

# MONSOON ADVISORY

# 2022

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Issued in public interest by







# HIGH TIDE TIMINGS (2022)

High tides occur when the seawater rises to its highest levels

JUL 2022	DAY	DATE	TIME	HEIGHT (IN METRES)	AUG 2022	DAY	DATE	TIME	HEIGHT (IN METRES)
	Wednesday	13/07	11:44	4.68		Thursday	11/08	12:18	4.59
	Thursday	14/07	12:33	4.82		Friday	12/08	13:00	4.77
	Friday	15/07	13:22	4.87		Saturday	13/08	13:39	4.85
	Saturday	16/07	14:08	4.85		Sunday	14/08	14:18	4.81
	Sunday	17/07	14:54	4.73		Monday	15/08	11:11	4.66
	Monday	18/07	15:38	4.51		Tuesday	16/08	14:16	4.39
SEP 2022	DAY	DATE	TIME	HEIGHT (IN METRES)		DAY	DATE	TIME	HEIGHT (IN METRES)
	Friday	09/09	11:16	4.52					
	Saturday	10/09	11:55	4.68					
	Sunday	11/09	12:31	4.73					
	Monday	12/09	13:05	4.65					
	Tuesday	13/09	01:36	4.84					
	Wednesday	14/09	02:13	4.27					
	Thursday	29/09	01:44	4.44					

**\*Note: High tide coupled with very heavy rainfall (124.5 to 244.4 mm) will most likely lead to a flooding situation in parts of Mumbai. Hence, citizens should take utmost care while planning their routine during these days and avoid venturing near beach areas/ sea shores during heavy rainfall.**

*\*Source - BMC Disaster Management Control Room*

# NEAP TIDE TIMINGS (2022)

**Neap tide days are when the difference between low and high tides is less and the discharge of rain water into the sea is very slow. Very heavy rainfall during a neap tide, may lead to flooding in parts of Mumbai.**

	DAY	DATE	HIGH TIDE		LOW TIDE		HEIGHT (IN METRES)
			TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	
<b>JUL</b> 2022	Friday	22/07	18:39	3.35	13:09	2.26	1.09
	Saturday	23/07	08:47	3.40	14:30	2.35	1.05
	Sunday	24/07	09:50	3.58	15:43	2.31	1.27
	Monday	25/07	10:37	3.77	16:40	2.20	1.57
<b>AUG</b> 2022			TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	HEIGHT (IN METRES)
	Sunday	07/08	07:18	3.54	13:05	2.36	1.18
	Monday	08/08	08:46	3.74	14:29	2.22	1.52
	Tuesday	09/08	09:56	4.05	15:56	2.01	2.04
<b>SEP</b> 2022			TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	HEIGHT (IN METRES)
	Sunday	04/09	05:25	3.60	11:13	2.18	1.42
	Monday	05/09	06:56	3.53	13:03	2.31	1.22
	Tuesday	06/09	08:34	3.68	01:17	1.07	2.61
	Wednesday	07/09	09:45	3.97	02:42	0.95	3.02

\*Source - <https://www.tidetime.org/asia/india/bombay-india-calendar.htm>; <https://seahorsediveclub.uk/2022-neap-tide-reference-guide/>

\*Source - BMC Disaster Management Control Room

# MONSOON EMERGENCY KIT

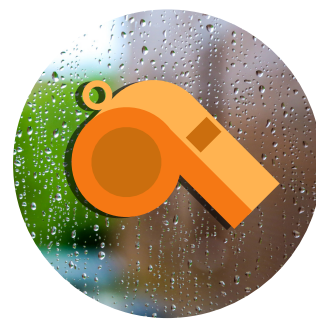
Ensure you have the following items handy, to be prepared for  
any monsoon related emergencies



**Dry food, Baby  
food & water**



**Dry clothes**



**Whistle**



**Cash, Credit/Debit Cards,  
Important documents (passport,  
insurance details, certificates,  
bank details, etc.)**



**First-aid kit  
with essential  
medicines**



**Multi-purpose  
knife**



**Mosquito  
repellant, Mask,  
Sanitizers**



**Contact list**



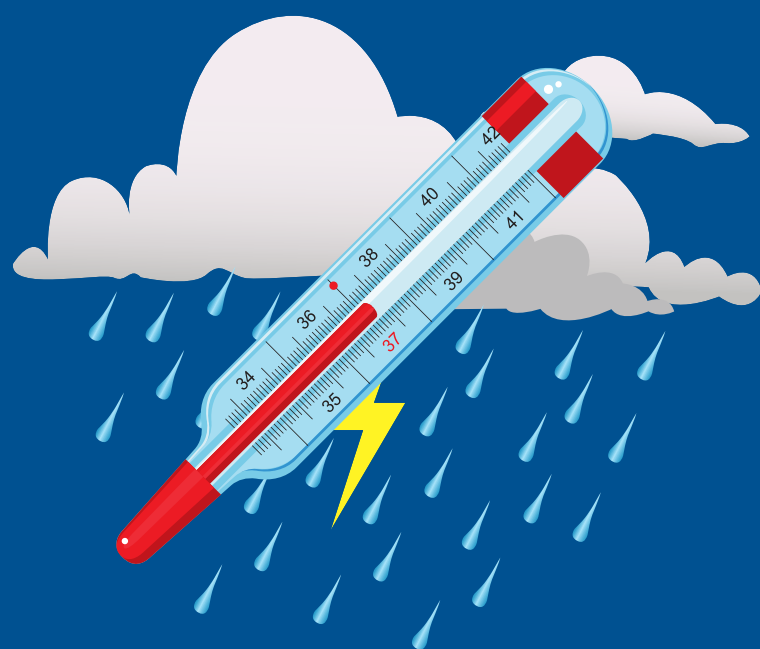
**Flashlight & batteries,  
Candle and matchstick in  
a waterproof container**



**Power Bank**

# HEALTH & HYGIENE TIPS

Here are some handy tips to help you avoid monsoon illnesses



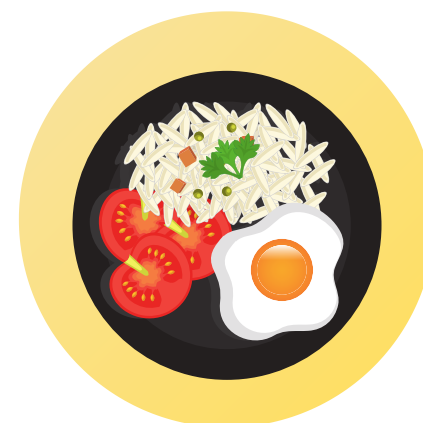
Diseases such as cold & flu, typhoid, hepatitis A, malaria, jaundice, cholera, dengue, diarrhoea, & many others are common during the monsoons, creating serious health hazards.



**Drink boiled and/or  
filtered water**



**Spray and apply  
adequate mosquito  
repellent**



**Eat nutritious food  
& avoid eating  
street food**



**Thoroughly wash  
raw fruit &  
vegetables**



**Wash your hands  
regularly with  
antiseptic soap**



**Drink plenty of  
fluids to stay  
healthy**



**Clean stagnant water  
regularly & avoid contact  
with dirty water**

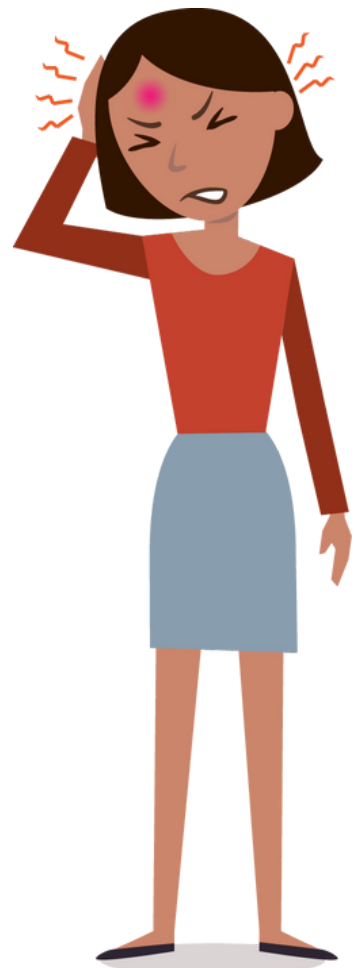


**Follow COVID safety  
protocol: Wear  
Mask, keep  
sanitizing and  
washing your hands  
with soap**



# COMMON SYMPTOMS OF MONSOON RELATED ILLNESSES

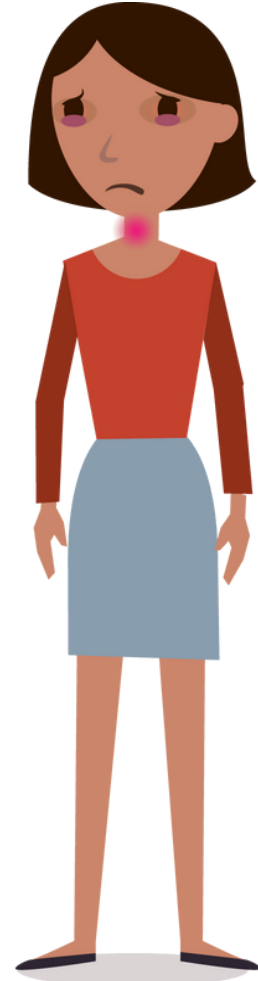
Here are a list of symptoms to help you identify ailments that are common during the rainy season



**HEADACHE**



**FEVER**



**SORE THROAT**



**NAUSEA**



**JOINT ACHE**



**WEAKNESS**

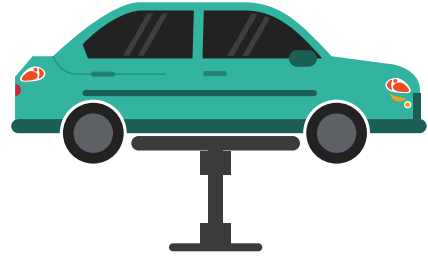


**FATIGUE**

**Consult a doctor immediately if any symptoms arise, especially during the monsoon**

# ROAD SAFETY TIPS

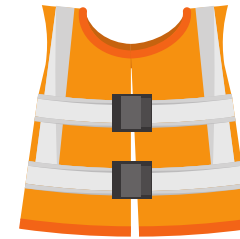
Stay safe on the roads this monsoon, by following these tips



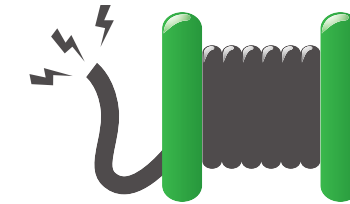
Get your vehicle serviced to ensure that wipers, brakes, tires, headlights, etc. are in good condition



Avoid walking, riding or driving during a heavy downpour as visibility is significantly poorer in heavy rain



When walking, running or cycling in the rain, wear reflective clothes to ensure you are visible



If a power line touches your vehicle while you are in the car, stay inside to avoid electrocution. Wait for help to arrive & honk the horn to attract attention.



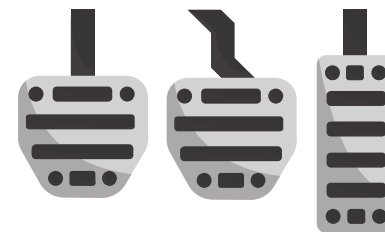
When driving and walking through floods, use a stick or umbrella to feel the ground for potholes, open drains, etc.



Do not park under trees or near electric poles, to avoid causing damage



Drive slowly. When it rains, oil and grime make the roads slippery, reducing traction



Brakes are less effective in the rains, so ensure there's plenty of room between your vehicle and the one in front of you



Keep a first-aid kit, torch & umbrella, ready.



If you witness a road accident, be a good samaritan, offer help to the victim, Call 108

**\*Sources:**

<https://www.wheelwell.org.za/driving-in-inclement-weather/>

<https://www.deccanchronicle.com/lifestyle/travel/020717/8-road-safety-tips-to-practise-this-monsoon.html>

# 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 2022

WARD	AREAS COVERED	TELEPHONE
<b>A Ward</b>	Fort, Ballard Estate, Churchgate, Colaba	<b>2262 4000</b>
<b>B Ward</b>	I.R. Road, R.B. Marg, J.M.R. Marg	<b>2379 4000</b>
<b>C Ward</b>	Chandanwadi, Netaji Road, Marine Lines	<b>2201 4000</b>
<b>D Ward</b>	Grant Road, Walkeshwar, Opera House	<b>2386 4000</b>
<b>E Ward</b>	Byculla, Shuklaji Street, Wadi Bunder	<b>2301 4000</b>
<b>F/South Ward</b>	Parel, Sewri, Elphinston Road	<b>2410 3000</b>
<b>F/North Ward</b>	Matunga, Dadar (E)	<b>2408 4000</b>
<b>G/South Ward</b>	N.M. Joshi Marg, Lower Parel, Worli	<b>2422 4000</b>
<b>G/North Ward</b>	Dadar (W), Mahim	<b>2439 7888</b>
<b>H/East Ward</b>	Bandra (E), Khar (E), Santa Cruz (E)	<b>2611 4000</b>
<b>H/West Ward</b>	Bandra (W), Khar (W), Santa Cruz (W)	<b>2644 0120</b>
<b>K/East Ward</b>	Andheri (E), Vile Parle (E)	<b>2684 7000</b>

WARD	AREAS COVERED	TELEPHONE
<b>K/West Ward</b>	Andheri (W), Vile Parle (W), Juhu	<b>2623 4000</b>
<b>L Ward</b>	Kurla	<b>2650 5109</b>
<b>M/East Ward</b>	Govandi, Mankhurd	<b>2555 8789</b>
<b>M/West Ward</b>	Chembur	<b>2528 4000</b>
<b>N Ward</b>	Ghatkopar	<b>2501 3000</b>
<b>P/South Ward</b>	Goregaon, Oshiwara	<b>2872 7000</b>
<b>P/North Ward</b>	Malad, Marve, Manori	<b>2882 6000</b>
<b>R/South Ward</b>	Kandivali	<b>2805 4788</b>
<b>R/Central Ward</b>	Borivali, Gorai	<b>2893 1188</b>
<b>R/North Ward</b>	Dahisar	<b>2893 6000</b>
<b>S Ward</b>	Bhandup	<b>2595 4000</b>
<b>T Ward</b>	Mulund	<b>2569 4000</b>



# EMERGENCY CONTACTS



## Emergency City Helpline Numbers

- Police - 100, (022) 22621855
- Fire - 101, (022) 23085991/992
- Ambulance - 108, 102
- Women Helpline - (022) 22633333, 22620111
- Blood Bank - 104, 1910
- Aids Helpline - (022) 24100246
- Child Helpline - 1098
- Gas Leakage (LPG) - 1906
- Rescue and Relief - 1070
- District Control Room - 1077
- Maharashtra Control Room - (022) 22027990



Get weather updates on the go!

Visit:

<https://dm.mcgm.gov.in/home>

Download the DISASTER MANAGEMENT  
App available on GOOGLE PLAY STORE  
for Android and IOS users.



**DISASTER MUMBAI HELPLINE: 1916**



**MCGM HEALTH HELPLINE: 022-24114000**

For more information, please write to us at

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