

Monsoon Advisory 2012

United Way Mumbai Helpline



United Way Mumbai

Given below are the High Tide Dates released by the Disaster Management Cell of the Municipal Corporation of Greater Mumbai (MCGM) for the Monsoon 2012.

June 2012

DAY	DATE	TIME	HEIGHT METER
Monday	18.06.2012	11.59	4.04
Tuesday	19.06.2012	12.32	4.15
Wednesday	20.06.2012	13.06	4.25
Thursday	21.06.2012	13.40	4.32
Friday	22.06.2012	14.14	4.35
Saturday	23.06.2012	14.50	4.35
Sunday	24.06.2012	15.28	4.30
Monday	25.06.2012	16.09	4.21
Tuesday	26.06.2012	16.50	4.08

July 2012

DAY	DATE	TIME	HEIGHT(METER)
Sunday	1.07.2012	10.23	4.15
Monday	2.07.2012	11.16	4.43
Tuesday	3.07.2012	12.05	4.66
Wednesday	4.07.2012	0.03	4.15
		12.5	4.79
Thursday	5.07.2012	0.52	4.27
		13.34	4.38
Friday	6.07.2012	1.4	4.28
		14.17	4.76
Saturday	7.07.2012	2.25	4.16
		14.59	4.6
Sunday	8.07.2012	15.4	4.36
Monday	9.07.2012	16.18	4.08
Wednesday	18.07.2012	12.08	4.1
Thursday	19.07.2012	12.38	4.25
Friday	20.07.2012	13.11	4.37
Saturday	21.07.2012	13.45	4.46
Sunday	22.07.2012	1.4	4.04
		14.22	4.5
Monday	23.07.2012	2.23	4.06
		15.01	4.46
Tuesday	24.07.2012	15.41	4.33

SOME IMPORTANT POINTS

- ✓ Turn off all electrical appliances in the flooded area
- ✓ Stay away from Power lines
- ✓ Avoid contact with flood water - it may be contaminated
- ✓ If stranded in a vehicle, leave the vehicle and move to a higher place
- ✓ Be aware of the potential flooding spots in your ward/area
- ✓ Don't walk through moving water. Six inches of moving water can make you fall. 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. Consult and involve local authorities and neighbours
- ✓ Keep 'Family Emergency Supplies Kit' ready – see below

August 2012

DAY	DATE	TIME	HEIGHT(METER)
Wednesday	1.08.2012	11.48	4.52
		23.55	4.11
Thursday	2.08.2012	12.3	4.67
Friday	3.08.2012	0.43	4.25
		13.09	4.7
Saturday	4.08.2012	1.26	4.26
		13.47	4.61
Sunday	5.08.2012	2.08	4.16
		14.23	4.43
Monday	6.08.2012	14.59	4.2
Thursday	16.08.2012	11.35	4.09
Friday	17.08.2012	13.06	4.29
Saturday	18.08.2012	5.54	4.43
Sunday	19.08.2012	0.48	4.14
		13.14	4.53
Monday	20.08.2012	1.28	4.28
		13.51	4.55
Tuesday	21.08.2012	8.55	4.33
		20.41	4.48
Wednesday	22.08.2012	2.55	4.26
		15.11	4.3
Thursday	23.08.2012	3.45	4.08
		15.51	4.02
Wednesday	29.08.2012	10.46	4.13
Thursday	30.08.2012	11.28	4.59
		23.45	4.09
Friday	31.08.2012	12.06	4.48

September 2012

DAY	DATE	TIME	HEIGHT (METER)
Saturday	1.09.2012	0.29	4.23
		12.41	4.47
Sunday	2.09.2012	1.09	4.24
		13.13	4.36
Monday	3.09.2012	1.44	4.16
		13.43	4.2
Tuesday	4.09.2012	2.18	4.03
		14.12	4.01
Friday	14.09.2012	10.57	4.09
Saturday	15.09.2012	11.32	4.28
		23.52	4.13
Sunday	16.09.2012	12.09	4.42
Monday	17.09.2012	0.32	4.38
		12.43	4.49
Tuesday	18.09.2012	1.14	4.54
		13.21	4.48
Wednesday	19.09.2012	1.56	4.59
		14.02	4.38
Thursday	20.09.2012	2.43	4.5
		14.43	4.18
Friday	21.09.2012	3.32	4.27
Friday	28.09.2012	11.02	4.13
		23.33	4.11
Saturday	29.09.2012	11.38	4.19
Sunday	30.09.2012	0.11	4.23
		12.11	4.16

Nutritional tips for Monsoon

- ✓ Wash all fruits and vegetables thoroughly, particularly leafy vegetables
- ✓ Eat in moderation as the body finds it harder to digest food during the monsoon.
- ✓ Drink warm beverages; add mint or ginger or dry ginger powder to tea.
- ✓ Moong dal is easy to digest and should be the dal of choice for the season.
- ✓ Garlic, pepper, ginger, asafetida (hing), jeera powder, turmeric and coriander help enhance digestion and improve immunity.
- ✓ 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.
- ✓ Vegetables recommended during the rains are the non-leafy ones such as — snake gourd (turi), gourd (dudhi), pointed gourd (parwal), yam (suran), cluster beans (gavaar), apple gourd (tinda) and bitter gourd (karela).
- ✓ Fruits recommended are pomegranates, mangoes, bananas, apples, litchees and cherries
- ✓ Avoid eating chaats, fried items, pre-cut fruits and juices from roadside vendors in order to avoid contracting serious infections such as viral fever, diarrhoea and other water borne diseases.

M.C.G.M. Disaster Control Rooms

MCGM has set up Control Rooms in each of the 24 Municipal Wards during Monsoon. You may contact respective ward control room in times of crisis. (Note: For easy identification of your respective municipal wards, railway station wise list has been given below.)

A	B	C	D	E
22624000	23794000	22014000	23864000	23014000
Churchgate C.S.T	Masjid Bunder, Sandhurst Road	Marine Lines Charni Road	Grant Road Mumbai Central	Mahalaskhmi (E), Byculla, Chinchpokli, Dockyard Road, Reay Road
F North	F South	G North	G South	H East
24084000	24103000	24397888	24224000	26114000
Matunga Central, Wadala, Sion, Chunabhatti, G.T.B. Nagar, King's Circle, Dadar (E)	Elphinstone (E), Parel, Cotton Green, Sewri	Dadar (W), Matunga (W), Mahim	Mahalaskhmi (W), Elphinstone (W), Lower Parel	Bandra (E), Khar (E), Santacruz (E)
H West	K East	K West	L	M East
264443000	26847000	26234000	26505109	25284000
Bandra (W), Khar Road (W), Santacruz (W)	Vile Parle (E), Andheri (E), Jogeshwari (E)	Vile Parle (W), Andheri (W), Jogeshwari (W)	Kurla	Govandi, Mankhurd
M West	N	P North	P South	R South
25284000	25013000	28826000	28727000	28727000
Chembur	Ghatkopar	Malad	Goregaon	Kandivali
R Central	R North	S	T	
28931188	28936000	25954000	25694000	
Borivali	Dahisar	Bhandup, Kanjur Marg	Mulund	

MONSOON AILMENTS

Diseases such as Malaria, Jaundice, Cholera, Dengue and other monsoon ailments are serious health hazards during this season. These ailments prove to be Healthcare disasters in our city. Therefore it is imperative to take preventive steps. Following are few suggestions;

WATER BORNE DISEASES

DO's

1. Drink water from a safe source or water that has been disinfected (boiled or chlorinated).
2. Cook food or reheat it thoroughly and eat it while it is still hot.
3. Keep food items covered.
4. Wash hands thoroughly with soap before preparing or eating food and after using the toilets
5. Increase fluid intake in case of diarrhea. Use ORS solution or home available fluids as soon as diarrhea starts.
6. Refer the diarrhea case to a health facility in case of following:
 - Person is irritable, restless, lethargic or unconscious.
 - Eating or drinking poorly.
 - Person has marked thirst.
 - Person has fever or blood in stool.

DON'Ts

1. Don't drink water from unsafe sources.
2. Don't eat uncooked food unless it is peeled or shelled by you.
3. Don't eat cut fruits.
4. Don't litter indiscriminately.

VECTOR (carrier) BORNE DISEASES

DO's

1. Use insecticide treated bed nets (ITBN) or insect repellents while sleeping to keep away mosquitoes.
2. Wear clothes that cover arms and legs.
3. Empty water containers at least once a week. Cover and seal septic tanks and soak away pits.
4. Remove water from coolers and other places where water has remained stagnant.
5. All fever cases to be given preventive treatment for malaria.

DON'Ts

1. Do not allow water to stagnate.
2. Do not allow water to accumulate in discarded items such as tyres, tubes, empty containers and objects where water may collect.
3. Discourage children from wearing shorts and half sleeved clothes, especially in the evenings.

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

This advisory has been compiled by United Way Mumbai Helpline. United Way Mumbai Helpline is a special initiative of United Way of Mumbai. United Way Mumbai Helpline has been making collaborative and consistent efforts in addressing aspects related to environment with specific focus on civic issues and disaster response measures in Mumbai. United Way Mumbai Helpline has also been working as Third Party Auditors for Municipal Corporation of Greater Mumbai's Clean-Up Mumbai Campaign.

For further information visit: www.unitedwaymumbai.org,

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