



PREPARE FOR

FLOODS

#READY360

#YourMove

# IT'S YOUR MOVE!

PREPARE

TO PROTECT

## WHEN FACED WITH FLOODING, EVERY ACTION COUNTS

Learn how to prepare and respond effectively in an emergency. Flooding can occur at any time.



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SWIPE

# WHAT IS A FLOOD ?

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PREPARE TO PROTECT

A flood is when water flows into an area where it normally shouldn't be. It can be caused by heavy rain, or when a river or ravine overflows.

When it rains a lot, water can rise above the riverbanks and flood roads or houses.

A major flash flood can quickly become dangerous and put you at risk. For example, the force of the water is greater during a flood, and materials such as soil, rocks or branches are easily carried away by the current.

## DID YOU KNOW ?

**JUST 30 CM (ABOUT 1 FOOT) OF WATER  
IS ENOUGH TO SWEEP AWAY A CAR.**

# LEVELS OF WARNING

● **FLASH FLOOD WARNING**

● **FLOOD WARNING**

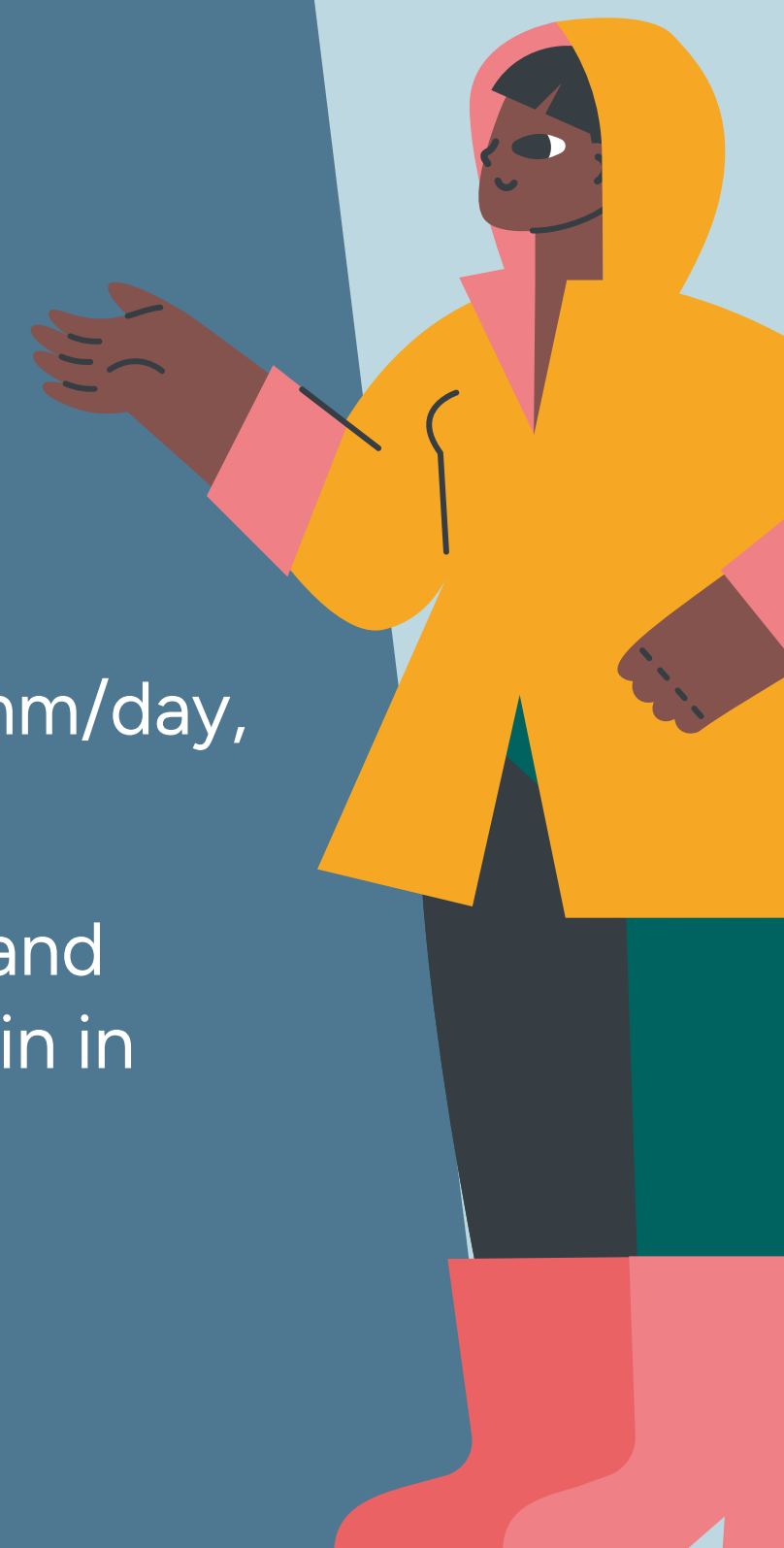
● **FLOOD ADVISORY**

● **FLOOD WATCH**

## EXAMPLES

**Flooding Saint Lucia 2022**, rainfall of 88.8 mm/day, 5500 people affected.

**Flooding in Guyana 2021**, between 25,000 and 30,000 people affected by chronic heavy rain in May.



BEHAVIOURS TO ADOPT

**BEFORE**

A WARNING  
IS ISSUED



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- ✓ Do you know if your **home is in a flood-prone area** ?  
Check with your local authority.
- ✓ Does your **insurance** adequately cover your belongings ?  
If you don't have insurance, find out how to get coverage.
- ✓ Are you familiar with the **official information channels and alert systems** ?
- ✓ Do you know the **refuge areas** ? The **flood-prone areas** ?  
The **evacuation routes** defined by the local authorities,  
near your home and your relatives ?
- ✓ If you live in a flood-prone area, have you considered  
**raising your furniture** and placing your water-sensitive  
objects (toxic products, documents, etc.)  
in a high place ?
- ✓ Did you think to **check the weather forecast** and alert  
levels before moving ?

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### Get your house ready

- ✓ **Prepare a shelter plan** with and for the members of your household :
  - Where can you take shelter in the house ?
  - How and where to evacuate to a refuge area ?
- ✓ Plant the banks or build small walls around your house to limit landslides.
- ✓ Clean your gutters and drains regularly. Prepare sandbags for use in the event of a rain alert.

BEHAVIOURS TO ADOPT

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**BEFORE**

A WARNING IS ISSUED

Check out the special infographic on the emergency kit !

Prepare your emergency kit for a period of 3 days, to cover your **five essential needs**:

- ✓ **Hydration** (drinking water)
- ✓ **Food** (non-perishable food)
- ✓ **Care**  
(first aid kit and medicines)
- ✓ **Protection**  
(lamp, clothing, and emergency blanket)
- ✓ **Communication**  
(radio and means of signalling your presence)

Adapt the contents of the kit to the specific needs of each member of your household.



BEHAVIOURS TO ADOPT

**DURING**

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Stay informed about official instructions and alert levels. Use a radio that doesn't require electricity (battery-powered, hand-crank, or solar).

**BY CAR OR ON FOOT** Never approach or cross flooded areas. Limit your travel as much as possible.

**IN YOUR HOME** Turn off the electricity and gas and **take refuge with your family in a high place**, such as the upper floor.

**OUTDOORS EVACUATE TO HIGHER GROUND** or go upstairs in a safe building. If you take to the road, follow the detours and instructions provided by authorities.

**AT SCHOOL** Only go pick up your children if you receive an **official message** from their school or the local authorities.

**Follow your shelter plan and take your emergency kit with you.**



BEHAVIOUR TO ADOPT

**AFTER**

A FLOOD

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**Stay cautious** : only travel if authorities have given the go-ahead and if you are sure the place or road is safe.

**Avoid flooded or unstable areas**, whether on foot or by car.

**Restore electricity only if your system is in good condition** : check for damaged wires, water in outlets, or tripped circuit breakers. If in doubt, call an electrician.

**Never touch wet electrical devices or cables in water.**



BEHAVIOUR TO ADOPT

# AFTER

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If you have been flooded, within 24 to 48 hours :

- ✓ Clean and disinfect affected surfaces while Protect yourself by wearing appropriate gear during cleanup and wash your hands frequently with soap to avoid illness.
- ✓ Ventilate your home, clean and disinfect drinking water tanks and/or rainwater reservoirs.
- ✓ Throw away all food (fresh, frozen, canned) that has been in contact with floodwater, even if it appears intact.
- ✓ Dispose of debris and damaged items quickly and properly following authorities' guidelines to prevent pests (rodents/insects) and microorganisms.
- ✓ Do not eat vegetables and fruits from your garden if they have been flooded.

## WARNING

After a flood, there are significant health risks.

Protect your health and that of the people around you by following health guidelines.



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**JOINS-US!**



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The Ready 360°- Phase 2 project is co-financed by the INTERREG Caribbean program through the European Regional Development Fund (ERDF).

**CREATE YOUR FOLDER**



# EMERGENCY

**AND SAVE THIS POST NOW!  
YOU'LL FIND IT EASILY IF NEEDED.**

