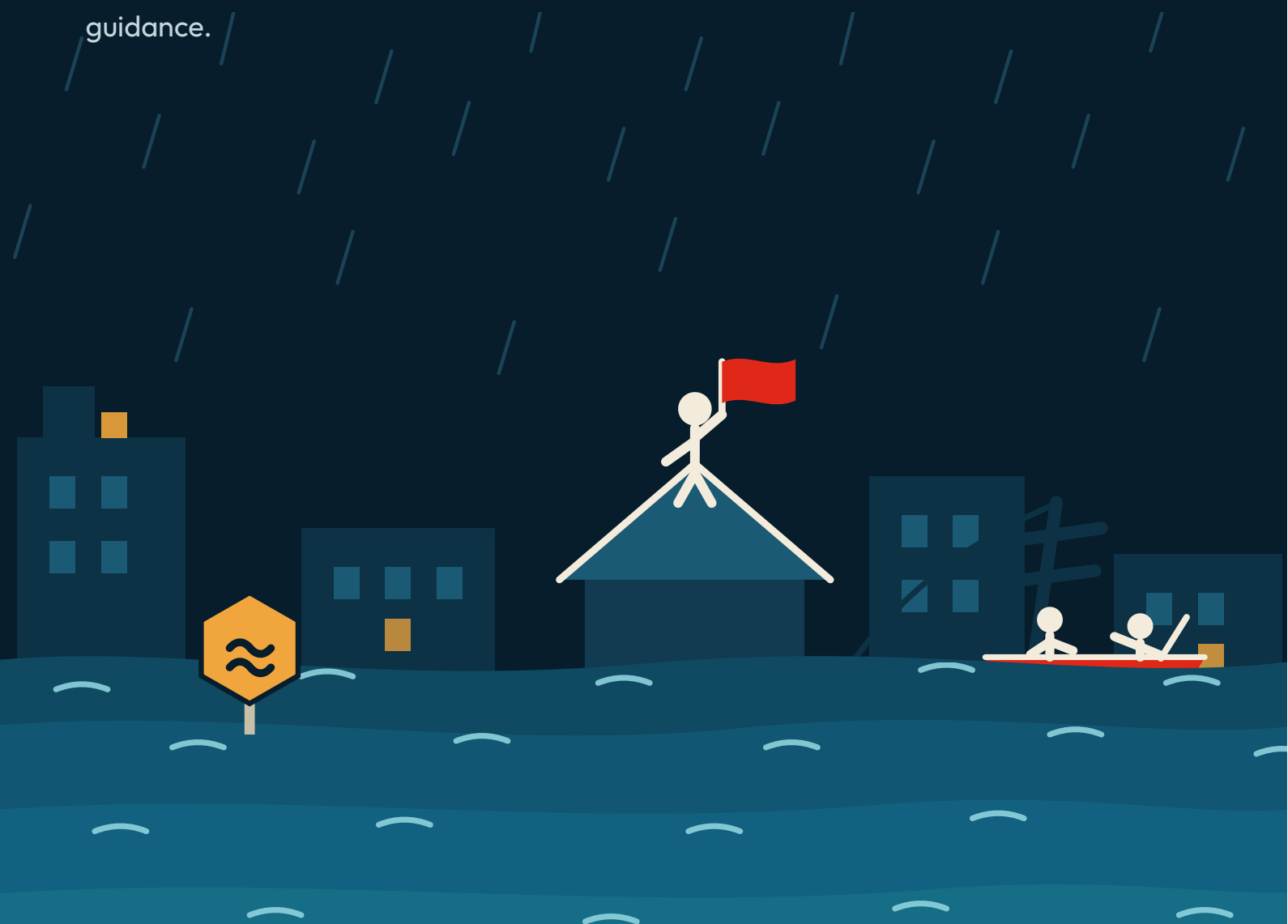


INDIA

FLOOD SURVIVAL GUIDE

What to do before, during and after a flood — compiled from official NDMA, IMD, NDRF, NCDC and WHO guidance.



IF YOU READ NOTHING ELSE, READ THIS

SIX RULES THAT SAVE LIVES

**1****Move early**

Go to higher ground before your route is flooded.

**2****Follow evacuation orders immediately**

Do not wait to see water outside.

**3****Never walk, swim or drive through floodwater**

Depth and current are impossible to judge from the surface.

**4****Stay away from fallen wires**

Avoid poles and submerged electrical equipment.

**5****Drink only safe water**

Use only sealed, boiled or officially treated water.

**6****Help without becoming another victim**

Only trained rescuers should enter floodwater.

**A FACT PEOPLE UNDERESTIMATE**

Drowning can happen to strong swimmers. It is often fast and silent — a person slipping under water rarely looks like the shouting and splashing seen in films.



Save this guide on your phone and share it with family and neighbours before monsoon season. It works even when the network does not.



112 is India's single emergency number for police, fire and ambulance. It works from any phone, anywhere in India, free of charge.

01

BEFORE • WARNINGS AND PLANNING

PREPARE BEFORE WATER IS VISIBLE



ACT EARLY

By the time a street floods, your safest evacuation route may already be blocked.



READ OFFICIAL WARNINGS



NDMA • SACHET

Authorised disaster alerts —
sachet.ndma.gov.in

OPEN ↗



IMD • MAUSAM

Weather warnings —
mausam.imd.gov.in

OPEN ↗



CWC • FLOODWATCH

River and flood forecasts —
cwc.gov.in

OPEN ↗



DISTRICT AUTHORITY

Evacuation routes and shelter locations



WHAT IMD COLOUR WARNINGS MEAN

IMD COLOUR	MEANING	WHAT YOU DO
GREEN	No warning	Continue normal monitoring
YELLOW	Be aware	Check updates, routes and supplies
ORANGE	Prepare to act	Charge phones and move vulnerable people early
RED	Take action	Follow the latest local instructions immediately



MAKE A FAMILY PLAN



Meeting points

Choose one near home and one outside the neighbourhood.



Two routes

One route may become blocked, so identify a backup.



One contact

Choose a relative outside the flood area for family updates.



Buddy system

Assign help for every child, older person and disabled person.

01 BEFORE • SUPPLIES AND READINESS

PACK AND PREPARE



THE WATERPROOF GRAB BAG — KEEP IT LIGHT



IDENTITY COPIES



MEDICINES +
PRESCRIPTIONS



FIRST-AID KIT +
ORS



TORCH



WHISTLE



POWER BANK



STURDY SHOES



HYGIENE SUPPLIES



DRY FOOD



CASH, SMALL
NOTES

STOCK YOUR HOME



3 DAYS

of ready-to-eat food
for every person at
home



5 L / DAY

of drinking water per
person and pet —
adjust for heat, illness
and medical needs



PHONES AND CONTACTS

- ✓ **Charge phones fully** and keep the power bank topped up.
- ✓ **Save emergency contacts offline** — written on paper too.
- ✓ **Use SMS** if voice networks are congested.



MOVE THINGS EARLY

- ✓ **Move medicines, documents, vehicles and livestock** to safety early.
- ✓ **Close the LPG cylinder valve** — only if it is safe to do so.
- ✓ **Never open a street manhole.**

02

DURING · GETTING OUT IN TIME

EVACUATE OR SHELTER SAFELY



LEAVE IMMEDIATELY

Evacuate when authorities order it, water rises quickly, a route may close, or essential medical care may be interrupted.



EVACUATE SAFELY

- ✓ **Use the official route and shelter.** Avoid riverbanks, bridges, underpasses, railway tracks and shortcuts.
- ✓ **Wear sturdy closed shoes.** Take your grab bag, medicines and identity documents.
- ✓ **Switch off the main electricity and close the gas valve** — only from a completely dry, safe position.
- ✓ **Use authorised rescue boats** where possible. Wear a proper life jacket and never overload the boat.
- ✓ **Do not delay** for furniture, a vehicle, a video or photographs.



IF LEAVING IS NO LONGER SAFE

- ✓ **Move to a strong upper floor** with water, medicines, phones, torches and bright cloth.
- ✓ **Send your exact location**, the number of people and any medical needs to emergency services and one family contact.
- ✓ **Signal with a whistle, torch or bright cloth.** Move onto an open roof only if necessary.
- ✓ **Never enter a locked or windowless attic** where rising water could trap you.



LEAVE NO ONE BEHIND



Children

Assign one adult to each young child and carry waterproof contact details.



Older and disabled people

Evacuate early with mobility aids, batteries, medicines and care information.



Pregnancy and chronic illness

Carry medical records and plan for insulin, oxygen, dialysis or other essential treatment.



Pets and livestock

Move them to high ground early. Do not leave animals tethered in a flood zone or re-enter danger to rescue them.



URBAN DANGER

Leave basements and underground parking early. Use stairs if power is unstable. Never go down to save a parked vehicle.

03 FLOODWATER, VEHICLES AND RESCUE



FLOODWATER IS A TRAP

Depth is difficult to judge, and the surface can hide holes, drains, broken roads, debris, sewage, chemicals and live cables.



15 cm of moving water
Can knock an adult down



30 cm of moving water
Can sweep away a small vehicle



ON FOOT

- ✗ **Do not enter floodwater because others are crossing.** Never enter at night.
- ✗ **Stay away** from open drains, culverts, riverbanks, underpasses and submerged railway tracks.
- ✓ If officials direct you through shallow, still water: follow their instructions, wear waterproof footwear, use a life jacket if rescuers provide one, and probe ahead with a long stick.



IF A VEHICLE BECOMES TRAPPED

- 01** Call 112 and share your location or nearest landmark.
- 02** If water is still and dry higher ground is one step away, **leave and move away immediately.**
- 03** If fast water surrounds you, **stay inside** and follow instructions from 112 or rescuers.
- 04** If water rises inside: **unbuckle everyone**, release children, unlock doors, exit through a window onto the roof.
- 05** **Signal from the roof** and wait. Do not re-enter the vehicle.



**REACH OR
THROW. DO
NOT GO.**

Extend a strong stick, pole or rope from dry ground, or throw a floating object. Lie low so the person cannot pull you in. Only a trained rescuer should enter. If the person is not breathing after removal, begin CPR if you are trained.

04

HEALTH · WATER AND FOOD

SAFE WATER, FOOD AND HYGIENE



ASSUME CONTAMINATION

After flooding, tap water, overhead tanks, wells and borewells may contain sewage or chemicals until authorities clear them.



THE THREE SAFEST WATER OPTIONS



1 • Sealed water

Use sealed or officially supplied water for **drinking, cooking, brushing teeth, medicines, ice and infant formula.**



2 • Boil clear water

A rolling boil for **1 full minute** — or **3 minutes above ~2,000 m.** Cool naturally and store covered.



3 • Approved chlorine

Follow the packet or health worker's **exact instructions.** Product strengths differ — never guess the dose.



DANGEROUS MYTH

Boiling does not remove fuel, pesticides, heavy metals or toxic chemicals. If water smells unusual or has an oily layer, use a different source.



FOOD SAFETY

- ✓ **Throw away** food or drinking-water containers touched by floodwater, and food with damaged, swollen or leaking packaging.
- ✓ **Discard perishable food** if refrigeration failed and you cannot confirm it stayed cold. Never taste food to test safety.
- ✓ **Eat freshly cooked or dry food.** Keep raw and cooked food separate, covered, away from flies and rodents.
- ✓ **Continue breastfeeding** whenever possible. Prepare infant formula only with safe water and clean equipment.



HYGIENE AND ORS

- ✓ **Wash hands with soap and safe water for 20 seconds** — especially after floodwater contact and before eating.
- ✓ No soap? Use **sanitiser with at least 60% alcohol.** It is less effective on visibly dirty hands.
- ✓ Keep **menstrual products, diapers and medicines dry.** Use designated toilets and waste points in relief camps.
- ✓ Prepare **ORS with safe water** and the exact quantity printed on the packet. Discard unused solution after 24 hours.

05

HEALTH · FIRST AID AND HAZARDS

INJURIES, ILLNESS,
ELECTRICITY AND SNAKEBITE

GET EMERGENCY HELP

Act immediately for **difficulty breathing, unconsciousness, confusion, chest pain, heavy bleeding, electric shock, snakebite** or a serious head or spine injury.



WOUNDS AND ILLNESS

- ✓ **Control bleeding with direct pressure.** Rinse a small wound with saline or safe clean water, clean around it with soap, then cover with a clean dressing.
- ✓ **Keep open wounds away from floodwater.** Deep, dirty, puncture or animal-bite wounds need medical assessment and may require a tetanus booster.
- ✓ **Seek care** for fever, diarrhoea, repeated vomiting, worsening pain, breathing problems or red, swollen, oozing wounds.
- ✓ **Use mosquito nets,** long clothing and labelled repellent. Remove collected water from containers when safe.



ELECTRICITY, GAS AND FUEL

- ✓ **Treat every fallen cable and flooded electrical item as live.** Do not touch poles, wires, switches or appliances while wet.
- ✓ **Do not touch an electrocuted person** until power has been safely disconnected. Have submerged appliances checked by a qualified electrician.
- ✓ **Use a torch instead of candles or matches** — gas or fuel may have leaked.
- ✓ **Run generators outdoors only,** at least 6.1 metres (20 feet) from doors, windows and vents.



SNAKEBITE — EVERY MINUTE MATTERS



DO

- ✓ Keep the person calm and still
- ✓ Immobilise the whole limb with a splint, without pressure; remove rings and tight items
- ✓ Transport the person to a hospital immediately with as little movement as possible
- ✓ Move away from the snake; take a photo only from a safe distance if easy



DO NOT

- ✗ Wash, cut, suck or massage the bite
- ✗ Apply ice, herbs, chemicals, electric shocks or a tight tourniquet
- ✗ Make the person walk, run or drive themselves
- ✗ Try to catch, kill or handle the snake

06

AFTER · RECOVERY

RETURN HOME AND RECOVER SAFELY



WAIT FOR THE ALL-CLEAR

Lower water does not mean lower risk. Buildings may be unstable, cables may be live, and snakes or chemicals may be inside.



BEFORE ENTERING

- ✓ **Inspect from outside** for cracks, leaning walls, damaged pillars or a sinking foundation. Do not enter if you smell gas, hear buzzing or see sparks.
- ✓ **Wear waterproof boots and heavy gloves.** For mouldy or dusty cleanup, use a well-fitting N95 mask and goggles. Carry a torch and do not enter alone.
- ✓ **Keep children and animals outside** until the building is checked. Watch for snakes, rodents, nails, glass and open drains.
- ✓ **Have electricity, LPG systems and submerged appliances inspected** by qualified professionals.



CLEAN SAFELY

- ✓ **Photograph damage before cleaning.** Save receipts and contact the insurer, landlord or relief office.
- ✓ **Ventilate.** Remove mud and standing water, then dry the home within 24 to 48 hours where possible.
- ✓ **Use two people for heavy objects.** Wash contaminated clothing separately.
- ✓ **Discard mattresses, pillows and soft toys** — porous items cannot be cleaned properly.
- ✓ **Follow disinfectant labels.** Never mix bleach with ammonia or other cleaners, and never use bleach in a closed room.
- ✓ **Do not use flooded wells, tanks, borewells or filters** until properly cleaned and cleared for use.



RELIEF CAMPS AND MENTAL HEALTH



Register everyone

Register every family member and tell camp staff about pregnancy, disability, medication, allergies and special diets.



Report what is unsafe

Report missing children, harassment, violence or unsafe facilities. Call [Child Helpline 1098](tel:1098) for a separated child.



Respect privacy

Do not post distressed people or children's identities without consent.



Mind your mind

Fear, anger and poor sleep are common after a disaster. Rebuild routines, talk to people you trust, and call [Tele-MANAS on 14416](tel:14416) if distress disrupts daily life.

FLOOD EMERGENCY ACTION CARD



IF WATER IS RISING NOW

- 1** Move to **higher ground** or a strong upper floor.
- 2** Take **children, vulnerable people, medicines, phones** and the grab bag.
- 3** **Stay out of floodwater** and away from wires, drains, basements and underpasses.
- 4** **Call 112** and send one clear written SOS with your location.
- 5** **Signal rescuers** with a whistle, torch or bright cloth.
- 6** **Follow official instructions** — even if a forwarded message says something different.



SEND THIS SOS

NAME + PHONE

Your full name and number

EXACT LOCATION

GPS pin and nearest landmark

PEOPLE

Total number and any children, older or disabled people

MEDICAL NEEDS

Injury, pregnancy, oxygen, insulin or other urgent need

CURRENT POSITION

Home, roof, vehicle or another location

WATER

Rising, still or moving rapidly

PHONE BATTERY

Approximate percentage remaining



ESSENTIAL CONTACTS

112

ALL EMERGENCIES
POLICE · FIRE · AMBULANCE

[tap · 112.gov.in ↗](#)

1098

CHILD IN DANGER
OR SEPARATED

14416

MENTAL HEALTH SUPPORT
ALSO 1800-89-14416

STATE / DISTRICT CONTROL ROOM

NEAREST PHC OR HOSPITAL

FAMILY CONTACT OUTSIDE THE AREA

MOVE EARLY · STAY OUT OF THE WATER · HELP OTHERS SAFELY

SOURCES — TAP TO OPEN

[NCDC flood advisory](#) · [WHO flood health](#) · [WHO drowning](#) · [NDRF](#) · [MoHFW snakebite guideline](#) · [CDC cleanup](#) · [CDC generator safety](#)
· [Ready.gov floods](#) · [Child Helpline 1098](#) · [Tele-MANAS 14416](#)