



Community Awareness Programme



रा. आ. मा. बल -- भारत
NDRF • INDIA

जीवन रक्षा से भी आगे ...
Saving Lives & Beyond...





Biological Emergency

Introduction :

Symptoms may not appear in every person who is a victim of a biological agent attack.

An attack by a biological agent may not be immediately evident because it has an incubation period. During this period, the harmful effects of the agent are not visible.

General Symptoms:

- A large number of unexplained human illnesses and unexplained deaths of animals and birds.
- In many biological attacks, people may not immediately realise that they have been affected (exposed but not protected). In such situations, the first evidence may be the symptoms of disease caused by the biological agents being noticed.

Stay in Contact and Assist the Administration:

- Store sufficient food and water after properly covering them, and replace them regularly before they get spoiled.
- Inform health authorities about any case of illness in your family or neighbourhood.
- Assist authorities in destroying contaminated food and crop stock, and prevent the livestock from being affected in large numbers.

Preparation Before Infection:

- Keep your surroundings (office, home, and other environments) clean to prevent the spread of germs.
- Wash your hands with soap and water before eating or drinking. Follow basic hygiene and personal cleanliness practices.
- Wash vegetables and fruits thoroughly before cooking or eating.
- Boil water before drinking. If possible, chlorinate it.
- Continue to stay informed through news and practise good hygiene until any specific incident occurs.

- Use mass media to obtain more information about warning signs and symptoms of the use of biological agents.
- If you fall ill, identify and keep in mind the emergency medical facilities.
- Many common diseases have similar symptoms. Do not assume that any illness is the result of a declared biological emergency.
- If you are uncertain, seek medical advice.

During Infection:

- If you think you have come into contact with someone, take precautions.
- If you need to contact a person suspected of exposure to a biological agent, respiratory protection is important.
- Maintain distance from the person and avoid direct contact.
- Read newspapers, watch television, and listen to the radio for information. Pay attention to official instructions and emergency warning systems, and act according to the advice given.

- If your skin, clothes, or other wearable items come into contact with a visibly suspected contaminated substance, remove them immediately and wash yourself thoroughly with soap and warm water. Wear clean clothes and seek medical assistance.
- During a suspected spread of such an emergency situation, close all windows and doors, and avoid using fans and air conditioners/coolers.
- Call for medical help and always follow the advice given by the Health Department.

After Infection:

If you suspect that you have come into contact with any infection, follow the precautions below:

- Immediately identify the area where the suspected biological agent has spread and move away from that place.
- Cover your nose and mouth with layers of cloth that can help filter the air.

- Contact Disaster Management authorities and the police.
- As soon as possible, use soap and water to bathe thoroughly and wear clean clothes.
- If a member of your family falls ill, seek medical advice at the hospital designated by the authorities.

Always remember what types of factories or industries are located around your area. Accordingly, consult the authorities about safety measures and preventive actions in case of any emergency situation.





Chemical Emergency

Chemical Emergency :

With the beginning of industrial development in our country, the use of chemical agents has increased many times. At present, nearly 3 lakh chemical agents are being used.

Chemical Agents:

These are substances which, due to their chemical properties and harmful effects on the human body, can be fatal.

For example: Chlorine gas, Methyl Isocyanate, Phosgene chloride, Mustard gas, etc.

Modes of Entry into the Human Body:

- ✓ Through skin
- ✓ Through eyes
- ✓ Through respiration (breathing)
- ✓ Through ingestion (swallowing)
- ✓ Through injection

General Symptoms:

In an affected person, symptoms may include coughing, vomiting, irritation

in the eyes and skin, difficulty in breathing, and other health-related adverse effects.

Inform and Assist the Administration:

- ✓ If there is any gas leakage or unusual smell anywhere, immediately inform Disaster Management authorities.
- ✓ Inform the Health Department about sick persons in your family or neighbourhood.
- ✓ Cooperate with the actions being taken by the administration and follow their instructions.

Preparation Before Chemical Accident:

- ✓ Make people aware of the dangers of Chemical attacks/accidents/emergencies and the methods and resources used for protection.
- ✓ Keep materials ready to seal the windows and doors of the house.
- ✓ Keep face masks available.

✓ Keep a decontamination kit and necessary medicines ready.

✓ Keep phone numbers of emergency services and hospitals at home.

What to Do After a Chemical Attack/Accident:

✓ Cover your entire body properly.

✓ Wear wet clothes over your face and breathe slowly.

✓ Move in the opposite direction of the wind.

✓ Keep all doors, windows, fans, and coolers closed.

✓ Do not consume exposed food and drinking water.

✓ If you feel itching on the skin, use Multani mitti (Fuller's earth) or flour.

✓ Listen to information given on radio and television.

✓ Do not spread rumours and do not pay attention to them.

After Reducing the Effects of a Chemical Agent, What Should Be Done:

✓ Provide first aid to the injured.

✓ Send the injured to the hospital as quickly as possible.

✓ Decontaminate the entire body.

✓ Move into fresh/open air.

Communities can also develop their own preparedness measures at their level to deal with radiation, biological, and chemical emergency situations.

What Not to Do:

➤ Do not consume food, water, or beverages in the affected area without proper protection.

➤ Do not leave shelter or basement until instructed by the authorities.

➤ Do not use food items wrapped in newspapers or

paper, or exposed drinking water.

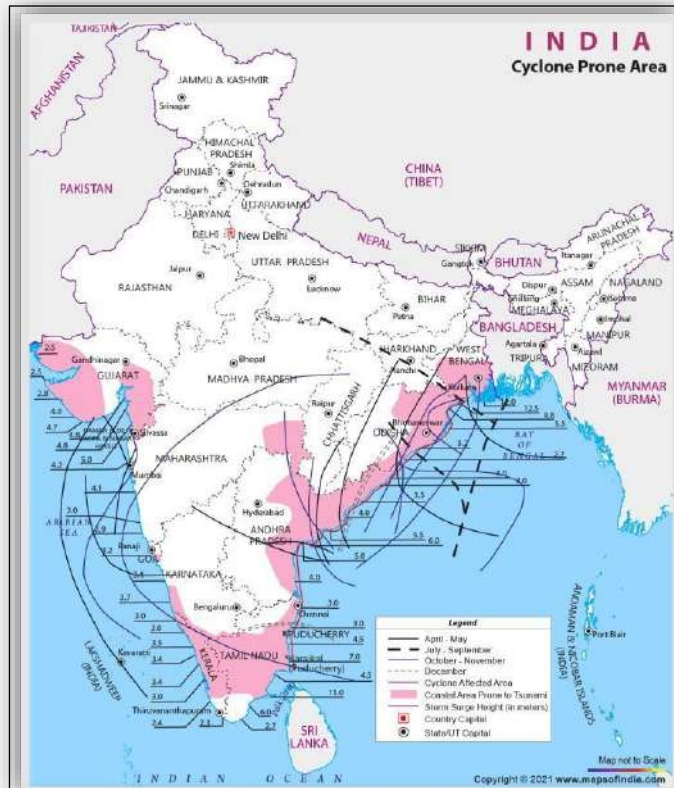
➤ Do not go into open areas without proper safety measures.

Always remember what types of factories or industries are located around you. Accordingly, consult the authorities regarding safety restoration and preventive measures in case of any emergency situation.





CYCLONE



During a Cyclone:

- Turn off the gas supply.
- Keep essential items with you.
- Move quickly to a safe place.
- After the cyclone passes, go outside only when it is calm.
- Do not go outside immediately, as the weather may change suddenly.
- Follow government warnings and advisories.
- If you are in a vehicle during the cyclone, stop the vehicle and stay away from trees, electric poles, and water bodies.

After a Cyclone:

- Assess the damage.
- Use electrical equipment carefully.
- Remove fallen trees and debris.
- Help the injured and inform the police or concerned authorities immediately.
- Clean up the debris.

A cyclone is a massive wind system that develops in a low-pressure area. Due to this, strong winds and severe weather conditions occur. A cyclone is a storm in which air rises upward and moves in a circular motion, forming a storm system.



Effects:

- ✓ Loss of life and property.
- ✓ Loss of crops and livestock.
- ✓ Flooding may occur due to heavy rainfall.
- ✓ High tidal waves.

Before a Cyclone:

- ✓ Keep yourself updated with weather information through radio and television, and inform others as well.
- ✓ Identify a safe place or strong building in advance and choose safe routes to reach there.
- ✓ Keep important and essential items in one place as an emergency kit.
- ✓ Ensure sufficient arrangements for food and drinking water.
- ✓ Keep documents safe.
- ✓ Make sure that the place chosen for shelter is secure.
- ✓ Strengthen and secure roofs, windows, and doors to make them disaster-resistant.

Emergency Kit:

- ✓ Dry food items
- ✓ Drinking water
- ✓ Cooking materials
- ✓ Clothes
- ✓ Polythene sheets
- ✓ Bedding
- ✓ Important documents of the house

What to Do During a Cyclone

- ✓ Stay alert.
- ✓ Switch off the electric supply to avoid accidents.
- ✓ Keep drinking water and essential clothes in a polythene bag or waterproof bag.
- ✓ Wear protective clothes.
- ✓ Move to a safe place.
- ✓ Take your family to a secure shelter or a strong building. Avoid going out unnecessarily.
- ✓ Stay away from electricity wires.



CYCLONE

A cyclone is a large air system that rotates around a low-pressure center, causing strong winds and severe weather. It is a type of storm caused by a system of warm, moist air rising from the ocean surface and forming a rotating system of winds.



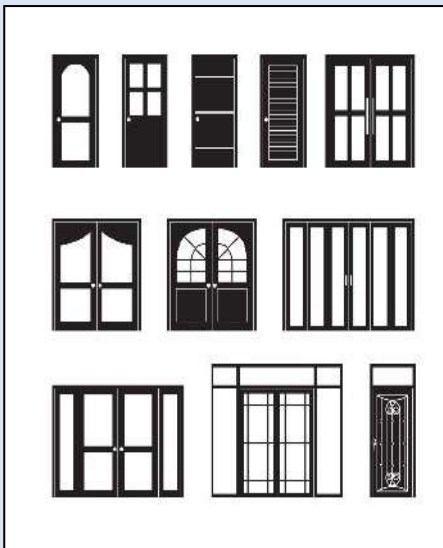
Symptoms:

- Strong storm and half.
- Excessive rainfall, which can cause flooding.
- Fast-moving half currents, also called storm surges.



Preparation before cyclone arrives:

- Keep listening to weather related news on radio and television and as soon as you get information about a cyclone, inform the people nearby about it.
- Identify a safe place or a permanent building in advance and also decide on a safe route to reach there.
- Keep an emergency kit ready at home by collecting necessary documents.
- Ensure adequate arrangements for food and drinking water.
- Keep important documents in a safe place. Essentials
- Keep pets in a safe place or away from animals.
- Make sure your house and living space is safe.
- Make your home's windows, doors, roof, etc. strong and disaster-proof



What To Do During Cyclone:

- Stay calm, don't panic.
- Close the windows and doors tightly and stay indoors.
- Stick thick paper or tape on the window panes so that you do not get injured if the glass breaks.
- Keep drinking water, food and clothes safe in waterproof bags or polythene.
- Always keep an emergency kit ready.
- Wear warm clothes for safety.
- Do not go towards the sea at all.
- Move with your family to a safe and solid building that you have already identified.
- Turn off all electrical switches.
- Turn off the gas supply knob.
- Extinguish open fires immediately.
- Keep listening to government information from time to time through battery operated radio or transistor.



What to do after cyclone:

- In case of fire, try to stop it immediately.
- In case of gas leakage, immediately stop the gas supply.
- Do not operate electrical equipment until the electrical system is completely safe.
- Search for missing or injured persons.
- Provide first aid to the injured persons and take them to the hospital immediately if required.
- Help the police, paramilitary forces and officials engaged in relief work.
- Do not spread any kind of false rumours or believe in them.



FAMILY DISASTER KIT



After a disaster, local authorities and relief workers will arrive at the scene, but they may not be able to reach all affected people immediately. It may take hours, or sometimes even days, for assistance to arrive. So, is your family prepared to deal with the emergency until then?



You should keep six basic items in your home: water, food, first aid kit, clothing and bedding, equipment and other emergency supplies, and keep those items easily transportable during an evacuation-

1. First aid kit: Keep the following items for immediate treatment

- Roller Straps.
- Cotton (cotton packet).
- Small scissors.
- Antiseptic solution (such as Dettol, Savlon).
- Antiseptic cream (such as Soframycin, Neomycin).
- Oral rehydration solution (CA).
- triangular bandage.
- Small and large strips (in the form of splits made of bamboo or wood).
- painkillers (such as paracetamol).
- Necessary personal medicines.
- Chlorine tablets (to purify drinking water).



2. Always store drinking water in clean, capped bottles or containers. Clearly mark the date of filling or refilling on each bottle or container. Every four months, drain the old water and refill with fresh water to ensure it remains potable.



3. Food:- Choose foods that don't require much handling or refrigeration. These items should be light, nutritious, long-lasting, and easy to transport.



Example -

- Biscuits, snacks
- Ready-to-eat meal packets.
- Dry foods, such as peanuts, dry fruits, gram, sattu, puffed rice (muri), etc.
- Sugar, salt.
- Energy drinks such as glucose
- Estate coffee, tea bags.



4. Tools and Supplies: -

- Disposable plates and spoons.
- Battery operated radio.
- Torch with spare battery.
- Utility Knife (Multi-Functional Knife).
- Candles and matches (or lighter).
- Soap, liquid detergent.
- Thread and needle.
- whistle
- Plastic sheet.
- Plastic mug.
- Plastic bag.



5. Clothes and Shoes:-

- At least 1 set of clothes and shoes per person.
- Blankets and bedsheets.
- Sturdy canvas shoes (preferably waterproof).
- Pani Palla (plastic sheet/raincoat) and umbrella.



6. Special Ingredients for Babies:-

- Milk powder (INFAT formula).
- Diapers (Nappies).
- Essential medicines (regular medicines prescribed by the doctor).



7. Adult/Mature Special Content: -

- Essential medicines for heart disease and high blood pressure.
- Insulin injections for diabetic patients.
- Glasses for the eyes.



8. Important family documents (keep all records in a waterproof folder or file).

- Wills, insurance policies, contracts, deeds, stock bonds, etc.
- Identity Card like Voter ID Card, Ration Card, Passport.
- Bank related documents (passbook, ATM card, account details etc.).
- Educational and other certificates like birth, marriage and death certificates.
- List of emergency telephone numbers (family, local administration, hospital, police, etc.).



Remember This: -

- Keep the kit in an accessible and safe place in the house and make sure all family members know about it.
- Renew (replace) stored food and water at least every 4 months.
- Review the kit contents and family needs once a year and update as needed.
- Keep all the materials well packed in plastic bags so that they remain dry and safe.



Flood Prevention Methods

Disaster Management:-

'It is an applied science that works to improve measures related to prevention, preparedness, emergency response and recovery through systematic observation and analysis of disasters.'



Flood Management:-

Flood disasters create many complex problems. Rescues for stranded people and the delivery of essential food and medical aid require large numbers of watercraft, such as boats, canoes, and launches, which are often not readily available.

- **Tin Rafts:** These rafts are made from tin and bamboo and are used to reach safety during floods.
- **Charpai Raft:** This raft is made of charpai and tarpaulin, which is used to reach a safe place during floods.
- **Bamboo Raft:** This raft is made by tying bamboo with rope, which can be used for rescue during floods.
- **Barrel Raft:** This raft is made by tying one or two barrels with bamboo, which can be used for rescue during floods.
- **Banana Tree Raft:** This raft is made from the trunk of a banana tree, with the help of which one can escape and reach a safe place during floods.
- **Tube Raft:** This raft is made by filling a tube with air, with the help of which one can escape and reach a safe place.
- **Water Bottle Raft:-** This raft is



made from water bottles, with the help of which a person can swim to a safe place during a flood.

- **Thermocol Life Jacket:-** This jacket is made of cloth and thermocol, with the help of which a person can swim to a safe place during flood.
- Apart from this, if jacket is not available, then by tying thermocol sheets in front and behind the body, one can swim to a safe place during flood.



Things to Keep in Mind While Helping A Drowning Person:

- Do not go too close to a person drowning in water.
- Try to give rope, wood etc. to the drowning person.
- Only if you are trained in swimming should you swim to save a drowning person.
- Do not block the victim's mouth and airway.
- Give artificial respiration to the victim as needed.
- Place the victim in the recovery position.
- Remove wet clothes.
- Keep the victim warm.
- Make arrangements to taken him to the hospital as soon as possible.



Life saving measures:-

Lifesaving measures are those that are used by humans to save a drowning person.

1. Dry Rescue

- **Reach Method** - This is the most effective and safest rescuer's method and should be prioritized in any emergency. Lie on your chest on the ground to maintain stability and try to reach the drowning person. Use a rope or stick to extend your reach.
- **Wade method:** In this, the rescuer enters the water. He goes as far as possible to prevent him from drowning and by reaching as close as possible, with the help of wood, rope etc., the drowning person is brought to the shore.



- **Raw Method:** In the raw method of rescue, lifebuoys etc. are used in such a way that the drowning person can be easily caught and taken to the shore by swimming.

2. Wet Rescue

- ❖ Contact Method
- ❖ Wrist Tow
- ❖ Support Tow
- ❖ Arm Tow
- ❖ Head Tow
- ❖ Vice Grip Tow

What is CPR (Cardio Pulmonary Resuscitation)?

CPR is an emergency procedure performed when a person's breathing and heartbeat suddenly stop. Its purpose is to return oxygenated blood to the heart and brain.

How to give CPR (For Adults)

1. Check

- Shake the person gently and call out, "Are you okay?"
- Check breathing and pulse (for 10 seconds).

2. Call Help

- Call 112 or the nearest emergency number.
- Ask someone to bring an AED (Automated External Defibrillator) (if available).

3. Chest Compressions:

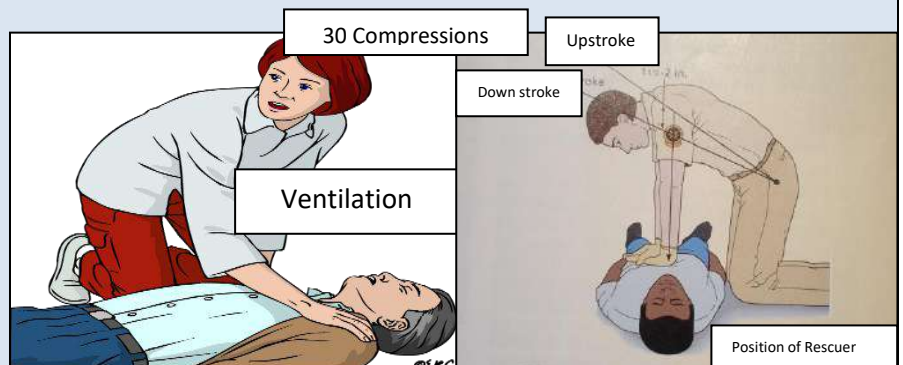
- Lay the person on their back on a hard surface.
- Place the palms of both hands on top of each other and place them in the middle of the chest.
- 100 to 120 compression per minute (depth about 5 cm).
- Allow the chest to rise back after each compression.

4. Mouth-to-Mouth Resuscitation (If Trained):

- Tilt your head back, chin lift.
- Close your nose and breathe through your mouth twice.
- Give 2 breaths after every 30 compressions (30:2 ratio).

5. Continue CPR Until:

- Until professional help arrives.
- Until the person regains consciousness.
- You should not get tired or there is danger.



How to give CPR (For a Child)

1. Check

- Gently shake the child and call out, "Are you okay?"
- Check breathing and heart rate (for 10 seconds).

2. Call for Help

- Call 112 or the nearest emergency number.
- Ask someone to bring an AED (Automated External Defibrillator) (if available).

3. Chest Compressions:

- Lay the child on his back on a hard surface.
- Place the palm of one hand in the centre of the chest.
- 100 to 120 compressions per minute (depth about 4 cm).
- Allow the chest to rise back after each compression.

4. Mouth-to-Mouth Resuscitation (If Trained)

- Tilt head back, chin lift.
- Close your nose and breathe through your mouth twice.
- Give 2 breaths after every 30 compressions (30:2 ratio).

5. Continue CPR Until:

- Until professional help arrives.
- Until the child regains consciousness.
- You should not get tired or there is danger.

How to give CPR (For an Infant)

1. Check

- Gently shake the baby and call out, "Are you okay?"
- Check breathing and heartbeat (for 10 seconds).

2. Call for Help

- Call 112 or the nearest emergency number.
- Ask someone to bring an AED (Automated External Defibrillator) (if available).

3. Chest Compressions:

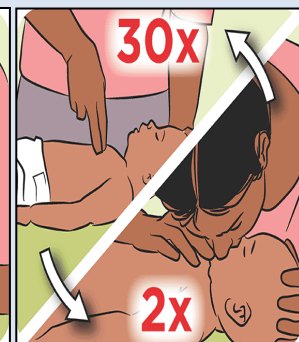
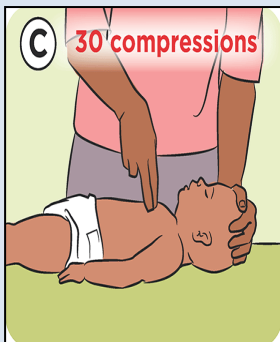
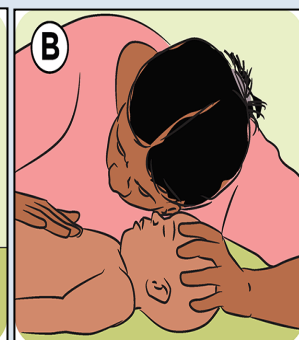
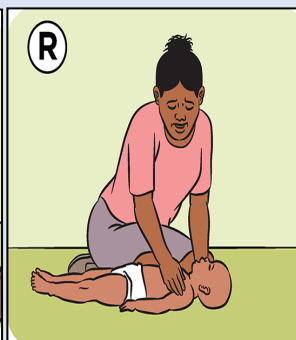
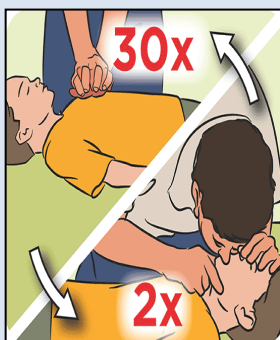
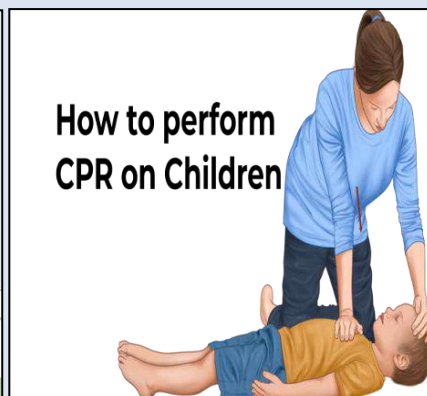
- Lay the baby on his back on a hard surface.
- Place two fingers of one hand in the middle of the chest.
- 100 to 120 compressions per minute (depth approximately 3-4 cm).
- Allow the chest to rise back after each compression

4. Mouth-to-Mouth Resuscitation (If Trained)

- Tilt head back and lift chin up.
- Blow through mouth and nose twice.
- Give 2 gentle puffs of air after every 30 compressions (30:2 ratio).

5. Continue CPR Until:

- Until professional help arrives.
- Until the Infant regains consciousness.
- You should not get tired or there is danger.



CPR is as easy as C-A-B



Apply pressure to the victim's chest



Open the airway. Lift the victim's jaw but do not move the neck.

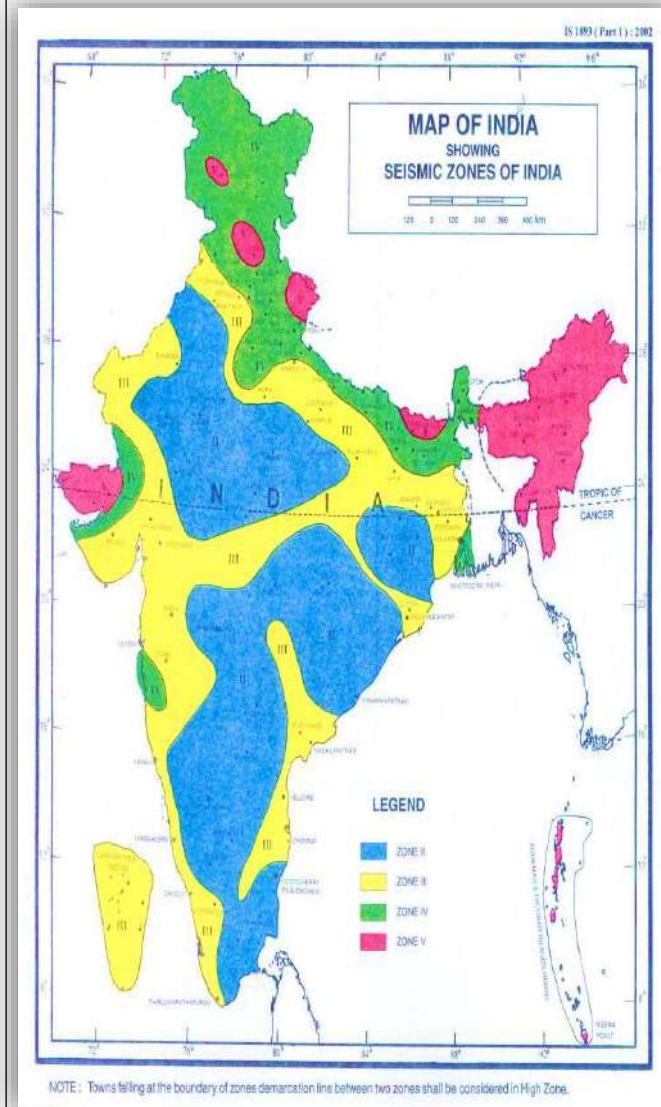


Breathe into her mouth with your mouth

By changing the sequence, chest compressions are started early, minimizing delays in ventilation



EARTHQUAKE



After an Earthquake:

- Do not panic. Stay calm and do not let others panic.
- Be prepared for aftershocks (secondary tremors).
- Help the injured and provide first aid to those who need it.
- Take special care of children, women, elderly persons, and persons with disabilities.
- Stay away from damaged buildings.
- Do not use matches, candles, or lighters. Use a torch/flashlight instead.
- Do not go near fallen electrical wires and prevent others from going near them.
- Listen to the radio for updated information and instructions from authorities.
- Do not return home until it is officially declared safe.
- Use the telephone only for emergency services.
- Switch off electrical appliances to prevent fire or other damage.
- Follow safety precautions related to nuclear hazards.

What is an Earthquake?

- The Earth's surface is made up of several plates. When these plates suddenly move due to friction or pressure inside the Earth, energy is released, causing vibrations or shaking of the ground. This is called an earthquake.
- Earthquakes cannot be predicted in advance.
- Earthquakes can cause loss of life and property.

Preparation Before an Earthquake:

- Take safety measures in advance and consider the following precautions.
- Keep essential items ready in a bag, such as drinking water, blankets, dry ration/food, medicines, first aid materials, a torch/flashlight, a radio, etc., and store them in a safe place.

- Teach all family members how to switch off electricity and gas connections during an emergency.
- Identify safe places inside the house where you can protect yourself during an earthquake.
- Coordinate with relatives or friends outside your city so they can be informed about your safety during an emergency.
- Construct your house in such a way that it suffers minimal damage during an earthquake. If you are living in a rented house, discuss safety measures with the owner.
- Secure the water tank on the roof properly so that it does not fall down.
- Ensure that emergency exits in the house are safe and kept clear.
- Regularly practice earthquake safety procedures so that you can act easily during an emergency.

During an Earthquake:

(a) If you are indoors:

- Do not panic. Stay calm and remain inside.
- Take shelter under a table or sturdy furniture and hold its legs firmly.

- If there is no furniture in the house, sit on the floor close to a strong wall and cover your head with your hands.
- Do not stand near doors, as strong shaking may cause them to move and injure you.
- Stay away from windows, glass panels, heavy cupboards, and doors.
- If you are in a temporary/weak structure (kutcha house), immediately move outside to an open area.
- Do not use elevators or lifts; use the stairs to move down safely.
- (b) If you are outside:**
- Stay away from buildings, light poles, and electrical wires.
- Move to an open area where there are no electric lines or trees.
- Do not stand under trees.
- Do not try to enter damaged buildings.
- (c) If you are in a vehicle:**
- Stop the vehicle in a safe open area.
- Stay away from buildings, trees, and electric wires.
- Remain inside the vehicle until the earthquake stops.
- Stay alert until the tremors completely end.

Practice fire safety and protect your community.



FIRE

"Fire is Fire.....
Friend or Foe, We Decide."



General Fire Safety and Protection Measures:

- Teach all members of your family what to do in case of a fire. Ask everyone to plan two escape routes from each room.
- If you live in a multi-storey building, learn the building's evacuation plan and emergency procedures.
- Keep emergency contact numbers (such as fire brigade, police, ambulance, etc.) easily accessible for all family members.
- Conduct regular fire drills at home and ensure that everyone knows how to respond in case of a fire emergency.
- Install smoke alarms and fire extinguishers in your house and learn how to use them properly.
- In case of fire, immediately evacuate the building, avoid using lifts, and use stairs to exit safely.
- If someone's clothes catch fire, follow the "Stop, Drop and Roll" technique.

Be Prepared – Plan in Advance:

- Prepare an emergency plan for your home, school, or workplace.
- Ensure that all family members know the emergency plan. In case of a sudden fire, it may be difficult to think clearly.
- Conduct fire drills from time to time so that everyone knows how to respond calmly during an emergency, as even a single breath of smoke can be harmful.
- Check electrical wiring and equipment regularly and repair any defects immediately.
- Keep matches and lighters out of the reach of children.
- Make sure that fire safety equipment is installed in appropriate locations and is in working condition.

Additional Suggestions for Fire Safety:

- Install smoke and fire alarms in your home. Test the smoke detector regularly and replace the batteries at least once a year. Smoke detectors provide early warning of fire.
- If a fire breaks out, immediately inform the fire brigade. If someone is trapped inside, inform the firefighters without delay.
- Regularly check electrical wiring and avoid overloading electrical sockets. Do not leave electrical appliances switched on unnecessarily.
- Never leave cooking unattended. Keep flammable materials away from the stove or heat sources.
- Store fuel, gas cylinders, and other flammable substances safely and away from children.
- Do not allow children to play with matches, lighters, or firecrackers. Teach them about fire hazards and safety measures.
- If clothes catch fire, do not run. Follow the "Stop, Drop and Roll" method to extinguish the flames.
- If there is heavy smoke, crawl low on the floor where the air is cleaner. Cover your nose and mouth with a wet cloth to reduce smoke inhalation.
- After evacuating, do not re-enter the building until authorities declare it safe.
- For more information, contact the local Fire Department or the Ministry of Home Affairs (Disaster Management Division), Government of India.

NATIONAL DISASTER RESPONSE FORCE



FIRE SAFETY TIPS

- Develop a fire emergency plan for the School and ensure that everyone knows it.
- Always follow the Building By-Laws to keep your school safe and secure.
- Set out Fire Alarm in emergencies (Practice Manual Alarming System) and Alert all in case of fire.
- Practice moving through your escape routes with eyes closed during normal times.
- Always keep escape/evacuation routes clear of any blockades.
- Keep storage and working areas free from trashes.
- The Staff in the cafeteria should be extra cautious while working in the kitchen.
- Always maintain First-Aid Kit and keep it ready for any emergency. Keep the First-Aid Box/Boxes in accessible locations.
- Keep inflammables like kerosene, gas cylinder, etc., out of the reach of students.
- Put out electrical appliances immediately, should a fire breakout.
- During normal times look out for old wirings & broken electrical fittings. Report any hazardous conditions to your electrician.
- Keep fire extinguishers in working conditions and learn how to operate them.
- Teach students on fire safety rules.

- Rush out from the class rooms without panicking and stay calm.

• In case of fire:

- Protect yourself and your friends - Stay Calm, Don't Panic.
- Raise Alarm and Alert Everyone.
- Use nearest or emergency Exit routes.
- Close all Doors and Windows behind you.
- Use Staircases, Not Lifts.
- Never stand but always crawl low on the ground and keep your face covered.
- Attract Attention of the Rescue Team by making loud noise.

• In case anyone is caught with fire:

- ◆ Always STOP, DROP and ROLL. Roll over the ground to put off the fire.



- ☞ For any Fire Emergency, Call Fire Services at 101, immediately, which is toll free and remember the following:

- ◆ Maintain Calm, even while informing the incident to the Fire Services.
- ◆ Tell Name and Exact Address of the Caller.
- ◆ Give Contact Numbers.
- ◆ Inform the Type of Emergency - Nature of Fire and its source.
- ◆ Inform nearby landmark place.
- ◆ Inform Shortest and Accessible route to the incident site, which will help the fire services to come and fulfill their tasks efficiently and effectively.

- ☞ Display numbers of all Emergency Support Functionaries and put Evacuation Map on all floors and at strategic locations.

- ☞ Always Secure Yourself, Your Friend/s and Your School.





FLOOD DISASTER RELIEF ACTIVITIES



operations



Drowning:

When a person accidentally falls into water such as a pond, river, well, canal, etc., and is unable to come out, this condition is called drowning.

1) Types of Drowning:

(a) Wet Drowning:

This is the most common and serious condition. In this case, water enters the lungs and the person dies due to suffocation. In this situation, some water may come out from the mouth.

(b) Dry Drowning:

In this type, water does not enter the lungs. However, due to severe shock, the person's breathing stops, and they are unable to reach the shore.

2) Treatment:

- ✓ Immediately take the victim out of the water.
 - ✓ Remove wet clothes.
 - ✓ Keep the person warm.
 - ✓ Make the person lie on their stomach.
 - ✓ Remove mud and water from the mouth.
- During rescue, ensure that the breathing of the drowning person is restored.

Floods are very dangerous and create serious problems. To rescue people trapped in floods and to provide relief materials, boats are often required. If boats are not available, temporary arrangements can be made to cross the flood-affected area.

1) Three-Tyre Raft:

This raft is made by tying three tyres together, through which flood-affected people can be transported safely.



2) Charpai Raft:

This raft is made by placing empty cans under a cot (charpai), which can be used to transport people safely.



3) Wooden Raft:

This raft is made by tying pieces of wood together, through which people can cross safely.



4) Drum Raft:

This raft is made by tying empty drums together, through which people can cross the flood safely.



5) Banana Tree Raft:

This raft is made by tying banana tree trunks together, with the help of which flood-affected people can be transported safely.



6) Tube Raft:

This raft is made by tying tubes together, with the help of which people can cross safely.



7) Door Raft:

This raft is made by tying doors together, through which flood-affected people can be transported safely.



8) Inflatable Life Jacket:

This is a type of jacket filled with air, which can be worn while swimming and helps a person reach a safe place during floods.

If a life jacket is not available, a tyre tube can also be tied in front of and behind the body while swimming to reach a safe place during floods.

9) Important Points to Remember While Helping a Drowning Person:

- ✓ Do not go too close to the drowning person in the water.
- ✓ Give the drowning person a rope, stick, etc., to hold.
- ✓ Only a trained person should enter the water to rescue the drowning victim.
- ✓ Clear any obstruction from the victim's mouth and windpipe.
- ✓ Remove mud from the throat.
- ✓ Keep the victim warm.
- ✓ Make arrangements to send the victim to the hospital.

Life-Saving Methods:

Life-saving methods are those measures taken by a person to rescue a drowning individual.



Flood Safety Measures



Before a Flood:

If your house is likely to be affected by floods and you want to protect it, move valuable items from the ground floor to a higher level. Pay special attention to children.

- Store food items and drinking water at a safe and higher place.
- Keep important documents in a safe place and store them in waterproof bags.
- Stay informed about the flood situation through mass communication mediums such as radio, television, etc.
- Do not attempt to cross flooded areas on foot or by vehicle.
- During floods, avoid using electrical appliances and keep them switched off for safety.
- Pay special attention to children during floods and ensure they do not play in flood water.
- During floods, cooperate with the local administration and relief teams.

Flood:

When excessive rainfall occurs in a region or when a river overflows due to heavy rain, water spreads into nearby low-lying areas or villages, causing loss of life and property. This situation is called a flood. Floods are among the most destructive natural disasters.

Causes of Floods:

- Excessive rainfall in a short period.
- Sudden melting of snow.
- About 40% of India's land area is flood-prone.
- Floods can also occur due to dam failure.
- Poor drainage systems can also cause floods.

Before Leaving Home During Flood – What to Do:

- Follow the action plan previously prepared by the community.
- Secure important documents, records, and other valuable items and keep them in a safe place.
- Move furniture and other personal belongings above the expected flood level.
- Turn off the supply of gas, electricity, and water.
- Close and secure all doors and

- Empty the refrigerator and freezer and switch off the power supply.
- Remove electrical plugs.
- For evacuation, use the designated safe routes and move to an open area.
- Keep essential items with you.

Emergency Kit:

- Battery-operated radio and torch.
- Mobile phone and extra batteries.
- First aid kit and essential medicines.
- Drinking water and dry food.
- Important documents kept in waterproof bags.
- Necessary clothing and blankets.
- Personal hygiene items.
- Cash and essential contact numbers.

What to Do During a Flood:

- Listen to instructions issued by the administration.
- If asked to evacuate, leave immediately with essential items.
- Move to a safer and higher location.

- Do not drive or walk through flood water.
- Avoid contact with electric poles and wires.
- Do not consume contaminated water; use boiled or safe water.
- Keep children and elderly persons in safe places.
- Cooperate with rescue teams and local authorities.

After the Flood:

- Return home only after official permission.
- Check the safety of your house before entering.
- Avoid using electrical appliances until they are checked.
- Clean and disinfect the house properly.
- Drink safe and clean water.
- Follow health and safety instructions issued by authorities.



Flash Flood



Introduction:

A **Flash Flood** is a sudden and very intense flood that occurs due to heavy rainfall within a short period of time.

- Flash floods occur very rapidly and are more dangerous than normal floods.
- They can damage houses, infrastructure, and agricultural land.

Warning Signs:

- Sudden or unusually heavy rainfall.
- A sudden rise in the water level of rivers or streams.
- Rapid accumulation of water in low-lying areas.
- Continuous heavy rainfall.

Stay Alert and Assist the Administration:

- As soon as you receive information about a flood, inform the administration and local authorities.
- Follow the instructions issued by the administration.
- Move to a safe place as per evacuation instructions.

Preparedness Before Flood:

- Keep an emergency kit ready, including water, dry food, medicines, a torch, and a radio.
- Store important documents in waterproof bags.
- Ensure proper drainage arrangements around your house and school.
- Keep animals and livestock in safe places.

- Store fodder and food grains in dry and safe locations.

During the Flood:

- Remain calm and stay at a safe place.
- Move to higher ground immediately.
- Do not attempt to cross rivers, drains, or fast-flowing water.
- Stay away from electric poles and live wires.
- Avoid entering flooded areas.
- Follow instructions given by local authorities.

After the Flood:

- Return home only after the administration declares the area safe.
- Clean and disinfect your house.
- Pay special attention to drinking water and sanitation.
- Use safe water for drinking and cooking.
- Seek medical assistance in case of illness.

Always Remember:

- Always remain alert during heavy rainfall and pay attention to weather forecasts and warnings.
- Avoid walking or driving through fast-flowing water.
- Listen to the authorities and follow only official instructions.



GLOF



Introduction:

Himalayan regions are prone to the formation of glacial lakes (Glacial Lake Outburst Floods – GLOFs). These lakes can suddenly burst and cause severe flooding.

This sudden flood can result in heavy damage to villages, farmlands, roads, bridges, and even lead to significant loss of human life.

General Warning Signs:

- Sudden rise in the water level of a lake or river.
- Cracks appearing around the lake or muddy water being observed.
- Unusual sounds like rumbling or cracking from collapsing land.
- A loud explosion-like sound in some areas.

How to identify early warning signs:

- Notice any abnormal change in the water level of a lake or river.
- Observe warning signs such as cracks or landslides around the lake.
- If such signs are seen, immediately inform the local administration.

Preparedness before a GLOF:

- Move people to a safe, higher location.
- Prepare and practice a family emergency plan.
- Keep drinking water, dry food, torch, first aid kit, and important documents ready in an emergency kit.
- Maintain a local warning system (siren / bell / messaging system).

During a GLOF:

- Immediately move to a higher and safe location.
- Do not go near rivers, streams, or bridges.

- Follow the instructions given by the administration or rescue teams.
- Help children, elderly persons, and persons with disabilities reach a safe place.
- Keep receiving updated information and warnings through mobile phones or radio.
- Unusual sounds may be heard; do not ignore them, as they may indicate a potential emergency.
- If in doubt, immediately seek expert advice.

After a GLOF:

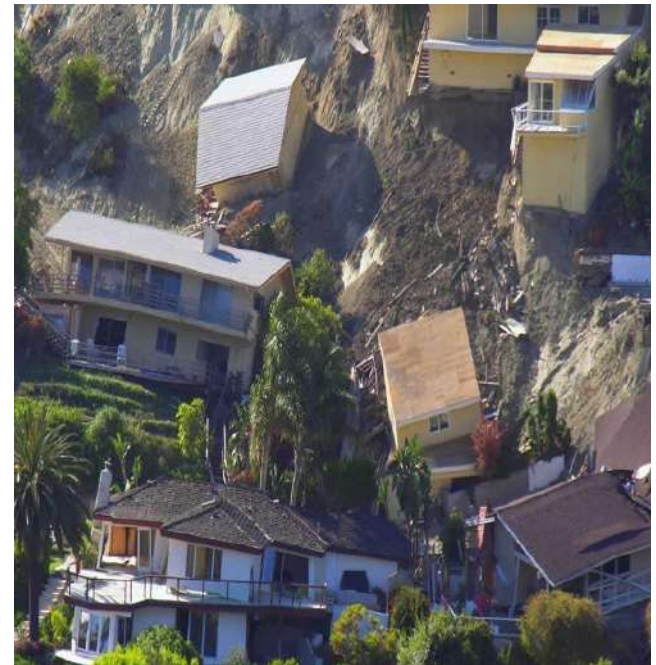
- Return to the affected area only after the authorities declare it safe.
- Drinking water may be contaminated; therefore, boil or purify water before use.
- Do not consume soaked or spoiled food.
- Stay away from fallen electrical wires and damaged structures.
- Provide immediate assistance to injured or trapped persons and inform the concerned authorities.

Always Remember:

- Remain alert in areas prone to landslides and floods. Avoid staying in river valleys and low-lying areas at night.
- Stay calm and follow only official instructions from the administration.



LANDSLIDE



Landslide – Meaning:

The sudden movement of soil, rocks, or debris down a slope due to gravity is generally called a landslide.

Causes of Landslides:

- Heavy rainfall / snowfall – Continuous rain or accumulated snow increases the weight of the slope and reduces its stability.
- Earthquakes and blasting – Earthquakes and explosions can trigger landslides.
- Floods and flowing water – Floods, flowing rivers, or melting snow can weaken slopes.
- Weak soil structure – Loose or soft soil is more prone to landslides.
- Human activities in hilly areas – Construction of railways, roads, and buildings on steep slopes.

Effects of Landslides:

- Loss of life and property.
- Damage to basic infrastructure – roads, water pipelines, electric lines, telephone lines, etc.
- Decrease in agricultural and forest production.
- Road blockages that disrupt the supply of essential goods.

Preventive Measures for Landslide Safety:

- Identify slopes that are prone to landslides and make proper arrangements for drainage and water management.
- Study the landslide history of the area and take preventive and control measures accordingly.
- Remain alert in hilly areas and avoid staying on steep slopes.
- Avoid construction of houses, buildings, or other structures on steep slopes or in landslide-prone areas.
- Build retaining walls (protective structures) on slopes where necessary.
- Carry out tree plantation in areas prone to landslides.
- Construct protective embankments to divert the direction of debris flow.

When to be alert for a landslide:

- Stay especially alert in hilly areas during or after heavy rainfall.
- If you hear any unusual sounds, remain cautious; it may be the sound of trees cracking or rocks falling.
- If you notice a sudden rise or fall in water level or any unusual change in clear water, remain alert.
- If debris or muddy water is seen flowing in rivers or streams, it may indicate danger.

What to do during a landslide:

- Inform the police control room or call 100.
- Warn nearby people about the potential danger.
- The safest action during a landslide is to move away from its path immediately.
- If you cannot move away, take shelter in a strong and safe place.

After a landslide:

- Do not enter the landslide-affected area.
- Stay alert for further landslides.
- While entering the affected area, watch carefully for injured or trapped persons.
- Help injured or affected people such as children, elderly persons, and persons with disabilities.
- Follow the instructions given by the administration and rescue teams

Heat Wave: Protect Yourself with Simple Precautions

Hypothermia can be dangerous. To prevent its effects, avoid serious illness, and protect yourself from cold waves, follow the precautions below:

Safety Tips

- During winter, when going outdoors, wear warm clothes such as sweaters, jackets, coats, and gloves. Keep drinking water with you during travel.
- While sitting in the sun during winter, wear light and loose cotton clothes. Wear sunglasses and protect your head from heat and sunlight.
- When the temperature rises, avoid heavy or strenuous work.
- Avoid smoking and alcohol consumption, as they can affect the lungs.
- Eat light food and plenty of fresh fruits such as watermelon, cucumber, and seasonal fruits.
- Elderly people and children should take special care.
- Drink plenty of water, buttermilk, lemon water, or fruit juice.
- Do not leave children or animals alone inside closed vehicles.
- Provide shade and sufficient drinking water to animals.
- Ensure proper ventilation in homes, schools, and workplaces.
- Stay alert to weather forecasts and sudden temperature changes.
- In case of illness or unconsciousness, consult a doctor or seek medical assistance immediately.



What to Do in Case of Hypothermia:

- Take the person indoors or to a warm/sheltered place and keep them lying down.
- Remove wet clothes and wrap the person in warm blankets. Provide warmth by using blankets or warm compresses.
- Give warm drinks such as soup, milk, or lightly salted water. Do not give alcohol.
- Do not rub or massage the body vigorously.
- If there is no improvement within one hour, take the person to the nearest health centre immediately.

COLD WAVE (Safety Measures)



- Keep in contact with district authorities.
- Listen to local radio stations for weather-related updates.
- To keep your body warm, eat a balanced diet and drink lukewarm water to avoid cold-related illnesses.
- Instead of wearing heavy clothes at once, wear several layers of light, warm clothes. The outer layer should be tight and waterproof.
- Stay dry; to prevent loss of body heat, change wet clothes frequently.
- To avoid severe cold, use a kerosene heater or coal stove carefully and ensure proper ventilation.
- If you are homeless, go to a public place where heating arrangements have been made by the administration.
- Cover your head, as most body heat escapes from the head, and keep your mouth covered to protect your lungs.
- Avoid overexertion; excessive work may increase the risk of a heart attack.



SNAKE BITE

Most of the snakes found around us are non-poisonous. However, apart from these, some snakes are highly venomous. Their venom affects the nervous system or other body systems, and their bites can cause serious harm.

If a person is bitten by a venomous snake, the condition can become serious and may even be life-threatening. Therefore, immediate medical treatment is very important in case of a snake bite.

- **Neurotoxic venom** – This venom affects the nervous system.
- **Hemotoxic venom** – This venom affects the blood and tissues.

(2) Poisonous Snakes:

- Russell's Viper
- Cobra
- Krait
- Saw-scaled Viper
- King Cobra
- Coral Snake

Symptoms After a Poisonous Snake Bite:

After being bitten, the symptoms may appear at the bite site or throughout the body.

- Pain and swelling at the bite site.
- Difficulty in breathing and speaking.
- Numbness or tingling sensation in the body.
- Blurred vision or difficulty in seeing clearly.
- Sometimes pain may not be felt immediately at the bite site.
- Vomiting and restlessness may occur.
- In severe cases, the person may become unconscious.

After Contact (What to Do and What Not to Do):

What to Do:

- Before taking the victim home, get them medically examined by a doctor at the nearest hospital.
- Provide complete information about the incident to the doctor.
- Give the victim warm clothes.
- Give the victim warm water to drink.
- Provide light and easily digestible food to the victim.
- Allow the victim to rest.
- Do not allow the victim to perform heavy physical work.
- Do not give the victim any intoxicating substances.

Most snakes around us do not harm humans. They are beneficial for farmers because they protect crops by eating harmful insects, rodents, and other pests. Some venomous and non-venomous snakes are listed below:

(1) Non-Venomous Snakes:

Python



Boa



Garter Snake



What to Do in Case of a Snake Bite:

- Keep the snakebite victim calm and reassured. Try to prevent them from moving, as movement can cause the venom to spread more quickly in the body.
- Keep the bitten limb in a comfortable position, preferably below heart level. If possible, immobilise the affected limb using a splint or sling.
- Apply a firm pressure bandage over the bite area (but not too tight). The bandage may be wrapped for about 15–20 minutes if advised, but do not completely stop blood circulation.
- Do not apply any chemicals, herbal remedies, or traditional treatments on the wound.
- Remove tight items such as rings, bangles, or anklets before swelling begins.
- Immediately take the victim to the nearest hospital or health centre.

Prevention of Snake Bite:

- Keep your surroundings and house clean.
- Do not walk barefoot in fields or grassy areas.
- Use a torch at night and wear proper footwear when walking outdoors.

What Not to Do:

- Do not panic and do not let the victim panic.
- Do not make any cuts or incisions at the bite site.
- Do not attempt to suck out the venom.
- Do not tie a tight tourniquet above the bite site.
- Do not apply ice, chemicals, or herbal remedies to the wound.
- Do not give the victim alcohol or any intoxicating substances.
- Do not try to catch or kill the snake unnecessarily (this may lead to another bite).
- Do not delay in taking the victim to the hospital.
- Do not allow the victim to run or exert themselves.
- Do not ignore the symptoms.

Always take the victim to the nearest hospital immediately for proper medical treatment.