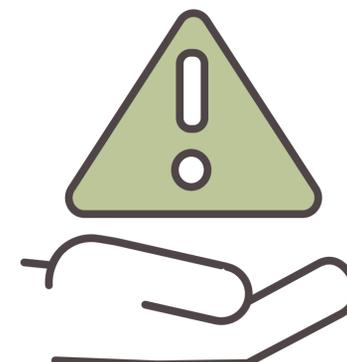


A SAFETY GUIDELINE

# STAY SAFE DURING A FLOOD

MÉDECINS SANS FRONTIÈRES (MSF)



# IF YOU LIVE IN AREAS **PRONE TO FLASH FLOODS**

PLAN NOW TO PROTECT YOUR FAMILY AND PROPERTY



# WHAT YOU SHOULD DO **BEFORE A FLOOD**

DO YOU RESIDE IN A FLOOD-PRONE LOCATION?

HERE ARE SOME THINGS YOU CAN DO TO PREPARE:

- Make sure you have up-to-date information. Tune in to radio, television, or any public service announcements and other emergency information channels.
- In certain places, flash floods can happen with or without the usual warning signs of rain clouds or heavy rain. Find out if there is a possibility of flash flooding in your area. Move right away to higher ground if a flash flood is possible. **DO NOT** wait for commands before moving.
- Follow any emergency instructions issued by authorities.
- Watch out for streams, drainage canals, and other sites that are prone to unexpected flooding.



# WHAT YOU SHOULD DO **BEFORE A FLOOD**

- Talk to your family about flooding. Talking about flooding beforehand helps to lessen worry and fear, and helps everyone know how to react.
- Decide what must be moved up, out, or away, and then take appropriate action: food, clothing, medical supplies, vital family documents, jewellery, electronics, food, etc.
- Prevent possible damage or accidents by learning how to turn off gas, electricity, and water in your home.



# WHAT YOU SHOULD DO **BEFORE A FLOOD**

CREATE AN EVACUATION STRATEGY:

- Decide where to go: Find alternate routes of travel that are less prone to flooding. Use the safest routes to get to your destination. Avoid traveling on any roads that are likely to be blocked by water.
- Make a plan for your pets.
- If someone in your family needs to leave, they should all know where to go. Plan where you will meet if you become separated.
- Tell your family and friends where you'll be.



# WHAT YOU SHOULD DO BEFORE A FLOOD

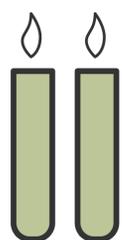
ALWAYS KEEP AN EMERGENCY SUPPLY KIT ON HAND.  
ESSENTIAL COMPONENTS OF A KIT INCLUDE:



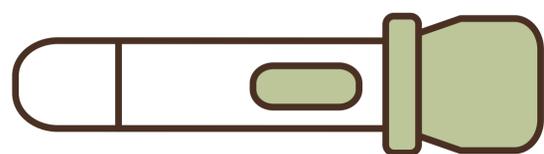
FIRST AID



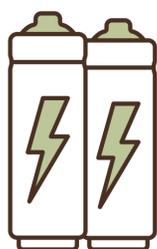
MATCHES



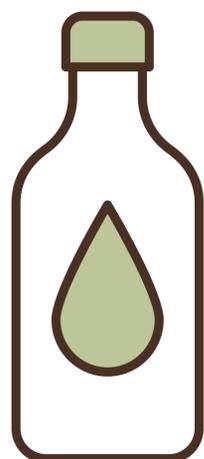
CANDLES



FLASHLIGHT



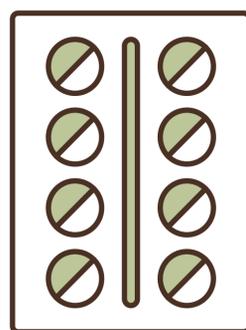
BATTERIES



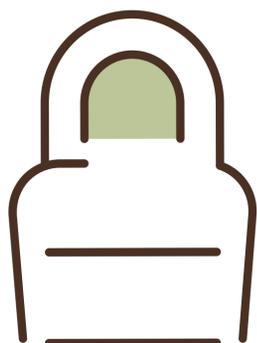
WATER



NON-PERISHABLE FOOD



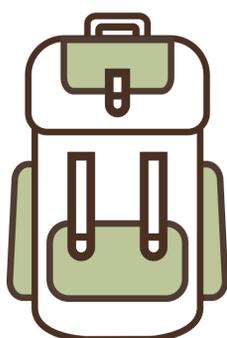
MEDICATIONS



SLEEPING BAGS



CASH



CLOTHES

- First aid equipment
- A flashlight, and additional batteries
- Non-perishable food items
- Drinking water
- Matches and candles
- Necessary medications
- Blankets or sleeping bags, warm clothing
- Cash
- A change of clothes and/or raingear

# WHAT YOU SHOULD DO **BEFORE A FLOOD**

- Make sure you have a few containers of emergency supplies on hand that you can use if you choose to stay, or that you can carry with you if you choose to evacuate.
- Set aside drinking water—around one gallon of drinking water per person per day for seven days—in clean, sealed containers.
- Children should be taught when and how to call the police or fire department, as well as how to find emergency information channels.

“ Assist family members, friends, neighbors, and others in completing the checklist too. ”



# WHAT YOU SHOULD DO DURING A FLOOD

1. If instructed to leave, do so right away.
2. Evacuation is much simpler and safer before flood waters become too deep for ordinary vehicles to drive through.
3. Turn off all electric circuits at the fuse panel. Turn off gas and propane service at the meter or main entry. Turn off water at the main valve. **IMPORTANT:** Do not touch them if you are wet or standing in water. **LEAVE** immediately.
4. Follow recommended evacuation routes—shortcuts may be blocked.
5. Leave early, to avoid being stranded by flooded roads.
6. If you come to a flooded area, turn around and go another way. Do not drive through water or around barriers. If you must drive, travel with care.
7. If your car stalls, abandon it immediately and move to higher ground. If water rises around your car, leave the vehicle immediately. Climb to higher ground as quickly as possible.



# WHAT YOU SHOULD DO DURING EVACUATION

- **Do not cross any moving water.** Even six inches of swiftly moving water can bring down a person. If you must go across water, cross it where it is not moving. Check the stability of the ground in front of you with a stick.

Remember: Flood water can also lead to the spread of infectious diseases like leptospirosis, or poisons from chemical hazards.

- **Do not drive into flooded areas.** A small car can be swept away in as little as one foot of water.



# WHAT YOU SHOULD DO **AFTER A FLOOD**

- Make sure you have up-to-date information. Tune in to radio, television, or any public service announcements and other emergency information channels.
- Do not return home unless advised by authorities that it is safe to do so.
- Do not enter a building if it is still flooded or surrounded by floodwater.
- Wear sturdy shoes. The most common injury following a disaster is cuts on the feet.
- Use only battery-powered lighting. A match or a candle may be dangerous in case there is flammable material present.
- Inspect your property before you enter. Examine walls, floors, doors, windows, and ceilings for risk of collapse.



# WHAT YOU SHOULD DO **AFTER A FLOOD**

- Use a stick to move small items on your property, and beware of dangerous insects.
- Inspect your electric circuits, and gas and water sources before turning them on. Check for electrical system damage (sparks, broken or frayed wires, or the smell of burning insulation), and gas leaks.



- Inspect your septic tank.
- Remove all flood-affected foods and beverages.
- Help your neighbours and persons with disability.
- Alert local authorities about broken public amenities.

# HOW CAN YOU HELP OTHERS **AFTER A FLOOD?**

When disaster strikes, many people want to help those in need. Make sure you are providing help through the appropriate channels.

**Financial contributions** should be made through a recognized or registered organization, to help ensure that contributions are put to their intended use.



# HOW CAN YOU HELP OTHERS **AFTER A FLOOD?**

- Donations of food or clothing: Relief workers usually don't have the time or facilities to set up distribution channels, and too often many items go to waste.
- Before sending your donations, look for instructions from official channels, especially for government offices or your preferred charitable organisations. Some organisations may have distribution hubs or headquarters where they can receive donations and allocate them accordingly.
- Find out what survivors and evacuees really need, where they are needed.
- Inform the office or organisation of your donation. Provide information on your arrival or delivery time, and be ready to provide for the transportation and unloading of the donated items.

# HOW CAN YOU HELP OTHERS **AFTER A FLOOD?**

When disaster strikes, many people want to help those in need. Make sure you are providing help through the appropriate channels.

## Community Volunteers

- Local emergency services officials usually coordinate volunteer efforts after disasters.
- Volunteers can help cook hot meals for families in evacuation centres, or repack donations into smaller kits for distribution.

