

COPE

.....
Be ready for disasters!
.....



HEATWAVES

By Martha Keswick + Mariko Jesse + Timothy Sim



What are natural hazards ... and disasters?

Forces of nature that happen with little warning and occur all over the world, such as earthquakes, tsunamis, floods, landslides, tropical cyclones (and other storms), storm surges, heatwaves, wildfires, droughts and volcanic eruptions. When these **natural hazards** pose a threat to humans or the environment they can lead to **disasters**, and cause destruction in a community.

What are heatwaves?

A heatwave is a long period of extremely hot weather, lasting several days. Heatwaves can occur with or without humidity and cover large areas, affecting millions of people. They are measured relative to the usual weather in the area and the normal temperatures for the season. Heatwaves can be dangerous to health, especially the vulnerable, and can cause wildfires and destruction in the community.

The World Meteorological Organization helps countries to better forecast and manage heatwaves.

*COPE will teach you how to
be ready for heatwaves!*







Be ready for disasters – Heatwaves

Copyright © 2022 Martha Keswick,
Mariko Jesse & Timothy Sim
All rights reserved.

ISBN 978-988-8658-72-5

AUTHOR Martha Keswick
ILLUSTRATOR Mariko Jesse
EDITOR Timothy Sim

DESIGNER Reita Wong
PROJECT MANAGER Christine Messervy
MARKETING MANAGER Lina Suarez

PUBLISHER PPP Company Limited, Hong Kong
PRINTER Opal Print (Bath) Ltd, United Kingdom

www.cope-disaster-champions.com

COPEdisasterchampions

Special thanks to:
Professor Diana Mangalagiu

COPE HEATWAVES COLLABORATORS



In partnership with



SCIENTIFIC ADVISORS





COPE

.....
Be ready for disasters!
.....

HEAT WAVES

By Martha Keswick +

Mariko Jesse + Timothy Sim



*Who is
Grand Mistress Fu?*

A famous Chinese martial arts teacher and founder of the Mount Emei Wushu School. Grand Mistress Fu, also known as Shifu, is disciplined and tough yet has an enormous heart. She narrowly escaped death as her school collapsed during the Wenchuan Earthquake in May 2008 and has since dedicated her life to Disaster Risk Reduction.



*What is
The COPE Academy?*

An international disaster hub, hidden in Sichuan Province, set up by Grand Mistress Fu. The COPE Squad – Candy, Ollie, Ping and Eddy are teenage orphans who were plucked out of their care homes to live at The COPE Academy and trained to be disaster risk reduction agents.



Sense
THE SNAKE

A beautiful 25-year-old python. Sense has a special gift for predicting disasters. Grand Mistress Fu feeds her mice every month.

Rescue
THE DOG

A huge 8-year-old Kunming Wolf Dog, Rescue tracks missing people. His favourite hobby is catching flies.



The COPE Squad



Candy

THE CARER

12 years old from Kranshoek, South Africa, Candy is kind, strong, lively and loves playing drums and hula-hooping. Her role is to care for vulnerable groups affected by disasters such as children, elderly or disabled.

Disaster Experience:
Wildfires



Ollie

THE SCIENTIST

13 years old from Christchurch, New Zealand, Ollie is clever, popular, sporty and loves astronomy and rugby. His role is to understand weather patterns, climates and ecology.

Disaster Experience:
Earthquakes



Ping

THE NETWORKER

12 years old from Hong Kong, Ping is practical, chatty, creative and loves cooking and Wushu. Ping is the networker and spokesperson within the COPE squad.

Disaster Experience:
Floods



Eddy

THE ENGINEER

12 years old from Bahia, Brazil. Eddy is curious, witty, chilled out and loves Lego and skateboarding. Eddy is a talented engineer focusing on the safety of buildings.

Disaster Experience:
Landslides



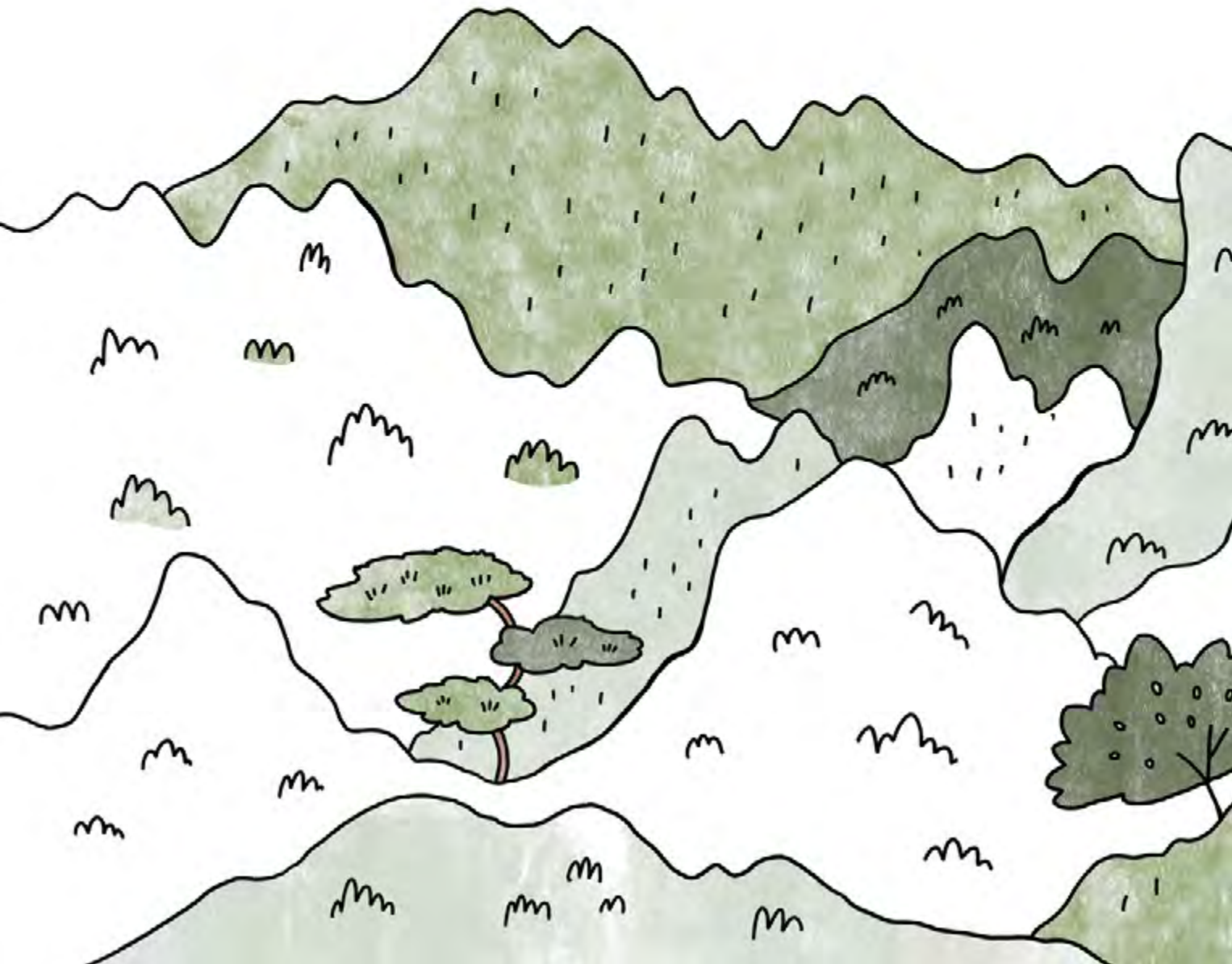
COPE Signs

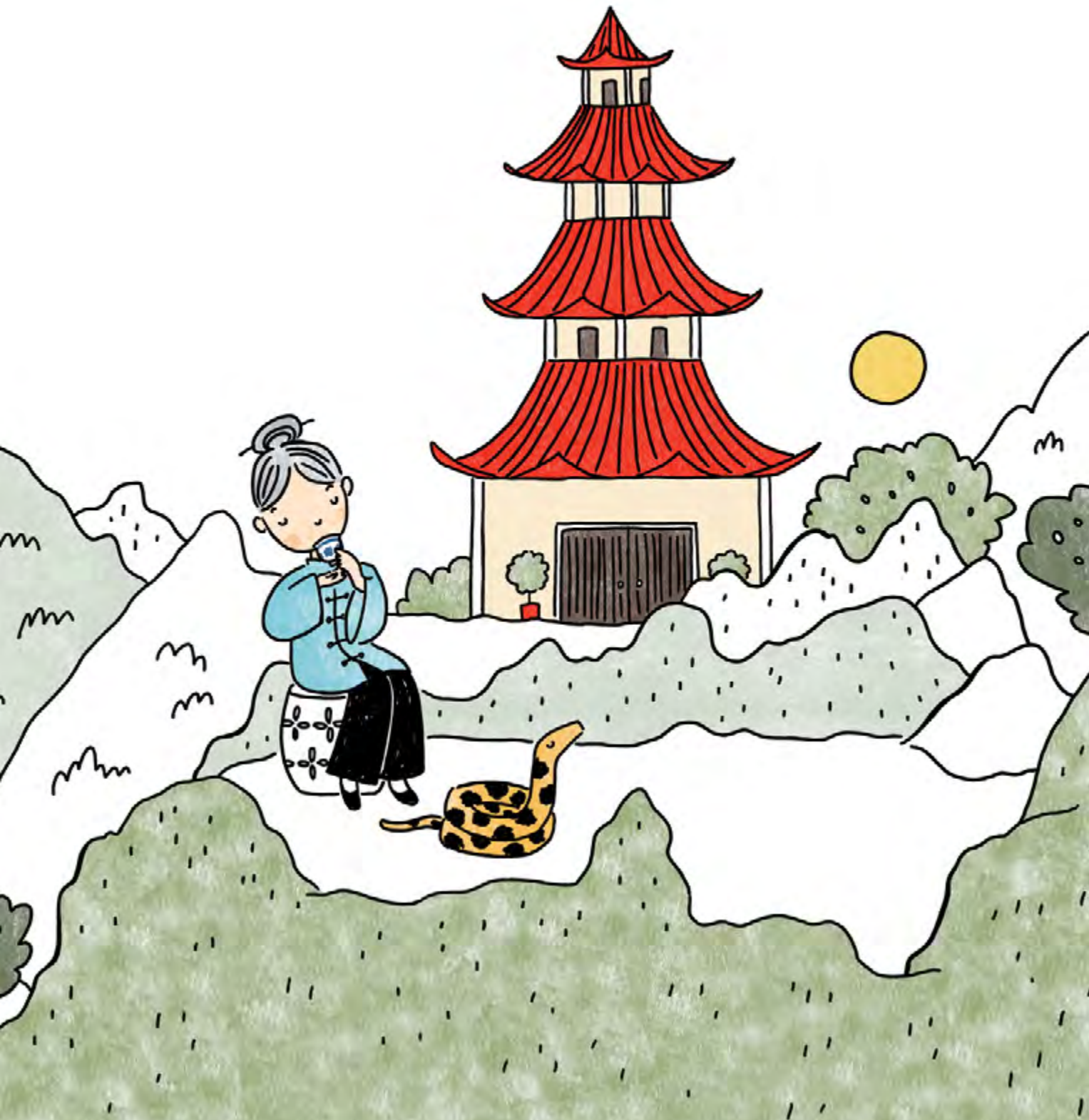
Since Eddy is hearing impaired, COPE sometimes chat using the Brazilian sign language, LSB. Can you spot the signs for **heatwaves**, **hydrated** and **cool**?

Spring in Mount Emei is usually misty and humid.

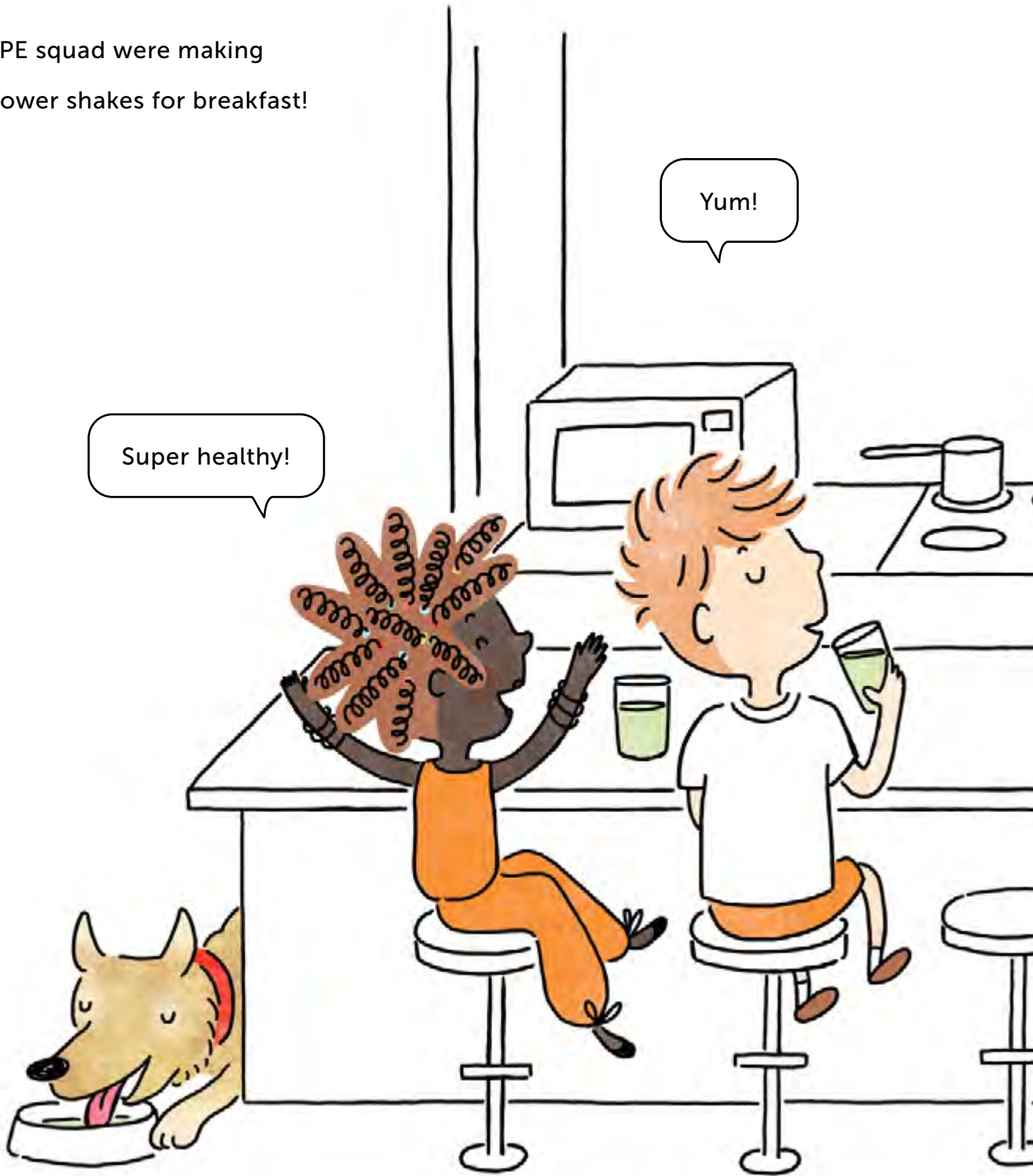
For once, it was a clear day. Hooray!

Grand Mistress Fu was outside The COPE Academy, watching the sun rise with Sense, enjoying some peace and quiet.





The COPE squad were making green power shakes for breakfast!





Let's add some kale?

Yuk!

COPE were busy planning their heatwaves mission to Paris, France.

I have exciting news! Before Paris, we have also been invited to *The World Meteorological Organization (WMO) Headquarters* in Geneva.



Amazing!

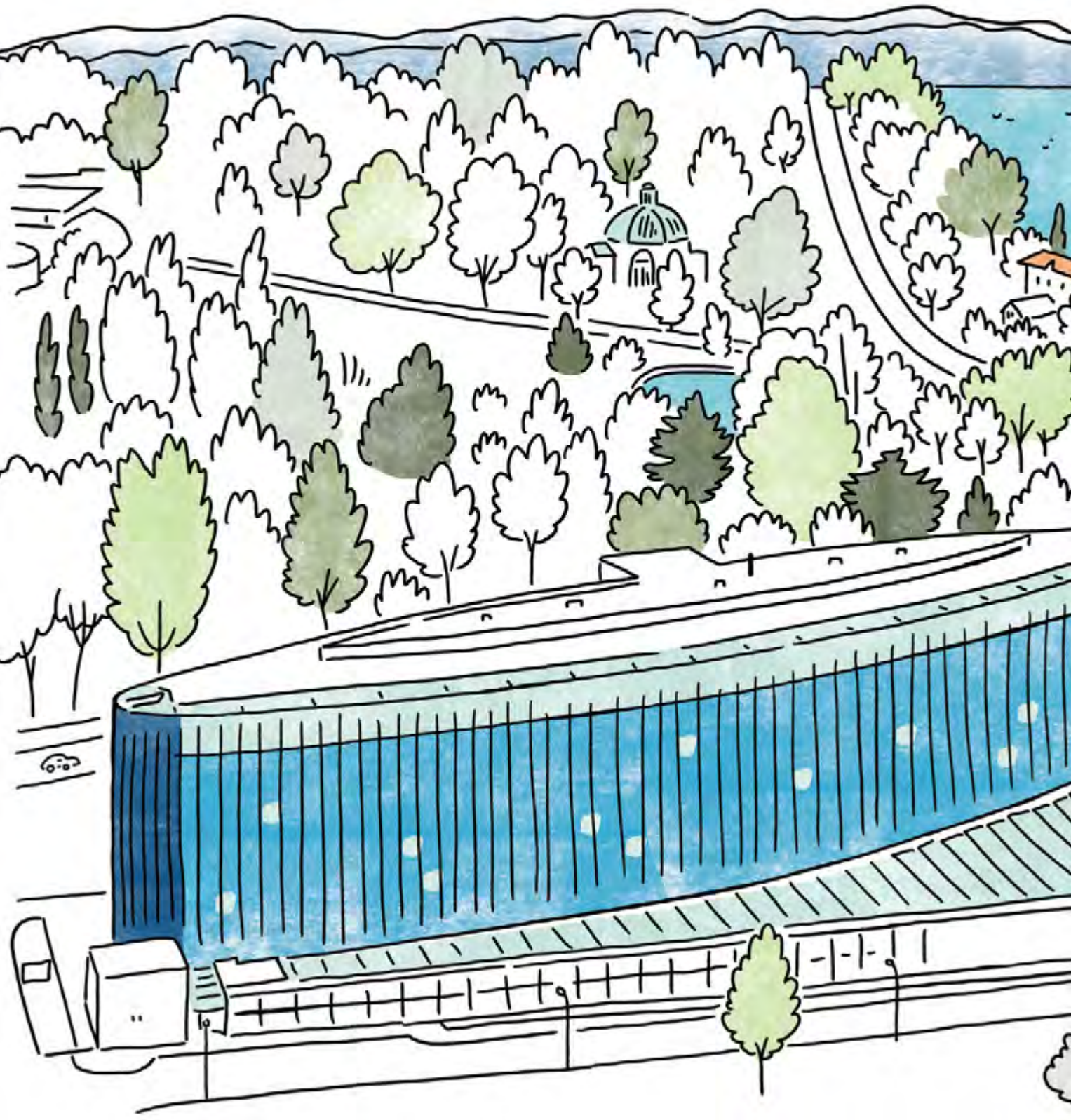


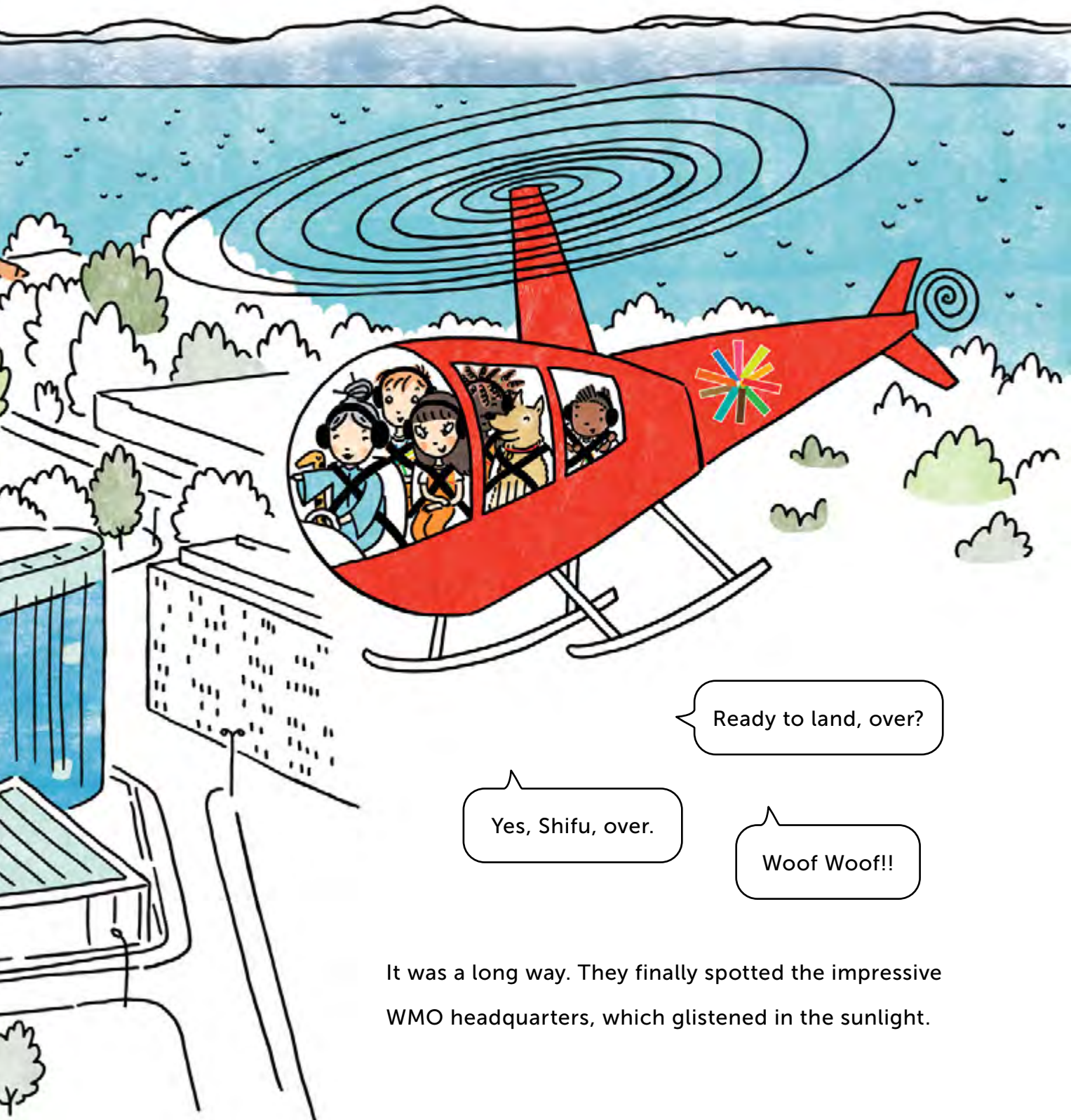
I've always dreamt of going there.

Let's get packing. We will be away for a while.

A European adventure!







Ready to land, over?

Yes, Shifu, over.

Woof Woof!!

It was a long way. They finally spotted the impressive WMO headquarters, which glistened in the sunlight.

The Secretary General made a speech to launch The World Meteorological Day.



Our theme for 2022 is *Early Warning and Early Action*. Being prepared to act at the right time, in the right place can save lives and protect communities, both now and in the future.

WMO is targeting 100% of the earth's population to have Disaster Early Warning Systems by 2027.



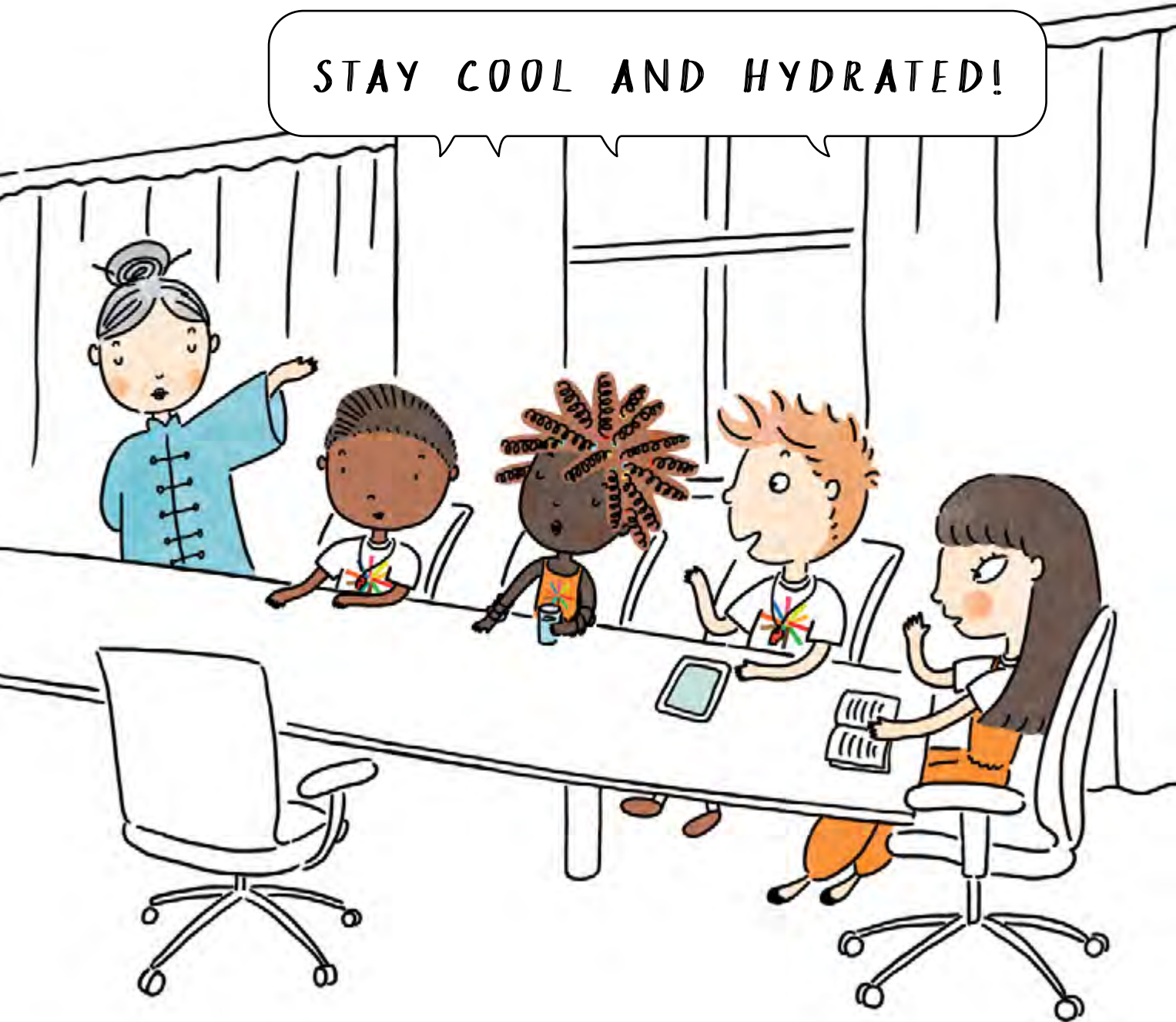
COPE studied the weather, climates, water, environmental issues and disaster risk reduction. They learnt that natural hazards, such as heatwaves, are made worse by Climate Change.

Our planet is warming at a faster rate than ever. These changes are caused by increasing levels of greenhouse gas emissions into the atmosphere. Heatwaves will be longer, more often, and with record breaking temperatures.



COPE, what is the key message to remember in a heatwave?

STAY COOL AND HYDRATED!



What are the top tips for
STAYING COOL AND HYDRATED?



Drink water!



Stay in the *shade.*





Take a rest when playing outside.

Pay attention to the government's heatwave health warnings.

Wear loose clothing and a hat.



Heatstroke is when the body cannot control its temperature.

*What are the main symptoms...
and what can you do?*



Dizziness, confusion, nausea,
fainting, headaches, tiredness.

Move to a cool place, lie
down and raise feet slightly.



Drink more water. Wet your skin with a spray or sponge.



If you do not recover after 30 minutes, it may be heatstroke. Speak with an adult to call the emergency services.



By early June, COPE were off to Paris for their heatwaves mission.

They had loved their time at WMO, and learnt so much!

Even the Secretary General and Deputy Secretary General both came out to wave them off.

Great work, COPE, you are making a difference!



COPE took the train to and from Paris.

It was very fast and easy!



The City of Paris had set up *The Climate Action Plan* to help deal with heatwaves.

Cool rooms

in churches and museums were open to the public.



Kindergartens were given free *heatwave kits*.

Misting devices

helped people stay fresh.



Water stations provided drinking water to stay hydrated. There was even a special map listing all the *cool spots* in the city.



COPE and Grand Mistress Fu stayed in a beautiful old apartment.

The balcony looked across the rooftops of Paris.

Breakfast was the best!



Suddenly there was a movement
behind a flower pot.

A kitten! Soooooo cute!

Why is she panting?

She's overheating. Quick!
Let's give her some water.



Even in the soaring heat, COPE visited many of *The World Heritage Sites*. They checked out the cool rooms in The Louvre and The Sacred Heart.



They boated down the Seine ... and relaxed on the river beaches.

Let's stay **FRESH!**



COPE enjoyed skateboarding in the parks, which were open all night long.



They went swimming in the outdoor pools.

Sense loved chilling out in the water.

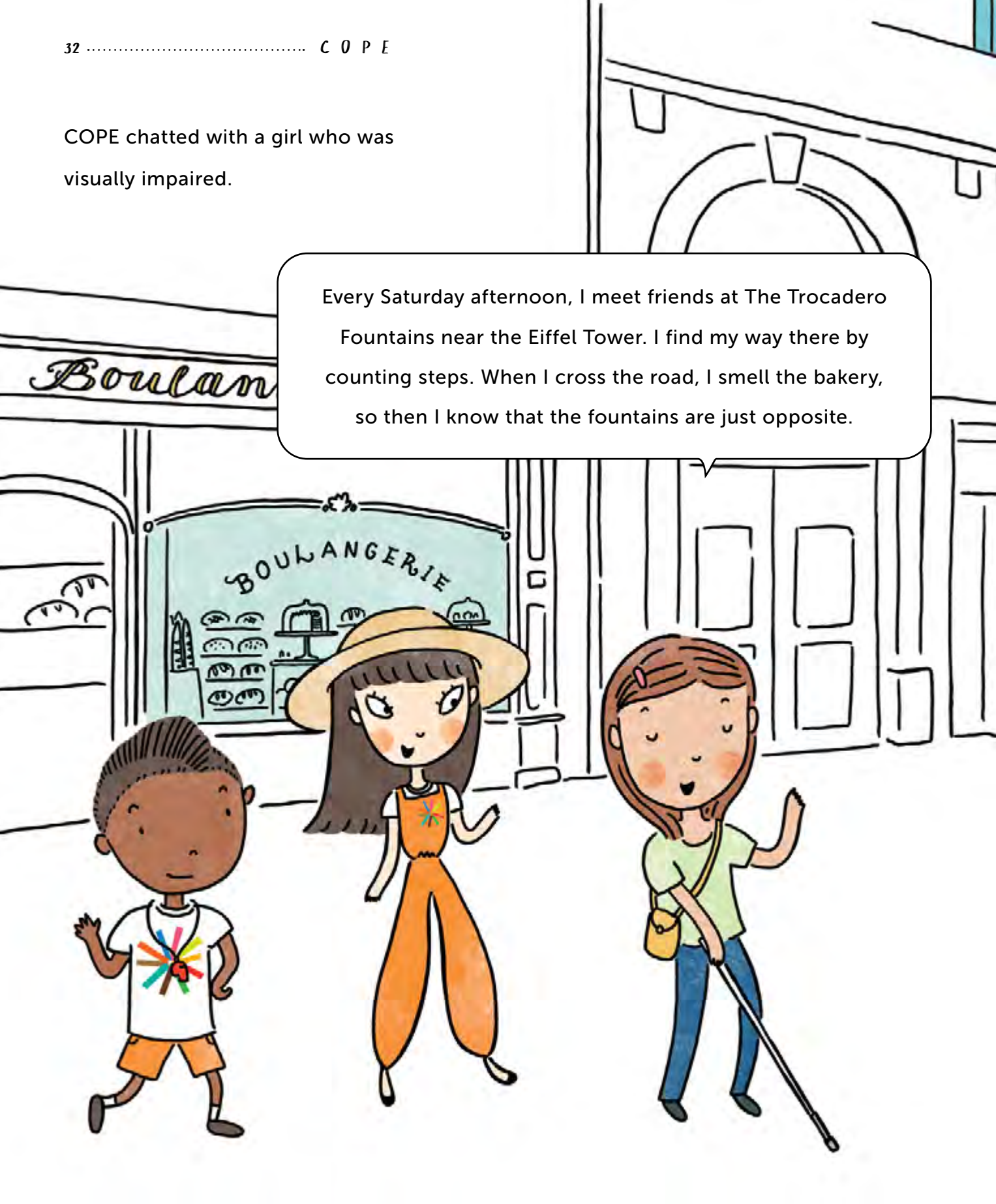
I always remember to take out my hearing aid, and put it in a safe place.

Stop splashing, Rescue!



COPE chatted with a girl who was visually impaired.

Every Saturday afternoon, I meet friends at The Trocadero Fountains near the Eiffel Tower. I find my way there by counting steps. When I cross the road, I smell the bakery, so then I know that the fountains are just opposite.





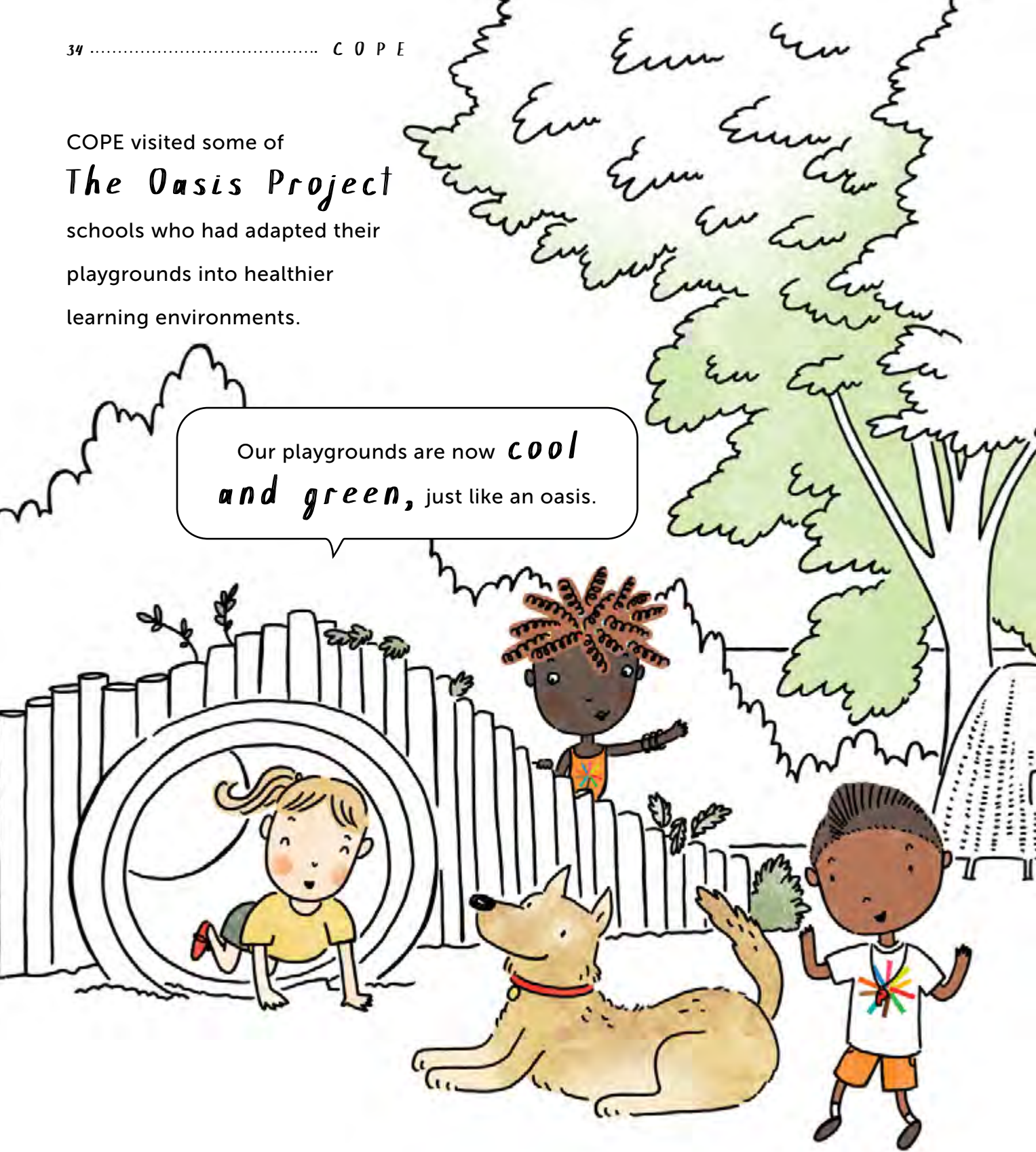
So clever!

CAFE

CREPE

COPE visited some of
The Oasis Project
schools who had adapted their
playgrounds into healthier
learning environments.

Our playgrounds are now *cool*
and green, just like an oasis.



We enjoy the water stations and shady corners.



COPE held special workshops.

Listen up! We are COPE, here to help you stay
happy and healthy during heatwaves.

Drink water!
Play in the shade.



STAY COOL AND

Remember to wear light coloured,
loose clothing ... and a hat!

Don't forget your sunscreen!



HYDRATED!

COPE were all over the internet, giving advice to families.

Start your day early.

Check the temperature
before you head out.



Find fresh places, out of
the direct sunlight.

Memorise the emergency
phone number.



Be a *COPE Champion* ...
spread the word!

By the end of June, Météo-France had issued a *red heat warning*.



I can't stop sweating!


Look — the temperature is reading 42 degrees!

It's really hot, even at night-time.

I'm finding it hard to sleep.

Many homes lost their electricity. Hospitals were full. The drinking water quality had lowered. The metro, trains and buses all had delays.

Parisians had to change their daily routines.



I walk our dog early in the morning, before the pavement gets too hot for his paws.

I try to spend time in the air conditioned library near my home.

The heatwave returned during the months of July and August.

COPE stayed on in Paris. They helped *the vulnerable*, paying special attention to infants, the elderly and the disabled.



COPE took water and fruit to those living alone in top floor flats.

Even Rescue did his bit!

Shall I draw the curtains
to keep out the sun?

Yes, please.
You are too kind.



Gradually, the city cooled down. There was now a slight breeze on COPE's balcony, and the kitten was active and playful. There was a spring in people's steps.



Thanks to *careful planning,*

the effects of the heatwave were under control.

Paris would recover. Schools would go back as normal.

Always remember –

STAY COOL AND HYDRATED!



Grandmistress Fu was proud of her squad. They had kept their spirits up during those endless hot days.

The sun was setting as they landed back on Mount Emei. Autumn had arrived, and the forest leaves were stunning shades of red and orange.



COPE, we are home, over.



T H E C O P E C O N T R I B U T O R S



Martha Keswick

**COPE
AUTHOR**

Martha Keswick is the author of the popular bilingual *Max and Mei* picture book series, the factual *Zhongguo Mingren Series* about famous people of China and the action-packed *Pangu* comic book series. Martha's work for the Keswick Foundation often supports disaster related projects in China.

Martha lives in Hong Kong with her husband, their four children and two dogs.



Mariko Jesse

**COPE
ILLUSTRATOR**

Mariko Jesse studied at Central St Martins, where she went on to be an Associate Lecturer. She is an award-winning illustrator, working on a variety of projects around the world from picture books to ceramics.

Mariko lives in San Francisco where she is always in a state of preparedness for earthquakes.



Timothy Sim

**COPE
EDITOR**

Dr Timothy Sim started out as a social worker, specializing in family therapy. In 2008 Tim focused on Disaster Risk Reduction after working with children, their families, schools and communities affected by the horrific Wenchuan earthquake in 2008. He has written many books in Chinese and English.

Tim is currently a professor at the Singapore University of Social Sciences.



Heatwaves will happen more frequently than they used to because of climate change. The COPE Heatwaves book effectively teaches children how to remain healthy during these extreme heat periods, and empowers them to raise awareness amongst their peers and in the community.

— **PROFESSOR PETTERI TAALAS**
Secretary General, World Meteorological Organization

Appealing illustrations and content, kept simple yet informative and scientifically sound. This book provides a great way to engage our children to learn and prepare for heatwaves!

— **PROFESSOR DIANA MANGALAGIU**
Neoma Business School, France & University of Oxford, UK

The COPE series not only educates children about disasters occurring in their communities, but helps them build awareness and resilience through compelling stories and relatable characters.

— **MAC GLOVINSKY**
Chief, Learning Passport, UNICEF

A beautiful tool to help children be aware of heatwaves — the main climate change hazard that affects the City of Paris.

— **CLIMATE TEAM**
City of Paris, France

COPE Academy, Sichuan Province.

Under Grand Mistress Fu, the COPE squad receive intensive training on disasters and how to be prepared. Join their epic Heatwaves mission to the city of Paris, France where they have to put their disaster risk reduction skills into action.



www.cope-disaster-champions.com

  COPEdisasterchampions

COPE TITLES

- Earthquakes
- Tsunamis
- Floods
- Cyclones
- Storm Surges
- Landslides
- Wildfires
- Droughts
- Volcanoes
- Heatwaves**



COPE

.....
*Make the Difference.
Be Ready!*