

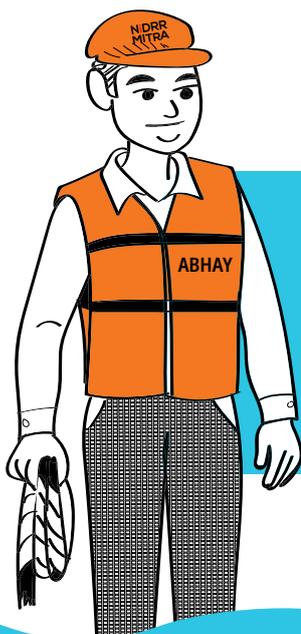
# FLOOD

**BE PREPARED • TAKE PRECAUTIONS • STAY SAFE**



Floods are high stream flows, which overlap natural or artificial banks of a river or a stream and are markedly higher than the usual as well as inundation of low land. They can be caused by heavy rainfalls, rapid snowmelt or storms surging from cyclones or tsunamis in coastal areas.

These cause massive devastations resulting in loss of life, destruction of property, health emergencies, physical damage to environment and have long-term socio-economic consequences, especially among marginalized communities.



## Your NiDRR Mitras:

Abhay and Anika will take you through some important tips on how to prepare and protect yourself and your community for emergencies like floods.



HELPLINE  112



# PLAN AND PREPARE



## Actions for INDIVIDUALS/FAMILY

### Gather emergency supplies

Check you have a **working phone**

Keep **extra batteries** or **backup charger**

Store **non-perishable, dry food** items

Store **3 days supply** of at least **4 litres of drinking water** in clean containers

Store **water** for **sanitation** purposes

Keep your **'go-bag'** ready with emergency supplies



Emergency contact information



Original and duplicate copies of vital records and documents must be kept in a plastic waterproof bag and/or in digilocker



First-aid kits



Soap



Masks



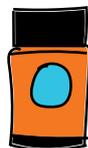
Sanitary pad



Torch with extra batteries



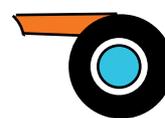
Plastic bags and strings to tie



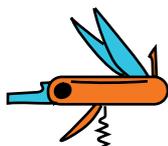
Water purification tablets



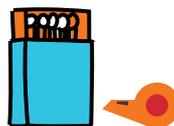
Prescribed medications



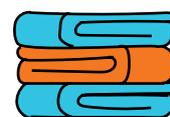
Plastic sheet and duct tape



Multipurpose tool 'knife'



Matches and whistle



Set of dry clothes and towels

## Things you should know

Know your **nearest safe high ground/safe shelter** and the safest access route to it



### At the earliest warning:



- ✓ **Secure your house**, especially the roof, carry out repairs, do not leave sharp objects loose
- ✓ **Board up windows using wooden boards or thick paper**
- ✓ **Trim treetops and branches** near your house with permission obtained from local authorities
- ✓ Plan to provide **medical assistance to your family members**

### When evacuating:

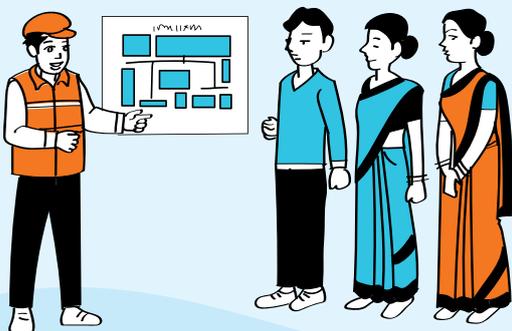
- ✓ **Plan on evacuate pregnant women, children, elders, sick and physically challenged family members** to safe place
- ✓ **Turn off the main power switch** and also close gas valve/cylinder valve



- ✓ **Untie all domestic animals**
- ✓ **Bring outdoor items** (lawn furniture, trash cans, cycles) inside the premises and tied them securely

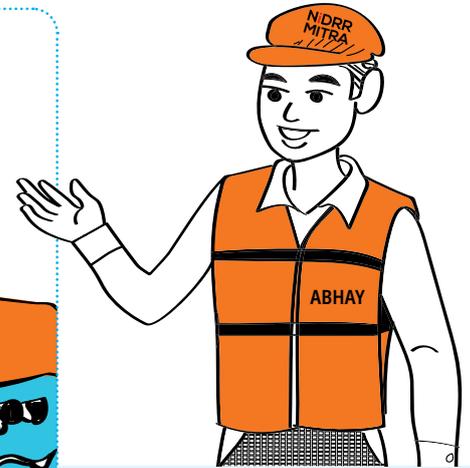
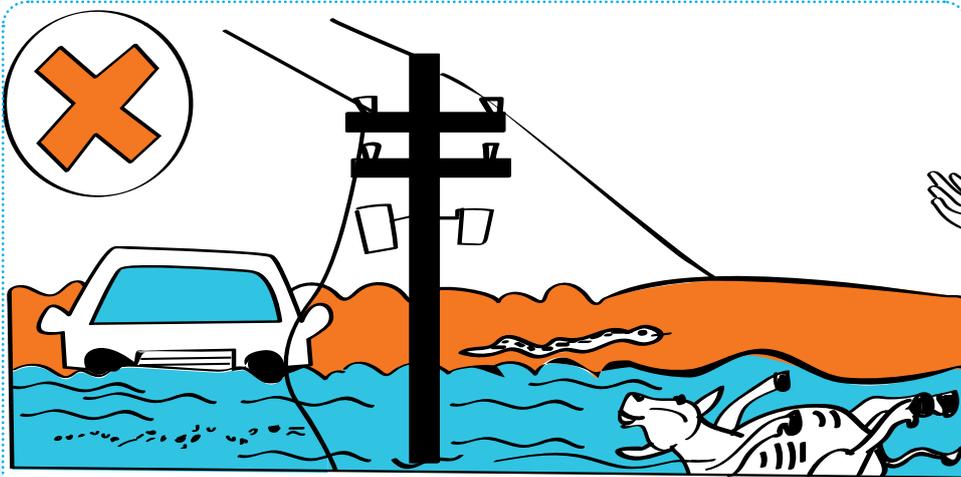
## Actions for COMMUNITY

- Prepare community **emergency action and evacuation plan**
- Prepare **community shelters** for emergencies like floods
- Identify **channels about communication** and inform the community of those channels
- **Share information** about community emergency action and evacuation plan with all families in the community
- Share information about **community shelter and its location**
- **Map the vulnerable communities/houses** in your area that are prone to flood
- Ensure that community members are **aware of flood safety protocols**
- Conduct evacuation **mock drills** with the community from time to time
- **Engage and train** community volunteers for preparedness, response and recovery



# DURING FLOOD

## Actions for INDIVIDUALS/FAMILY



- ✓ **Do not drive in flood water** as it can wash away even big vehicles
- ✓ **Stay away from electric poles and fallen power lines** to avoid electrocution
- ✓ Look out for marked **open drains or manholes**

- ✓ Eat **freshly cooked or dry food**. Keep your food covered
- ✓ Drink **boiled or chlorinated water**
- ✓ Check to ensure that there are **no reptiles or insects** in your surroundings and inside your shelter
- ✓ **Wash hands with soap and water** before eating food or feeding young ones
- ✓ **Use disinfectants** to keep your **surroundings clean**
- ✓ Take special care of **young children and elderly, pregnant women and physically challenged people**



## Actions for COMMUNITY

Keep a check on **vulnerable areas** and organize evacuation whenever required

**Coordinate with relief agencies** for supply of aid and ration as and when required

**Ensure safety, security of shelter camps** and maintain cleanliness to prevent outbreak of any infections

Ensure flow of correct information on flood/cyclone situation to the community **from verified sources** to prevent any rumours

# POST FLOOD

## Actions for INDIVIDUALS/FAMILY

- Turn off all the **main switches** on getting instruction to **unplug appliances** – do not touch electrical equipment with wet hands
- Look out for **broken electric poles and wires, sharp objects** and debris
- **Do not use any damaged electrical goods**, get them checked

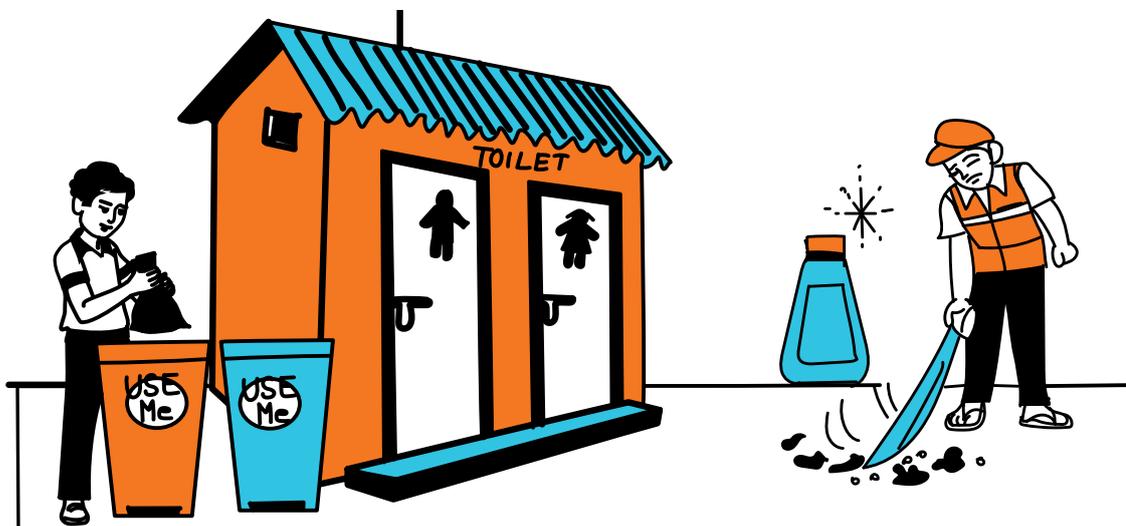


- **Do not allow children to play** in or near flood water
- Check out for **any injuries on self and family members** and seek medical advice if required

- Check out the **damaged and cracked areas of house** and get it repair
- **Report the concerned authorities** about the loss occurred due to flood
- Take immediate **help from advisories to recover** through schemes if available

- **Do not use toilet** if sewage pipes are damaged or broken
- Continue **practice of handwash** with soap at critical times
- Clean your surroundings and **discard waste materials** and debris as advised

- **Do not consume food** items that has come in contact with flood water
- **Do not drink tap water** until you get health advisory saying it is safe for use
- Always use **mosquito nets** to prevent malaria



# Actions for COMMUNITY

**Conduct an assessment** of damage that occurred in the area to enable restoration service planning

Support resumption of basic services like **hospitals, schools and transport**

**Surrounding areas should be sanitised and waste materials treated** to avoid breeding of flies and keep away mosquitoes

## Organize

- **Health camps** to treat injured people and provide them essential vaccinations
- **Getting structural damages addressed** (e.g., roads, repair pipes, damaged poles and electrical fittings, etc.)
- **Information dissemination** of disaster-related schemes and programmes to support community in accessing them
- **Clearing of litter/waste in the area** and safe disposal of animal carcasses



Keep **updated yourself** about the situations and act accordingly to receive information from **government officials for safety and evacuation**



**Act on information obtained from correct sources** – Government news agencies on flood warnings



**Ignore all unverified sources and social media messages** that may create panic situation



**FOLLOW**  
Correct Sources of  
**INFORMATION**