

# BE READY FOR CYCLONES



## What Should You Do?

### BEFORE A CYCLONE

1. Check to be certain that your emergency equipment is in good working order.
2. Store water, food and essential medicines.
3. Have enough food supplies for at least two (2) weeks.
4. Obtain and store materials to protect your home.
5. Review your insurance policy to ensure it provides adequate coverage.
6. Do you have elderly parents or sick person who will stay with you during a cyclone?  
Keep a list of their prescribed medications, and be sure to include them in food and water storage plans.
7. Have a flashlight with batteries handy.
8. Have a battery operated radio available.
9. Have a First Aid Kit handy.
10. Pick fruits and trim trees if near house.
11. Plan for Evacuation if necessary
12. Listen to the weather reports on radio and television.

### DURING A CYCLONE

1. Remain calm and provide assurance to children and elderly.
2. In cases where your house is damaged and the main switch is still on, it is always wise to switch it off. Ideally you should do so before a cyclone.
3. Where there are heavy lightning flashes, avoid getting into contact with metal objects.
4. Listen to the weather reports on radio and television.
5. **If evacuating:**
  - wear strong shoes (not flip-flops) and tough water-proof clothing for protection
  - turn off gas, electricity and water
  - inform neighbours & family members where you are going
  - take your list of emergency telephone numbers

### AFTER A CYCLONE

1. Avoid going outdoors until the 'all clear' is given.
2. Seek medical attention for persons injured.
3. Clean up debris and effect temporary repairs.
4. Report damage to utilities.
5. Assist in road clearance.
6. Assist in community response efforts.
7. Avoid sightseeing.
8. Avoid getting into contact with lines lying on the ground.
9. Report to the Central Electricity Services for all damaged or broken poles/wires etc. which may be seen in your premises/area, as soon as possible.