbacks is known as resilience. A key component of resilience includes disaster preparedness, which covers mitigation, response, recovery, and prevention. By addressing and lessening the effect of possible hazards and dangers, mitigation plays a critical role in improving community resilience. Strengthening resilience allows a community to increase its capacity to endure, adjust to, and overcome unfavorable circumstances, including natural catastrophes, difficult economic times, or social upheavals.

The techniques of community-based disaster management (CBDM) and community-based disaster risk reduction (CBDRR) aim to reduce vulnerabilities, improve public safety and lessen the negative effects of hazards on people, property, resources, and the environment, empower individuals and community institutions, and change the relationships and structures that lead to inequality and underdevelopment. The issue of disasters itself calls for community activism and mobilization. Community cooperation encourages those affected by catastrophes to work together and mobilize to support relief efforts, tackling the threat of hopelessness as a result of the calamity.

References

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