

# YOUR GUIDE TO ACTION – CYCLONE!!!

## Before a cyclone

**Prepare.** Check the structural strength of your home or office and identify the safest room/area (generally ground floor with no windows). Clear away anything that could blow away in high wind. Be prepared to be able to secure and seal windows and doors.

Prepare your **emergency supplies kit** containing essential items readily available for your survival for at least 72 hours.

Stay alert for weather bulletins and broadcasts. Cyclone warnings and alerts will usually be broadcast on all local radio and television stations.

Plan how you will communicate with family members, including multiple methods by making a family **emergency communications plan**.



**Upon Cyclone Warning or Alert.** Take note of the location of the cyclone and expected direction and forecast of wind speeds and weather.

Communicate with and account for all family members.

Secure and seal all windows and doors. Be prepared to move to the nearest safe location if your home/office is not safe.

Stay tuned to local radio broadcasts.

## During a cyclone

### Remain Calm!

Keep your emergency supplies kit close at hand. If you have to evacuate to another location take your kit with you.

**If you are Inside a building when the cyclone starts -** Stay indoors away from all doors and windows!

**If you are outside when the cyclone starts –** Get indoors as quickly as possible or find shelter. Stay away from trees and power cables that may have fallen to the ground.



**If you are in a vehicle –** Pull over to a clear location and stop. Avoid stopping near buildings, trees, overpasses, bridges, and power lines. Stay inside the vehicle until the cyclone stops. If a power line falls on your vehicle, do not get out - wait for help!

### Stay indoors until the storm stops!

Be aware of a sudden calm period – this may just be the eye of the storm and the wind may return from the opposite direction within minutes.

Conserve mobile battery power for emergency calls only. Stay tuned to local radio broadcasts.

## After a cyclone

Check yourself for injuries and get **First Aid** before helping injured persons.

If possible make an emergency call to report your status.

Beware of the hazards of fallen power lines, damaged buildings, rivers, coastal areas and flooded areas. Flooded areas often contain hidden debris.

Do not attempt to drive unless absolutely necessary.

Do not go sightseeing to look at the damage caused by the cyclone.

Ration fresh water until safe supplies have definitely been restored.

Beware of contaminated food and water.



Follow the instructions given by the local authorities or received from your security focal point.



**YOUR SAFETY. YOUR SECURITY. OUR PRIORITY.**

*This Guide to Action has been developed by UNDSS Myanmar and it intended for the use of UN personnel. The data and images contained in this guide have been collected from various open sources and do not necessarily constitute official UN views and language. It is intended for awareness purposes only. Please contact UNDSS Myanmar at [soc.mm@undp.org](mailto:soc.mm@undp.org)*