

# FLOOD



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

## Preparing for floods: When you hear a flood warning



HELPLINE 112



# FLOOD



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



## During a flood

### What is safe water?

Safe water is

**COLOURLESS**

**ODORLESS**

**TASTELESS**



and free from chemical, biological  
and physical contaminations

**Cook with and  
drink water you  
know is safe**



**Contact  
emergency /  
health providers  
for health issues**



**Do not  
consume food  
contaminated  
by flood water**



HELPLINE  112



# FLOOD



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

Floods can potentially increase the transmission of diseases

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

Seek support for mental and emotional distress



Avoid contact with flood waters

Ensure tetanus and measles vaccinations for children



Seek immediate treatment and report diarrhoea, sudden illness, or infection

Cover open wounds and seek immediate treatment

HELPLINE  112



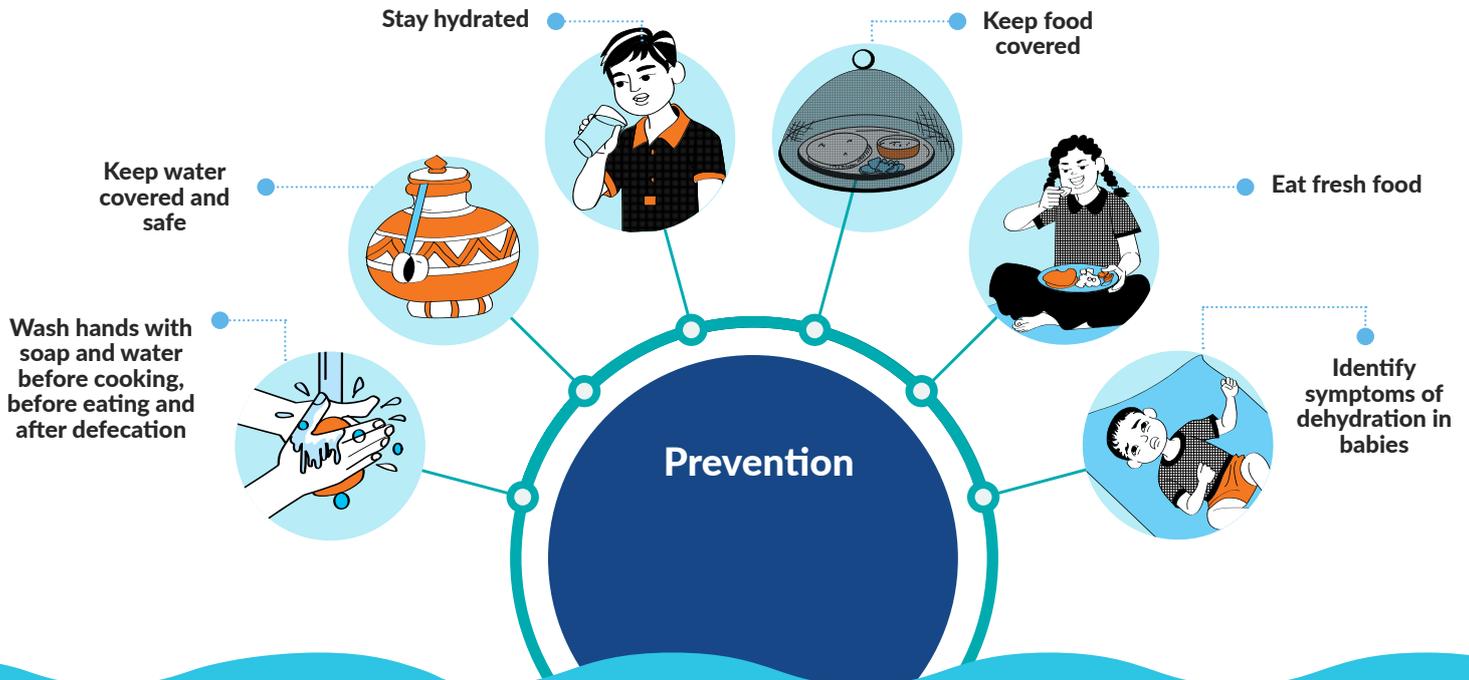
# FLOOD




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

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

During floods the danger of diarrhea increases due to



HELPLINE  112





## 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

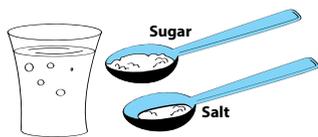
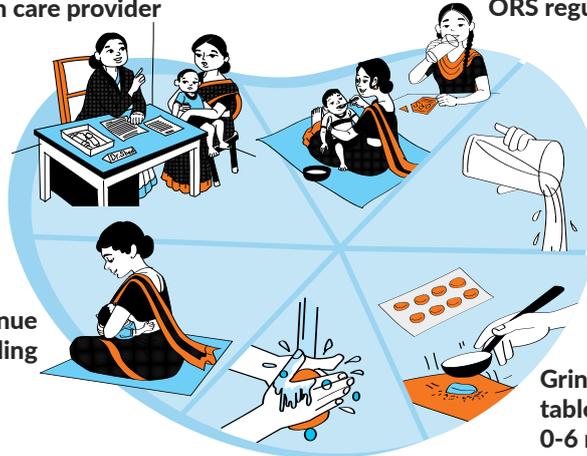
Keep hydrated and consume ORS regularly

Discard unused ORS mixture after 24 hours

Continue breastfeeding

Feed baby with clean, washed hands

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



Use 6 level teaspoons of sugar and 1/2 level teaspoon of salt dissolved in 1 litre of safe water, if ORS pack is not available

