

Behaviour during the flood

1. **Switch off the power supply** promptly for areas affected by flooding.
2. Try to **help others without endangering yourself**. Take people with special needs, e.g. **children, elderly people** and **disabled people** to safety.
3. Follow the **news** and **weather forecast** from a reliable source, e.g. the Department of Meteorology and Hydrology and **share the information** with others. Be aware of rumours and fake news.
4. Avoid **shore areas** and **flooded streets**, you might step on things that are hidden under the water.
5. Beware of hazardous areas, they can **flood quickly** (lowlands, valleys, drains).
6. Prepare for **evacuation**.

Emergency numbers:

Police Department 199, Yangon: 01 549309
Fire Services Department 191, Yangon: 01 252011
Ambulance (YGH) 01 8256112

Behaviour after the flood

1. Check whether **family members** are affected and inform the authorities if any family member is missing.
2. Beware of **damaged cables, power lines** and **tree branches**. **Inform** the relevant **authorities** and **help clarify**.
3. Do **not use electrical equipment** until it has been checked.
4. Do not **remove water residues** and **mud** until the flood has totally receded. **Cremate** animal carcasses systematically.
5. **Check** the buildings for **damage**.
6. **Dry** affected areas as **quickly** as possible to avoid building damage, mould or pest infestation.



Road blockage by flood, Photo: Frauke Kraas

Publishers of the pamphlet

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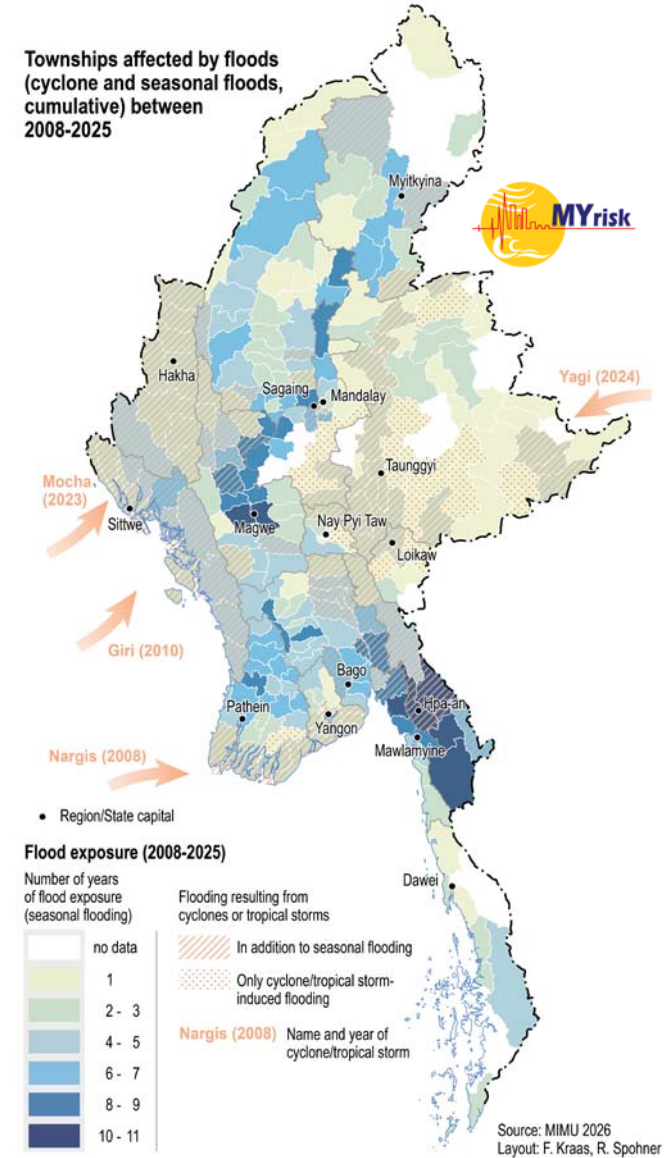
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Recommendations for flooding



Risk profile of Myanmar

Myanmar is exposed to a variety of hazards. These include e.g. earthquakes, floods, tropical cyclones, heatwaves, droughts, landslides or fires. Thus, it is **important to take precautionary measures**. This pamphlet contains information about what to do in case of **flooding**.

How does a flood occur?

- (A) Caused by **heavy rainfall**: A flood occurs when large amounts of rain fall over a period of time. This rain can no longer be absorbed by the ground and therefore flows off into streams and rivers or wildly on the roads. Surfaces that have been sealed by buildings and roads increase this danger. Buildings can even collapse.
- (B) Caused by a **malfunction of the drainage system**: Flooding can occur when drainage systems are blocked, e.g. by waste or by unregulated construction of buildings or roads.
- (C) Caused by **tropical cyclones**: Storm surges are high walls of water pushed on land by cyclones (e.g. Cyclone Nargis: 5m water depth, inundations reached 50km inland). In coastal areas, where tropical cyclones and their accompanying effects hit land, tropical cyclones become particularly dangerous.
- (D) Caused by **tsunamis**: A tsunami causes massive waves. These waves can flood large parts of the coastal region.

Flooding occurs mostly in **monsoon** time.

Further, it is likely to occur in **pre-monsoon between April and May** or in **post-monsoon times in October and November**.

Possible hazards

- The water can flood and flush out **buildings, paths, bridges** or **dams**. There is also a danger of people and animals **drowning** in the water.
- In addition, there is a danger of being hit by the **debris** carried in the water.



Heavy rain event in Yangon, Photo: Frauke Kraas

Precautionary measures

1. **Keep the drainage system clean** to avoid blocking from waste.
2. Maintain **good drainage alignment** to avoid drains being disrupted or destroyed by new construction.
3. Flood-prone **parts of buildings** should be **flood-resistant**, e.g. cement or tile floors or aluminum doors instead of wooden doors. Check that the roof is waterproof.
4. Make sure your **exits are free and clear** from heavy objects that might block the exit during an emergency.
5. Consider whether you can **protect your building with sandbags**. Please note that you need a warning and preparation time to set up these mobile protective devices.
6. Install **electrical supply equipment** in the upper levels.
7. Move valuable items and equipment to the upper floors.
8. Keep **important personal documents** in a safe place and have **copies or scans** of documents in **other safe places**.
9. **Store drinking water** and **durable food** for three days.
10. For your protection and comfort, prepare an **emergency backpack** that could last **for three days**. The emergency supply backpack should be **waterproof** and easy to find.
11. Learn **first aid techniques** and have a store of the necessary **medications** and equipment.
12. Inform **family members** about **preventive measures and behaviour** before, during and after the flood. Information on shelter location should be shared.



Flood protection by retaining wall in Dagon Myothit (North) Township
Photo: Department of Water Resources and River Development

Behaviour before the flood

1. Follow **weather reports** and **flood warnings** on radio or TV, cell phones, newspapers and reliable social media.
2. Leave **endangered water** and shore areas.
3. If you live near a river or in an area in danger of flooding, go to a **safety shelter** or **higher ground**.
4. Try to **protect your building**, e.g. with sandbags or water proof plywood panels and silicone.
5. Organise **accommodations** for sick and care-dependent individuals **in advance** (if possible with relatives and friends). Care for your animals.
6. To prevent environmental damage, **remove containers** with used oil, chemicals, paints, varnishes, detergents and cleaning agents from rooms at risk of flooding.
7. Park your **car and motorbike outside** the flood-prone areas.



Flood protection by sandbags in North Okkalapa and Dagon Myothit (South) Townships
Photo: Drainage and Sewerage Management Department