



State Disaster Management Authority Lower Lachumiere, Shillong

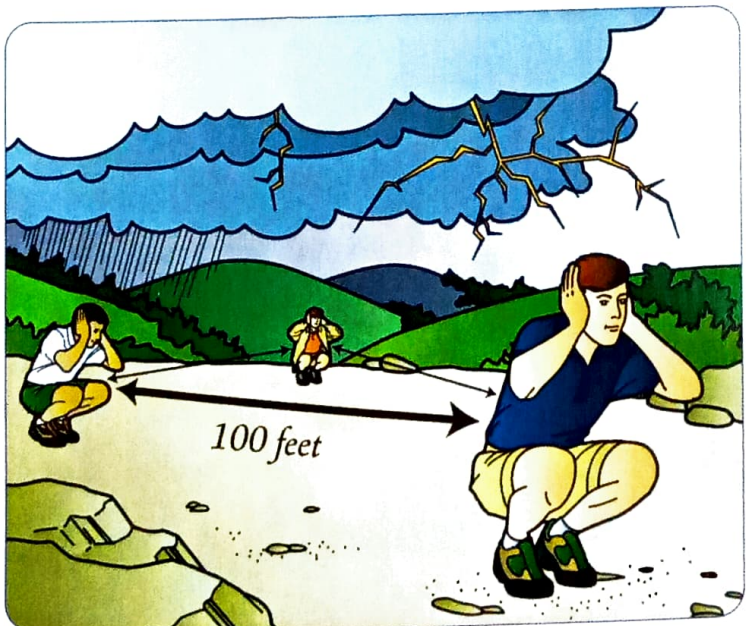
Haba ther u Lapbah ryngkat ka Eriong bad Pyrthat & Leilieh: Ban leh bad Bym Dei ban leh

Lada don shabar iing

Ban leh

Ban kiar na ka leilieh haba don shabar, katto katne ki jingbthah na ka bynta ka jingshngain bad pynkiar na ka jingmynsaw ki long:

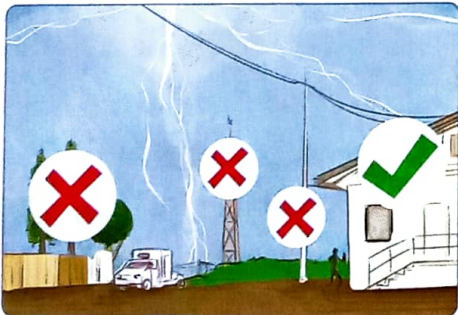
- ❖ Da peit shwa ia ka jinglong ka suinbneng shwa ban shimbynta ha ki kam kiba dei shabar iing. Haba phi iohi ba ther u lapbah ryngkat ka eriong bad pyrthat bad leilieh, shong shwa shapoh kumba 30 minit.
- ❖ Wat ju mih na iing haba sniew ka suinbneng khamtam haba trei lyngkha, sharai jingri, khwai dohkha bad king lieng ne ban leit jingleit.
- ❖ Haba kyrhuh u pyrthat, shong rieh hapoh. Kiar na ki kynja nar bad ki jingtei kiba ker da ka nar. Ki jaka rieh ki kynthup ia ki iing, ophis, ki dukan bad ki kali da khang ki jingkhang iit.



- ❖ Lada phi don shabar bad ym don jaka rieh, phet sha ki jaka ba kynjang kum ki lum.
- ❖ Lada phi don ha ka jaka kylluid, pynstet ban phet pynstet na ka jingma.
- ❖ Ka bha ba wad jaka rieh ha ki jaka madan bad pynthikna ba kata ka jaka ba phi jied kan nym shlei um.
- ❖ Ka jingiang ki niuhkhlieh nadien ryndang bad ka jingtyrsain ka pyni ba lah ban wan ka jingthaba leilieh.
- ❖ Phet bran bran na ki pung, ki nan bad ki jaka don um.
- ❖ Kiar na ki lain bording bad ki tiar kiba par elektrik (telephone, bording, ki sainar, ki sainar ba pypun na jrong, ki lynti iaid rel, ki kor pyniaid da ka bor lyer bad kiwei), ki dieng bad ki kiar lum.
- ❖ Ki juti jri bad ki shaka kali kim ai jingiada na ka leilieh.
- ❖ Lada phi iadon kynhun ha ka por ba ther lapbah ryngkat ka jingkhie eriong bad pyrrhat, ialeh ban pyniaingai iwei na iwei ban iada na ka jingmysaw.
- ❖ Ban ioh ia ki jingtip bad jingmaham lyngba ka **Damini** Mobile App na Playstore.

Bym Dei Ban Leh

- ❖ Wat ju mih shabar haba sniew ka suinbneng khamtam ban trei ha lyngkha, ban leit pynbam phlang ia ki jingri, ban khwai bad ban king lieng.
- ❖ Wat ju rieh ha trai ki nar elektrik ne telephone ne dieng. Kine ki khring ia ka leilieh.
- ❖ Wat pyndonkam ia ki tiar nar bad kiar na kaba ieng hajan ki thuk-thuk, post elektrik ne telephone, ki jingker sainar, mashin bad kiwei.



- ❖ Lada phi trei sha lyngkha/shabar iing bad phim don por ban rieh ha jaka ba shngain, shong kli ialade kum ka bol da kaba dem ka khlieh bad bat ki kti ha ki shkor bad kiar katba lah na ka leilieh.
- ❖ Wat pyndonkam mobile phone ha la por ba thaba ka leilieh
- ❖ Wat pyndonkam ia ki shatri kiba don jingbat nar.

Lada don ha iing ne ha ki jaka ba kdup

- ❖ Wat lada ngi khein shngain haba ngi don ha ki jaka rieh kum ki iing, ophis, ki dukan ha ka por ba ther lapbah bad khie eriong bad pom pyrrhat, ngi lah ban dang don jingma. Kine ki long katto katne ki jingbthah ban shngain ialade:

Ban Leh

- ❖ Sngap bad peit ia ki khubor thymmai bad ki jingmaham lyngba ki lad pathai khubor bapher bapher. Shong beit hapoh iing bad kiar na kaba leit jingleit lada long.



- ❖ Pynjingai ialade na ki jingkhang, jingkhangit, baranda bad ki madan dewilat, ki jaka thang ding, stove, top sum bad kiwei ki tiar ba pyndait da ka elektrik ha ka por ba bom lapbah bad khie eriong bad pyrrhat.
- ❖ Weng ia ki plug jong ki tiar elektrik kum ki kompiwtor, laptop, kor ialehkai ba pyndonkam da ki elektrik, mashin sait jain, pynrkhian jain, stove bad kiwei kiba hap ban pyndait da ki kor elektrik namar u tiar suplai

bording u lah ban par ding ha ka por ba thaba leilieh bad pom pyrrhat.

- ❖ Khang ia ki jingkhangit bad jingkhangbah bad pynskhem bha ia ki tiar shabar iing (kum ki miej shuki, jaka bret niut bad kiwei).
- ❖ Peit ba ki khunlung bad ki mrad ba ri ha iing ki don hapoh.
- ❖ Weng ia ki dieng sawdong bad kiwei ki jakhlia kiba lah ban her bad wanrah ka jingmysaw.

Bym dei ban leh

- ❖ Wat ju sum, sait jingkhlieng ne ktah ia ka um kaba lang ne kaba tuid. Namar ka leilieh ka lah ban pur lyngba ki pipe nar kiba pyniaid ha iing.
- ❖ Wat ju pyndonkam ia ki tiar elektrik kynthup ia ki phone don waiar bad ki sainar ne ki nar.
- ❖ Kiar na kaba pyndonkam ia ki phone don waiar bad kiwei ki tiar elektrik kiba lah ban tan ia ka leilieh. Ym lei lei lada pyndonkam da ki phone bym don waiar ha ka por ba ther lapbah bad khie eriong bad pyrrhat.
- ❖ Kiar na ki kali kiba lait ryngang kum ki convertible, thuk thuk bad ki kali tied golf. Kiar na ki jingtei/jaka kiba ryngang kum ki baranda, ki jaka ialehkai (kum ki madan tied golf, park, jaka lehkai), nan, pung, pung jingi bad ki rud duriaw.

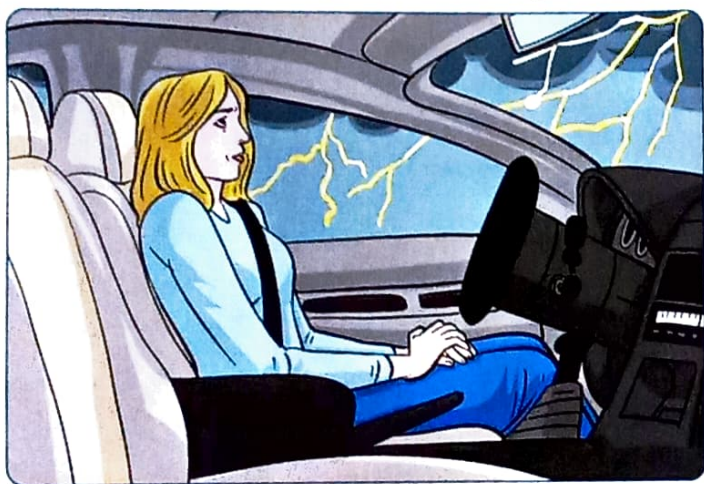
Ban leh bad Bym Dei Ban Leh haba leit jingleit

- ❖ Da peit lypa ia ka jinglong ka suinbneng shwa ban leit ne trei shabar. Lada don jingmaham ia ka jingwan



u lapbah ryngkat ka eriong bad pyrthat, pynsangeh shwa ia ka jingleit ne jingtrei kam shabar.

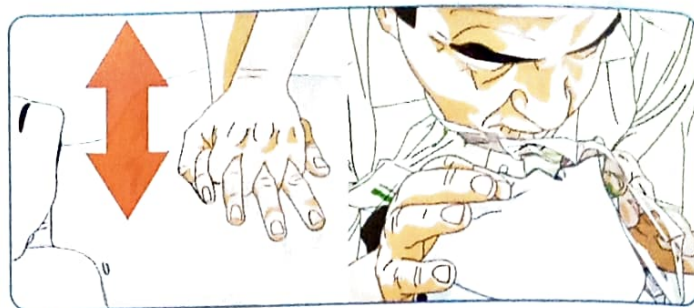
- ❖ Ha ka por ba bom lapbah ryngkat ka eriong bad u pyrthat, kiar na ki kali kiba lait rynghang kum ki convertible, thuk thuk bad ki kali tied golf. Kiar na ki jingtei kiba rynghang kum ki baranda, ki jaka shong ki nongialehkai baseball bad ki jaka ialehkai. Bad kiar na ki jaka ba madan kum ki madan tied golf, park, jaka lehkai, nan, pung, pung jngi bad ki rud duriaw.
- ❖ Hiar bran bran na ki thuk thuk, baiskil ne kali trei lyngkha kiba lah ban tan ia ka lelieh.
- ❖ Lada shong lieng ne jngi, phet bran bran sha madan bad shong rieha ka jaka ba kham shngain.



- ❖ Haba khie ka eriong bad slap, shong beita ha kali haduh ban da poi jingiarap ne haduh ban da jah ka eriong bad pyrthat (ka sad nar ka ai jingiada lada phim ktah ia ki nar kiba don hapoh); dei ban khang ki jingkhangiit bad dei ban pynieng ia ka kali jngai na ki dieng bad ki sainar elektrik.
- ❖ Mih na ki jaka ba long khlaw (khamtam ki khlaw diengkseh) sha ka jaka ba lait. Ka lah ban jia ka jingpluh khlaw namar ka jingpom ka lelieh.

Leilieh: Ka jingsumar ba nyngkong

- ❖ Ka jingsumar First Aid ia kiba mynsaw na ka jingpom lelieh katba dang ap ia ki doktor ka lah ban pyllait im ia ka mynsiem. Ka shngain ban ktah ia kiba mynsaw na ka jingpom lelieh.



- ❖ Peit la uba mynsaw u pynhiar mynsiem bad tied u klongsnam. Ka jaka ba biang ban sngap thuh ia ka jingtied ki thied snam ka dei u carotid artery uba don ha ryndang kham hapoh ia ka tyngam.
- ❖ Lada u briew um pynhiar mynsiem, sdang ban ai lyer para shyntur. Lada u thied snam um tied, sdang leh da ka CPR.
- ❖ Peit la uba mynsaw na ka jingpom lelieh u kdiah shyieng ba lah ban pyniap shiliang ne don jingphlei snam.
- ❖ Da husiar ia ka jingthaba lelieh lynter ia uba mynsaw bad u nongpyllait im. Lada ka jaka ba don uba mynsaw ka dei ka jaka kaba don jingma, pynkynriah ia uba mynsaw sha ka jaka kaba kham shngain.
- ❖ Ki briew kiba shah pom lelieh kim pur bor elektrik bad lah ban sumar ia ki.
- ❖ Peit ioh don ka jingkhein shyieng, duh ka bor iohsngew bad iohi.
- ❖ U briew uba shah pom lelieh u lah ban ing, ioh shock bad mynsaw. Peit ia ka jingmysaw bad lada donkam pynkit ia u briew sha hospital ban sumar.
- ❖ Phone ha u nombar iarap 1078 bad batai shai ia ka lynti ban poi sha ka jaka bad ai ki jingtip ia ka jinglong jong uta uba mynsaw na ka jingpom lelieh. Pynkit ia uta u nongpang ba shah pom lelieh sha hospital, lada lah.

Kynmaw: Ki jylla ki lah ban saindur hi ia ki jingkdew ia Kiba Dei Ban Leh bad Bym Dei Ban Leh katkum ka jingshem jong ki ha la ki jylla.