

NEAP TIDE TIMINGS (2019)

Neap tide days are when the difference between low and high tides is less and the discharge of rain water into the sea is very slow. Very heavy rainfall during a neap tide, may lead to flooding in parts of Mumbai.

	DAY	DATE	HIGH TIDE		LOW TIDE		DIFFERENCE BETWEEN HIGH TIDE & LOW TIDE
			TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	
JUN 2019	Tuesday	25.06	05:09	3.08	10:42	2.03	1.05
	Wednesday	26.06	06:22	3.07	12:00	2.18	0.89
	Thursday	27.06	07:46	3.20	13:14	2.24	0.96
JUL 2019	DAY	DATE	TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	HEIGHT (IN METRES)
	Thursday	25.07	05:26	3.20	10:53	2.19	1.01
	Friday	26.07	06:39	3.21	12:20	2.34	0.87
	Saturday	27.07	08:06	3.36	13:41	2.36	1.00
AUG 2019	DAY	DATE	TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	HEIGHT (IN METRES)
	Saturday	24.08	05:45	3.27	11:29	2.36	0.91
	Sunday	25.08	07:17	3.30	13:08	2.41	0.89
SEP 2019	DAY	DATE	TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	HEIGHT (IN METRES)
	Saturday	07.09	06:22	3.36	13:12	2.39	0.97
	Sunday	08.09	08:22	3.37	14:51	2.29	1.08
	Sunday	22.09	05:06	3.42	11:00	2.34	1.08
	Monday	23.09	08:33	3.36	12:49	2.38	0.98



HIGH TIDE TIMINGS (2019)

High tides occur when the seawater rises to its highest levels

JUN 2019	DAY	DATE	TIME	HEIGHT (IN METRES)
	Monday	03.06	12:12	4.53
	Tuesday	04.06	12:53	4.64
	Wednesday	05.06	13:36	4.68
	Thursday	06.06	14:20	4.65
	Friday	07.06	15:07	4.55
	Monday	17.06	12:18	4.51
JUL 2019	DAY	DATE	TIME	HEIGHT (IN METRES)
	Tuesday	02.07	11:52	4.54
	Wednesday	03.07	12:35	4.69
	Thursday	04.07	13:20	4.78
	Friday	05.07	14:06	4.79
	Saturday	06.07	14:52	4.74
	Sunday	07.07	15:41	4.60
	Wednesay	31.07	11:31	4.53

AUG
2019

DAY	DATE	TIME	HEIGHT (IN METRES)
Thursday	01.08	12:16	4.60
Friday	02.08	12:59	4.82
Saturday	03.08	13:44	4.95
Sunday	04.08	14:29	4.96
Monday	05.08	15:14	4.85
Thursday	29.08	11:11	4.62
Friday	30.08	11:53	4.77
Saturday	31.08	12:34	4.90

SEP
2019

DAY	DATE	TIME	HEIGHT (IN METRES)
Sunday	01.09	00:47	4.61
		13:15	4.91
Monday	02.09	01:33	4.67
		13:58	4.79
Tuesday	03.09	02:19	4.58
		14:41	4.54
Friday	04.09	10:47	4.51
Saturday	05.09	11:27	4.72
		23:48	4.63
Sunday	29.09	12:07	4.82
Monday	31.09	00:34	4.83
		12:47	4.79

*Note: High tide coupled with very heavy rainfall (124.5 to 244.4 mm) will most likely lead to flooding situation in parts of Mumbai. Hence, citizens should take utmost care while planning their routine during these days

MONSOON EMERGENCY KIT

Ensure you have the following items handy, to be prepared for
any monsoon related emergencies



**Dry food &
water**



Dry clothes



Whistle



Cash



First-aid kit



**Multi-purpose
knife**



Mosquito repellent



Contact list



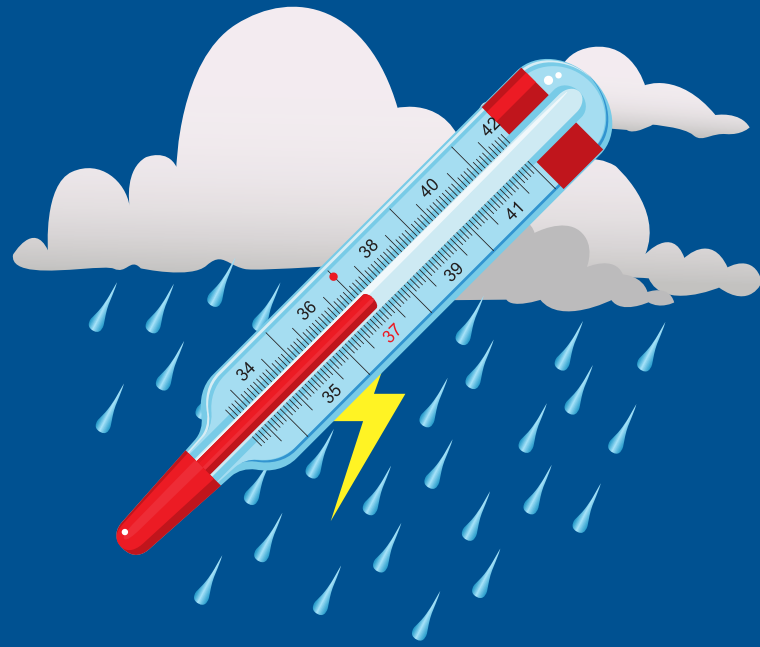
Flashlight & batteries



Power Bank

HEALTH & HYGIENE TIPS

Here are some handy tips to help you avoid monsoon illnesses



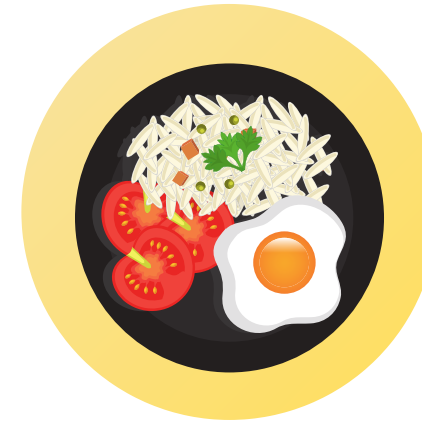
Diseases such as cold & flu, typhoid, hepatitis A, malaria, jaundice, cholera, dengue, diarrhoea, & many others are common during the monsoons, creating serious health hazards.



**Drink boiled and/or
filtered water**



**Spray and apply
adequate mosquito
repellent**



**Eat nutritious food
& avoid eating
street food**



**Thoroughly wash
raw fruit &
vegetables**



**Wash your hands
regularly with
antiseptic soap**



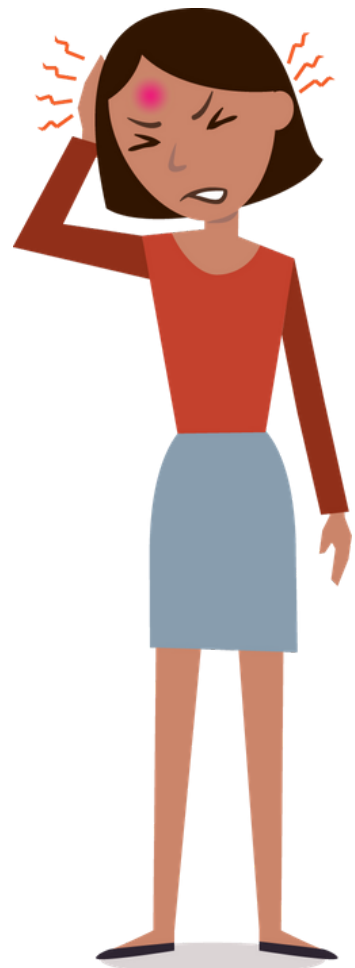
**Drink plenty of
fluids to stay
healthy**



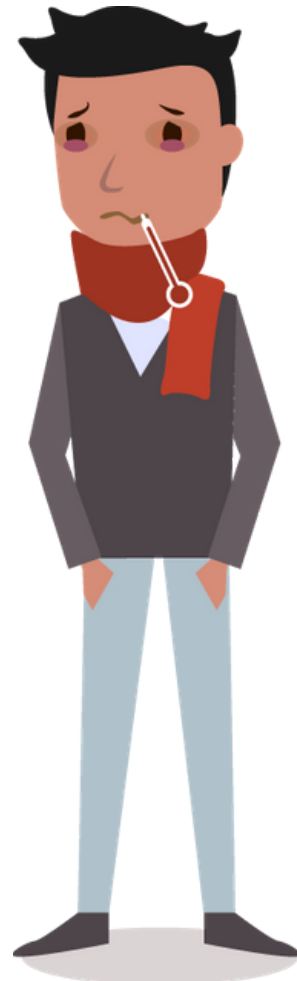
**Clean stagnant water
regularly & avoid contact
with dirty water**

COMMON SYMPTOMS OF MONSOON RELATED ILLNESSES

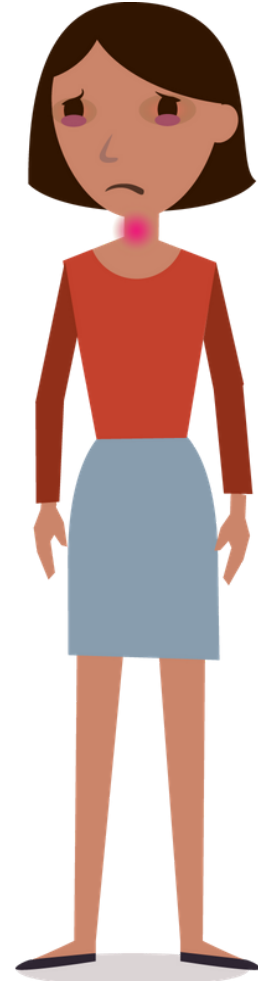
Here are a list of symptoms to help you identify ailments that
are common during the rainy season



HEADACHE



FEVER



SORE THROAT



NAUSEA



JOINT ACHE



WEAKNESS

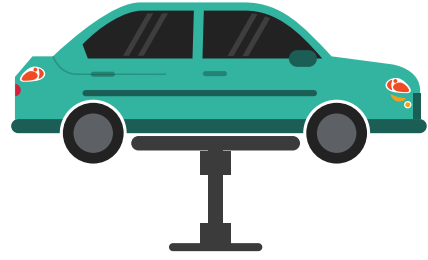


FATIGUE

Consult a doctor immediately if any symptoms arise, especially during the monsoon

ROAD SAFETY TIPS

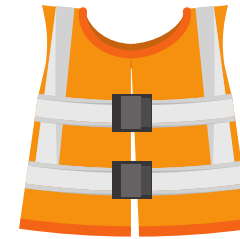
Stay safe on the roads this monsoon, by following these tips



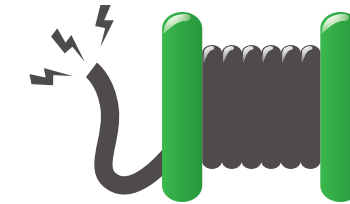
Get your vehicle serviced to ensure that wipers, brakes, tires, headlights, etc. are in good condition



Avoid riding or driving during a heavy downpour as visibility is significantly poorer in heavy rain



When walking, running or cycling in the rain, wear reflective clothes to ensure you are visible



If a power line touches your vehicle while you are in the car, stay inside to avoid electrocution. Wait for help to arrive & honk the horn to attract attention.



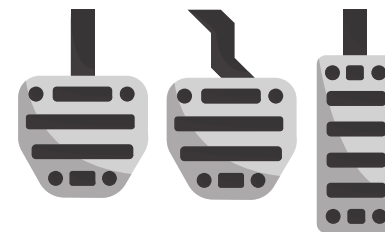
When walking through floods, use a stick or umbrella to feel the ground for potholes, open drains, etc.



Do not park under trees or near electric poles, to avoid causing damage



Drive slowly. When it rains, oil and grime make the roads slippery, reducing traction



Brakes are less effective in the rains, so ensure there's plenty of room between your vehicle and the one in front of you



Keep a first-aid kit, torch & umbrella, ready.



If you witness a road accident, offer help to the victim

***Sources:**

<https://www.wheelwell.org.za/driving-in-inclement-weather/>

<https://www.deccanchronicle.com/lifestyle/travel/020717/8-road-safety-tips-to-practise-this-monsoon.html>

EMERGENCY CONTACTS



Emergency City Helpline Numbers

- Ambulance - **108**
- Police Hotline - **100**
- Fire Brigade - **101**
- Blood Bank - **104**
- Airport Police Helpline – **28225709**
- B.E.S.T Control Room: **24146262/ 24136883**
- Railway Control Room: **23795283/ 23759201**
- Mahanagar Gas Emergency: **24012400**
- BMC Control Room: **22694727/ 22694725**
- Traffic Control Room: **24937755/ 24937746**



DISASTER MUMBAI HELPLINE: 1916



MCGM HEALTH HELPLINE: 022-24114000



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Download the DISASTER MANAGEMENT
App available on GOOGLE PLAY STORE
for Android and IOS users.



MCGM EMERGENCY DISASTER CONTROL ROOM NUMBERS

MCGM has set up disaster control rooms in each of the municipal wards to help citizens in case of emergency during Monsoon 2018

A	B	C	D	E	F South	F North	G south
22624000	23794000	22014000	23864000	23014000	24103000	24084000	24224000
CHURCHGATE, CST	MASJID BUNDER, SANDURST ROAD	MARINE LINES, CHARNI ROAD	GRANT RD, MUMBAI CENTRAL	BYCULLA	PAREL, SEWRI, ELPHINSTON ROAD	MATUNGA, DADAR (E)	MAHALAXMI, LOWER PAREL
G North	H East	H West	K East	K West	P South	P North	R South
24397888	26114000	26444000	26847000	26234000	28727000	28826000	28054788
DADAR (W), MAHIM, MATUNGA	BANDRA (E), KHAR (E), SANTA CRUZ (E)	BANDRA (W), KHAR (W), SANTA CRUZ (W)	Andheri (E), Vile Parle (E)	ANDHERI (W), VILE PARLE (W), JUHU	GOREGAON, OSHIWARA	MALAD, MARVE, MANORI	KANDIVALI
R North	R Central	L	M East	M West	N	S	T
28936000	28931188	26505109	2555 8789	25284000	25013000	25954000	25694000
DAHISAR	BORIVALI, GORAI	KURLA	GOVANDI, MANKHURD	CHEMBUR	GHATKOPAR	BHANDUP	MULUND