



State Disaster Management Authority Lower Lachumiere, Shillong

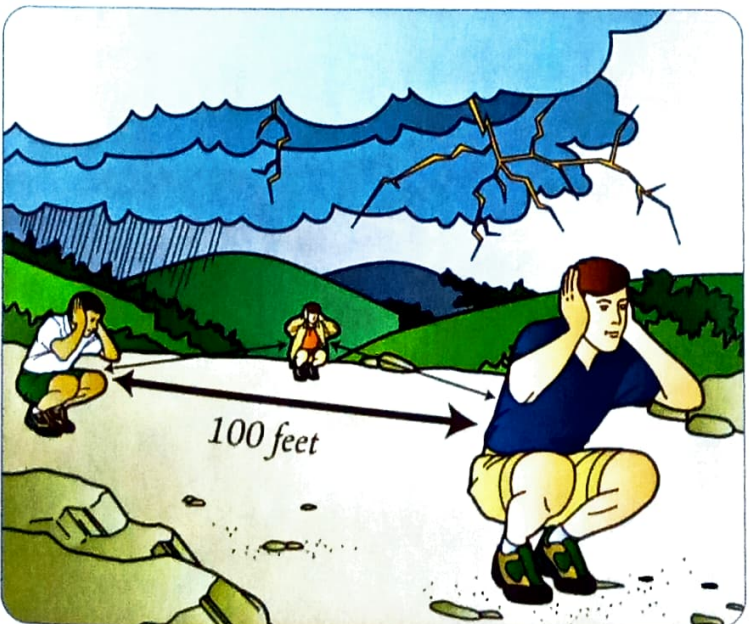
Mikka Kimpreta aro Goera Goa: Dakna Nanggnirang aro Dakna Nanggijanirang

Apalo Onggenchim Ongode

Dakna Nanggnirang

Apalo ongmitingo mikka kimprete saknaa manaoni jokna gita mittam cholrangara:

- Apalchi onkatna skang mikka wana ama ba sal rakaniko nichengbo. Mikka kimpretbaenga ba mikka ileripenganiko nikjokon minit 30 mangna nokningo dongaibo.
- Mikka wana amenga ba mikka kimpretbamitingo aba ba patalo kam kana reongkatnabe, jilgipa matburingrangko chaamna rimangnabe, milsi pina ba natok amna onkatnabe, ring chonabe ba nangchongmotgija songreanirangko daknabe.
- Mikka kimpretbajokon chelchakani gnanggipa biapo chake dongbo. Sil rarachi rikgipa biap ba sil gnanggipa nokrangoni cheltange dongbo. Chelchaka gnanngonggipa biaprangara uan nok, office, shopping center-

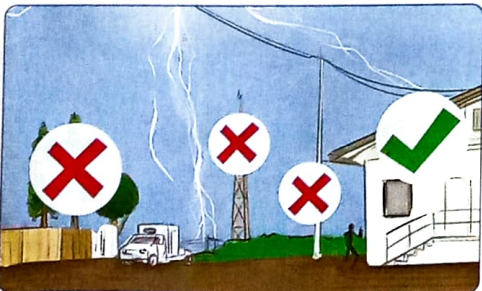


rang, aro rakgipa nokking gnannggipa garirang onga aro kelkiko pangnan chugimik saldoe dongbo.

- Naa chakna gita chelchaka gnannggipa biapko manjagenchim ongode rangsanen chugipa biaprang jekai abrirang ba abri kuchotoni ongonbo.
- Bangbanggipa biapo jangnanngenchim ongode, chelchakani aro naljokani cholko antangna rangsanen rabo.
- Chi bana rena altugijagipa kamagipa biap ba jolo chakna gita biapko sandibo.
- Gitok janggilchipak kmil chadoani aro beenni tilik tilik dake moaniara goera gona amaniko mesokani chin onga.
- Pokkri, wari aro chi donggipa biaprangoni rangsanen antangko cheltange rakkibo.
- Bijolini siliting aro bijoli onkakatna mangipa bosturang (telephone, silchi kapenggiarang, kosako sringgipa silitingrang, rail ramarang, wind mill-rang), bolrang aro abri kuchotrangoni cheltange dongbo.
- Japao rubber gnannggipa jutarang aro gari tyre-rang mikka kimpretmitingo aro goera goaoni chelchakaniko onja.
- Mikka kimpretmitingo naa jinma baksa apan onngenchim ongode, saknaa manani obosta sokaniko komiatna gita gipinrangoni cheltange dongbo.
- Mikrakatanirangko man-sona gita Damini Mobile app-ko Playstore-oniko download ka-na man-gen

Dakna Nanggnijirang

- Mikka wabaenga ba mikka kimpretbaengon aba ba patalo kam kana reongkatnabe, jilgipa matburingrangko chaamna rimangnabe, milti pina ba natok amna onkatnabe, ring chonabe ba nangchongmotgija songreanirangko daknabe.



- Bijolini ba telephone-ni krong ba bolrangni kamao chaknabe. Iarango goera gona altubea.
- Sil gnannggipa bosturangko dangtapnabe aro bike, bijolini ba telephone-ni krong, silchi kapenggiarang, machine-rangoni cheltange dongbo.
- Naa bangbanggipa biapo/apalo kam kaengachim ongode aro chelchaka gnannggipa biapona kate chakna somoi mansrapjaha ongode, gonggongeming skotengko nione jakrangchi nachilrangko pindape aachi banggija nangatenba robol dake antangko rakkibo. Ian nangko goera goaoni jokna gita dakchakgen.
- Mikka kimpretmitingo ba goera gomitingo maming saloba mobile phone-rangko jakkalnabe.
- Sil gnannggipa chattarangko jakkalnabe.

Nokko ba Nokningo onngenchim ongode

Nok, office, shopping center-rang mikka kimpreta aro goera goaoni chelchakaniko ongipa biaprang onngenchim ongoba naa saknaa mankuiani chol gnan. Iano antangko chelchake aro naljoke rakkiani mittam cholrangko onatenga:



Dakna Nanggnirang

- Mikkrakatoanirangko aro uatsamsoanirangko dingtang dingtang cholrangchi masie aro knae rabo.
- Nokningoni onkatnabe aro nangchongmotja ongode songrenabe.
- Mikka kimpretmitingo ba goera gomitingo dogarang, kelkirang, cement-chi repigipa nokkrarang, waal sikgipaa chudaprang, stove-rang, auchakram, ba gipin

bijoli salna aro onkakatna mangipa bosturangoni cheltange dongbo.

- Mikka kimpretmitingo bijolichi chalaigipa bosturang jekai computer, laptop, game system-rang, bara suanirang, dryer-rang, stove-rangko bon kae donbo.
- Dogarang kelkirangko chipi donbo aro nokni apalchi dongipa bosturangko simsake aro mangrake donbo (jekai asongchakani chokkirang, jabol galchakanirang).
- Bisarang aro achak menggorangko nokningchi rimnapbo.
- Mikka kimpretmitingo ba balwa rakmiting somoro balpakenba saknaaniko manatna altugipa bolni bolplangrang aro gipin balpakna altugipa bosturangko chelchaka gnannggipa biapona apjitatbo.

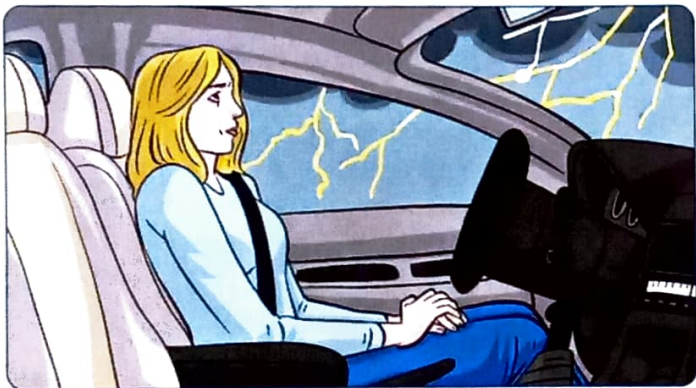
Dakna Nanggnijirang

- Chake dongimin chi ba joksae donggipa chiko dangtapnabe aro aunabe, medik-samdikrangko sugalnabe maina biljolara silni pipe gita rena altubata.
- Bijolichi chalaigipa bosturangko, corded phone aro je silni wire-rangkoba jakkalnabe.
- Mikka kimpretmitingo bijoli onkakatgipa bosturang, corded phone-rangko jakkalnabe. Indiba mikka kimpretmitingode cordless phone-kode jakkalna kenchakani dongja.
- Nokking donggijagipa ba nokking kulina mangipa garirang, motorcycle, aro golf cart-rangko chalainabe. Bangbanggipa biaprang jekai nokni baranda, kalchakram biaprang (jekai golf course, park, aro playground-rang), pokkri, wari, swimming pool, aro sagal rikamrangoni cheltange dongbo.



Songremitingo Dakna Nanggnirang aro Dakna Nanggijanirang

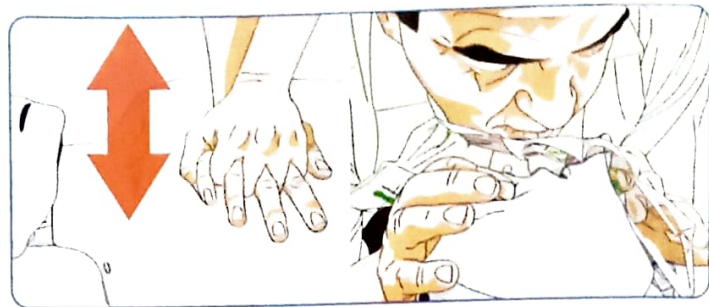
- Apalni kamrangko kana skang mikka wana ama amgijaniko nichengbo. Mikka kimpretena simsakna nanggnini bidingo mikratsoanirang donggenchim ongode songre-songbataniko daknabe aro apalo kam kaaniko sal namkalaona sengbo ba salgipinona radoatbo.
- Mikka kimpretmitingo nokking bangbanggipa garirang jekai convertible-rang, motorcycle-rang, aro golf cart-rangko jakkalnabe. Bangbanggipa biaprang jekai nokni baranda, kalchakram biaprang, golf course, pokkri, wari, swimming pool aro sagal rikamrangoni cheltange dongbo.
- Goera gona altugiparangoni jekai rengrengsil, motorcycle ba gea-gamanio jakkalgipa kobotarangoni cheltange dongbo.



- Ring choenga ba chi jrogenchim ongode, mana dipet taraken aa ranaona sokna jotton kabo aro chelchaka gnanggipa biapo chake dongbo.
- Mikka kimpretmitingo, dakchakani sokbajakuna kingking ba mikka kimpretena namangjokona gari ningaon dongaibo (gari ninganiko naa maming silkoba dangtapjagenchim ongode gario silni nokking nangna chelchakaniko ongen); kelkirangko chugimik saldoe donbo aro gariko bol japangrangoni aro bijoli silitingrangoni cheltange nengtakate donbo.
- Buring ba bol banggipa biaponi (mongsongbate silongget bolrangoni) bangbangkalgipa biapona apjitbo. Maina goera goanichi buringo waal kamna altubea.

Goera goani: Abachenggipa sana-bananiko onchengani

Sana-bananiko ongiparangna sengsomitingo goera goa mangipa manderangna abachenggipa sana-banani



aro niroksoaniko dakanichi uamangni janggiko jokatna mangel. Goera goa mangipa mandeko dangtapna maming dakeba kenna nangani dongja.

- Saknaa mangipa mande rangsitengama aro katong suengama uko nibo. Katong suaniko nina nambatgipa biapde uan carotid artery onga jean nangni wamani kamaon gitoko dongja.
- Saknaa mangipa mande rangsitjagenchimode rangsanen kusikchi balwa onaniko abachengbo. Saknaa mangipa mandeo rangsitani aro katong suani dongjagenchim ongode CPR ko abachengbo.
- Goera goanichi saknaa mangipa mande grengrang bee anma goka ongama ba bilongbee anchi pakanirang ongama uko nibo.
- Mikka kimpretani aro goera gotaitaianiara saknaa mangipa aro jokatenggipa mandeni janggina kenbegnigipa onga. Saknaa mangipa mandeni gitile dongenggipa biapara kenna nangbegnigipa ongode, ua saknaa mangipa mandeko chelchaka gnanggipa biapona apjitbo.
- Goera gogipa manderango bijoli skatrikjeni gimin uamangko kenna nangani grian dangtapna aro simsak-nirokaniko ona manaia.
- Grengrang beaniko, nachil knaani aro mikkron nikani gimaaniko nibo.
- Goera goa mangiparango been kamani, masigijani-jajaani aro gisik jada changaniko manronga. Saknaa manani obostako nienba nanggenchim ongode uko sana-bananiko rachina gita hospital-ona rimangbo.
- Helpline number 1078 ona call kaatenba goera goe saknaa mangipa mandeni obostako aro obosta ongchakgipa biapko tale aganatbo. Mangenchim ongode, goera goa mangipa mandeko hospital-ona sana-bananiko rachina rimangbo.

Note: Antangtango onga obostani aro namgipa jarikani bewalrango pangchakenba ia Dakna Nanggnirang aro Dakna Nanggijanirangko Adokrang antangtang jakkalna gita taridapna mangel.