

## HIGH TIDE DATES BY MUNICIPAL CORPORATION OF GREATER MUMBAI (MCGM), MONSOON 2013

DATE	DAY	TIME	HIGH TIDE (METER)
<b>JUNE 2013</b>			
23/06/2013	Sunday	12.14	04.72
24/06/2013	Monday	13.02	04.89
25/06/2013	Tuesday	13.49	04.97
26/06/2013	Wednesday	14.35	04.93
27/06/2013	Thursday	15.21	04.79
28/06/2013	Friday	16.07	04.54
<b>JULY 2013</b>			
22/07/2013	Monday	11.58	04.68
23/07/2013	Tuesday	12.43	04.88
24/07/2013	Wednesday	13.27	04.95
25/07/2013	Thursday	14.10	04.89
26/07/2013	Friday	14.53	04.71
<b>AUGUST 2013</b>			
20/08/2013	Tuesday	11.38	04.61
21/08/2013	Wednesday	12.20	04.79
22/08/2013	Thursday	13.00	04.82
23/08/2013	Friday	01.29	04.51
23/08/2013	Friday	13.39	04.71
<b>SEPTEMBER 2013</b>			
19/09/2013	Thursday	11.55	04.57
20/09/2013	Friday	00.29	04.52
20/09/2013	Friday	12.33	04.55
21/09/2013	Saturday	01.09	04.52
<b>OCTOBER 2013</b>			
8/10/2013	Tuesday	01.55	04.53
20/10/2013	Sunday	00.52	04.52



- ◆ Be aware of the potential flooding spots in your area
- ◆ Turn off all electrical appliances in the flooded area. Stay away from Power lines
- ◆ If stranded in a vehicle, leave the vehicle and move to a higher place
- ◆ Don't walk through moving water. If needed use a stick to check the firmness of the ground in front
- ◆ Keep all emergency contact numbers handy for immediate use
- ◆ Identify and visit elevated areas in and around your home as places of refuge during floods
- ◆ Keep 'Family Emergency Supplies Kit' ready. It shall include water, dry food, first aid kit, torch, emergency contact numbers, important documents, money and other relevant family needs

### EMERGENCY HELPLINE NUMBERS:

**MCGM DISASTER CONTROL ROOM- 108, MUMBAI POLICE CONTROL ROOM- 100, FIRE BRIGADE -101**

Municipal Corporation of Greater Mumbai (MCGM) has set up following 24 control rooms in each of the municipal wards to help citizens in case of emergency.

A	B	C	D	E	F South	F North	G South
2262 4000	2379 4000	2201 4000	2386 4000	2301 4000	2410 3000	2408 4000	2422 4000
Churchgate, CST	Masjid Bandar, Sandhurst Road	Marine Lines, Chari Road	Grant Road, Mumbai Central	Byculla, Reay road	Elphinston Road, Parel, Sewri	Matunga, Dadar East, Wadala,	Mahalaxmi, Lower Parel, Prabhadevi
G North	H East	H West	K East	K West	P South	P North	R South
2421 2778	2611 4000	2644 4000	2684 7000	2623 4000	2872 7000	2882 3266	2805 6000
Dadar West Mahim	Bandra East, Khar East, Santacruz East	Bandra West, Khar West, Santacruz West	Vileparle East, Andheri East, Jogeshwari East	Vileparle West, Andheri West, Jogeshwari West	Goreagaon	Malad	Kandivali
R North	R Central	L	M East	M West	N	S	T
2893 6000	2893 1188	2650 5109	2555 8789	2528 4000	2501 3000	2595 4000	2569 4000
Dahisar	Borivali	Kurla	Govandi, Mankhurd	Chembur	Ghatkopar	Bhandup, Kanjurmarg	Mulund

# TAKE CARE... THIS MONSOON ...

Diseases such as Malaria, Jaundice, Cholera, Dengue etc. are serious health hazards during this season. Therefore it is imperative to take preventive steps. Below are few easy to do things to be safe and healthy.



Stagnant Water



**Malaria**



Street Food



**Diarrhea**



Unclean Water



**Typhoid**



Water Containers



**Dengue**

- ◆ Wash all fruits and vegetables thoroughly. Non leafy vegetables are recommended during the rains such as — snake gourd (*turi*), gourd (*dudhi*), yam (*suran*), cluster beans (*gavaar*), apple gourd (*tinda*) and bitter gourd (*karela*). Fruits recommended are pomegranates, mangoes, bananas, apples, litchees and cherries.
- ◆ Drink warm beverages; add mint or ginger or dry ginger powder to tea.
- ◆ Garlic, pepper, ginger, asafetida (*hing*), jeera powder, turmeric and coriander help enhance digestion and improve immunity. Moong dal is easy to digest.
- ◆ Non-vegetarians should go in for lighter meat preparations like soups and stews rather than heavy curries.
- ◆ Drink only boiled and filtered water, and make sure that it is consumed within 24 hours of boiling.
- ◆ Avoid eating chaats, fried items, pre-cut fruits and juices from roadside.
- ◆ Do not let water accumulate and stagnate in your surroundings.
- ◆ Avoid exposure to contaminated food, water and mosquitoes breeding areas.
- ◆ Do not underestimate fever (slight fever as well)- consult a doctor immediately.

## COMMON SYMPTOMS



- ◆ Cold & Cough
- ◆ Fever
- ◆ Vomiting
- ◆ Abdominal Pain
- ◆ Yellow color eyes
- ◆ Nausea
- ◆ Fatigue
- ◆ Shaking chills
- ◆ Muscle Pain
- ◆ Headache
- ◆ Diarrhea



**Keep Your surroundings clean**

## Emergency Contact Numbers

Cooper Hospital, Juhu	022-2620 7254 / 56 / 58	MCGM Health Helpline	022-2411 4000
Wadia Hospital, Parel	022-2412 9786	Kasturba Hospital, Mahalaxmi	022-2308 3901
K.E.M. Hospital, Parel	022-2410 7000	Lokmanya Tilak Hospital, Sion	022-2407 6381
MAA Hospital, Chembur	022-2522 0334	J. J. Hospital, Byculla	022-2373 5555
Bhagwati Hospital, Borivali	022-28932 461	Rajawadi Hospital, Ghatkopar	022-2102 4151

**LET'S JOIN HANDS FOR MAKING MUMBAI CITY SAFER , HEALTHIER & A BETTER PLACE TO LIVE IN!**

This advisory has been compiled and issued in public interest by United Way Mumbai Helpline (UWMH). UWMH is a special initiative of United Way of Mumbai. UWMH has been making collaborative and consistent efforts in addressing aspects related to environment with specific focus on civic issues, community based disaster preparedness and critical community health issues through public-private partnership in the city of Mumbai. UWMH has also been working as Third Party Auditors for Municipal Corporation of Greater Mumbai's Clean-Up Mumbai Campaign.

For further information visit: [www.unitedwaymumbai.org](http://www.unitedwaymumbai.org).

Follow us on:

### Contact Details:

United Way of Mumbai, 309, Nirman Kendra, Famous Studio Lane, Dr. E. Moses Road, Mahalaxmi, Mumbai 400011, India.

Tel +91 22 24937676 | Fax +91 22 24937679

Email: [contact@mumbaihelpline.org](mailto:contact@mumbaihelpline.org)