



# MONSOON ADVISORY 2017

Issued in Public Interest by United Way Mumbai



## HIGH TIDE DATES\*

	Day	Date	Time	Tide Level
June	Friday	23.06.17	11:34 hrs	4.71 mtr
	Saturday	24.06.17	12:20 hrs	4.89 mtr
	Sunday	25.06.17	13:07 hrs	4.97 mtr
	Monday	26.06.17	13:54 hrs	4.94 mtr
	Tuesday	27.06.17	14:39 hrs	4.81 mtr
	Wednesday	28.06.17	15:23 hrs	4.60 mtr
July	Saturday	22.07.17	11:20 hrs	4.62 mtr
	Sunday	23.07.17	12:06 hrs	4.81 mtr
	Monday	24.07.17	12:50 hrs	4.89 mtr
	Tuesday	25.07.17	13:32 hrs	4.87 mtr
	Wednesday	26.07.17	14:12 hrs	4.75 mtr
	Thursday	27.07.17	14:54 hrs	4.54 mtr
August	Monday	21.08.17	11:49 hrs	4.68 mtr
	Tuesday	22.08.17	12:28 hrs	4.75 mtr
	Wednesday	23.08.17	13:05 hrs	4.71 mtr
	Thursday	24.08.17	13:41 hrs	4.58 mtr
September	Tuesday	19.09.17	11:25 hrs	4.50 mtr
	Wednesday	20.09.17	12:03 hrs	4.54 mtr

**\*Tide levels over 4.5 metres, combined with heavy rainfall can lead to flooding**

## MCGM DISASTER HELPLINE 1916

### Emergency Helpline Numbers

Emergency Medical Services – 108

Fire Brigade – 101

Mumbai Police Control Room – 100 & 112

Traffic Control Helpline Number – 8454-999-999

## MONSOON SAFETY TIPS

- Use safe and filtered water only
- Identify elevated areas in your neighbourhood for refuge during floods
- Be aware of chronic water-logging areas and avoid them during heavy rainfall
- Pay heed to alerts issued by authorities, especially when schools remain shut, to ensure children's safety.
- Avoid going to the seaside during heavy rains and high tides, as there is a high risk of drowning
- Avoid contact with or wading in flood water – it may be contaminated with sewage, chemicals, or other substances. If required, use a stick to locate and avoid open manholes, potholes, and gutters
- Avoid driving through flooded areas as you might be unable to see abrupt drop-offs, potholes or ditches. Also, avoid using two-wheelers during rains due to high risk of skidding
- If trapped in a vehicle during floods, abandon it immediately and move to a higher place
- Check the wiring of the house; keep the main switch off in case of flooding
- Keep torches/flashlights handy during flooding

## THUNDERSTORM DOS AND DON'TS

### Outdoor Safety:

- Be aware of thunderstorm warnings
- Find a safe enclosed shelter like buildings, houses, or fully enclosed metal top car
- Avoid open spaces for shelter such as open vehicles, sports grounds etc.
- Do not find shelter near tall trees, instead look for shorter shrubs and crouch on the ground beside it.
- **DO NOT LIE ON THE GROUND**
- Avoid standing near reception towers, cranes, large equipment, rooftops and balconies etc.
- Avoid water bodies when looking for shelter, as water is a very good conductor of current
- If you are in a group spread out to avoid current travelling between group members

### Indoor Safety:

- Avoid using corded telephone lines
- Keep electrical appliances unplugged
- Avoid standing in doorways, near windows, on porches and balconies

**IF A PERSON IS STRUCK BY LIGHTNING SEEK MEDICAL HELP IMMEDIATELY**



**Get weather updates on the go!**

Visit the MCGM website on

<http://dm.mcg.gov.in>

Download the DISASTER MANAGEMENT APP available of Google Playstore for Android Devices.

# HEALTH SAFETY TIPS FOR MONSOON



## Tips for a Healthy Monsoon:

- Monsoon brings with it –
  - **Water borne diseases** like Cholera, Diarrhea, Hepatitis E/A, Typhoid, Leptospirosis
  - **Vector borne diseases** like Malaria, Dengue, Chikungunya
- Prevent stagnation of water outside the house in pots, old tyres, containers, etc.
- Keep water storage units covered to keep mosquitoes from breeding
- Avoid eating roadside food; eat freshly cooked meals
- Wash your hands thoroughly with soap and clean water before eating
- Boil drinking water for 30 min and filter it; let it cool for 30 min before consuming. Chlorine tablets/alum can be used to make water potable
- Keep feet dry to avoid fungal infections
- Do not wear wet clothes for long to prevent skin infections and respiratory conditions like cough, cold and pneumonia
- Clean vegetables thoroughly before cooking. Soak them in salt water for 10 min, before cooking. This helps in killing the germs
- Dispose of garbage properly; do not throw it on the road



**VISIT THE DOCTOR IF YOU EXPERIENCE SYMPTOMS LIKE FEVER, CHILLS, DIARRHOEA ETC.**

## EMERGENCY KIT



**Prepare an emergency kit for the family consisting of:**

- Water
- First-Aid kit
- Batteries, torch, radio, tape, gloves and mask
- Baby food, non perishable food
- Important documents sealed in a zip-lock bag
- Emergency numbers, money, necessary medications and supplies for sanitation

## MCGM EMERGENCY DISASTER CONTROL ROOM NUMBERS, WARD-WISE (24 X 7) RESPONSE

A	B	C	D	E	F South	F North	G South
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
<b>22624000</b>	<b>23794000</b>	<b>22014000</b>	<b>23864000</b>	<b>23014000</b>	<b>24103000</b>	<b>24084000</b>	<b>24224000</b>
G North	H East	H West	K East	K West	P South	P North	R South
Dadar (W), Matunga (W), Mahim	Bandra (E), Khar (E), Santacruz (E)	Bandra (W), Khar (W), Santacruz (W)	Vile Parle (E), Andheri (E), Jogeshwari (E)	Vile Parle (W), Andheri (W), Jogeshwari (W)	Goregaon	Malad	Kandivali
<b>24212778</b>	<b>26114000</b>	<b>26444000</b>	<b>26847000</b>	<b>26234000</b>	<b>28727000</b>	<b>28826000</b>	<b>28054788</b>
R North	R Central	L	M East	M West	N	S	T
Dahisar	Borivali	Kurla	Govandi, Mankhurd	Chembur	Ghatkopar, parts of Vikhroli and Powai	Kanjurmarg, Bhandup, parts of Vikhroli and Powai	Mulund
<b>28936000</b>	<b>28931188</b>	<b>26505109</b>	<b>25558789</b>	<b>25284000</b>	<b>25013000</b>	<b>25954000</b>	<b>25694000</b>

**SOURCE CREDIT: THE CONTENT OF THIS ADVISORY HAS BEEN COLLATED IN CONSULTATION WITH THE DISASTER MANAGEMENT UNIT, MCGM & PUBLIC HEALTH DEPT., MCGM**

For more details contact: United Way Mumbai, 309, Nirman Kendra, Famous Studio Lane, Dr. E. Moses Road, Mahalaxmi, Mumbai 400011, India.



/unitedwaymumbai



/UWMumbai



contact@unitedwaymumbai.org