Be aware of the potential flooding spots in your area

Turn off all electrical appliances in the flooded area.

Stay away from Power lines

If stranded in a vehicle, leave the vehicle and move to a higher place

Don’t walk through moving water. If needed use a stick to check the firmness of the ground in front

Keep all emergency contact numbers handy for immediate use

Identify and visit elevated areas in and around your home as places of refuge during floods

Keep ‘Family Emergency Supplies Kit’ ready. It shall include water, dry food, first aid kit, torch, emergency contact numbers, important documents, money and other relevant family needs

Municipal Corporation of Greater Mumbai (MCGM) has set up following 24 control rooms in each of the municipal wards to help citizens in case of emergency.

### EMERGENCY HELPLINE NUMBERS:

MCGM DISASTER CONTROL ROOM- 108, MUMBAI POLICE CONTROL ROOM- 100, FIRE BRIGADE –101
Diseases such as Malaria, Jaundice, Cholera, Dengue etc. are serious health hazards during this season. Therefore it is imperative to take preventive steps. Below are few easy to do things to be safe and healthy.

- Wash all fruits and vegetables thoroughly. Non leafy vegetables are recommended during the rains such as — snake gourd (turi), gourd (dudhi), yam (suran), cluster beans (gavaar), apple gourd (tinda) and bitter gourd (karela). Fruits recommended are pomegranates, mangoes, bananas, apples, litchis and cherries.
- Drink warm beverages; add mint or ginger or dry ginger powder to tea.
- Garlic, pepper, ginger, asafetida (hing), jeera powder, turmeric and coriander help enhance digestion and improve immunity. Moong dal is easy to digest.
- Non-vegetarians should go in for lighter meat preparations like soups and stews rather than heavy curries.
- Drink only boiled and filtered water, and make sure that it is consumed within 24 hours of boiling.
- Avoid eating chaats, fried items, pre-cut fruits and juices from roadside.
- Do not let water accumulate and stagnate in your surroundings.
- Avoid exposure to contaminated food, water and mosquitoes breeding areas.
- Do not underestimate fever (slight fever as well) - consult a doctor immediately.

Emergency Contact Numbers

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooper Hospital, Juhu</td>
<td>022-2620 7254 / 56 / 58</td>
</tr>
<tr>
<td>Wadia Hospital, Parel</td>
<td>022-2412 9786</td>
</tr>
<tr>
<td>K.E.M. Hospital, Parel</td>
<td>022-2410 7000</td>
</tr>
<tr>
<td>MAA Hospital, Chembur</td>
<td>022-2522 0334</td>
</tr>
<tr>
<td>Bhagwati Hospital, Borivali</td>
<td>022-28932 461</td>
</tr>
<tr>
<td>MCGM Health Helpline</td>
<td>022-2411 4000</td>
</tr>
<tr>
<td>Kasturba Hospital, Mahalaxmi</td>
<td>022-2308 3901</td>
</tr>
<tr>
<td>Lokmanya Tilak Hospital, Sion</td>
<td>022-2407 6381</td>
</tr>
<tr>
<td>J. J. Hospital, Byculla</td>
<td>022-2373 5555</td>
</tr>
<tr>
<td>Rajawadi Hospital, Ghatkopar</td>
<td>022-2102 4151</td>
</tr>
</tbody>
</table>

This advisory has been compiled and issued in public interest by United Way Mumbai Helpline (UWMH). UWMH is a special initiative of United Way of Mumbai. UWMH has been making collaborative and consistent efforts in addressing aspects related to environment with specific focus on civic issues, community based disaster preparedness and critical community health issues through public-private partnership in the city of Mumbai. UWMH has also been working as Third Party Auditors for Municipal Corporation of Greater Mumbai’s Clean-Up Mumbai Campaign.

Contact Details:
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Email: contact@mumbaihelpline.org

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LET’S JOIN HANDS FOR MAKING MUMBAI CITY SAFER, HEALTHIER & A BETTER PLACE TO LIVE IN!