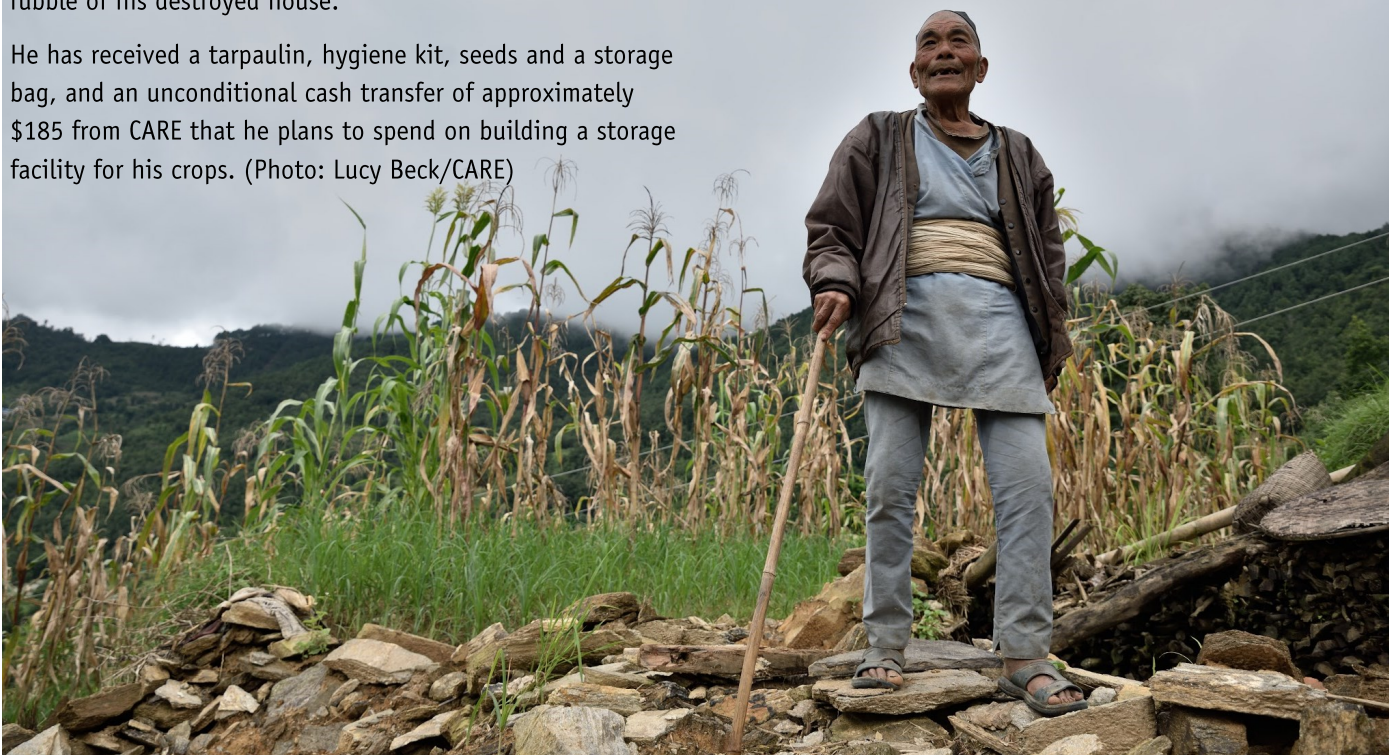




Six Months After the Nepal Earthquakes An Update on CARE's Response

Singi Bomjan doesn't remember his age (he estimates around 80 years), but does remember the last big Nepal earthquake of 1934, which he says was nowhere near as bad as the one in April 2015. Here he stands in front of his cornfield on the rubble of his destroyed house.

He has received a tarpaulin, hygiene kit, seeds and a storage bag, and an unconditional cash transfer of approximately \$185 from CARE that he plans to spend on building a storage facility for his crops. (Photo: Lucy Beck/CARE)



Deadly Earthquake Shakes Nepal

On April 25, 2015 a major earthquake measuring 7.8 on the Richter scale struck central Nepal causing widespread destruction. It was followed by several aftershocks and then a second 7.3 magnitude quake on May 12 causing further casualties and damage.

Quick Facts

Deaths:	nearly 9,000
Injured:	22,310
Displaced:	2.8 million
Houses damaged:	890,509 (605,254 completely destroyed)
Livelihoods affected:	2.28 million households



CARE's Response

With generous support from across the world, there was a major mobilization to assist affected communities in the days and weeks following the April 25 earthquake.

Local CARE staff in Nepal immediately responded, helping neighbours clear the rubble while CARE's global emergency team went on red alert to coordinate our response. Within a matter of days, six members of the CARE International rapid response team, managed by CARE Canada, would be deployed to Nepal to assist local staff and partners in responding to the disaster.

CARE quickly mobilized its resources and local partners to respond to the great humanitarian need, providing relief supplies; water, hygiene and sanitation support including emergency toilets, hygiene kits and water purifier; emergency shelter and repair kit materials; seeds and storage bags; and cash support intended for shelter and livelihoods recovery.

Your Support in Action

Six months later, through the generous support from our donors, CARE has surpassed its initial target of reaching 100,000 people in four of the worst-affected districts of Gorkha, Sindhupalchowk, Dhading and Lamjung.

As of October 2015, CARE has reached more than 130,000 people with shelter materials, sexual reproductive health support, gender-based violence protection, hygiene and sanitation support, and assistance to help restore livelihoods.

Now that the initial emergency phase is over, CARE is focusing on transitioning from emergency relief to recovery. CARE will work with communities to help them build back safer homes and recover lost livelihoods through agricultural interventions and cash voucher programs. CARE plans to reach at least 100,000 people with further assistance over the next months.

CARE IN NEPAL

CARE has a longstanding presence and relationship with the people of Nepal. CARE has worked in Nepal since 1978, on key issues such as food security, HIV/AIDS, health, education, water and sanitation, climate change and the empowerment of women and girls. CARE works in 47 of the 75 districts in the country and is very familiar with the regions affected by the earthquakes.

CARE organized an emergency preparedness planning meeting in 2012, focusing on planning and preparing for a major earthquake in Nepal. CARE Nepal had an earthquake simulation and refresher workshop just two weeks before this devastating event, helping better prepare staff and allow them to react very quickly when the earthquake hit.

Meeting Immediate Needs and Focused on Long-term Recovery

SHELTER

CARE is providing shelter assistance to families whose homes are heavily damaged or destroyed. Some 10,000 people have already received emergency shelter supplies from CARE.

CARE is currently distributing high-quality shelter repair kits. These kits include corrugated sheets, specialized nails, tools and other useful items meant to help people rebuild their homes to be stronger and sturdier. In addition, some 2,700 families are receiving 15,000 Nepalese Rupees (roughly \$185) to pay for labour and buy extra items they may need to rebuild.

CARE and its partners are working to empower families to repair and rebuild their homes stronger to face future earthquakes. This long-term “building back safer” approach involves training local carpenters and community members on improved building techniques to make homes safer, building model homes, holding information sessions and having roving teams of local building experts available to offer helpful advice.



Man Bahadur Tamang (in above photo) returned from Malaysia after the earthquake to help his family recover. His son Shyam is helping him construct a temporary shelter using iron sheeting provided by CARE. (Photo: Brian Sokol/CARE)

WATER, SANITATION AND HYGIENE

CARE has distributed water purification tablets, built emergency latrines, provided handwashing facilities and carried out hygiene promotion amongst the affected communities. CARE staff and local partners are also conducting hygiene workshops and distributing temporary latrine materials. In some districts, CARE is also helping to rehabilitate water sources and improve sanitation.

To date, CARE has reached nearly 6,500 people with this support.

REPRODUCTIVE HEALTH

An estimated 126,000 pregnant women affected by the devastating earthquake in Nepal are in urgent need of health services.

As part of our emergency response to earthquake areas, CARE has distributed reproductive health kits with information related to maternal health to health facilities and pregnant women and oriented them on the usage of health kits. We have also provided transitional homes and maternity tents for women and girls and equipped birthing centres with essential equipment and supplies.

GENDER-BASED VIOLENCE

In times of crisis after natural disasters such as the Nepal earthquakes, incidents of gender-based violence can increase and women and girls are particularly vulnerable.

As part of our emergency earthquake response, CARE has created friendly spaces in a number of areas where women can go to at any time to feel safe and have access to information, education, recreational activities, support and services. Referral mechanisms for the reporting and identification of gender-based violence have been put in place. CARE is also working

with BBC Media Action to provide people with practical information through a radio program on such topics as shelter, safety, economic recovery and livelihoods.

LIVELIHOODS & FOOD

Some 2.28 million households' livelihoods were affected, with sources of income destroyed, lost or disrupted. Working closely with our local partners, CARE has begun assisting vulnerable families with financial support to restore such livelihoods as vegetable farming, rice production and other income-generating activities.

CARE is also providing a variety of vegetable seeds along with weatherproof storage bags to families. The goal of this programming will be to help families meet their basic needs, while earning additional income to help them build back their lives.

To date, CARE has reached 1,156 individuals with food and 5,597 individuals with livelihoods support.



“I am very happy to have my babies”

Childbirth is never an easy thing, especially not in the aftermath of a major earthquake that has destroyed your home, livelihood and health facilities. Add to this the fact that you are carrying twins and have a history of complications during birth, and you are left with a nightmare scenario.

This was the case for Maili Bharati, 32, who was around six months pregnant when the first earthquake hit Nepal and destroyed her village. Injured by falling rubble during the quake, she spent the first few days after the earthquake living under tarpaulins and, for the first month, without electricity in the village.

The earthquake also wiped out all the health services in her remote village and the nearby area. When the labour began, she was forced to walk for two and a half hours to the nearest town of Melamchi where doctors referred her further on to Kathmandu, as their obstetrics equipment had been destroyed by the quake. This meant another three hours of travel in a crowded public bus and then a further 30 minutes on foot to reach the hospital. At this point Maili had been in labour for over 24 hours and her husband Dhuba Raj had to physically support her as they moved slowly along the chaotic streets of Kathmandu.

Thankfully next morning, with the aid of a caesarean section, she gave birth to two healthy boys – Ram (photo opposite page) and Laxman. Months later, the babies gurgle happily in their swinging cots and against all odds seem to be fit and strong.

“I am very happy to have my babies,” says Maili, “but I’m really worried how I will raise them, where we will live and how we will send

them to school.”

At the moment they are living in a temporary shelter made out of iron sheeting provided by CARE and other materials they were able to salvage. But it is far from ideal.

“When it rains it makes a lot of noise on the sheeting and the children wake up and cry. It can get very cold and sometimes water gets in, so it will be difficult to keep the babies healthy during winter,” says Maili.

CARE has been supporting Maili and her family with iron sheeting to help them build a temporary shelter and vegetable seeds to regain their livelihood. Two of the family’s goats were killed in the earthquake, but luckily their buffalo survived and their fields remained in good enough shape to continue farming.

For them, shelter still remains the biggest need. “If we can manage to make a strong home then life will become a bit normal again,” says Maili.

CARE is working with Maili’s family and others in the village to give cash vouchers so people can buy the items and materials most necessary to them.

Ram and Laxman are two of many babies born in the shadows of the devastating Nepal earthquake. CARE has also been supporting families with “dignity kits,” which include blankets, underwear, hygiene products and other basic items for new mothers as well as safe, female-only spaces where women can go to breastfeed and meet in peace and safety.

Although Ram and Laxman’s future still remains very uncertain their parents have hope.

“One positive thing that has come from the earthquake,” says Maili’s husband Dhuba, “is that so many people came to help. We never expected it, and even our own community came together and helped where it could.”



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(Photo: Lucy Beck/CARE)

The earthquakes in Nepal left entire villages in shambles and families devastated. Thankfully, Canadians generously responded, providing more than \$780,000 towards CARE's emergency efforts. CARE Canada also received \$1.3 million in support from the Government of Canada coupled with an in-kind donation of emergency relief supplies, including shelter kits, mosquito nets, blankets, tarpaulins and buckets to aid Nepal survivors. Together, with our colleagues on the Humanitarian Coalition, we raised a total of \$8 million.

We know from our experience in previous disasters that affected populations require emergency assistance as well as long-term support. CARE is committed to helping the people of Nepal rebuild their lives, through providing the skills and materials to build safer homes, improving water supply systems, and offering training, jobs and new economic opportunities. These permanent solutions will ensure families and communities are more prepared for the next natural disaster.

Canadians, through CARE, are making a real difference for the people of Nepal. We thank you for supporting our efforts.

A LEADER IN DISASTER RESPONSE

CARE is one of the world's largest, oldest and most respected international non-governmental organizations. Founded in 1945, CARE began delivering vital disaster relief and humanitarian aid – much of it in the globally recognized form of CARE Packages. CARE has remained a leader in disaster response ever since while building deep expertise in its international development programming to deliver lasting change worldwide. Today, CARE Canada focuses on food and nutrition, humanitarian relief, and maternal and reproductive health with a special emphasis on women and girls. To learn more, visit: www.care.ca or follow @carecanada on Twitter.