



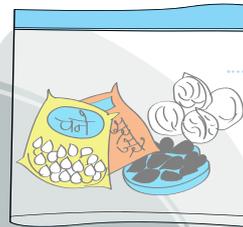
# CYCLONE

BE PREPARED • TAKE PRECAUTIONS • STAY SAFE



Keep food and drinking water ready when you hear cyclone warning

Share information about stored food and water with all family members for easy access



Keep dry food ready and stored in a sealed pack to avoid contamination

## PREPARE FOR CYCLONE

Keep ready baby food, soft food for elderly and patients as required



Store sufficient safe drinking water



HELPLINE 112



# CYCLONE

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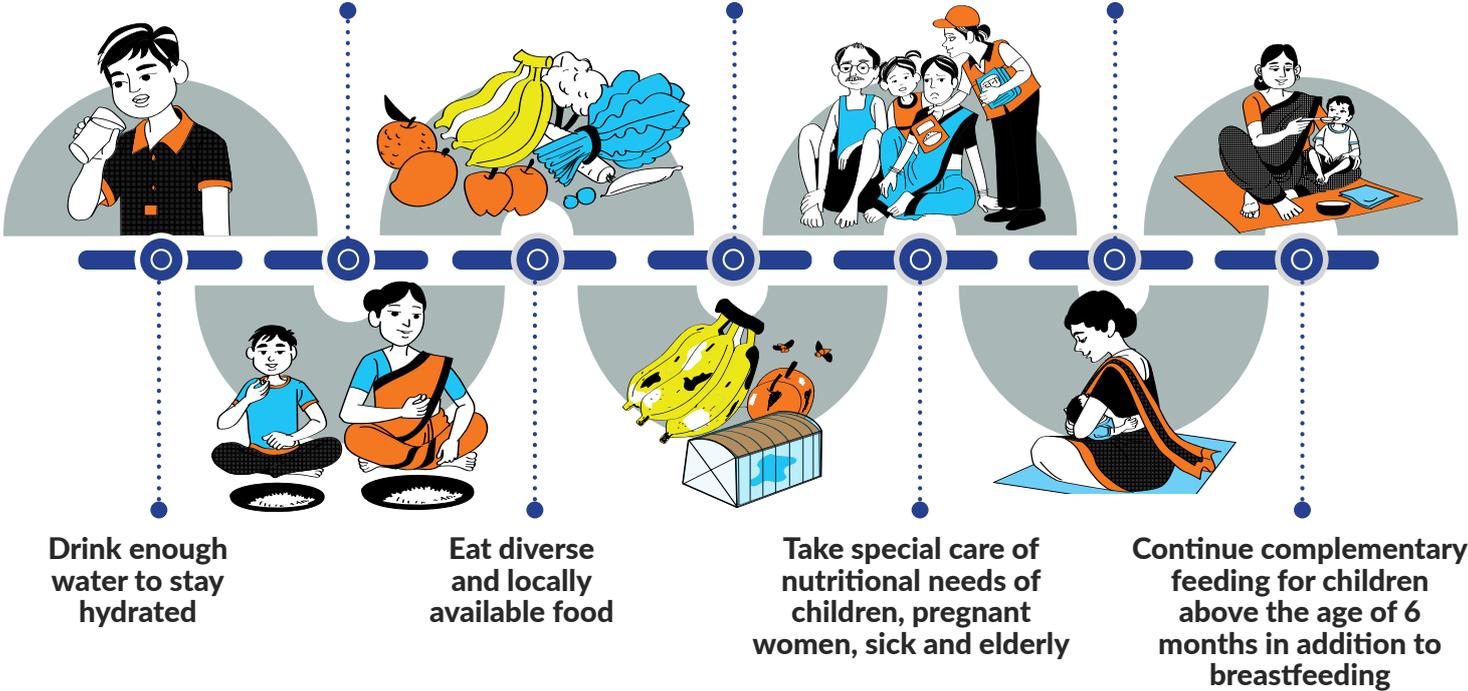


## Eat safe food, when in doubt throw it out

Eat a fresh and balanced diet of hot cooked meals as far as possible

Do not consume stale or leftover food as it may make you sick

Continue exclusive breastfeeding for children under the age of 6 months



HELPLINE 112

