

MUMBAI MONSOON ADVISORY 2023

Issued in public interest by





HIGH TIDE TIMINGS (2023)

High tides occur when the seawater rises to its highest levels

Date, Time and Heights of high tides more than 4.5 m

Jul 2023	DAY	DATE	TIME	HEIGHT (IN METRES)	Sep 2023	DAY	DATE	TIME	HEIGHT (IN METRES)
	Monday	03/07	12:07 PM	4.68		Friday	01/09	12:49 PM	4.85
	Tuesday	04/07	12:51 PM	4.83		Saturday	02/09	1:26 PM	4.78
	Wednesday	05/07	1:34 PM	4.89		Sunday	03/09	2:03 PM	4.59
	Thursday	06/07	2:18 PM	4.84		Friday	29/09	11:42 AM	4.62
	Friday	07/07	3:02 PM	4.71		Saturday	30/09	12:19 PM	4.64
	Saturday	08/07	3:47 PM	4.50					
Aug 2023	DAY	DATE	TIME	HEIGHT (IN METRES)					
	Tuesday	01/08	11:52 PM	4.66					
	Wednesday	02/08	12:34 PM	4.84					
	Thursday	03/08	1:15 PM	4.92					
	Friday	04/08	1:55 PM	4.88					
	Saturday	05/08	2:35 PM	4.73					
	Wednesday	30/08	11:31 AM	4.61					
	Thursday	31/08	12:11 PM	4.79					

***Note: High tide coupled with very heavy rainfall (124.5 to 244.4 mm) will most likely lead to a flooding situation in parts of Mumbai. Hence, citizens should take utmost care while planning their routine during these days and avoid venturing near beach areas/ sea shores during heavy rainfall.**

**Source - BMC Disaster Management Control Room*

NEAP TIDE TIMINGS (2023)

Neap tide days are when the difference between low and high tides is less and the discharge of rain water into the sea is very slow. Very heavy rainfall during a neap tide, may lead to flooding in parts of Mumbai.

JUL 2023	DAY	DATE	HIGH TIDE		LOW TIDE		HEIGHT (IN METRES)
			TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	
	Tuesday	11/07	06:43	3.46	12:33	2.02	1.44
	Wednesday	12/07	08:07	3.53	13:53	2.19	1.34
	Thursday	13/07	09:20	3.70	15:10	2.24	1.46
	Wednesday	26/07	05:20	3.28	10:53	2.05	1.23
	Thursday	27/07	06:34	3.30	12:09	2.27	1.03
	Friday	28/07	08:00	3.45	13:40	2.36	1.09
	Saturday	29/07	09:17	3.72	15:04	2.28	1.44

*Source - <https://www.tidetime.org/asia/india/bombay-india-calendar.htm>; <https://seahorsediveclub.uk/2022-neap-tide-reference-guide/>

*Source - BMC Disaster Management Control Room

NEAP TIDE TIMINGS (2023)

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Aug 2023	DAY	DATE	HIGH TIDE		LOW TIDE		HEIGHT (IN METRES)
			TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	
	Wednesday	09/08	06:03	3.49	11:57	2.15	1.34
	Thursday	10/08	07:32	3.41	13:27	2.36	1.05
	Friday	11/08	09:03	3.50	15:04	2.36	1.14
	Saturday	12/08	10:07	3.68	16:19	2.22	1.46
	Friday	25/08	05:47	3.40	11:25	2.31	1.09
	Saturday	26/08	07:22	3.42	13:18	2.41	1.01
	Sunday	27/08	08:55	3.65	14:59	2.23	1.42

SEP 2023	DAY	DATE	HIGH TIDE		LOW TIDE		HEIGHT (IN METRES)
			TIME	HEIGHT (IN MTR)	TIME	HEIGHT (IN MTR)	
	Thursday	07/09	05:18	3.50	11:22	2.24	1.26
	Friday	08/09	06:47	3.30	13:10	2.41	0.89
	Saturday	09/09	08:39	3.34	15:04	2.32	1.02
	Sunday	10/09	09:48	3.53	16:12	2.09	1.44
	Saturday	23/09	05:19	3.51	11:14	2.32	1.19

*Source - <https://www.tidetime.org/asia/india/bombay-india-calendar.htm>; <https://seahorsediveclub.uk/2022-neap-tide-reference-guide/>

*Source - BMC Disaster Management Control Room

MONSOON EMERGENCY KIT

Ensure you have the following items handy, to be prepared for
any monsoon related emergencies



**Dry food, Baby
food & water**



Dry clothes



Whistle



**Cash, Credit/Debit Cards,
Important documents (passport,
insurance details, certificates,
bank details, etc.)**



**First-aid kit
with essential
medicines**



**Multi-purpose
knife**



**Mosquito
repellant, Mask,
Sanitizers**



Contact list



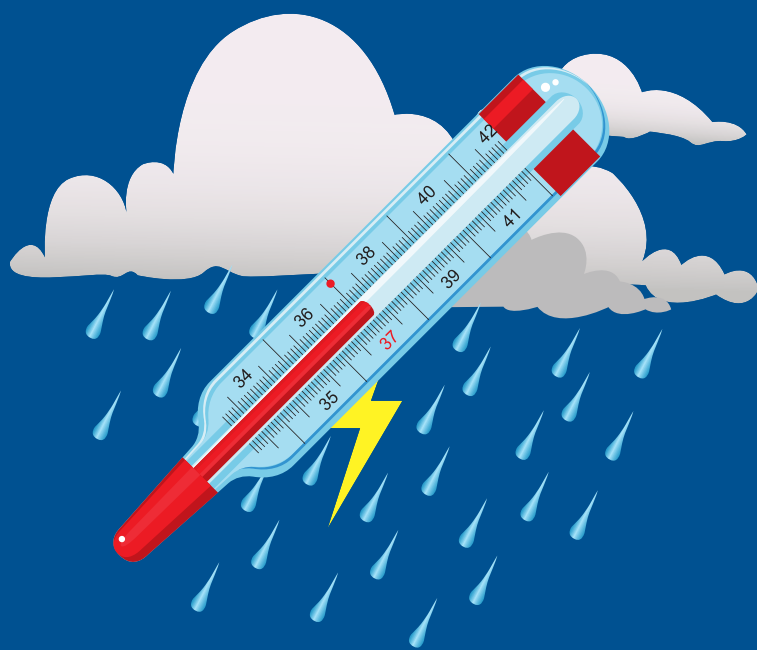
**Flashlight & batteries,
Candle and matchstick in
a waterproof container**



Power Bank

HEALTH & HYGIENE TIPS

Here are some handy tips to help you avoid monsoon illnesses



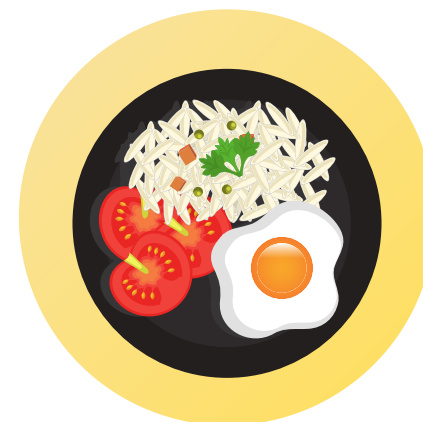
Diseases such as cold & flu, typhoid, hepatitis A, malaria, jaundice, cholera, dengue, diarrhoea, & many others are common during the monsoons, creating serious health hazards.



**Drink boiled and/or
filtered water**



**Spray and apply
adequate mosquito
repellent**



**Eat nutritious food
& avoid eating
street food**



**Thoroughly wash
raw fruit &
vegetables**



**Wash your hands
regularly with
antiseptic soap**



**Drink plenty of
fluids to stay
healthy**



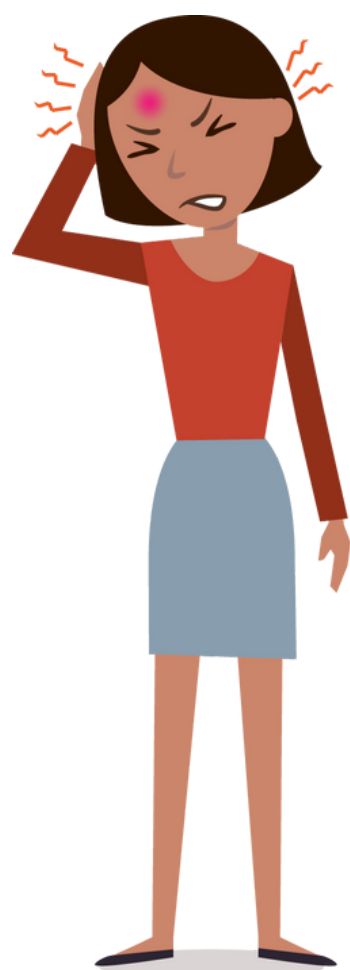
**Clean stagnant water
regularly & avoid contact
with dirty water**



**Follow COVID safety
protocol: Wear Mask, keep
sanitizing and washing
your hands with soap**

COMMON SYMPTOMS OF MONSOON RELATED ILLNESSES

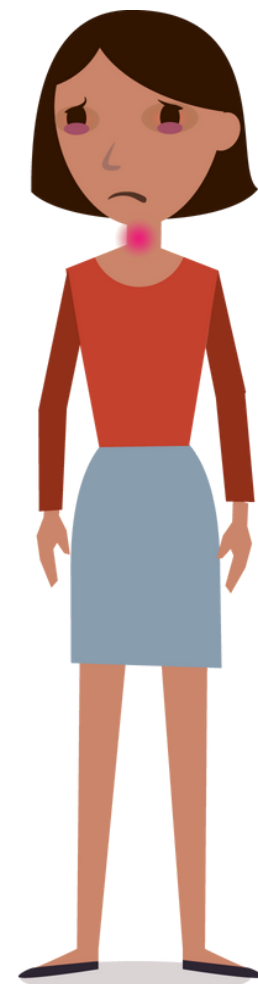
Here are a list of symptoms to help you identify ailments that are common during the rainy season



HEADACHE



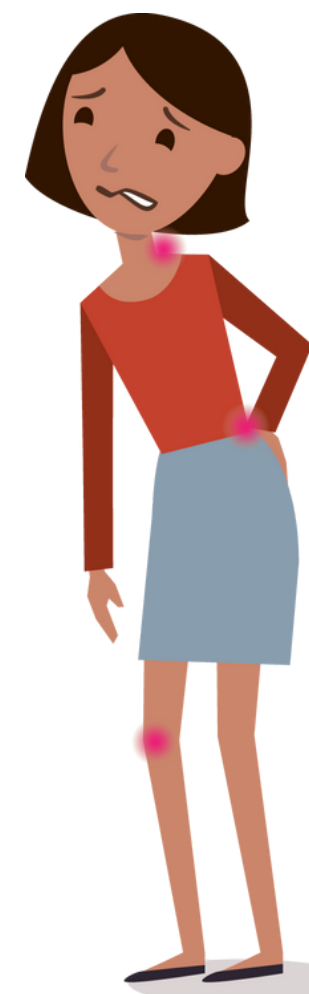
FEVER



SORE THROAT



**NAUSEA/
STOMACH ACHE'**



JOINT ACHE



WEAKNESS

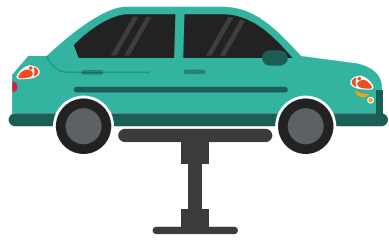


FATIGUE

Consult a doctor immediately if any symptoms arise, especially during the monsoon

ROAD SAFETY TIPS

Stay safe on the roads this monsoon, by following these tips



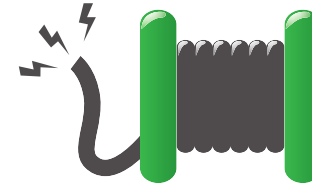
Get your vehicle serviced to ensure that wipers, brakes, tires, headlights, etc. are in good condition



Avoid walking, riding or driving during a heavy downpour as visibility is significantly poorer in heavy rain



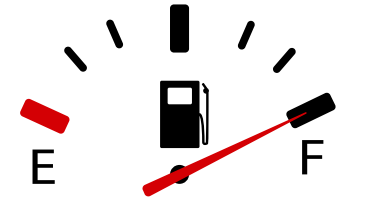
When walking, running or cycling in the rain, wear reflective clothes to ensure you are visible



If a power line touches your vehicle while you are in the car, stay inside to avoid electrocution. Wait for help to arrive & honk the horn to attract attention.



When driving and walking through floods, use a stick or umbrella to feel the ground for potholes, open drains, etc.



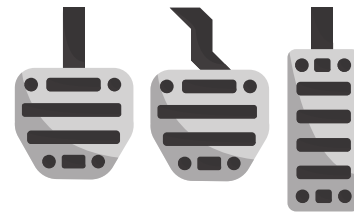
Keep adequate fuel in the tank to ensure that you are not stranded because you're out of fuel.



Do not park under trees or near electric poles, to avoid causing damage



Drive slowly. When it rains, oil and grime make the roads slippery, reducing traction



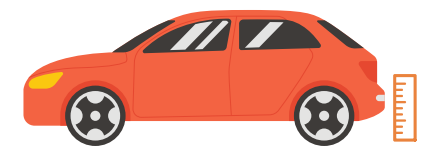
Brakes are less effective in the rains, so ensure there's plenty of room between your vehicle and the one in front of you



Keep a first-aid kit, torch & umbrella, ready.



If you witness a road accident, be a good samaritan, offer help to the victim, Call 108



Assess the water depth before driving through the waterlogged area to prevent water from entering through the exhaust pipe.

***Sources:**

<https://www.wheelwell.org.za/driving-in-inclement-weather/>

<https://www.deccanchronicle.com/lifestyle/travel/020717/8-road-safety-tips-to-practise-this-monsoon.html>

BMC EMERGENCY DISASTER CONTROL ROOM NUMBERS

BMC has set up disaster control rooms in each of the municipal wards to help citizens in case of emergency during Monsoon 2023

Central helpline no 1916

WARD	AREAS COVERED	TELEPHONE
A Ward	Fort, Ballard Estate, Churchgate, Colaba	2262 4000
B Ward	I.R. Road, R.B. Marg, J.M.R. Marg	2379 4000
C Ward	Chandanwadi, Netaji Road, Marine Lines	2201 4000
D Ward	Grant Road, Walkeshwar, Opera House	2386 4000
E Ward	Byculla, Shuklaji Street, Wadi Bunder	2301 4000
F/South Ward	Parel, Sewri, Elphinston Road	2410 3000
F/North Ward	Matunga, Dadar (E)	2408 4000
G/South Ward	N.M. Joshi Marg, Lower Parel, Worli	2422 4000
G/North Ward	Dadar (W), Mahim	2439 7888
H/East Ward	Bandra (E), Khar (E), Santa Cruz (E)	2611 4000
H/West Ward	Bandra (W), Khar (W), Santa Cruz (W)	2644 4000
K/East Ward	Andheri (E), Vile Parle (E)	2684 7000

WARD	AREAS COVERED	TELEPHONE
K/West Ward	Andheri (W), Vile Parle (W), Juhu	2623 4000
L Ward	Kurla	2650 5109
M/East Ward	Govandi, Mankhurd	2555 8789
M/West Ward	Chembur	2528 4000
N Ward	Ghatkopar	2501 3000
P/South Ward	Goregaon, Oshiwara	2872 7000
P/North Ward	Malad, Marve, Manori	2882 6000
R/South Ward	Kandivali	2805 4788
R/Central Ward	Borivali, Gorai	2893 1188
R/North Ward	Dahisar	2893 6000
S Ward	Bhandup	81042 99691
T Ward	Mulund	2569 4000

Source: Disaster Management Control Room

EMERGENCY CONTACTS



Emergency City Helpline Numbers

- Police - 100, (022) 22621855
- Fire - 101, (022) 23085991/92/93/94
- Ambulance - 102 / 108
- Women Helpline - 1091, (022) 22633333, 22620111
- Blood Bank - 104, 1910
- AIDS Helpline - (022) 24100246
- Child Helpline - 1098
- Gas Leakage (LPG) - 1906
- Rescue and Relief - 1070
- District Control Room - 1077
- Maharashtra Control Room - (022) 22027990
- Railway – 2300 4000
- Mahanagar Gas – 18002669944
- Forest Department – 1926



DISASTER MUMBAI HELPLINE: 1916



BMC HEALTH HELPLINE: 022-24114000



Get weather updates on the go!

Visit:

[BMC Disaster Management Website](https://www.bmc.gov.in/disaster-management)

Download the DISASTER MANAGEMENT
App available on PLAY STORE
for Android and IOS users.



For more information, please write to us at

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or visit www.unitedwaymumbai.org