

How to get reliable information

It is important to have **reliable information**.

- Reliable information comes from the **government** (e.g. newspaper, website of relevant ministry).
- Listen to the **radio, television**, loudspeakers and reliable social media.
- Be **careful** with information from **social media**.

Publishers of the pamphlet

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Urban Planning Department
www.ycdc.gov.mm



University of Cologne, Germany
Institute of Geography
www.geographie.uni-koeln.de



Flood Control Centre
Cologne



Cologne Fire Department,
Institute for Security Science and Rescue Technology



German Committee for
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Recommendations for evacuation

Risk profile of Myanmar

Myanmar is exposed to a variety of hazards. These include earthquakes, floods, tropical cyclones, heatwaves, landslides, droughts and fires. Thus it is important to take precautionary measures. This pamphlet contains **information about evacuation**.



Photo: Aung Aung

When to evacuate

Listen to the **news** from **radio, TV, warning apps** and **reliable social media** for information. Listen to **sirens** and **announcements** by the authorities.

What to take with you

If you evacuate, it's likely that you may not be able to return to your home for several days. You most likely will not have time to pack your belongings. It's important to have an **emergency** bag ready for use. The following things should be included in a **waterproof bag for every person**:

1. **Important documents** (e.g. National Registration Card, certificates, family registration, ownership documents, land grant, contracts, insurance policies, medical records, bank book)
2. Cash, **money** and **valuables**
3. **Emergency contact information on paper**
4. Recent **photos** of each family member
5. Food (dry, durable) and **water bottles** for every person
6. Sanitation and **personal hygiene items** such as soap, towel, spoon and plastic cup
7. Memory stick with scans of **personal documents**
8. **Radio** with batteries
9. **Smartphone, charger** and **power bank**
10. **Torch** with batteries
11. **Lighter** and candle
12. **First aid kit** and personal **medicine**
13. **Clothes** and a **blanket**

For kids: SOS capsule wristband: small water-proof capsule that contains **personal data** such as address and who to contact in case of emergency, doctor's telephone numbers (if necessary: **medical information** concerning allergies, illnesses, immunisations).

How to evacuate

Stay calm when you know you must evacuate. Do not rush, otherwise you could hurt yourself or other people. When you are living with **older** or **disabled people** and **children**, think in advance about how you can evacuate them safely. If you are not able to evacuate by yourself, **ask for help** in advance. Set free your animals.

EMERGENCY BAG PREPAREDNESS BEFORE DISASTER



Artist: Victor

Where to go

Proceed as quickly as possible to the **nearest safe place** (e.g. **monastery, pagoda, church, school** and **park**). **Get informed in advance** about where it is located and how to get there. Take an **evacuation route** if possible.