



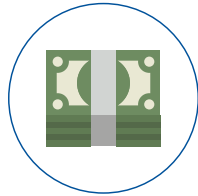
## FAMILY EMERGENCY KIT



Water & Dry Food



Dry Clothes



Ready Cash



Contact List



Flashlight & Extra Batteries



Whistle



Multi-purpose Knife



Mosquito Repellent



First-Aid Kit

## HEALTH & HYGIENE TIPS

1. Drink boiled water to prevent water borne diseases.
2. Use and reapply plenty of mosquito repellent.
3. Clean your hands regularly to prevent diseases.
4. Avoid being splashed with dirty, stagnant water as it contains harmful bacteria.
5. Wash raw fruit and vegetables in running water to eliminate bad bacteria.
6. Try to eat nutritious food and avoid eating out.
7. Prevent and clean water stagnation in your surroundings and spray mosquito repellents.

**PREVENTION IS BETTER THAN CURE:** Diseases such as cold & flu, typhoid, Hepatitis A, malaria, jaundice, cholera, dengue, diarrhoea, and many more are common during the monsoons, creating serious health hazards.

## ROAD SAFETY TIPS

1. If you witness a road accident, be a Good Samaritan and help the victim.
2. Tap your brakes to dry the rotors after driving through floods.
3. Ensure you carry a first-aid kit, torch and umbrella and a small hammer to break the car windows to escape floods.
4. Always use headlights in the rain, as they help with visibility in wet weather.
5. Stay away from moving water, as 6 inches of it can knock an adult off their feet.
6. Before driving, check your brakes, tyres, wipers, headlight beams, horn, etc.
7. 12 inches of water can make most small vehicles float. Avoid driving on flooded roads.
8. Check the firmness of the ground with a stick when wading through water, to check for open gutters.
9. Avoid using mobile devices and headphones while walking and listen for approaching traffic.
10. When walking, running or cycling, keep yourself visible through reflective clothing or flashlights

## COMMON SYMPTOMS OF MONSOON RELATED ILLNESSES:



Fever



Exhaustion



Sore Throat



Weakness



Joint & Muscle Pain



Dark Yellow Urine



Headache



Nausea & Vomiting

**Consult the doctor immediately if any symptoms arise specially during the monsoon season.**

# HIGH TIDE DATES\*

DAY	DATE	TIME	HEIGHT (MTRS)
Wed	13.06.2018	11:43	4.68 mtr
Thurs	14.06.2018	12:30	4.85 mtr
Fri	15.06.2018	13:18	4.92 mtr
Sat	16.06.2018	14:06	4.91 mtr
Sun	17.06.2018	14:56	4.82 mtr
Mon	18.06.2018	15:47	4.65 mtr
Thurs	12.07.2018	11:27	4.65 mtr
Fri	13.07.2018	12:13	4.85 mtr
Sat	14.07.2018	13:02	4.96 mtr
Sun	15.07.2018	13:49	4.97 mtr
Mon	16.07.2018	14:37	4.89 mtr
Tues	17.07.2018	15:25	4.70 mtr
Fri	10.08.2018	11:11	4.60 mtr
Sat	11.08.2018	11:56	4.82 mtr
Sun	12.08.2018	12:41	4.95 mtr
Mon	13.08.2018	13:26	4.96 mtr
Tues	14.08.2018	14:08	4.85 mtr
Wed	15.08.2018	14:52	4.62 mtr
Sat	08.09.2018	10:56	4.53 mtr
Sun	09.09.2018	11:36	4.75 mtr
Mon	10.09.2018	12:18	4.85 mtr
Tues	11.09.2018	00:36	4.63 mtr
Wed	12.09.2018	12:58	4.83 mtr
		01:20	4.65 mtr
Thurs	13.09.2018	13:36	4.68 mtr
		02:02	4.53 mtr

JUN

JUL

AUG

SEPT

# NEAP TIDE DATES

Neap tide days are when the difference between low and high tides is not much and the discharge of storm water into the sea is very slow. Very heavy rainfall during a Neap tide, may lead to flooding in parts of Mumbai.

DATE	HIGH TIDE		LOW TIDE		DIFFERENCE IN HIGH & LOW TIDE
	Time	Height (Mtrs)	Time	Height (Mtrs)	
<b>JUNE</b>					
07.06.2018	5:49	3.03	11:32	1.98	1.05 mtr
<b>JULY</b>					
07.07.2018	6:23	3.23	11:59	2.14	1.09 mtr
<b>AUGUST</b>					
19.08.2018	6:07	3.26	12:34	2.44	0.82 mtr
20.08.2018	7:58	3.22	14:15	2.44	0.78 mtr
<b>SEPTEMBER</b>					
17.09.2018	5:09	3.28	11:50	2.48	0.80 mtr
18.09.2018	6:39	3.13	13:56	2.46	0.67 mtr
	18:36	2.73	1:06	1.84	0.89 mtr
19.09.2018	8:33	3.24	15:07	2.28	0.96 mtr

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

## EMERGENCY HELPLINE NUMBERS

Ambulance: **108**  
 Police: **100**  
 Fire Brigade: **101**  
 Railways: **23795283**  
 Municipal Corporation of Greater Mumbai (MCGM)  
 Helpline: **+91-22-22694725**

Mahanagar Gas Emergency: **24012400 / 24071561**  
 Mumbai Pune Expressway  
 Hotline: **+919822498224**  
**/ 9822242100 / 9833498334**  
 BEST Control Room: **24137937/ 24143611 / 24184489 / 24146262**

## MCGM DISASTER HELPLINE: 1916

## MCGM HEALTH HELPLINE: 24114000



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Download the **DISASTER MANAGEMENT App** available on Google Playstore, for Android devices.

## 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
<b>22624000</b> CHURCHGATE, CST	<b>23794000</b> MASJID BUNDER SANDHURST RD	<b>22014000</b> MARINE LINES, CHARNI RD	<b>23864000</b> GRAND RD, MUMBAI CENTRAL	<b>23014000</b> BYCULLA	<b>24103000</b> PAREL, SEWRI, ELPHINSTONE RD	<b>24084000</b> MATUNGA, DADAR (E)	<b>24224000</b> MAHALAXMI, LOWER PAREL
G-NORTH	H-EAST	H-WEST	K-EAST	K-WEST	P-SOUTH	P-NORTH	R-SOUTH
<b>24397888</b> DADAR (W), MAHIM MATUNGA	<b>26114000</b> BANDRA (E), KHAR (E), SANTA CRUZ (E)	<b>26444000</b> BANDRA (W), KHAR (W), SANTA CRUZ (W)	<b>26847000</b> ANDHERI (E), VILE PARLE (E), JOGESHWARI (E)	<b>26234000</b> ANDHERI (W), VILE PARLE (W), JOGESHWARI (W)	<b>28727000</b> GOREGAON, OSHIWARA	<b>28826000</b> MALAD, MARVE MANORI	<b>28054788</b> KANDIVALI
R-NORTH	R-CENTRAL	L	M-EAST	M-WEST	N	S	T
<b>28936000</b> DAHISAR	<b>28931188</b> BORIVALI, GORAI	<b>26505109</b> KURLA	<b>25558789</b> GOVANDI, MANKHURD	<b>25284000</b> CHEMBUR	<b>25013000</b> GHATKOPAR	<b>25954000</b> BHANDUP	<b>25694000</b> MULUND

The contents of this advisory have been put together in consultation with the Disaster Management Unit of the MCGM



Help Mumbai be better prepared.

Sponsor a flood preparedness training in a high risk area of the city in collaboration with the MCGM. For details, please write to [contact@unitedwaymumbai.org](mailto:contact@unitedwaymumbai.org)

Issued in Public Interest by United Way Mumbai

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