



## Earthquake

### Social Contacts



Emergency Contact No  
0135-271 0334



Emergency Email  
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Emergency Shelter location  
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# About Earthquakes

An earthquake is the shaking of the surface of the Earth resulting from a sudden release of energy in the Earth's lithosphere that creates seismic waves. Earthquakes can range in size from those that are so weak that they cannot be felt to those violent enough to propel objects and people into the air, and wreak destruction across entire cities. The seismicity, or seismic activity, of an area refers to the frequency, type, and size of earthquakes experienced over a period of time.

"Stay calm and seek shelter under a sturdy object until the shaking stops."

## What to Do

- Find cover and hold on.
- Stay indoors until the shaking stops.
- Stay away from glass, windows, and outside doors.
- If you're outdoors, find an open area away from buildings, trees, streetlights, and power lines. Drop to the ground and cover your head and neck.

## What Not to Do

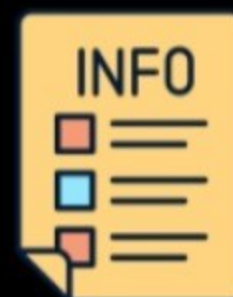
- Don't run outside or to other rooms during shaking.
- Avoid standing in a doorway.
- Don't use elevators.
- Don't use matches, candles, or any flame. Broken gas lines and fire don't mix.

## After Disaster

- Assess yourself and others for injuries and provide first aid as needed.
- If you are in a damaged building, move to an open area and avoid elevators.
- Be cautious of potential dangers such as falling debris and damaged structures.
- Stay informed by tuning in to a battery-operated radio or using a mobile device.
- Use text messages or social media to contact family and friends, as phone lines may be busy.
- If you are near the coast, move to higher ground to avoid potential tsunamis.

## General Tips

### Stay Informed



Stay informed about potential risks and emergency procedures in your area.

### Emergency Kit



Create and regularly update an emergency kit with essentials like water, non-perishable food, medications, and first aid supplies.

### Communicate



Have a communication plan in place with your family or household members in case of separation during an emergency.

### Practice Evac



Practice evacuation drills and know multiple escape routes from your home or workplace.





## Flood

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# About Flood

Floods are natural disasters characterized by an overflow of water onto normally dry land. They can result from heavy rainfall, storm surges, melting snow, or dam failures. Floods pose significant risks to communities, causing property damage, displacement of populations, and loss of life. Mitigation measures include early warning systems, proper land-use planning, and the construction of flood defenses such as levees and dams.

"Floods Don't Wait, Act Before It's Too Late!"

## What to Do

- Monitor weather updates and official announcements through a battery-powered radio, TV, or reliable online sources.
- If authorities recommend evacuation, leave the area immediately and follow designated evacuation routes.
- Move to higher ground if you are in a flood-prone area or if water levels are rising.
- Floodwaters can be deeper or swifter than they appear, posing significant risks. Avoid wading or driving through them.

## What Not to Do

- Do not use gas appliances or light a flame if you suspect gas leaks. This can lead to fires or explosions.
- Stay out of buildings that are flooded until authorities declare them safe. Floodwaters can compromise the structural integrity and may contain hazards.
- Do not solely rely on GPS for navigation during floods. Roads may be impassable or unsafe, and GPS may not provide accurate information.
- Avoid contact with electrical appliances or outlets if you are standing in water, as it poses the risk of electrocution.

## After Disaster

- Open doors and windows to ventilate your home. Use fans and dehumidifiers to aid in the drying process.
- Discard items that have come into contact with floodwater, as they may be contaminated. This includes carpets, furniture, and food items.
- Contact professionals for electrical, plumbing, and structural inspections. Ensure that your home is safe before reoccupying it.
- Be alert to signs of mold growth. Clean and disinfect affected areas to prevent mold development.
- Take photos or videos of the damage to your property for insurance purposes. Make a detailed list of damaged items.





## Forest Fire

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# About Forest-fire

A forest fire is an uncontrolled and rapidly spreading wildfire that consumes vegetation, trees, and sometimes structures in a forest or wildland area. It is often fueled by dry conditions, high temperatures, and winds. Forest fires can cause significant environmental damage, threaten wildlife habitats, and pose risks to human lives and property. Prevention efforts include firebreaks, controlled burns, and public awareness campaigns. Rapid response, firefighting resources, and coordination are crucial in containing and extinguishing forest fires.

"Guard the Green, Stop the Blaze: Prevent Forest Fires!"

## What to Do

- Wear long sleeves, long pants, a mask, and goggles to protect yourself from smoke and flying embers.
- If caught in smoke, stay low to the ground to reduce exposure to heat and smoke inhalation.
- Drink plenty of water to stay hydrated, especially if you are involved in evacuation efforts or firefighting.
- Do not drive through heavy smoke, as visibility can be severely impaired, increasing the risk of accidents.
- If you are staying indoors, keep windows and doors closed to minimize smoke infiltration.

## What Not to Do

- Evacuate early if there is a potential threat. Waiting until the last minute may lead to traffic congestion and delays.
- Do not underestimate the dangers of smoke. Avoid prolonged exposure, and use protective measures.
- Do not solely depend on rivers, lakes, or other water sources for protection. Fire can spread rapidly, and water sources may not provide sufficient safety.
- Do not approach or attempt to rescue wildlife fleeing the fire. Maintain a safe distance and focus on your safety.

## After Disaster

- Properly dispose of debris, including charred materials, to prevent environmental and safety hazards.
- Consider the environmental impact of the fire on the ecosystem, and participate in rehabilitation and reforestation efforts if applicable..
- Be conscious of health risks associated with post-fire conditions, including air quality and potential contamination. Use appropriate protective gear.
- Address any emotional stress or trauma resulting from the fire. Seek support from mental health professionals or community resources.





## Heatwave

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# About Heatwave

A heatwave is an extended period of excessively hot weather, which may be accompanied by high humidity. It typically involves temperatures significantly above the region's normal range and can pose serious health risks. Heatwaves can have adverse effects on human health, agriculture, and the environment, making proper preparation and caution essential during such events.

"Stay Hydrated, Keep Shaded: Heatwave Ready, Unfazed!"

## What to Do

- Drink plenty of water throughout the day. Avoid alcoholic and caffeinated beverages, as they can contribute to dehydration.
- Stay in air-conditioned spaces whenever possible. If you don't have air conditioning, spend time in cool places like shopping malls, public libraries, or community centers.
- Minimize outdoor activities during the hottest parts of the day (usually midday to late afternoon).
- Take cool showers or baths to lower your body temperature.

## What Not to Do

- Avoid engaging in strenuous activities, especially during the hottest parts of the day.
- Never leave children, elderly individuals, or pets in parked vehicles, even for a short period. Temperatures inside a parked car can rise rapidly and become dangerously high.
- Don't wait until you're thirsty to drink water. Stay ahead of dehydration by drinking water regularly.
- Postpone outdoor chores and activities that can wait until cooler times of the day.

## After Disaster

- Assess yourself and others for injuries and provide first aid as needed.
- If you are in a damaged building, move to an open area and avoid elevators.
- Be cautious of potential dangers such as falling debris and damaged structures.
- Stay informed by tuning in to a battery-operated radio or using a mobile device.
- Use text messages or social media to contact family and friends, as phone lines may be busy.
- If you are near the coast, move to higher ground to avoid potential tsunamis.





## Landslide

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# About Landslide

A landslide is the movement of rock, soil, and debris down a slope, often triggered by heavy rainfall, earthquakes, volcanic activity, or human interference. Landslides can occur suddenly and pose a threat to life, property, and infrastructure in affected areas.

"Watch the Slope, Live in Hope: Landslide Aware, Safety is Rare!"

## What to Do

- Move to higher ground and away from the potential path of the landslide.
- Pay attention to changes in the landscape, such as cracks in the ground, unusual sounds, or signs of soil movement.
- Keep a considerable distance from steep slopes and areas where the ground seems unstable.
- If you are inside a building and notice signs of a landslide, move to an interior room on the lower floor away from windows and doors.

## What Not to Do

- Avoid staying or returning to areas that are at risk of landslides. Landslides can occur even after the initial event due to weakened slopes.
- Do not engage in construction or excavation activities in areas prone to landslides.
- Take any official warnings or alerts seriously. Ignoring warnings can lead to unnecessary risks.
- Be cautious about altering the natural landscape, as this can increase the risk of landslides.

## After Disaster

- Assess yourself and others for injuries and provide first aid as needed.
- If you are in a damaged building, move to an open area and avoid elevators.
- Be cautious of potential dangers such as falling debris and damaged structures.
- Stay informed by tuning in to a battery-operated radio or using a mobile device.
- Use text messages or social media to contact family and friends, as phone lines may be busy.
- If you are near the coast, move to higher ground to avoid potential tsunamis.





## Cyclone

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# About Cyclone

A cyclone is a large-scale atmospheric system characterized by low-pressure centers, high winds, and a rotating circulation. Also known as hurricanes or typhoons in different regions, cyclones form over warm ocean waters and can bring heavy rain, strong winds, and storm surges when they make landfall. These intense storms can cause widespread damage to coastal areas and are closely monitored for early warning and mitigation efforts.

"Ride the Storm Smart: Cyclone Ready, Resilient Heart!"

## What to Do

- Move to a sturdy building or an official storm shelter. Avoid mobile homes or structures prone to flooding.
- Stay indoors and away from windows. Protect windows with storm shutters or board them up with plywood.
- Secure outdoor furniture, objects, and loose items. These can become projectiles in high winds.
- Turn off gas, electricity, and water supplies if advised to do so. This reduces the risk of accidents.

## What Not to Do

- Avoid staying in mobile homes, makeshift shelters, or structures that are not designed to withstand high winds.
- Do not go outside once the cyclone has started. Flying debris and strong winds pose significant risks.
- Avoid using candles for lighting, as they pose a fire hazard. Use battery-powered flashlights instead.
- Avoid using electrical appliances during the storm, as power fluctuations and outages may occur.

## After Disaster

- Be cautious of flooded areas, as water may hide hazards. Wait for floodwaters to recede before attempting to move around.
- Document the extent of the damage to your property with photographs or videos for insurance claims.
- Safely dispose of debris and damaged items to prevent further hazards. Follow local guidelines for disposal.
- Follow travel advisories and road closures. Only travel when it is safe to do so, and be cautious of damaged infrastructure.





## Avalanche

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# About Avalanche

An avalanche is a rapid and sudden flow of snow down a mountain or slope, often triggered by various factors like snowpack instability, weather conditions, or human activities. Avalanches can pose significant threats to people, infrastructure, and the landscape. Safety measures include avalanche forecasting, avoidance of high-risk areas, and carrying safety equipment such as beacons, shovels, and probes when in avalanche-prone terrain.

"Avalanche Aware, Safety First: Conquer the Slopes, Conquer with Caution!"

## What to Do

- Wear appropriate safety gear, including an avalanche transceiver, shovel, and probe.
- Check avalanche forecasts and weather conditions before venturing into avalanche-prone areas.
- Travel with experienced companions and stay connected. Keep an eye on each other.
- If caught in an avalanche, try to move to the side to avoid being carried downhill.
- If buried, try to swim and thrust your arms upward to stay near the surface. Create an air pocket around your face.
- Avoid venturing into avalanche terrain alone. Always have a companion for assistance in case of an emergency.
- Avoid skiing or snowboarding above others in your group, as it can trigger avalanches.
- Be realistic about your skill level and knowledge of avalanche safety. Overestimating your abilities can lead to dangerous situations.
- If caught in an avalanche, try to remain calm. Panic can hinder your ability to make rational decisions and take appropriate actions.

## What Not to Do

## After Disaster

- Ensure that you and others are safe from immediate danger. Assess injuries and provide first aid if needed.
- If you have an avalanche transceiver, use it to search for buried individuals. Follow proper search and rescue procedures.
- Be aware of the potential for secondary avalanches. Avoid entering or remaining in areas prone to further slides.
- Cooperate with rescue teams and provide information about the incident. Your observations can aid in the overall response.





## Tsunami

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# About Tsunami

A tsunami is a series of ocean waves with extremely long wavelengths and high energy, often triggered by undersea earthquakes, volcanic eruptions, or underwater landslides. Tsunamis can travel across entire ocean basins and, upon reaching shorelines, cause widespread and severe flooding.

"Rise Above the Waves, Prepare for Saves: Tsunami Ready, Stay Steady!"

## What to Do

- Listen to local authorities, emergency services, and weather reports for tsunami warnings and updates.
- Have a battery-powered weather radio to receive information in case of power outages.
- Move away from the beach, coastal areas, and low-lying regions.
- If there is a tsunami warning or you feel the ground shaking, move to higher ground or inland immediately.
- Keep calm and assist others, especially those who may need help, such as the elderly, young children, or individuals with disabilities.

## What Not to Do

- Avoid staying near the coast or low-lying areas when a tsunami warning is issued.
- Avoid using elevators during a tsunami warning or evacuation. Elevators may become inoperable or fail during power outages.
- Don't wait until you see the wave to evacuate. Tsunamis can move very quickly, and it's crucial to move to higher ground as soon as possible.
- Don't return to coastal areas or evacuated zones until authorities declare it safe to do so. Tsunami waves can come in multiple waves, and there may be danger even after the first wave passes.

## After Disaster

- Assess yourself and others for injuries and provide first aid as needed.
- If you are in a damaged building, move to an open area and avoid elevators.
- Be cautious of potential dangers such as falling debris and damaged structures.
- Stay informed by tuning in to a battery-operated radio or using a mobile device.
- Use text messages or social media to contact family and friends, as phone lines may be busy.
- If you are near the coast, move to higher ground to avoid potential tsunamis.