

## Disaster Safety Tips

### DO'S & DON'T'S FOR DISASTERS

FLOOD	
Do's	Don'ts
<ul style="list-style-type: none"> <li>• Tune to your local radio for warnings and advice.</li> <li>• Move vehicles, equipments, garbage, chemicals, old persons, children, pregnant women etc. to higher and safe places.</li> <li>• Disconnect all electrical appliances.</li> <li>• Turn off electricity and gas before you leave the house.</li> </ul>	<ul style="list-style-type: none"> <li>• Don't allow children to play in, or near, flood waters.</li> <li>• Never wander around in flooded area.</li> <li>• Don't drive into water of unknown depth and current.</li> <li>• Don't eat food, which is affected by floodwater.</li> </ul>
CYCLONE	
Do's	Don'ts
<ul style="list-style-type: none"> <li>• Stay indoor and take shelter in the strongest part of your house.</li> <li>• Listen to the radio and follow instructions.</li> <li>• Find out shelter if you are caught out in the open.</li> <li>• Disconnect all electrical appliances and turn off gas.</li> <li>• If you have to evacuate, don't return until advised.</li> </ul>	<ul style="list-style-type: none"> <li>• Beware of fallen power lines, damaged bridges and structures.</li> <li>• Pay attention to all warnings and don't go for sight seeing.</li> <li>• Wear strong shoes and clothing for protection.</li> </ul>
HEAT STROKE	
Do's	Don'ts

<ul style="list-style-type: none"> <li>• Postpone outdoor activities.</li> <li>• Avoid too much sunshine.</li> <li>• Wear headgear / turban / cap &amp; Sunglasses.</li> <li>• Keep heat outside and cool air inside.</li> <li>• Drink plenty of fluid even if you do not feel thirsty.</li> <li>• Take frequent breaks if you must work outdoors.</li> <li>• For labourers working in the open, timings to be made morning and evening.</li> </ul>	<ul style="list-style-type: none"> <li>• Don't go outside in empty stomach.</li> <li>• Don't go in extreme heat.</li> <li>• Don't sit in a cool shower after coming in from hot temperature.</li> <li>• Don't eat high protein food.</li> <li>• Don't leave children or pet animal alone in closed vehicles.</li> </ul>
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<b>TORNADO</b>	
<b>Do's</b>	<b>Don'ts</b>
<ul style="list-style-type: none"> <li>• Listen to the Radio/ Tv/ Public Addressing System for advance information and advice.</li> <li>• Turn off Electricity</li> <li>• Keep away from Old, Tall or ditched buildings, electricity wires, slopes and walls, which are liable to collapsed.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not run and do not wander round the streets.</li> <li>• Keep away from buildings, walls, slopes, electricity wires and cables &amp; stay in the vehicle.</li> </ul>

<b>EARTHQUAKE</b>	
<b>Do's</b>	<b>Don'ts</b>
<ul style="list-style-type: none"> <li>• Keep away from old, tall or detached buildings, electricity wires, slopes and walls, which are liable to collapse.</li> <li>• Stop the vehicle away from buildings, walls, slopes, electricity wires and cables.</li> <li>• Leave your badly damaged house.</li> <li>• Collect water containers, food items and ordinary and special medicines (for persons with heart complaints, diabetes etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Don't rush to the doors or exits, never use the lift.</li> <li>• Keep away from broken windows, mirrors, chimneys and furniture.</li> <li>• Avoid places where there are loose electric wires and do not touch any metal object in contact with them.</li> <li>• Don't re-enter badly damaged buildings and don't go near damaged structures.</li> </ul>

<b>Fire Accident</b>	
<b>Do's</b>	<b>Don'ts</b>

<ul style="list-style-type: none"> <li>• <b>Do</b> keep the phone number of the Fire Service near the telephone and ensure that everyone in the family knows the number.</li> <li>• <b>Do</b> keep matches and lighters away from children.</li> <li>• <b>Do</b> sleep with your bedroom closed to prevent the spread of fire.</li> <li>• Do turn off the lights before leaving the house or going to bed; a short could start a fire.</li> <li>• Do check tree lights for broken or cracked sockets, frayed wires, or loose connections.</li> <li>• Do blow out candles before going to bed.</li> <li>• Do use broad-based ones instead of tall, thin ones, which can tip over easily</li> <li>• Do choose only "fire retardant" artificial trees.</li> <li>• Do keep your tree hydrated, which makes it less likely to catch on fire. Cut off a half inch from the bottom of the trunk when you get home, and make sure the water level never falls below the base of the tree.</li> <li>• <b>Do</b> have an adult always present when cooking is going on the kitchen. Children should not be allowed alone.</li> <li>• <b>Do</b> keep hair tied back and do not wear synthetic clothes when you are cooking.</li> <li>• <b>Do</b> make sure that the curtains on the window near the stove are tied back and will not blow on to the flame or burner.</li> <li>• <b>Do</b> check to make sure that the gas burner is turned off immediately if the fire is not ignited and also switched off immediately after cooking.</li> <li>• <b>Do</b> turn panhandles to the centre of the stove and put them out of touch of the children in the house.</li> <li>• <b>Do</b> ensure that the floor is always dry so that you do not slip and fall on the fire.</li> <li>• <b>Do</b> keep matches out of the reach of children.</li> <li>• <b>Do</b> you know that you should never run if your clothes are on fire and that you should - "STOP – DROP-ROLL."</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Don't</b> put towels, or dishrags near a stove burner.</li> <li>• <b>Don't</b> wear loose fitting clothes when you cook, and <b>don't</b> reach across the top of the stove when you are cooking.</li> <li>• <b>Don't</b> put things in the cabinets or shelves above the stove. Young children may try to reach them and accidentally start the burners, start a fire, catch on fire.</li> <li>• <b>Doesn't store</b> spray cans or cans carrying inflammable items near the stove?</li> <li>• <b>Don't</b> let small children near an open oven door. They can be burnt by the heat or by falling onto the door or into the oven.</li> <li>• <b>Don't</b> lean against the stove to keep warm.</li> <li>• <b>Don't</b> use towels as potholders. They may catch on fire.</li> <li>• <b>Don't</b> overload an electrical outlet with several appliances or extension cords. The cords or plugs may overheat and cause a fire.</li> <li>• <b>Don't</b> use water to put out a grease fire. <b>ONLY</b> use baking soda, salt, or a tight lid. Always keep a box of baking soda near the stove.</li> <li>• <b>Don't</b> use radios or other small appliances (mixers, blenders) near the sink.</li> </ul>
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