

CYCLONE

BE PREPARED • TAKE PRECAUTIONS • STAY SAFE

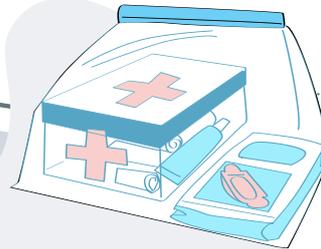


Preparing for Cyclones: When you hear a cyclone warning

Keep emergency/
health provider
contact list ready



Keep first aid
kit and stock
of medical
supplies ready/
for elderly/ sick/
pregnant women



Preparing for Cyclone

Stock drinking
water and dry
food supplies



Train at least 1
family member to
provide first aid



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During a cyclone

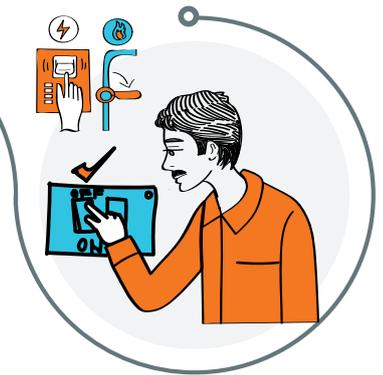
Do not venture out even when the winds appear to calm down.



Stay away from doors, windows and walls to avoid injury



Do not panic.
Remain Calm.



Switch off gas and electricity mains



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Post Cyclone: Health systems may be structurally affected. Take steps to prevent accidents.

Seek support for mental and emotional distress



Avoid contact with flood water



Protect against mosquitoes, use bed nets, mosquito repellents and full sleeve clothing



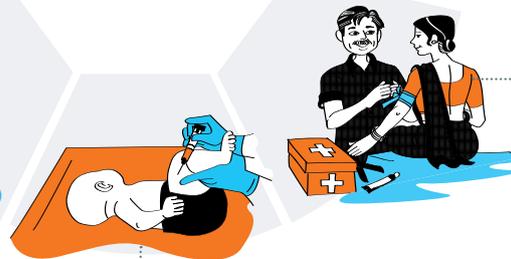
Report diarrhoea, sudden illness, or infection immediately on the health emergency contact



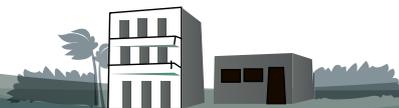
Do not walk in flood waters especially if you have any open wounds



Cover open wounds and seek immediate treatment



Ensure tetanus and measles vaccinations for children



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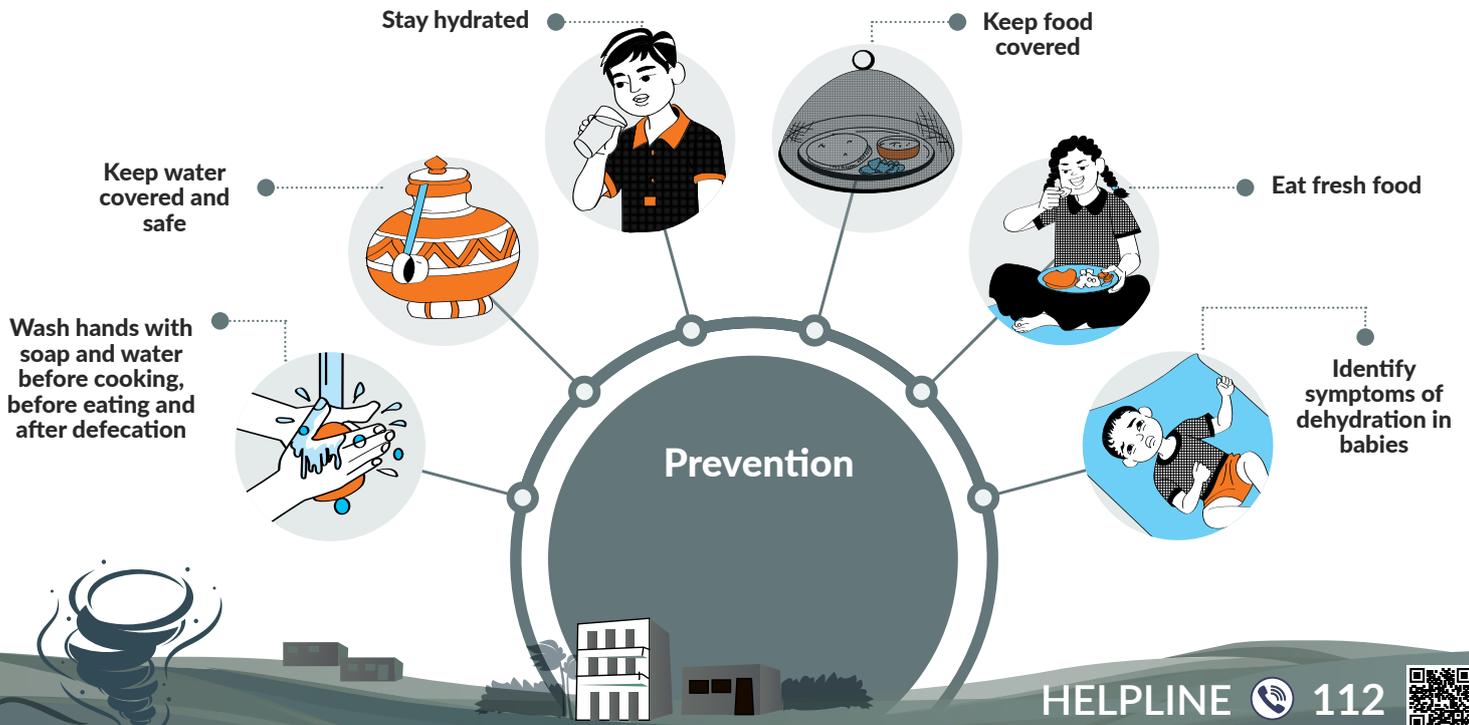
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Diarrhoea is frequent stools which can be watery or bloody. Accompanied with vomiting, it can be fatal in elderly and children. Seek treatment immediately.

During cyclones the danger of diarrhoea increases due to-



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ORS and Zinc for Diarrhoea

What is safe water?

Safe water is

COLOURLESS

ODORLESS

TASTELESS



and free from chemical, biological and physical contaminations

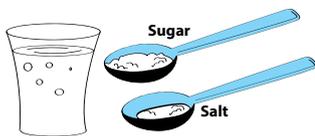
Preparing ORS

Cut ORS pack, mix in 1 litre safe water. Cover and store

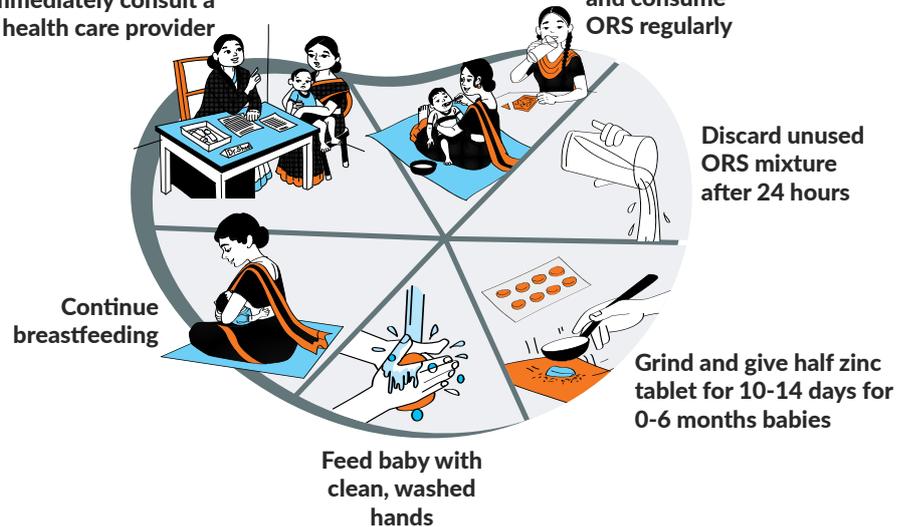


If baby/child has more than three watery stools, immediately consult a health care provider

Keep hydrated and consume ORS regularly



Use 6 level teaspoons of sugar and ½ level teaspoon of salt dissolved in 1 litre of safe water, if ORS pack is not available



Discard unused ORS mixture after 24 hours

Continue breastfeeding

Grind and give half zinc tablet for 10-14 days for 0-6 months babies

Feed baby with clean, washed hands



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