

# CYCLONE

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

**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**



**HELPLINE 112**

