



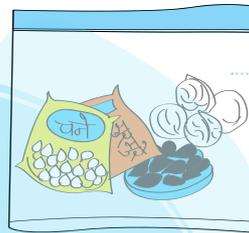
FLOOD

BE PREPARED • TAKE PRECAUTIONS • STAY SAFE



Keep food and drinking water ready when you hear flood 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 FLOODS

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

Store sufficient drinking water



HELPLINE 112





Eat Safe Food – When in Doubt, Throw it Out

Eat a fresh & balance 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



Drink enough water to stay hydrated

Eat diverse and locally available food

Take special care of nutritional needs of children, pregnant women, sick & elderly

Continue complementary feeding for children above the age of 6 months in addition to breastfeeding

HELPLINE  112

