



MONSOON ADVISORY 2016

Issued in Public Interest by United Way Mumbai

HIGH TIDE DATES

	DAY	DATE	TIME	TIDE LEVEL
J U L Y	Sunday	03.07.2016	11:38 hrs.	4.57 mtr.
	Monday	04.07.2016	12:24 hrs.	4.72 mtr.
	Tuesday	05.07.2016	13:09 hrs.	4.77 mtr.
	Wednesday	06.07.2016	13:52 hrs.	4.73 mtr.
	Thursday	07.07.2016	14:35 hrs.	4.62 mtr.
	Friday	22.07.2016	13:59 hrs.	4.57 mtr.
	Saturday	23.07.2016	14:39 hrs.	4.59 mtr.
	Sunday	24.07.2016	15:22 hrs.	4.52 mtr.
A U G U S T	Tuesday	02.08.2016	12:08 hrs.	4.56 mtr.
	Wednesday	03.08.2016	12:48 hrs.	4.62 mtr.
	Thursday	04.08.2016	13:27 hrs.	4.58 mtr.
	Friday	19.08.2016	12:51 hrs.	4.57 mtr.
	Saturday	20.08.2016	13:31 hrs.	4.67 mtr.
	Sunday	21.08.2016	14:11 hrs.	4.67 mtr.
	Monday	22.08.2016	14:54 hrs.	4.57 mtr.
S E P T E M B E R	Saturday	17.09.2016	12:23 hrs.	4.60 mtr.
	Sunday	18.09.2016	00:50 hrs.	4.51 mtr.
			13:02 hrs.	4.68 mtr.
	Monday	19.09.2016	01:34 hrs.	4.64 mtr.
			13:44 hrs.	
Tuesday	20.09.2016	02:20 hrs.	4.63 mtr.	



MONSOON SAFETY TIPS

- Be aware of chronic flooding spots in your neighbourhood. Identify elevated areas in your neighbourhood as places of refuge during floods.
- Avoid contact with flood water- it may be contaminated with sewage, oil, chemicals or other substances.
- Do not consume water from open containers without examining it and filtering for use.
- Don't wade through moving water. If needed, use a stick to avoid stepping into deep water, open manholes or gutters.
- Driving through a flooded area can be dangerous. You may not be able to see abrupt drop-offs and just one and half feet of flood water can move a car.
- If stranded in a vehicle, leave it and move to a higher place.
- In case you are needed to evacuate your home:
 - Switch off electrical / gas appliances, turn off the main supply.
 - Carry emergency supplies and let your friends and family know where you are going



DO'S AND DON'TS FOR LIGHTNING SAFETY

- If you can hear thunder, you are within striking distance of lightning. Look for shelter inside a home, large building, or a hard-topped vehicle right away.
- Do not go under trees for shelter. There is no place outside that is safe during a thunderstorm. Places with only a roof on sports fields, picnic areas are not safe during a lightning storm.
- Wait at least 30 minutes after hearing the last clap of thunder before leaving your shelter.
- Stay away from windows and doors. Stay off balconies.
- Avoid lakes, beaches or open water, fishing from a boat or dock, riding on motor cycles or bicycles. Take shelter in tunnels, subways, if necessary—but never under a tree!
- Stay away from electric supply units: In your home, don't stand near open windows, doorways or metal piping. Stay away from the TV, plumbing, sinks, tubs, radiators and stoves. Avoid contact with small electric appliances such as radios, toasters and hairdryers.
- If a person is struck by lightning, get medical help right away.



MCGM Disaster Helpline (Mumbai) 1916

Emergency Helpline Numbers

Emergency Medical Services - 108

Fire Brigade - 101

Mumbai Police Control Room - 100

Traffic Control Room – (022) 24940303

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dm.mcgm.gov.in/

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GOOGLE PLAYSTORE ON ANDROID DEVICES



HEALTH SAFETY TIPS FOR MONSOON



Stay safe and healthy this monsoon by following these simple tips:

- Get rid of outside waste like old tyres and containers, which accumulate rain water and act as a breeding site for mosquitoes.
- Use mosquito repellents such as coils, bed nets, insecticide sprays to prevent incidence and spread of mosquito borne diseases like Dengue and Malaria
- Avoid road side food
- Consult your physician if you are suffering from fever to avoid further complications



MCGM Health Helpline – 022 24114000

FAMILY EMERGENCY KIT



Prepare an emergency kit for the family consisting of first aid, dry food, water, electrolytes, emergency contact numbers, important documents, battery operated flashlights, necessary medications and money.



MCGM EMERGENCY DISASTER CONTROL ROOM NUMBERS, WARD-WISE (24x7 RESPONSE)

A	B	C	D	E	F South	F North	G South
22624000	23794000	22014000	23864000	23014000	24103000	24084000	24224000
Churchgate, CST	Masjid Bunder, Sandhurst Road	Marine Lines, Charni Road	Grant Road, Mumbai Central	Byculla, Reay Road	Elphinstone, Parel, Sewri	Matunga, Dadar (E), Wadala	Mahalaxmi, Lower Parel, Prabhadevi
G North	H East	H West	K East	K West	P South	P North	R South
24212778	26114000	26444000	26847000	26234000	28727000	28826000	28054788
Dadar (W), Matunga (W), Mahim	Bandra (E), Khar (E), Santacruz (E)	Bandra (W), Khar (W), Santacruz (W)	Vileparle (E), Andheri (E), Jogeshwari (E)	Vileparle (W), Andheri (W), Jogeshwari (W)	Goregaon	Malad	Kandivali
R North	R Central	L	M East	M West	N	S	T
28936000	28931188	26505109	25558789	25284000	25013000	25954000	25694000
Dahisar	Borivali	Kurla	Govandi, Mankhurd	Chembur	Ghatkopar, parts of Vikroli & Powai	Kanjurmarg, Bhandup, parts of Vikroli & Powai	Mulund

SOURCE CREDIT: THE CONTENTS OF THIS ADVISORY HAVE BEEN PUT TOGETHER IN CONSULTATION WITH THE DISASTER MANAGEMENT UNIT OF MCGM

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