

BEFORE

- Ignore rumours, Stay calm, Don't panic.
- Keep your mobile phones charged for emergency communication; use SMS.
- Listen to radio, watch TV, read newspapers for weather updates.
- Keep cattle/animals untied to ensure their safety.
- Prepare an emergency kit with essential items for safety and survival.
- Keep your documents and valuables in water-proof bags.
- Know the safe routes to nearest shelter/ raised pucca house.
- Evacuate immediately to safe places when directed by government officials.
- Store enough ready-to-eat food and water for at least a week.
- Be aware of flash flood areas such as canals, streams, drainage channels.

DURING

- Don't enter floodwaters. In case you need to, wear suitable footwear.
- Stay away from sewerage lines, gutters, drains, culverts, etc.
- Stay away from electric poles and fallen power lines to avoid electrocution.
- Mark any open drains or manholes with visible signs (red flags or barricades).
- Do not walk or drive in the flood waters. Remember, two feet of moving flood water can wash away big cars as well.
- Eat freshly cooked or dry food. Keep your food covered.
- Drink boiled/chlorinated water.
- Use disinfectants to keep your surroundings clean.

AFTER

- Do not allow children to play in or near flood waters.
- Don't use any damaged electrical goods, get them checked.
- If instructed, turn off utilities at main switches and unplug appliances - do not touch electrical equipment if wet.
- Watch out for broken electric poles and wires, sharp objects and debris.
- Do not eat food that has been in flood waters.
- Use mosquito nets to prevent malaria.
- Be careful of snakes as snake bites are common during floods.
- Don't use the toilet or tap water if the water lines/sewage pipes are damaged.
- Do not drink tap water until advised by the Health Department that the water is safe to drink.

IF YOU NEED TO EVACUATE:

- Raise furniture, appliances on beds and tables.
- Put sandbags in the toilet bowl and cover all drain holes to prevent sewage backflow.
- Turn off power and gas connection.
- Move to a higher ground/ safe shelter.
- Take the emergency kit, first aid box, valuables and important documents with you.
- Do not enter deep, unknown waters; use a stick to check water depth.
- Come back home only when officials ask you to do so.
- Make a family communications plan.
- Clean and disinfect everything that got wet.

Darkening skies, thunder, hair standing up on the back of your neck or tingling skin mean lightning is imminent.

BEFORE

- Cut down or trim trees that may be in danger of falling on your home.
- An important lightning safety guide is the 30-30 rule. After you see lightning, start counting to 30. If you hear thunder before you reach 30, go indoors. Suspend activities for at least 30 minutes after the last clap of thunder.
- Always keep the earthing working to avoid damage to electrical equipment.
- Consider buying surge protectors, lightning rods, or a lightning protection system to protect your home, appliances, and electronic devices.

DURING

(A) IF INDOORS

- Unplug all electrical equipment before the storm arrives. Don't use corded telephones, electrical devices, chargers, etc.
- Stay away from windows and doors; stay off verandas.
- Don't touch plumbing and metal pipes. Do not use running water.

(B) IF OUTDOORS

- Get inside a house/building. Stay away from structures with tin roofs/metal sheets.
- If caught under the open sky, crouch. Don't lie down or place your hands on the ground.
- Don't take shelter near/under trees. Spread out; don't stand in a crowd. Stay clear of

water bodies.

- If you are outside, seek refuge in a car or grounded building when lightning or thunder begins.
- Stay put if you are inside a car/bus/covered vehicle.
- Don't use metallic objects; stay away from power/telephone lines.
- Get out of water - pools, lakes, small boats on water bodies.
- Avoid hilltops, open fields and beaches.

AFTER

- Watch out for fallen power lines and trees. Report them immediately.

TREATING THE AFFECTED

- Administer CPR (Cardio Pulmonary Resuscitation), if needed.
- Seek medical attention immediately.