



DOs and Don'ts on Various Hazards



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Dated Shillong the 1st June, 2015

PREFACE

The State of Meghalaya has to face various hazards such as Earthquakes, Flash Floods, Landslides, Fire, Lightning and Thunder Storm etc. Preparedness to cope with such hazards is very important in order to mitigate the impact of such hazards. Various Stakeholders should be knowledgeable on **Do's and Don't on Various hazards** in the State. A booklet has been brought out by the Meghalaya State Disaster Management Authority on **Do's and Don't on Various Hazards** to help the people in acquainting themselves for better management of different emergencies which they may encounter. **Shri Surajit Bordoloi, Consultant, Meghalaya State Management Authority** has taken pains to prepare this booklet for which I am immensely grateful to him. It is hoped that this booklet will help to generate greater awareness among the Stakeholders for better preparedness.

(Shri H.B. Marak, IAS.)

Executive Officer

State Disaster Management Authority

State Disaster Management Authority, Meghalaya, 2014

Please feel free to use this compilation for wider educational purpose with due acknowledgements and inform us of the use.

PUBLISHER:

Meghalaya State Disaster Management Authority

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Printed at

Inkfo Printing Press, Pohkseh

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CHAPTER 1

HAZARDS PROFILE OF MEGHALAYA

The State of Meghalaya is a multi-hazard state and is prone to disasters like earthquake, floods, cyclonic storms, etc. The State witnessed a major earthquake in 1897 and a number of earthquakes of varying scale thereafter, as the whole of Meghalaya state falls under Zone V of the seismic map of India. Floods, Flash Floods, fire, landslides, cyclonic storm and coal mine collapse are recurrent phenomena in recent years which extensive loss of lives and damages to properties in the state. The state should therefore direct its attention towards planning, preparedness and mitigation efforts to reduce the impact of disaster. Towards this end the SDMA has prepared this booklet on Do's and Don'ts for various hazards in the state to create awareness in the community for better preparedness and to minimize the loss of lives and property, thus to make the society resilient and well equipped to cope with future disasters

Disaster Management Act, 2005

DM is a development problem; preparedness and mitigation planning will have to be taken up in perpetuity and in tandem with environmental and developmental concerns in the state. Frequent disasters lead to erosion of development gains and restrict options for the disaster victims. Physical safety, especially of the vulnerable groups, is often threatened by natural hazards. Following the enactment of 'The DM Act, 2005, by Government of India (GoI) the Government of Meghalaya formulated a set of DM Rules, 2010 under the provisions of DM Act 2005. The State has also brought out a revised DM Policy in 2013 and a draft Disaster Management Plan, 2014 which will be finalized shortly.

The Meghalaya State Disaster Management Authority

The Meghalaya State Disaster Management Authority was constituted as per the provision of The Disaster Management Act, 2005 by the Government Notification in the year 2008. It is the highest body

in the State for management of disasters. The Meghalaya State Disaster Management Authority is headed by the Chief Minister and is comprised of nine members who are Cabinet Ministers of important Departments and the Chief Secretary is its Chief Executive Officer. In order to assist the Meghalaya State Disaster Management Authority in the performance of its functions the State Executive Committee was constituted in the year 2008 under the Chairmanship of the Chief Secretary and four Principal Secretaries of important Departments.

There was a need to establish an office of the Meghalaya State Disaster Management Authority for carrying on its day to day activities. Towards this end, the Meghalaya State Disaster Management Authority Secretariat was established in the Office of the Directorate of Land Records and Survey, Lower Lachumiere, Shillong in 2011 under the head by the Executive Officer who is also the Director of Land Records and Survey. The Meghalaya State Disaster Management Authority is responsible for implementation of all the disaster management activities in the State funded by the State and the Central Governments.

CHAPTER 2

EARTHQUAKES



Earthquakes usually give no warning at all. "Earthquakes don't kill people, unsafe buildings do."

BEFORE THE EARTHQUAKE:

Encourage people to formulate a safety plan for their family because if they wait until the earth starts to shake, it may be too late. People should be encouraged to consider the following safety measures:

- Always keep the following in a designated place: bottled drinking water, non-perishable food, first-aid kit, torch-light and battery-operated radio with extra batteries
- Teach family members how to turn off electricity, gas, etc
- Identify places in the house that can provide cover during an earthquake
- It may be easier to make long distance calls during an earthquake. Identify an out-of-town relative or friend as your family's emergency contact. If the family members get separated after the earthquake and are not able to contact each other, they should contact the designated relative/friend. The address and phone number of the contact person/relative should be with all the family members
- Safeguard your house
- Consider retrofitting your house with earthquake-safety measures\ Reinforcing the foundation and frame could make your house quake resistant. You may consult a reputable contractor and follow building codes.
- Kutchra buildings can also be retrofitted and strengthened

DURING QUAKE:

Earthquakes give no warning at all. Sometimes, a loud rumbling sound might signal its arrival a few seconds ahead of time. Those few seconds could give you a chance to move to a safer location. Here are some tips for keeping safe during a quake.

- Take cover. Go under a table or other sturdy furniture; kneel, sit, or stay close to the floor. Hold on to furniture legs for balance. Be prepared to move if your cover moves



- If there is no sturdy cover nearby, kneel or sit close to the floor next to a structurally sound interior wall. Place your hands on the floor for balance
- Do not stand in doorways. Violent motion could cause doors to slam and cause you serious injuries. You may also be hit by flying objects
- Move away from windows, mirrors, bookcases and other unsecured heavy objects
- If you are in bed, stay there and cover yourself with pillows and blankets
- Do not run outside if you are inside.

NEVER USE THE LIFT.



- After the shaking stops, take the staircase to reach open space



- If you are living in a kutcha house, the best thing to do is to move to an open area where there are no trees, electric or telephone wires
- If you are in a structurally sound building, stay there



- If you are inside an old weak structure, take the fastest and safest way out



IF OUTDOORS:

- Move into the open, away from buildings, streetlights, and utility wires. Once in the open, stay there until the shaking stops



- If your home is badly damaged, you will have to leave. Collect water, food, medicine, other essential items and important documents before leaving
- Avoid places where there are loose electrical wires and do not touch metal objects that are in touch with the loose wires
- Do not re-enter damaged buildings and stay away from badly damaged structures

IF IN A MOVING VEHICLE

- Move to a clear area away from buildings, trees, overpasses, or utility wires, stop, and stay in the vehicle. Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake



AFTER THE QUAKE

Here are a few things to keep in mind after an earthquake. The caution you display in the aftermath can be essential for your personal safety

- Wear shoes/chappals to protect your feet from debris
- After the first tremor, be prepared for aftershocks. Though less intense, aftershocks cause additional damages and may bring down weakened structures. Aftershocks can occur in the first hours, days, weeks, or even months after the quake
- Check for fire hazards and use torchlight instead of candles or lanterns

- If the building you live in is in a good shape after the earthquake, stay inside and listen to the advise broadcast on the radio. If you are not certain about the damage to your building, evacuate carefully. Do not touch downed power line
- Help injured or trapped persons. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury. In such cases, call for help
- Remember to help your neighbors who may require special assistance- infants, the elderly, and people with disabilities
- Listen to a battery-operated radio for the latest emergency information.
- Stay out of damaged buildings
- Return home only when authorities say it is safe. Clean up spilled medicines, bleaches or gasoline or other flammable liquids immediately. Leave the area if you smell gas or fumes from other chemicals. Open closet and cupboard doors cautiously
- If you smell gas or hear hissing noise, open windows and quickly leave the building. Turn off the switch on the top of the gas cylinder
- Look for electrical system damages - if you see sparks, broken wires, or if you smell burning of amber, turn off electricity at the main fuse box. If you have to step in water to get to the fuse box, call an electrician first for advice
- Check for sewage and water lines damage. If you suspect sewage lines are damaged, avoid using the toilets. If water pipes are damaged, avoid using water from the tap
- Use the telephone only for emergency calls

- In case family members are separated from one another during an earthquake (a real possibility during the day when adults are at work and children are at school), develop a plan for reuniting after the disaster. Ask an out of state / district relative or friend to serve as the “family contact”. Make sure everyone in the family knows the name, address, and phone number(s) of the contact person (s).

CHAPTER 3

FLOOD



BASIC SAFETY PRECAUTION TO BE TAKEN

- Listen to radio/ TV for the latest weather bulletins and Flash flood warnings. Pass on the information to others
- Make a family emergency kit which should include; a portable radio/ transistor, torch, spare batteries, a first aid box along with essential medicines, ORS, dry food items, drinking water, matchboxes, candles and other essential items
- Keep hurricane lamp, ropes, rubber tubes, umbrella and bamboo stick in your house. Keep your cash, jewellery, valuables, important documents etc. in a safe place.
- Turn off power and gas connections before leaving your house
- Elevate the furnace, water heater, and electric panel if susceptible to flooding.
- Install “Check Valves” in sewer traps to prevent floodwater from backing up into the drains of your home.

DURING FLOOD:

- Be aware that flash flooding can occur. If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move. Don't enter into Flash floodwaters; it could be dangerous
- Stay away from sewerage line, gutters, drains, culverts etc.

- Be careful of snakes; snakebites are common during flash flood
- Stay away from electric poles and fallen power-lines to avoid electrocution
- Don't use wet electrical appliances – get them checked before use
- Use boiled and filtered drinking water
- Stagnation-of water can breed vector/water-borne diseases. In case-of-sickness seek medical assistance
- Use bleaching powder and lime to disinfect the surroundings,

If you have to leave your home, remember these

- Do not walk through moving water. Six inches of moving water can make you fall. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.
- Do not drive into flooded areas. If floodwaters rise around your car, abandon the car and move to higher ground if you can do so safely. You and the vehicle can be quickly swept away.

CHAPTER 4

URBAN FLOODS



BEFORE FLOODS

- Do not litter waste, plastic bags, plastic bottles in drains
- Listen to weather forecast.
- Evacuate low lying areas and shift to safer places.
- Make sure that each person has lantern, torch, some edibles, drinking water, dry clothes and necessary documents while evacuating or shifting.
- Put all valuables at a higher place in the house.

IN THE FLOOD SITUATION

- Switch off electrical supply and gas appliances and don't touch open wires.
- Don't get carried away by rumors and do not spread rumors.
- Avoid contact with flood water it may be contaminated with sewage, oil, chemicals or other substances.
- If you have to walk in flowing water, use a pole or stick to ensure that you do not step into deep water, open manholes or ditches.
- Stay away from power lines, electrical current can travel through water. Report power lines that are down to the power company/Agency

- Look before you step-after a flood, the ground and floors are covered with debris, which may include broken bottles, sharp objects, nails etc. Floors and stairs covered with mud and debris can be slippery.
- Listen to the radio or television for updates and information.

DON'TS

- Don't walk through flowing water - currents can be deceptive, and shallow, fast moving water can knock you off your feet.
- Don't drive through a flooded area - You may not be able to see abrupt drop - offs and only half a meter of flood water can carry a car away. Driving through flood water can also cause additional damage to nearby property.
- Don't reconnect your power supply until a qualified engineer has checked it. Be alert for gas leaks - do not smoke or use candles, lanterns, or open flames.
- Never turn on ceiling fixtures if ceiling is wet. Stay away from ceilings those are sagging.
- Never use TVs, VCRS, CRT terminals or other electrical equipment while standing on wet floors, especially concrete.
- Don't remove standing water in a basement too fast. If the pressure is relieved too quickly it may put undue stress on the walls.

CHAPTER 5

LANDSLIDES



AREAS GENERALLY PRONE TO LANDSLIDES

- On existing old landslides
- On or at the base of slopes
- In or at the base of major drainage hollows
- At the base or top of an old fill slope
- At the base or top of a steep cut slope
- Developed hill sites where leach field septic systems are used

AREAS THOSE ARE TYPICALLY SAFE FROM LANDSLIDES

- On hard and non jointed bed rocks that have not moved in the past
- On relatively flat lying areas away from sudden changes in slope angle
- At the top or along the nose of ridges, set back from the top of the slopes

FEATURES THAT MIGHT BE NOTICED PRIOR TO MAJOR LAND SLIDING

- Springs, seeps or saturated ground in areas that have been not typically been wet before
- New cracks or unusual bulges in the ground, street pavements or sidewalls
- Soil moving away from foundations
- Ancillary structures such as decks and patios tilting and /or moving relative to the main house
- Tilting or cracking of concrete floors and foundations, broken waterlines and other underground utilities
- Leaning telephone poles, trees, retaining walls and fences

- Sunken or dropped road beds
- Rapid increase in creek water levels, possibly accompanied turbidity
- Sticking doors and windows and visible open spaces indicating jammed and frames.
- Unusual sounds, such as trees cracking or boulder knocking together, might indicate moving debris. A trickle of flowing or falling mud or debris may precede large landslides. Moving debris can flow quickly and sometime without warning.
- A faint rumbling sound that increases in volume is noticeable as the landslide nears.
- Beware that intense, short bursts of rain may be particularly dangerous, especially after longer periods of heavy rainfall and damp weather.

Things to Remember

- Mudflows tend to flow in channels, but will often spread out over a floodplain. They generally occur in places where they have occurred before
 - Landslides and mudflows usually strike without much appreciable warning. The force of rocks, soil, or other debris moving down a slope can devastate anything in its path. Take the following steps to be ready.
- Plant ground cover on slopes and build **RETAINING WALLS**.
 - In mudflow areas, build channels or deflection walls to direct the flow around buildings
 - Remember: If you build walls to divert debris flow and the flow lands on a neighbor's property, you may be liable for damages

PRECAUTIONS TO BE TAKEN DURING LANDSLIDES

If inside a building:

- If you remain or are caught suddenly at home, move to a second story if possible. Stay out of the path of a landslide or debrisflow which can saves lives
- Stay inside
- Take cover under a desk, table, or other piece of sturdy furniture

If outdoors:

- Try and get out of the path of the landslide or mudflow
- Run to the nearest high ground in the direction away from the path.
- If rocks and other debris are approaching, run for the nearest shelter such as a group of trees or a building
- If escape is not possible, curl into a tight ball and protect your head.
- If you are near a stream or channel, be alert for any sudden increase or decrease in water flow and for a change from clear to muddy water. Such changes may indicate landslides activity upstream, so prepared to move quickly.
- Be especially alert if you are driving. Embankment along roadsides is particularly susceptible to landslides. Watch the road for collapsed pavement, mud flow, fallen rocks and other indications of possible debris flow.

After landslide

- Stay away from slide area, there may be danger of additional slides
- Check for injured or trapped persons near the slide, without entering the direct slide area. Direct rescuers to the location
- Listen to local radio/ television for emergency information
- Look for broken utility lines such as telephone, electrical lines, water pipes etc and report to authorities
- Check gas leakage from cylinders
- Check the building for damages.

CHAPTER 6

FIRE HAZARD



HIGH-RISE FIRES

- Calmly leave the apartment/house, closing the door behind you.
- Pull the fire alarm near the closest exit, if available, or raise an alarm by warning others
- Leave the building by the stairs
- Never take the elevator during fire

IF THE EXIT IS BLOCKED BY SMOKE OR FIRE

- Leave the door closed but do not lock it
- To keep the smoke out, put a wet towel in the space at the bottom of the door
- Call the emergency fire service number and tell them your apartment/house number and let them know you are trapped by smoke and fire. It is important that you listen and do what they tell you

IF THERE IS A FIRE ALARM IN YOUR BUILDING WHICH GOES OFF

- Before you open the door, feel the door by using the back of your hand. If the door is hot or warm, do not open the door
- If the door is cool, open it just a little to check the hallway. If you see smoke in the hallway, do not leave
- If there is no smoke in the hallway, leave and close the door. Go directly to the stairs to leave. Never use the elevator

IF SMOKE IS IN YOUR APARTMENT

- Stay low to the floor under the smoke
- Call the Fire Emergency Number which should be pasted near your telephone along with police and other emergency services and let them

- know that you are trapped by smoke
- If you have a balcony and there is no fire below it, go out
- If there is fire below, go out to the window and called for help. Do not open the window but stay near the window
- If there is no fire below, go to the window and open it. Stay near the open window
- Hang a bed sheet, towel or blanket out of the window to let people know that you are there

KITCHEN FIRES

It is important to know what kind of stove or cooking oven you have in your home – gas, electric, and kerosene or where firewood is used. The stove is the main cause of fire hazards in your kitchen and can cause fires. For electric and gas stoves ensure that the switch or the gas valve is switched off/turned off immediately after the cooking is over. An electric burner remains hot and until it cools off, it can be very dangerous. The oven using wood can be dangerous because burning embers remain. When lighting the fire on a wooden fuel oven, keep a cover on the top while lighting the oven so that sparks do not fly. After the cooking is over, ensure that the remaining fire is extinguished off by sprinkling water. Do not keep any inflammable article like kerosene near the kitchen fire.

IMPORTANT DO'S IN THE KITCHEN

- Do keep hair tied back and do not wear synthetic clothes when you are cooking
- Do make sure that the curtains on the window near the stove are tied back and will not blow on to the flame or burner
- Do 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
- Do turn panhandles to the centre of the stove and put them out of touch of the children in the house
- Do ensure that the floor is always dry so that you do not slip and fall on the fire
- Do keep matches out of the reach of children

IMPORTANT DON'TS

- Don't put towels, or dishrags near a stove burner
- Don't wear loose fitting clothes when you cook, and don't reach across the top of the stove when you are cooking

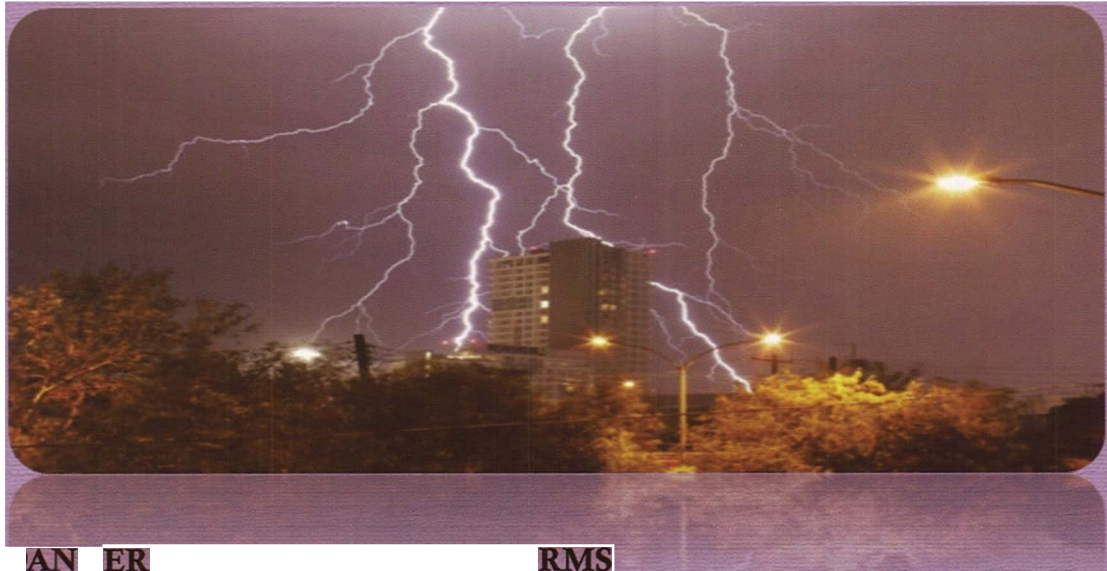
- Don't put things in the cabinets or shelves above the stove.
- Don't store spray cans or cans carrying inflammable items near the stove
- Don't let small children near an open oven door. They can be burnt by the heat or by falling onto the door or into the oven
- Don't lean against the stove to keep warm
- Don't use towels as potholders. They may catch fire
- Don't overload an electrical outlet with several appliances or extension cords. The cords or plugs may overheat and cause a fire
- Don't use water to put out a grease fire. Only use baking soda, salt, or a tight lid. Always keep a box of baking soda near the stove

COMMON TIPS

- Phone number of the Fire Services should be kept near the telephone and ensure that everyone in the family knows the number
- Sleep with your bedroom closed to prevent the spread of fire
- Do you know that you should never run if your clothes are on fire and that you should - **"STOP- DROP-ROLL"**

CHAPTER 7

LIGHTNING AND THUNDERSTORM



Lightning claims quite a few lives and injures many every year. Quite a large number of injuries occur from the electric shocks received while using fixed telephones during thunderstorms. Take these precautions during thunderstorms:

Consult an electrician for advice on lightning conductors required for your house

IF CAUGHT OUTDOORS

If you hear thunder 10 seconds after a lightning flash, it is only about three kilometers away. The shorter the time, the closer the lightning, so find shelter urgently:

- Seek shelter in a hardtop (metal-bodied) vehicle or solid building but avoid small open structures or fabric tents
- Never take shelter under a small group of (or single) trees
- If far from any shelter, crouch (low, feet together), preferably in a hollow. Remove metal objects from head / body. Do not lie down flat but avoid being the highest object.
- If your hair stands on end or you hear 'buzzing' from nearby rocks, fences, etc, move immediately. At night, a blue glow may show if an object is about to be struck
- Do not fly kites during thunderstorms
- Do not handle fishing rods, umbrellas or metal rods, etc.
- Stay away from metal poles, fences, clotheslines etc.

- Do not ride bicycles or travel on open vehicles
- If driving, slow down or park away from trees, power lines, stay inside metal-bodied (hard top) vehicles or in a pucca building but do not touch any metal sections
- If in water, leave the water immediately
- If on a boat, go ashore to a shelter as soon as possible

IF YOU ARE INDOORS

- Before the storm arrives, disconnect external aerial and power lines to radios and television sets. Disconnect computer modems and power lines
- Draw all curtains and keep clear of windows, electrical appliances, pipes and other metal fixtures (e.g. do not use Geyser, hand basin or other electrical equipments)
- Avoid the use of fixed telephones. In emergencies, make calls brief, (do not touch any metal, brick or concrete) and do not stand bare foot on concrete or tiled floors

FIRST AID

Apply immediate heart massage and mouth-to-mouth resuscitation to lightning victims until medical help arrives.

LIGHTNING FACTS AND MYTHS

- When struck, people do not glow or fry to a crisp but the heart and breathing are often affected
- Only about 30% of people struck actually die, and the incidence of long-term disability is low, particularly when appropriate first aid is applied promptly.
- If your clothes are wet, you are less likely to be seriously injured if struck, as most of the charge will be conducted through the wet clothes rather than your body
- Lightning can, and often does, strike more than once in the same place.

CHAPTER 8

CYCLONE



DO'S AND DON'TS BEFORE THE CYCLONE SEASON:

- Check the house; secure loose tiles and carry *out* repairs of doors and windows
- Remove dead branches or dying trees close to the house; anchor removable objects such as lumber piles, loose tin sheets, loose bricks, garbage cans, sign-boards etc. which can fly in strong winds
- Keep some wooden boards ready so that glass windows can be boarded if needed
- Keep a hurricane lantern filled with kerosene, battery operated torches and enough dry cells
- Demolish condemned buildings
- Keep some extra batteries for transistors
- Keep some dry non-perishable food always ready for use in emergency

WHEN THE CYCLONE STARTS

- Listen to the radio (All India Radio stations give weather warnings).
- Keep monitoring the warnings. This will help you prepare for a cyclone emergency.
- Pass the information to others.
- Ignore rumours and do not spread them; this will help to avoid panic situations.
- Believe in the official information

- When a cyclone alert is on for your area continue normal working but stay alert to the radio warnings.
- Stay alert for the next 24 hours as a cyclone alert means that the danger is within 24 hours.

PREVENTIVE MEASURES

- Board up glass windows or put storm shutters in place.
- Provide strong suitable support for outside doors.
- If you do not have wooden boards handy, paste paper strips on glasses to prevent splinters. However, this may not avoid breaking windows.
- Get extra food, which can be eaten without cooking. Store extra drinking water in suitably covered vessels.
- Ensure that your hurricane lantern, torches or other emergency lights are in working condition and keep them handy.
- Small and loose things, which can fly in strong winds, should be stored safely in a room.
- Be sure that a window and door can be opened only on the side opposite to the one facing the wind.
- Make provision for children and adults requiring special diet.
- If the centre of the cyclone is passing directly over your house there will be a lull in the wind and rain lasting for half an hour or so. During this time do not go out; because immediately after that, very strong winds will blow from the opposite direction.
- Switch off the electrical mains in your house.
- Remain calm.

WHEN EVACUATION IS INSTRUCTED

- Pack essentials for yourself and your family to last a few days. These should include medicines, special food for babies and children or elders.
- Head for the proper shelter or evacuation points indicated for your area.
- Do not worry about your property
- At the shelter follow instructions of the person in charge.
- Remain in the shelter until you are informed to leave

POST-CYCLONE MEASURES

- You should remain in the shelter until informed that you can return to your home.
- You must get inoculated against diseases immediately.
- Strictly avoid any loose and dangling wires from lamp posts.
- If you have to drive, do drive carefully.
- Clear debris from your premises immediately.
- Report the correct losses to appropriate authorities.

CHAPTER 9

FAMILY DISASTER KIT



Six basic items should be kept in the kit, they are Water, dry foods, First aid Box, Clothing and Bedding Tools and other emergency supplies and keep the items that you will need during an evacuation in an easy carry bag.

1. FIRST AID KIT SHOULD INCLUDE THE FOLLOWING ITEMS

- Roller bandages, A pack of cotton, Triangular Bandages
- Small and Large Splint (Made of Bamboo/ wood)
- Small Scissors
- Antiseptic solution (e.g Dettol, Savlon), Antiseptic cream (e.g Soframycin, Neomycin), Pain killer tablets (e.g Paracetamol,)
- Oral re-hydration (ORS)
- Chlorine tablets
- Any other medicines

2. WATER: Store of water in unbreakable bottles.

3. FOOD: Store non-perishable food items like Biscuits, ready to eat food packets, dry fruits, Emergency drinks, etc

4. TOOLS AND SUPPLIES: Disposable plates, spoons, cups, Battery operated radio, Torch with extra battery, candle and match box, whistle, plastic sheets etc

5. CLOTHING AND BEDDING: at least one set of clothing and footwear per person, Blankets a, bed sheets, rain coat and Umbrella

6. SPECIAL ITEMS: Powder Milk, Diapers and Medication for baby, Life saving drugs like Heart and High Blood pressure, insulin injection and eye glasses for Adult.

7. IMPORTANT FAMILY DOCUMENTS: Will, Insurance, policy, contracts, Deeds, Stocks Bonds etc, election ID card, ratio Card, Passport, Bank Documents., schools college certificates, Birth/marriage/ death certificates etc.

8. List of emer en Tele hone No.

IMPORTANT CONTACT NUMBERS FOR EMERGENCIES

CONTACT LIST OF DC

Sl. No	NAME OF THE DISTRICT	NAME	CONTACT DETAILS
1.	South Garo Hills, Baghmara	Shri.T.G.Momin	IIC Deputy Commissioner 03639-234292 (O) 03639-234225 (F) Email:tgmmomin@gmail.com
2.	South West Garo Hills, Ampati	Shri.Ram Singh	Deputy Commissioner 03651-261209 (O) 03651-2612095 (fax) 9485034201 (rn) Email: ramias2008@gmail.com
3.	North Garo Hills, Resubelpara	Shri. WKyllepp	Deputy Commissioner 03659-268242 03659-268242 (F) Email:dcnorthgarohills@yahoo.in
4.	West Garo Hills Tura	Shri.Pravin Bakshi	Deputy Commissioner 03651-223835 (O) 03651-223004/221179 (F) 9436708560 (M) Email:pravinbakshi@gmail.com
5.	East Garo Hills Williamnagar	Shri.C.D.Diengsoh, IAS	Deputy Commissioner Williamnagar 03658-2202266 2202722 (F)
6.	South West Khasi Hills Mawkyrwat	Smti. R.Lyngdoh	Deputy Commissioner 03656-285214 (O) 03656- 285214 (F) 9436106109 (M) Email.mkwtjswkhreyahoo.ln
7.	East Khasi Hills, Shillong	Sri.Sanjay Goyal	Deputy Commissioner 0364-2224003 (O) 0364-2223394 (F) 94363-13316 (M) Email:dcshillong@nic.in

8.	West Khasi Hills, Nongstoin	Shri.S.Khar.Lyn- gdoh	Deputy Commissioner 03654 -280221/ 280266 (O) 03654 -280264 (F) 9856000333/9436104612 (M) Email:skharlyngdoh2010@yahoo. com
9.	Ribhoi District Nongpoh	Smt. Pooja Pandey	Deputy Commissioner 03638 -290913 (O) 03638-232503/232571 (F) 9089561151 (M) Email:nongpoh@nic.in
10.	Iaintia Hills Jowai	ShrLP.S.Dkhar, IAS	Deputy Commissioner 03652-220721 (O) 03652-220865 (F) 9436117519 (M) Email:psdkhar@gmail.com/jowai@ nic.in
11.	West Jaintia Hills Khliehriat	Shri.W.R.Lyngdoh	Deputy Commissioner 03655-230713 (O) 03655-230713 (F) 9436104345 (M) Email:wroylyngdoh@gmail.com

IMPORTANT CONTACT NUMBERS

LIST OF HOSPITALS ::: CIVIL; PHC & CHC				
SI.NO	DISTRICT	Hospital		
		CIVIL HOSPITAL	PHC	CHC
1	East Khasi Hills District	Laban Shillong, Meghalaya, 793004	MYLLIEM BLOCK (PHC)	MYLLIEM BLOCK (CHC)
			Diengiei PHC	MawiongCHC
			Mawroh PHC	
			Pomlum PHC	
			LAITKROH BLOCK (PHC)	
			SwerPHC	
			Laitryngew PHC	
			Laitlyngkot PHC	
			SHELLA BHOLAGANJ BLOCK (PHC)	SHELLA BHOLAGANJ BLOCK (CHC)
			Laitkynsew PHC	SohraCHC
			Sheila PHC	Ichamati CHC
			Mawsahew PHC	
			Sohbar PHC	
			MawlongPHC	
			MAWSYNRAM BLOCK (PHC)	MAWSYNRAM BLOCK (CHC)
			Dangar PHC	Mawsynram CHC
			Ryngku PHC	
			MAWRYNGKNENG BLOCK (PHC)	
			Mawkyngkneng PHC	
			SmitPHC	
			Diengpasoh PHC	
			MAWPHLANG BLOCK (PHC)	MAWPHLANG BLOCK (CHC)

			Mawphlang PHC	SohiongCHC
			Nongspung PHC	
			PYNURSLA BLOCK (PHe)	PYNURSLABLOCK (CHe)
			Pongtung PHC	Pynursla CHC
			Washerhmut PHC	
			MAWKYNREW BLOCK (PHe)	
			Jongksha PHC	
			Mawkynrew PHC	
			Jatah PHC	
2	Ri-Bhoi District	Nongpoh Civil Hospital, 793102	UMSNING BLOCK (PHC)	UMSNING BLOCK (CHe)
			Mawlasnai PHC	UmsningCHC
			Kyrdem PHC	Bhoirymbong CHC
			Umtraí PHC	
			Mawhati PHC	
			UMLING BLOCK (PHe)	
			Umden PHC	
			Byrnihat PHC	
			Marnagar PHC	
			JIRANG BLOCK (PHe)	JIRANG BLOCK (CHe)
			Warmawsaw PHC	Patharkhmah CHC
3	West Khasi Hills District	Nongstoin Civil Hospital 793119	NONGSTOIN BLOCK (PHe)	
			Rambráí PHC	
			Maweit PHC	
			MAWSHYNRUT BLOCK (PHe)	MAWSHYNRUT BLOCK (CHe)
			Shallang PHC	Riangdo CHC
27	DOs and Don'ts on Various Hazards			

			Nonglang PHC	
			Aradonga PHC	
			RANIKOR BLOCK (PHC)	RANIKOR BLOCK (CHC)
			Khonjoy PHC	RanikorCHC
			MAWTHADRAISHAN BLOCK (PHe)	
			Markasa PHC	
			PariongPHC	
			Kynshi PHC	
			Myriaw PHC	
			MAIRANG BLOCK (PHC)	MAIRANG BLOCK (CHe)
			Kynrud PHC	Nongkhlaw CHC
			Maroin PHC	
			Wahrit PHC	
			Nongthliew PHC	
			Nongum PHC	
			Dongki-ingding PHC	
4	South West Khasi Hills District	Mawkyrwat Civil Hospital, 793114	MAWKYRWAT BLOCK (PHC)	MAWKYRWAT BLOCK (CHe)
			Mawthawpdah PHC	Mawkyrwat CHC
			Rangthong PHC	
			Wahkaji PHC	
5	East Jaintia Hills District		KHIIEHRIAT BLOCK (PHe)	
			Wapung Pamra PHC	
			Rymbai PHC	
			Bataw PHC	
			UmkiangPHC	
			Lumshnong PHC	

			SAIPUNG BLOCK (PHC)	
			Saipung PHC	
6	West Jaintia Hills District	Jowai Civil Hospital, 793150	AMLAREM BLOCK (PHC)	
			Jarain PHC	
			Pdengshakap PHC	
			Dawki PHC	
			THADLASKEIN BLOCK (PHC)	
			Namdong PHC	
			Khliehtyrshi PHC	
			Nangbah PHC	
			Nartiang PHC	
			LASKEIN BLOCK (PHC)	
			Shangpung PHC	
			Mynso PHC	
			Looksi PHC	
			Barato PHC	
			Sahnsniang PHC	
7	East Garo Hills District	Williamnagar Civil Hospital, 794111	RONGJENG BLOCK (PHC)	RONGJENG BLOCK (CHC)
			Mangsang PHC	Rongjeng CHC
			SAMANDA BLOCK (PHC)	
			Samanda PHC	
			Bansamgre PHC	
			SONGSAK BLOCK (PHC)	SONGSAK BLOCK (CHC)
			Songsak PHC	
			Dobu PHC	
			Rari PHC	
			Gabil PHC	
			Dagal PHC	
				ResuCHC

			Rongrong PHC	
8	North Garo Hills District		RESSUBELPARA BLOCK (PHC)	
			Mendipathar PHC	
			Bajengdoba PHC	
			Sualmari PHC	
			Dainadubi PHC	
			KHARKUTIA BLOCK (PHC)	
			Wageasi PHC	
			Kharkutta PHC	
			Adokgre PHC	
9	West Garo Hills District	Iura Civil Hospital, 794001		DADENGGRE BLOCK (CHC)
				Dadenggre PHC
			SELSELIA BLOCK (PHC)	SELSEIIA BLOCK (CHC)
			Garobadha PHC	Selsella CHC
			Bhaitbari PHC	Phulbari CHC
			Jeldupara PHC	
			RONGRAM BLOCK (PHC)	
			Asanang PHC	
			Babadam PHC	
			GAMBEGRE BLOCK (PHC)	
			Darengre PHC	
			Mellim PHC	
			TIKRIKILLA BLOCK (PHC)	
			Pedaldoba PHC	
			Iikrikilla PHC	

			DALU BLOCK (PHC)	DALU BLOCK (CHC)
			Purakhasia PHC	Dalu CHC
				Allagre CHC
10	South West Garo Hills District		BETASING BLOCK (PHC)	BETASING BLOCK (CHC)
			Betasing PHC	Amapti CHC
			Belbari PHC	
			Rangsakona PHC	
			ZIKZAK BLOCK (PHC)	ZIKZAK BLOCK (CHC)
			Zikzak PHC	Mahendraganj CHC
			Kalaichar PHC	
			Salmanpara PHC	
			Nogorpara PHC	
11	South Garo Hills District	Baghmara Civil Hospital	BAGHMARA BLOCK (PHC)	
			Nongalbibra PHC	
			Siju PHC	
			CHOKPOT BLOCK (PHC)	CHOKPOT BLOCK (CHC)
			Sikigre PHC	ChokpotCHC
			RONGARA BLOCK (PHC)	
			Rongara PHC	
			Moheshkola PHC	
			GASUAPARA BLOCK(PHC)	
			Sibbari PHC	

LIST OF POLICE STATIONs/OUTPOSTs/FIRE STATIONs

IN MEGHALAYA

Sl.No	District	S.P Office	Police Station	Outpost	Firestation
1	East Khasi Hills District	Office of the Superintendent of Police, HQ- Shillong-793001- 0364-2224150 Fax-2225675	Shillong Sadar PS - 0364-2224400	Sohryngkham - 0364-2265211	Nongthymmai - 0364-2227000
			Laban PS -0364-2223168	Mawngap -0364-2567230	Iewduh 0364-223300
			Mawlai PS - 0364-2575505	Nongmynsong - 0364-2230224	Upper Shillong- 0364-2560327
			Iumdiengiri PS - 0364-2548151	Balat	Mawlai 0364-2546875
			Rynjah PS -0364-2230402	Mawdiang Diang	Sohra -03637-235261
			Madanrting PS 0364- 2231408	Tyllap	Sheila
			Sohra PS	Jhalupara- 0364-2547600	
			Mawsynram PS	Bholaganj	
			Pynursla PS	Dangar	
			Mawryngkneng PS - 0364-2264403		
			Sheila PS		
			Iaiumkhrah PS - 0364- 2223069		
2	West Khasi Hills District	Office of the Superintendent of Police, HQ- Nongstoin- 793119 -	Nongstoin PS- 03654-280288	Dongking Ding	Nongstoin 03654-280277
				Aradongnga	
			Shalang PS	Rangdo	

		03654-280891 Fax- 280256		Sohjarang	
				WahthreAD Camp	
3	West Jaintia Hills District	Office of the Superintendent of Police, HQ- Jowai- 03652- 221907	Jowai PS-03652- 220730	Raliang	Jowai 03652- 223801
			Dawki PS-03653 - 220730	Saitsama	Dawki- 03653- 222565
			Amlarem PS- 03653- 290765	Nartiang	Amlarem
				Dawki	
4	Ri-Bhoi District	Office of the Superintendent of Police, HQ- Nongpoh-793102 03638-232304 Fax-232230	Nongpoh PS-03638- 232237	Umsning	
			Khanapara PS- 0361- 2335557	Byrnihat -0361- 262352	Nongpoh - 03638-223801
			Umiam PS-0364- 2570234	Pathorkhamah	Byrnihat - 03638-263222
				Kyrdemkullai	Umiam -0364- 2570079
				Mawlasnai	
				Umsniang	
				Umroi	
				Pillangkata	
				Iewmawroh	
				Amjong	
				Baklapara	
5	West Garo Hills District	Office of the Superintendent of Police, HQ- Tura - -03651- 223820 Fax- 222461	Tura PS-03651 - 223866	Selsela	Tura -03651- 223901
			Phulbari PS- 03650- 223220	Rongram	Ronggram- 267262
			Dalu PS- 03650- 263222	Purakhasia	Garobadha- 264231

			Tikrikila PS-03650-225560	Zinzal	Phulbari - 03650-223230
			Dadenggre PS-03650-262217	Kherapara	Dalu - 263224
				Gambhegre	Dadenggre - 262217
6	East Garo Hills District	Office of the Superintendent of Police, HQ-Williamnagar - 794111 03651-233839 Fax-220992	Williamnagar PS-03658-220222	Nengkhra	Williamnagar - 03658-220211
			Rongjeng PS	Mangsang	Rongjeng-220269
			Songsak PS	Rongsai	
7	South Garo Hills District	Office of the Superintendent of Police, HQ-Baghmara 03639-222259 Fax-222231	Baghmara PS - 03639-222222	Siju	Baghmara-03639-22260
			Chokpot PS		Nangalbibra-263384
			Rongra PS-267222		
			Nangalbibra PS		
8	East Jaintia Hills District	Office of the Superintendent of Police, HQ-Khliehriat 03655-220019	Khliehriat PS - 03655-220030	Garompani	Garampani
			Saipung PS	Iadrymbai	Iad Rymbai
9	South West Khasi Hills District	Office of the Superintendent of Police, HQ-	Mawkyrwat PS - 03656-285233	Borsora	Mairang-03657-222240

		Mawkyrwat - Fax No- 03656 - 290708	Ranikor PS		Mawkyrwat- 03656-216103
			Mairang PS-03657- 282226		
10	South West Garo Hills District	Office of the Superintendent of Police, HQ- Ampati - 794115	Ampati PS-03651- 261222	Betasing	Mahendraganj- 03651 - 223901
			Mahendraganj PS- 03651-265222	Monabari	Ampati- 261221
				Zigzak	
11	North Garo Hills District	Office of the Superintendent of Police, HQ- Resubelpara - 03659-222358	Resubelpara PS - 03659- 222366	Resubelpara	Mendipathar - 03659-222243
			Mendipathar PS- 03659-222232	Kharkuta	
			Bajengdoba PS	Dainadubi	

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Printed at: *Inkfo Printing Press, Pohkseh*