



## High Tide Dates

	DAY	DATE	TIME	TIDE LEVEL
J U L Y	Friday	03.07.2015	13:18 hrs.	4.62 mtr.
	Saturday	04.07.2015	14:00 hrs.	4.72 mtr.
	Sunday	05.07.2015	14:44 hrs.	4:75 mtr.
	Monday	06.07.2015	15:29 hrs.	4.68 mtr.
	Tuesday	07.07.2015	16:15 hrs.	4.51 mtr.
	Friday	31.07.2015	12:13 hrs.	4:52 mtr.
A U G U S T	Saturday	01.08.2015	12:55 hrs.	4.72 mtr.
	Sunday	02.08.2015	13:37 hrs.	4:84 mtr.
	Monday	03.08.2015	14:20 hrs.	4.86 mtr.
	Tuesday	04.08.2015	15:04 hrs.	4.75 mtr.
	Wednesday	05.08.2015	15:50 hrs.	4.51 mtr.
	Saturday	29.08.2015	11:47 hrs.	4.57 mtr.
	Sunday	30.08.2015	12:29 hrs.	4.77 mtr.
	Monday	31.08.2015	00:52 hrs. 13:09 hrs.	4.54 mtr. 4.87 mtr.
S E P T E M B E R	Tuesday	01.09.2015	01:37 hrs. 13:53 hrs.	4.65 mtr. 4.83 mtr.
	Wednesday	02.09.2015	02:24 hrs. 14:36 hrs.	4.61 mtr. 4.66 mtr.
	Sunday	27.09.2015	11:21 hrs. 23:51 hrs.	4:54 mtr. 4.51 mtr.
	Monday	28.09.2015	12:03 hrs.	4.71 mtr.
	Tuesday	29.09.2015	00:38 hrs. 12:45 hrs.	4.75 mtr. 4.75 mtr.
	Wednesday	30.09.2015	01:23 hrs. 13:26 hrs.	4.83 mtr. 4.67 mtr.



## Safety Tips

- Be aware of chronic flooding spots in your neighbourhood. Identify elevated areas in your neighbourhood as places of refuge during floods. List of chronic flooding spots in Mumbai can be viewed at: <http://dm.mcgm.gov.in>
- Avoid contact with flood water- it may be contaminated with sewage, oil, chemicals or other substances.
- Don't walk through moving water. If needed use a stick to avoid stepping into deep water, open manholes or gutters.
- Stay away from power lines- electrical current can travel through water.
- Do not stand under an electric pole or under weak trees. Better to stay in open areas.
- Don't drive through a flooded area- 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 mains.
  - Carry emergency supplies (listed below) and let your friends and family know where you are going.

### Emergency Helpline Numbers

Emergency Medical Services - 108

Fire Brigade - 101

Mumbai Police Control Room - 100

Traffic Control Room – (022) 24940303

### Family Emergency Kit

Water, Dry Food, First Aid Kit, Medicines, Batteries, Torch, Emergency Contact List, Important Documents, Money

Disaster Helpline for Mumbai

**1916**



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## 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

A	B	C	D	E	F South	F North	G South
22607000	23794000	22014000	23864000	23014000	24103000	24084000	24224000
Churchgate, CST	Masjid Bunder, Sandhurst Road	Marine Lines, Charni Road	Grant Road, Mumbai Central	Byculla, Reay Road	Elphinston, 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

## Monsoon Health Safety Tips

**MCGM Health Helpline: 022 – 2411 4000**

### SAFE WATER

- Drink only boiled and filtered water and consume it within 24 hours of boiling.
- Cover the water containers and empty them at least once a week.
- Do not let water accumulate and stagnate in your surroundings.

### SAFE FOOD

- Avoid eating un-hygienically prepared food especially from road side stalls.
- Wash all fruits and vegetables thoroughly before eating.
- Eat only cooked or freshly prepared food.

### HYGIENE TIPS

- Wash your hands before eating food
- Use warm water & antiseptic liquids to clean hands and feet if you have come in contact with flood water

### DON'T IGNORE THESE SYMPTOMS

- Cold & fever, vomiting, nausea, fatigue, abdominal pain, yellow colored eyes, shaking chills, muscle pain, headache, diarrhea.
- Do not underestimate fever (not even mild fever) consult a doctor immediately.

Source Credit: The contents of this advisory has been put together in consultation with the Disaster Management Unit of Municipal Corporation of Greater Mumbai (MCGM).

For more details contact:

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