



Common Messages for Disaster Risk Reduction in Nepal

Nepal Risk Reduction Consortium Communications Group

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The Nepal Risk Reduction Consortium

In February 2011, the Government of Nepal officially launched the Nepal Risk Reduction Consortium (NRRC). The NRRC is a unique body that unites the Government of Nepal, the international financial institutions of the Asian Development Bank and World Bank, development partners and donors, the Red Cross and Red Crescent Movement and the United Nations as members in the Steering Committee of the NRRC.

The NRRC works to bridge the spectrum of activity of development and humanitarian expertise, supporting the Government of Nepal in implementing a long term Disaster Risk Reduction Action Plan. The work of the NRRC builds on the National Strategy for Disaster Risk Management which was approved in 2009.

Based on the National Strategy for Disaster Risk Management, the NRRC has identified 5 flagship priorities for risk reduction. These priorities are:

- 1) School and Hospital Safety
- 2) Emergency Preparedness and Response
- 3) Flood Management
- 4) Community Based Disaster Risk Reduction
- 5) Policy and Institutional Support for Disaster Risk Management

Each of these flagships priorities is coordinated by a Government ministry and international agency. For more information, visit www.un.org.np/coordinationmechanism/nrrc

NRRC Communications Group

Communication to the public is vital to ensure better preparedness. Work related to this currently exists under all Flagships and is carried out through a variety of mechanisms by multiple partners. By better coordinating such public information work, sharing information on work already planned, and harmonizing messages and approaches, we would hope to have greater and more sustained reach. The messaging would have a stronger impact if it can be delivered in the name of the Government. In 2011, the NRRC Secretariat commissioned a communications strategy that was then endorsed by a subset of the NRRC Steering Committee. This strategy recommended that communication on disaster risk reduction should be harmonized to avoid mixed messages to the public, avoid confusions and maximize impact.

In order to support coordinated communications and common messaging, the NRRC established the NRRC Communications Group. This Group is chaired by the Ministry of Home Affairs with BBC Media Action supporting as a technical lead. The purpose of the NRRC Communications Group is to bring government and partners together to agree to common messages for disaster risk reduction and to coordinate communications activities. The use of common messages will ensure that the public is receiving consistent and reinforcing information on how to reduce risk and prepare for disaster.

Since 2012, the NRRC Communications Group, in multiple stakeholder consultations, has agreed to common messages for earthquake, floods, landslide and fire.

What is a Common Message?

As pointed out in the NRRC Communications Group DRR Mapping exercise, there are many organizations in Nepal communicating risk reduction to the public. However, this communications has been ad-hoc and messages have varied. As a result, the communications work risks confusing public on how to prepare for disaster and reduce disaster risk.

In order to ensure the public is receiving the correct information on reducing risk and preparing for disaster, government and organizations must agree to common messages. These common messages outline the technical content and correct advice for the public. The purpose of the common messages is to provide a technical framework of standardizing the substance of our collective messages. An individual will be more likely to internalize a message and change behaviour if they are receiving the same advice from all sources.

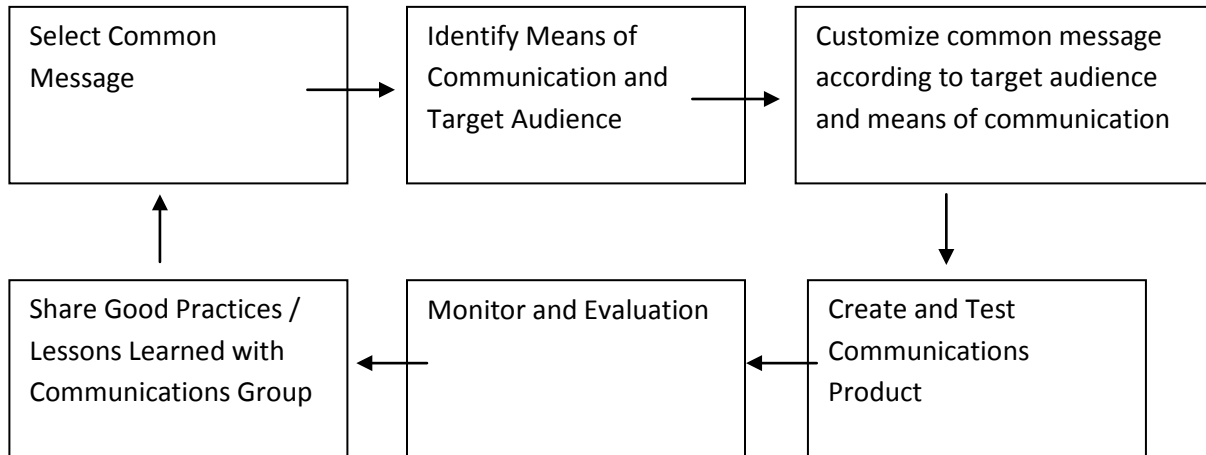
Through stakeholder consultations, a large list of common messages has been agreed for earthquake, flood, landslide and fire. These messages cover three broad categories: Awareness of Risk, Mitigation of Risk, and Preparedness for Response. All messages can be found in Annex I; however, government and organizations are encouraged to communicate from the 10 Key Messages. Communications efforts across government and organizations will be more effective if the messages are focussed and reinforcing. An audience is more likely to internalize 10 key messages rather than having dozens of messages from different sources.

It is important to highlight that the common message only provides the technical and correct information on reducing risk and preparing for disaster. It remains the responsibility of the government and organizations to customize the message in order to effectively reach their target group. How to communicate and what to communicate are mutually reinforcing; the common messages only provides what to communicate. There are various studies (such as Knowledge and Practice Surveys) that identify how to best communicate to a particular audience. As a simple guide, common messages can be customized in the following ways:

- **SMS message:** 160 characteristics maximum
- **Radio PSA/message:** 90 maximum, can include music/sound effects; key points should be repeated
- **Television PSA/message:** 60 words maximum, can use pictures, music and sound effects; key points should be repeated
- **Posters/leaflets:** use minimal wording with bold and clear images to deliver key message
- **Street Drama/shows:** can combine oral and visual representation of key message

How to Use Common Messages

Government and organizations are encouraged to use common messages from the 10 Key Messages. After selecting messages to be used, partners need to customize the message based on how they will communicate with the target audience. The following graph outlines the steps in using the common messages:



Development of Communications Materials

In addition to encouraging organizations to select from the 10 Key Common Messages; it is also encouraged for organizations to use communications products that have already been produced and are effective. By using communications products already developed, organizations can minimize resources in the creation of products and focus on distribution and sustaining reach with their target audience. The NRRRC Communications Group is a platform whereby organizations can share products developed.



USAID has developed several video PSAs and comic books with the Red Panda DRR Mascot. These products communicate common messages. Government and organizations have been encouraged to use these products for their communications activities. Over the past year, organizations such as the Nepal Red Cross and World Vision have utilized these products for their communications work. In addition, the Nepal Red Cross has used the Red Panda mascot for the development of communications products.

10 Key Messages

Through stakeholder consultations, the NRRRC Communications Group has agreed to common messages for earthquake, flood, landslide, and fire. Based on these messages, 10 Key Common Messages for each hazard and 10 key messages for multi-hazards have been identified. The 10 key common messages for multi-hazards refer to common messages that can apply for more than 1 hazard. Government and organizations are encouraged to focus communications activities on the 10 Key Messages. The 10 Key Messages are not ranked by importance.

10 Key Common Messages for Multi-Hazards

- 1) Being prepared starts with you. Be prepared and know what to do when disaster strikes. Taking simple steps can save your life.
- 2) Are you ready? **Prepare a disaster action plan with your family. Agree on a meeting point outside** in a safe open space. **Plan escape routes** in case the main door is blocked. **Keep a whistle** on you at all times. **Identify safe places** that are accessible, keep copies of information on any special needs you have, medications being taken and any allergies or sensitivities.
- 3) **Have an emergency bag** ready for your family. This **should contain** essential items you will need immediately after a disaster. Contents: a **torch** and **batteries**, a **small radio**, enough dry **food** such as beaten rice or instant noodles for one day, a plastic bottle of drinking **water**, a bottle of Piyush **chlorine drops** for purifying drinking water, a basic **medical kit** and photocopies of your **ID cards**. Store the bag in a safe place that is easily reached.
- 4) **Carry a whistle** with you at all times to attract attention in an emergency. Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice.
- 5) **Always defecate in proper toilets or latrines** to prevent the spread of water-borne diseases such as diarrhoea. If you cannot use a latrine, **bury your faeces in the ground. Do not defecate on open ground or near water sources.**
- 6) Dangerous diseases such as cholera are transmitted through dirty and polluted water. **Make water safe to drink by boiling it.** Boil water for at least five minutes before you drink it, even if it looks clear and clean. Stay safe from diseases that are transmitted through dirty and polluted water.
- 7) After a disaster, family members may be split apart and lose contact with each other. **Make sure children and the elderly can remember or keep a document, official or handwritten, with them at all times that provides their name, address and family contact information and mobile telephone number if available.** This information will help make sure children and elderly can be reunited with their family after a disaster.

- 8) Disaster can happen at any moment. **Never leave your stove, lit cigarettes, or candles unattended.** Turn off and unplug electrical appliances when not in use to protect from fire before, during or after disasters like earthquakes or floods.
- 9) **Learn basic first aid skills and be prepared for an emergency.** First aid skills will help you treat yourself and your family from minor injuries. Maintain and refresh those skills at least every three years.
- 10) **Ensure you and your family follow proper building codes** when constructing a home for disaster safety and to protect it from collapse due to an earthquake. A building code compliant home can save lives and property.

10 Key Messages for Earthquake

1. What to Expect?- when an earthquake strikes, expect the ground to shake, buildings, bridges and power lines to collapse and glass to shatter. **Keep calm when you feel the ground shake**, do not panic
2. Are you ready? **Prepare an earthquake action plan with your family.** Agree on a **meeting point outside** in a safe open space. **Plan escape routes** in case the main door is blocked. **Keep a whistle** on you at all times.
3. **Have an emergency bag ready for your family.** This **should contain essential items** you will need immediately after a **flood or landslide**. Contents: a **torch** and **batteries**, a **small radio**, enough **dry food** such as beaten rice or instant noodles for one day, a plastic bottle of drinking **water**, a bottle of Piyush **chlorine drops** for purifying drinking water, a basic **medical kit** and **photocopies** of your **ID cards**. Store the bag in a safe place that is easily reached.
4. **Carry a whistle with you at all times to attract attention** in an emergency. Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice.
5. Build safely: **Follow proper building codes when constructing your home** for fire safety and to protect it from collapse due to an earthquake. A building code compliant home can save lives and property.
6. In your home, school or workplace, **learn and practise the safety position** which you should adopt in an earthquake. This is called **Drop, Cover, and Hold On**. Drop down low to make yourself small. Then cover your head and neck with your arms. These two actions will help to protect you from falling objects. If there is strong furniture nearby such as a table, hold on to it. This will also help to protect you. Once you have assumed this safety position, stay where you are until the shaking stops.
7. After an earthquake, communication networks may be down or overloaded. **Use text message instead of calling to prevent network outage.**

8. **If trapped, keep calm, and use your whistle to signal to others.** Using a whistle saves energy and protects you from breathing in rubble and dust. If you do not have a whistle, knock on a hard surface to draw attention to your location.
9. Learn first aid: **Learn basic first aid skills and be prepared for an emergency.** First aid skills will help you treat yourself and your family from minor injuries. Maintain and refresh those skills at least every three years.
10. Are you ready? Shaking during an earthquake may cause loose objects to fall. Falling objects may injure or kill. **Protect yourself and your family from injury by securely screwing or chaining heavy objects such as shelves, cupboards, flower pots, water tanks, and mirrors to the wall or floor.**

10 Key Messages for Floods

1. Ask your local authorities if your community has a flood early warning system. If so, understand the early warning system to help prepare for floods.
2. Are you ready? **Prepare a flood evacuation plan with your family. Agree** on a **meeting point** at a safe place on **high ground** outside your home, such as a community flood platform if you have one. Establish **safe evacuation routes** to the meeting point for your family and livestock
3. **Have an emergency bag ready for your family.** This **should contain essential** items you will need immediately after a flood or landslide. Contents: a **torch** and **batteries**, a **small radio**, enough **dry food** such as beaten rice or instant noodles for one day, a plastic bottle of drinking **water**, a bottle of Piyush **chlorine drops** for purifying drinking water, a basic **medical kit** and **photocopies** of your **ID cards**. Store the bag in a safe place at least 3 feet above ground.
4. **Carry a whistle on your person at all times to attract attention in an emergency.** Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice. Keep the whistle on your key ring or hang it on a chord round your neck.
5. Monitor the weather for heavy rain which may cause floods or landslides, especially during the rainy season. **Listen to local radio stations regularly and watch out for any warnings issued by the local authorities.** Follow the advice given by the local authorities to protect yourself and your family against harm from floods and landslides.
6. **Stay out of flood water to be safe. Do not play, bathe or swim in flood water.** It is dangerous. Strong currents can sweep you away. Debris in the water can cause injury. Snakes in the water may bite you. The water may be contaminated and make you ill.

7. **Do not drink water left by floods.** It may be contaminated and make you ill. **Make water safe to drink by boiling it for at least five minutes. You can also make water safe to drink by treating it with Piyush chlorine drops** or the prescribed dose of other water purification chemicals.
8. Keep your children safe from drowning. **Do not allow your children to play in flood water.** Make sure they stay close to you at all times where you can see and hear them.
9. **If you are isolated by flood water, use your mobile phone to call for help.** If you do not have a working mobile phone, **use a whistle or wave bright coloured clothing to attract attention.** Flash a torch at night to identify your position.
10. **Always defecate in proper toilets or latrines to prevent the spread of water-borne diseases** such as diarrhoea. If you cannot use a latrine, bury your faeces in the ground. **Do not defecate on open ground or near water sources.**

10 Key Messages for Landslide

1. **Have an emergency bag ready for your family.** This **should contain essential items** you will need immediately after a flood or landslide. Contents: a **torch** and **batteries**, a **small radio**, enough **dry food** such as beaten rice or instant noodles for one day, a plastic bottle of drinking **water**, a bottle of Piyush **chlorine drops** for purifying drinking water, a basic **medical kit** and **photocopies** of your **ID cards**. Store the bag in a safe place at least 3 feet above ground.
2. **Carry a whistle on your person at all times to attract attention in an emergency.** Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice. Keep the whistle on your key ring or hang it on a chord round your neck.
3. **Mitigate your landslide risk by avoiding cutting down trees. Practicing land conservation on farmed hillsides such as terracing** is more effective for growing crops.
4. **Prepare a landslide evacuation plan with your family. Agree on a meeting point** outside your home in a **safe open space** away from unstable slopes and cliff edges. **Establish evacuation routes** from your home to the meeting point.
5. **Pay attention to the following warning signs** to prepare for landslide risk: **cracks in land, road or home, dirty underground water sources**, and **small stones falling** for no apparent reason. If you notice these warnings, **get to a safe place away from the risk area.**
6. Monitor the weather for heavy rain which may cause floods or landslides, especially during the rainy season. **Listen to local radio stations regularly and watch out for any warnings issued by**

the local authorities. Follow the advice given by the local authorities to protect yourself and your family against harm from floods and landslides.

7. During heavy rainfall, listen for rumbling sounds that may indicate an approaching landslide. **If you hear a rumbling sound, move away from the noise immediately** to safer ground away from the landslide
8. **Be alert for landslides during heavy rainfall. Be especially alert for landslides at night** when many people may be asleep.
9. After a landslide check for people who may have been trapped in debris. Direct rescuers to their location. **Do not enter the landslide area alone.** You may also become injured or trapped.
10. **If you are trapped in a landslide, use a whistle to alert rescuers.** Whistles can be heard easily. They also use less energy than shouting. If you do not have a whistle, make a loud noise by knocking objects together.

10 Key Messages for Fire

1. Keep your home safe from fire. **Keep your roof clear from hay, leaves and debris. Remove all hay, dead wood and vegetation at least 30 feet away from your home.** This will protect your home from the potential cause and spread of fire.
2. **Identify a source of water nearby, such as a pond, pool, or water tank that can be accessed to put out a fire.** Knowing where water can be accessed can help you act fast and reduce the spread of fire.
3. Are you ready? **Prepare a fire action plan with your family. Agree on a meeting point outside in a safe open space.** Plan an **alternative escape route** in case the main door is blocked. **Keep a whistle** on you at all times to act as a warning sound.
4. **Have a dry fire extinguisher to put out small fires.** To make a dry fire extinguisher, pour 3 kg of fine sand into a large container and add 1 kg of baking soda. Stir the mixture thoroughly. Keep the container in your shop, garage, or kitchen. This mixture can be sprinkled directly on small oil, grease, and petroleum fires. Dry earth will also be effective to put out small fires.
5. **Avoid burning materials such as garbage near your house as a fire can spread quickly. If you do burn materials, make sure it is in a controlled space surrounded by rocks and at least 10 feet away from flammable materials.** Pay attention to the wind direction and strength if burning outside. Dispose of ashes safely in a bucket as it can take 3 days for ashes to cool.
6. If there is a fire in your home, workplace or school, do not hide; go outside. You should **never hide when there is a fire. Get to a safe open space outside and away from fire to keep safe.**

Request help as soon as possible. For a small fire, adults should try to extinguish it. If the fire is too large warn others in the building so they can get out.

7. If there is a fire in your home, workplace or school, **drop to the ground and crawl to the nearest safe exit**. Crawling will help you stay away from dangerous smoke. Use the back of your hand to test if a door is hot before opening it. If it is hot, try to find another way out like a window.
8. **If you smell gas or smoke or your smoke detector sounds, get your family out immediately and warn your neighbours**. Call local authorities from your mobile when outside in a safe place away from the fire risk for assistance.
9. Fire can happen at any moment. **Never leave your stove, lit cigarettes, or candles unattended**. **Turn off and unplug electrical appliances when not in use**. Ensure all appliances are unplugged during the times of power shedding, due to the power surge when the power is restored giving the potential to start a fire
10. **Do not overload extension cords or wall sockets as this can cause a fire**. An electrical fire can destroy a home in minutes. Ensure the correct fuses are used.

Key Messages for Wildfire

1. Prevent Wildfires: Wildfires can kill and destroy property. **Never discard cigarettes on the ground or leave a fire unattended**. **Dispose of ashes safely in a bucket as it can take 3 days for ashes to cool**. These measures can reduce wildfire risk.
2. During a wildfire, **stay informed by listening to your local radio**. Follow instructions and evacuate if ordered by authorities or if you feel in danger from wildfire.
3. Protect your livestock during a wildfire by **keeping flammable feed away from barns or stables**. **Keep barn doors open so livestock can escape to a safer area if needed**.
4. During a wildfire, **wear protective clothing such as shoes, long pants, long sleeved shirt and gloves**. Keep a damp towel with you to protect your face. This can protect you as you escape from the fire hazard area.
5. After a wildfire, be aware of hazards such as hot spots, burned trees, power poles, fallen wires and ash pits. **Stay away from these hazards and only re-enter an area when cleared by local authorities**.
6. After a wildfire, be aware of hazards when cleaning damages such as toxic fumes. **Use damp clothes to protect your face and keep children away from clean-up sites**. Use gloves when cleaning to avoid contact with dangerous materials.

7. **Avoid starting new fire by using a burning stick from an existing fire.** Carrying burning wood is dangerous and can spread fires. Use a lighter or match instead. **Do not use an open fire or ranko for light; use a torch instead. Children should not handle fires.**

Annex I: Agreed Common Messages

Earthquake

English	Nepali
Awareness Messages (Before)	
Earthquakes are natural and happen so be prepared. Taking simple steps can save your life.	भूकम्पहरू प्राकृतिक हुन् र यी जान्छन्, जान्छन् । त्यसैले यसका लागि तयार हुनुहोस् । साधारण कदमहरू चालेर तपाईं आफ्नो ज्यान जोगाउन सक्नुहुन्छ ।
Earthquakes are natural not divine interventions. Taking simple steps can save your life.	भूकम्प प्राकृतिक घटना हुन्, दैवी घटना होइनन् । साधारण कदमहरू चालेर तपाईं आफ्नो ज्यान जोगाउन सक्नुहुन्छ ।
Earthquakes do not kill people - being unprepared kills. Taking simple steps can save your life.	भूकम्प आफैबाट मानिसहरूको मृत्यु हुँदैन- यसका लागि तयार नहुनाले मानिसहरूको मृत्यु हुन्छ । साधारण कदमहरू चालेर तपाईं आफ्नो ज्यान जोगाउन सक्नुहुन्छ ।
Being prepared starts with you. Be prepared and know what to do when shaking starts. Taking simple steps can save your life.	तयार हुने काम तपाईंबाट नै सुरु हुन्छ । जब जमिन हल्लन थाल्छ, त्यस समयमा के गर्ने भनी तयार हुनुहोस् र के गर्ने भन्ने कुरा थाहा पाउनुहोस् । साधारण कदमहरू चालेर तपाईं आफ्नो ज्यान जोगाउन सक्नुहुन्छ ।
Understand risk: Assess your house with an earthquake engineer to know how to strengthen you home and also find safe locations inside the house.	जोखिमका बारेमा थाहा पाउनुहोस् : आफ्नो घरलाई कसरी बलियो बनाउने र घरभित्र सुरक्षित स्थान पनि पत्ता लगाउने भन्ने बारेमा भूकम्पसम्बन्धी इन्जिनियरद्वारा आफ्नो घरको लेखाजोखा गराउनुहोस् ।
What to Expect?- when an earthquake strikes, expect the ground to shake, buildings, bridges and power lines to collapse and glass to shatter. Keep calm when you feel the ground shake, do not panic	के अपेक्षा गर्ने ? : जब भूकम्प जान्छ, जमिन हल्लनेछ, घर, पुल र बिजुलीका लाइन ध्वस्त हुनेछन् र सिसा फुटनेछन् । जब तपाईंले जमिन हल्लिएको महसुस गर्नुहुन्छ, त्यस बेला शान्त रहनुहोस्, नआत्तिनुहोस् ।
Mitigation Messages (Before)	
Build safely: Follow proper building codes when constructing your home for fire safety and to protect it from collapse due to an earthquake. A building code compliant home can save lives and property.	सुरक्षापूर्वक निर्माण गर्नुहोस् : आगलागीबाट सुरक्षा होस् र भूकम्पबाट घर नभत्कियोस् भन्का लागि आफ्नो घर बनाउँदा उपयुक्त भवन संहिताको पालन गर्नुहोस् । भवन संहिताको पालन गरिएको घरबाट धन-जनको सुरक्षा हुन सक्छ ।
Repair buildings safely: Consider earthquake and fire safety. A building code compliant home can save lives and property.	घरहरूको मरम्मत सुरक्षापूर्वक गर्नुहोस् : भूकम्प तथा आगलागीबाट सुरक्षामाथि विचार गर्नुहोस् । भवन संहिताको पालन गरिएको घरबाट धन-जनको सुरक्षा हुन सक्छ ।
Fire safety: Turn off gas and electricity when not in use. Put out flames such as cigarettes, cookers, heaters and lamps to prevent fires.	आगलागीबाट सुरक्षा : प्रयोग नभएको समयमा ग्यास र बिजुलीबत्ती बन्द गर्नुहोस् । आगलागीको रोकथाम गर्नका निमित्त चुरोट, कुकर, हिटर र बत्तीमा भएका आगो अथवा ज्वाला निभाउनुहोस् ।
Preparedness for Response Messages (During & After)	
Are you ready? Prepare an earthquake action plan with your family. Agree on a meeting point outside in a safe open space. Plan escape routes in case the main door is blocked. Keep a whistle on you at all times.	के तपाईं तयार हुनुहुन्छ ? परिवारसँग मिलेर भूकम्पसम्बन्धी कार्य योजना तयार गर्नुहोस् । बाहिर सुरक्षित खुला क्षेत्रमा भेट्ने ठाउँका बारेमा सहमति कायम गर्नुहोस् । मूल ढोका बन्द भएका अवस्थामा भाग्ने बाटोहरू निर्धारित गर्नुहोस् । आफूसँग सिट्टी राख्नुहोस् ।
Have an emergency bag ready for your family. This should contain essential items you will need immediately after a flood or landslide. Contents: a torch and batteries, a small radio, enough dry food such as beaten rice or instant noodles for one day, a plastic bottle of drinking water, a bottle of Piyush chlorine drops for purifying drinking water, a basic medical kit and photocopies of your ID cards. Store the bag in a	तपाईंको परिवारका निमित्त आपत्कालीन परिस्थितिको ब्याग तयारी अवस्थामा राख्नुहोस् । यस ब्यागमा बाढी अथवा पहिरापर्छ लगत्तै तपाईंलाई नभई नहुने वस्तु हुनुपर्दछ । यी वस्तुहरू हुन् : टर्च र ब्याट्री, सानो रेडियो, एक दिनका लागि पुग्ने चिउरा अथवा तयारी चाउचाउजस्ता पर्याप्त मात्रामा सुक्का खाना, खानेपानी भएको प्लास्टिकको एक बोतल, खानेपानीलाई सफा पार्नका लागि पीयूषको क्लोरिन थोपा, आधारभूत मेडिकल किट र तपाईंको परिचयपत्रका फोटोकपीहरू । सजिलै पुग्न सकिने सुरक्षित ठाउँमा यो ब्याग राख्नुहोस् ।

safe place that is easily reached.	
Carry a whistle with you at all times to attract attention in an emergency. Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice.	आपत्कालीन परिस्थितिमा अरूको ध्यान आकर्षित गर्नका लागि सधैं आफूसँग सिङ्गी राख्नुहोस् । यदि तपाईं भूकम्प, बाढी अथवा पहिरोद्वारा फन्दामा पर्नुभएको (trapped) छ अथवा घाइते हुनुभएको छ भने सिङ्गी बजाउनुहोस् । यदि तपाईंमाथि हमला भएको छ भने पनि तपाईं सिङ्गी बजाउन सक्नुहुन्छ । सिङ्गीको आवाज धेरै टाढासम्म सुनिन सक्छ र यसले गर्दा तपाईंले चिच्याउनुपर्दैन ।
Reduce your risk: Identify safe places that are accessible, keep copies of information on your special need, medications being taken and any allergies or sensitivities.	जोखिम कम गर्नुहोस् : सजिलै पहुँच गर्न सकिने सुरक्षित ठाउँहरूको पहिचान गर्नुहोस्, तपाईंका विशेष आवश्यकता, तपाईंले खाइरहनुभएका औषधि र कुनै पनि एलर्जी (allergies) अथवा संवेदनशीलता (sensitivities) सम्बन्धी जानकारीका प्रतिहरूलाई सुरक्षित राख्नुहोस् ।
Are you ready? Shaking during an earthquake may cause loose objects to fall. Falling objects may injure or kill. Protect yourself and your family from injury by securely screwing or chaining heavy objects such as shelves, cupboards, water tanks, and mirrors to the wall or floor.	के तपाईं तयार हुनुहुन्छ ? भूकम्पको समयमा जमिन हल्लिँदा त्यसबाट नर्वाधी राखिएका वस्तुहरू खस्न सक्छन् । यस्ता वस्तुहरू खसेर चोटपटक लाग्न सक्छ अथवा मानिस मर्न सक्छन् । तख्ता, दर्राज, पानीका ट्याङ्कीजस्ता गह्रौं वस्तुलाई भित्तामा अथवा भूईंमा राम्ररी पेच कसेर अथवा बाँधेर चोटपटक लाग्नबाट आफूलाई र आफ्नो परिवारलाई सुरक्षित पार्नुहोस् ।
Learn first aid: Learn basic first aid skills and be prepared for an emergency. First aid skills will help you treat yourself and your family from minor injuries. Maintain and refresh those skills at least every three years.	प्राथमिक उपचार सिक्नुहोस् : प्राथमिक उपचारका आधारभूत सीप सिक्नुहोस् र आपत्कालीन परिस्थितिका लागि तयार रहनुहोस् । प्राथमिक उपचारसम्बन्धी सीपले सामान्य चोटपटकमा तपाईं आफैँलाई र परिवारलाई सामान्य चोटपटकमा उपचार गर्न मदत पुग्नेछ । ती सीपहरूलाई कम्तीमा पनि ३ वर्षमा एकपटक ताजा पार्नुहोस् र पुनर्ताजगी प्रशिक्षण लिनुहोस् ।
In your home, school or workplace, learn and practise the safety position which you should adopt in an earthquake. This is called Drop, Cover, and Hold On. Drop down low to make yourself small. Then cover your head and neck with your arms. These two actions will help to protect you from falling objects. If there is strong furniture nearby such as a table, hold on to it. This will also help to protect you. Once you have assumed this safety position, stay where you are until the shaking stops.	घर, विद्यालय र काम गर्ने ठाउँमा भूकम्पको समयमा तपाईंले लिनुपर्ने सुरक्षित आसनका बारेमा सिक्नुहोस् र त्यसको अभ्यास गर्नुहोस् । यसलाई 'घुँडा टेकी गुडुलिक्नुहोस्, ओत लागी समात्नुहोस्' भनिन्छ । आफूलाई सानो पार्नका निमित्त भूईंमा सुत्नुहोस् । त्यसपछि टाउका र घाँटीलाई पाखुराले ढाक्नुहोस् । यी दुई कामबाट खसिरहेका वस्तुहरूबाट जोगाउन तपाईंलाई मदत पुग्दछ । नजिकै टेबुलजस्तो कुनै बलियो फर्निचर छ भने त्यसलाई समात्नुहोस् । यसबाट पनि तपाईंलाई सुरक्षित राख्न मदत पुग्नेछ । यसरी तपाईं सुरक्षित आसनमा बाँससकेपछि जमिन हल्लिन नछोड्नुजेलसम्म त्यहीं नै बसिरहनुहोस् ।
Keep calm when you feel the ground shake, do not panic.	जब तपाईंले जमिन हल्लिएको महसुस गर्नुहुन्छ, त्यस बेला शान्त रहनुहोस्, नआत्तिनुहोस् ।
If indoors when shaking starts – stay indoors and away from glass, use the drop, cover and hold on safety position. If possible, get under a table or other strong furniture and hold on to this protective furniture. Stay where you are until the shaking stops. When shaking stops, leave the building and go to a safe open space.	यदि जमिन हल्लिन सुरु हुँदा तपाईं घरभित्र हुनुहुन्छ भने घरभित्र नै रहनुहोस् र सिसाभन्दा पर रहनुहोस्, सुरक्षाको आसनअनुरूप 'घुँडा टेकी गुडुलिक्नुहोस्, ओत लागी समात्नुहोस्' । सम्भव भएमा टेबुल अथवा बलियो अन्य कुनै फर्निचरमुनि छिर्नुहोस् र सुरक्षा प्रदान गर्ने गरी त्यसलाई समात्नुहोस् । जमिन हल्लिन नछोड्नुजेलसम्म त्यहीं नै बसिरहनुहोस् । भूकम्प जाँदा यदि तपाईं घरभित्र हुनुहुन्छ भने तपाईंले 'घुँडा टेकी गुडुलिक्नुहोस्, ओत लागी समात्नुहोस्' (टेबुल आदि) को अभ्यास गर्न सक्ने बलियो संरचना पत्ता लगाउनुहोस् । जब जमिन हल्लिन छोड्छ, घरबाट निस्कनुहोस् र खुला सुरक्षित ठाउँमा जानुहोस् ।
If outdoors when shaking starts, stay outdoors and away from glass, find an open space away from brick walls and falling objects, such as street signs, billboards and power lines, and drop to your knees to keep safe.	जमिन हल्लिन सुरु गर्दा यदि तपाईं घरबाहिर हुनुहुन्छ भने घरबाहिर र सिसाभन्दा पर रहनुहोस्, ईटको गारो र सडकका चिह्न, बिलबोर्ड र विजुलीका तारजस्ता खस्ने वस्तुहरूभन्दा परको ठाउँ पत्ता लगाउनुहोस् र सुरक्षित रहनका लागि घुँडा मारेर बस्नुहोस् ।

If in a vehicle when shaking starts, stop the car in a safe place away from brick walls and falling objects such as billboards, bridges, street signs and power lines. Open the door slightly and do not move until shaking stops.	जमिन हल्लिन सुरू गर्दा गाडीमा हुनुहुन्छ भने ईटको गारो र सडकका चिह्न, बिलबोर्ड र बिजुलीका तारजस्ता खस्ने वस्तुहरूभन्दा पर सुरक्षित ठाउँमा गाडी रोक्नुहोस्, विस्तारै ढोका खोल्नुहोस् र जमिन हल्लिन नछोड्नुहोस् ।
If on a motorcycle when the shaking starts, stop, get off and go to a safe open space away from brick walls and falling objects such as billboards, bridges, street signs and power lines.	जमिन हल्लिन सुरू गर्दा मोटरसाइकलमा हुनुहुन्छ भने मोटरसाइकल रोक्नुहोस् र ईटको गारो र बिलबोर्ड, पुल, सडकका चिह्न र बिजुलीका तारजस्ता खस्ने वस्तुहरूभन्दा पर सुरक्षित ठाउँमा जानुहोस् ।
When the shaking stops, find a safe open place outside and away from brick walls and buildings to keep safe.	जब जमिन हल्लिन छोड्छ, आफूलाई सुरक्षित राख्नका लागि बाहिर र ईटको गारो र भवनभन्दा पर खुला र सुरक्षित ठाउँ पत्ता लगाउनुहोस् ।
After an earthquake, communication networks may be down or overloaded. Use text message instead of calling to prevent network outage.	भूकम्पपछि सञ्चारका सञ्जालहरू खतम भएका अथवा तिनमाथि बढी भार परेको हुन सक्छ । सञ्जालहरूलाई निष्क्रिय हुन नदिनका लागि फोन गर्नुको सट्टा टेक्स्ट मेसेज (text message) को प्रयोग गर्नुहोस् ।
When the shaking stops, pay attention to additional risks such as fires, electrical shortages and landslides.	जब जमिन हल्लिन छोड्छ, त्यसपछि आगलागी, बिजुलीको अभाव तथा पहिराजस्ता थप जोखिमप्रति ध्यान दिनुहोस् ।
When the shaking stops, stay away from brick walls, buildings and rubble. Do not enter any damaged building. Aftershocks may cause further destruction which could harm you.	जब जमिन हल्लिन छोड्छ, त्यसपछि ईटको पर्खाल, भवन र ढुङ्गाका टुक्राहरू भन्दा पर रहनुहोस् । कुनै पनि ध्वस्त भवनभित्र नछिर्नुहोस् । भूकम्पपछि आएका कम्पनहरूले थप क्षति गर्न सक्छन् र तपाईंमाथि हानि-नोक्सानी पुऱ्याउन सक्छन् ।
If trapped, keep calm, and use your whistle to signal to others. Using a whistle saves energy and protects you from breathing in rubble and dust. If you do not have a whistle, knock on a hard surface to draw attention to your location.	यदि तपाईं फन्दामा पर्नुभएको छ भने शान्त रहनुहोस् र अरूहरूलाई यसको सङ्केत गर्नका लागि आफ्नो सिङ्गीको प्रयोग गर्नुहोस् । सिङ्गीको प्रयोगबाट ऊर्जाको बचत हुन्छ, र सास फेर्दा ढुङ्गाका टुक्रा र धूलो सासबाट भित्र जान नदिई तपाईंलाई जोगाउँछ । यदि तपाईंसँग सिङ्गी छैन भने आफू रहेको ठाउँका बारेमा अरूको ध्यान आकर्षित गर्नका लागि कडा सतह भएका वस्तुहरू एक-अर्कामा ठोक्नुहोस् ।

Flood and Landslides

English	Nepali
Awareness (Before)	
Floods can happen at any time. Always be prepared and take simple precautions to save your life	बाढी जुनसुकै समयमा जान सक्छ । आफ्नो जीवनको रक्षा गर्नका निमित्त सधैं तयार रहनुहोस् र साधारण पूर्व-सावधानी अंगाल्नुहोस् ।
Understand your flood hazard: Speak to local authorities and neighbours to find out whether your area is prone to floods.	तपाईंमाथि पर्न सक्ने बाढीको प्रकोपका बारेमा थाहा पाउनुहोस् : तपाईंको क्षेत्र बाढी जान सक्ने ठाउँ हो कि होइन भनी पत्ता लगाउन स्थानीय अधिकारी तथा छिमेकीहरूसँग कुरा गर्नुहोस् ।
Floods and landslides are more likely to occur during the monsoon.	बाढी र पहिरो जाने सम्भावना वर्षा याममा बढी हुन्छ । धेरैजसो बाढी तथा पहिरो वर्षा याममा जान्छन् ।
Floods can kill livestock.	बाढीबाट पशुघनको क्षति हुन सक्छ ।

Ask your local authorities if your community has a flood early warning system. If so, understand the early warning system to help prepare for floods.	तपाईंको समुदायमा बाढीसम्बन्धी पूर्व-चेतावनी प्रणाली छ कि छैन भनी स्थानीय अधिकारीहरूलाई सोध्नुहोस् । यदि छ भने बाढीका लागि तयारी गर्नका लागि मदत गर्नका निमित्त पूर्व-चेतावनी प्रणालीका बारेमा थाहा पाउनुहोस् ।
Understand if the community and/or local authority has identified evacuation areas and routes in case of flood	यदि बाढी गइहालेका अवस्थामा स्थानीय अधिकारीहरूले आश्रय लिने सुरक्षित क्षेत्र तथा मार्गहरूको पहिचान गरेका छन् कि छैनन् भन्ने कुरा थाहा पाउनुहोस् ।
If you live on or near a slope, or in an area that has previously had landslides, you are at risk from landslides.	यदि तपाईं भिरालोमा अथवा सोको नजिक अथवा यसभन्दा पहिले पहिरो गएको क्षेत्रमा बस्नुहुन्छ भने तपाईं पहिरोको जोखिमका हुनुहुन्छ ।
Landslides can occur at any time, especially after rains or rapid snowmelt.	पहिरो विशेष गरी वर्षापछि अथवा हिउँ तीव्र रूपमा पग्लेपछि जुनसुकै समयमा जान सक्छ ।
Landslides can be man-made with the practice of deforestation or haphazard construction.	पहिरो वनविनाश अथवा अव्यवस्थित निर्माणका प्रचलनले गर्दा मानव-जन्य हुन सक्छ ।
Landslides can be large or small, but they are always dangerous.	पहिरो ठूला अथवा साना हुन सक्छन् तर ती सधैं खतरनाक हुन्छन् ।
Understand your landslide risk. Speak to local authorities and neighbours to find out whether your area is prone to landslides.	पहिरोसम्बन्धी आफ्नो जोखिमका बारेमा थाहा पाउनुहोस् । तपाईंको क्षेत्र पहिरो जान सक्ने ठाउँ हो कि होइन भनी पत्ता लगाउन स्थानीय अधिकारी तथा छिमेकीहरूसँग कुरा गर्नुहोस् ।
Mitigation (Before)	
If you live on the flood plain of a river which is sometimes covered by water, raise the floor of your house at least 3 feet above ground level on a solid plinth of stones or other strong materials. This will help you to stay dry and safe in the event of flooding	यदि तपाईं कुनै समयमा पानीले ढाकेको र नदीको बाढीले बनाएको सम्म ठाउँमा बस्नुहुन्छ भने कडा ढुङ्गा अथवा अन्य बलिया सामग्रीहरूबाट बनाइएको बलियो जगमा जमिनको सतहभन्दा कम्तीमा पनि ३ फीटमाथि तपाईंको घरको भुईँ उठाउनुहोस् । यसबाट बाढीको समयमा सुक्खा र सुरक्षित रहन तपाईंलाई मदत हुन्छ ।
Store all electrical equipment at least 3 feet above floor level to avoid water damage during a flood. Unplug all electrical equipment and turn off the electricity supply before you evacuate the building. Ensure that all equipment is dry and safe to operate before you use it afterwards.	बिजुलीबाट चल्ने सम्पूर्ण उपकरणहरूलाई बाढीको समयमा पानीबाट क्षति पुग्न नदिनका निमित्त भुईँको सतहभन्दा कम्तीमा पनि ३ फीटमाथि भण्डारण गर्नुहोस् । बिजुलीबाट चल्ने सम्पूर्ण उपकरणहरूलाई प्लगबाट छुटाउनुहोस् र घरबाट सुरक्षित आश्रयस्थलमा जानुभन्दा पहिले बिजुली आपूर्तिको स्विच बन्द गरेर छुटाउनुहोस् । पछि तपाईंले प्रयोग गर्नुभन्दा पहिले सम्पूर्ण उपकरणहरू सुक्खा छन् र तिनलाई चलाउनु सुरक्षित छ भन्ने कुरा सुनिश्चित गर्नुहोस् ।
Construct wells and latrines on high ground that normally remains above the water level during floods. This will help to keep your water supply safe and prevent disease.	बाढीको समयमा सामान्यतया पानीको सतहभन्दा माथिको अग्लो ठाउँमा इनार र शौचालयको निर्माण गर्नुहोस् । यसबाट तपाईंको पानीको आपूर्ति सुरक्षित राख्न र रोगको रोकथाम गर्न मदत पुग्दछ ।

<p>If you must build water points in areas that sometimes flood, build them on raised platforms at least 3 feet above ground level. Build the water point platforms out of strong materials such as stones and cement. The platforms will help to prevent flood water from entering and contaminating the water source. They will help to keep your water source safe and protect you from disease during a flood.</p>	<p>यदि तपाईंले कहिले-काहीं बाढी जाने ठाउँमा धारा बनाउने पर्दछ भने जमिनको सतहभन्दा कम्तीमा ३ फीटमाथि अग्लो पारिएको ठाउँमा तिनको निर्माण गर्नुहोस् । ढुङ्गा तथा सिमेन्टजस्ता बलिया सामग्रीहरूबाट धाराको वरिपरि प्लेटफर्म बनाउनुहोस् । यी प्लेटफर्महरूले बाढीको पानी छिर्न नदिन र पानीको स्रोतलाई दूषित हुनबाट जोगाउन मद्दत गर्दछन् । यिनबाट बाढीको समयमा पानीको स्रोतलाई सुरक्षित राख्न र रोगबाट बचाउन तपाईंलाई मद्दत पुग्दछ ।</p>
<p>If you must build latrines in areas that sometimes flood, build them on raised platforms at least 3 feet above ground level. Build the latrine platforms out of strong materials such as stones and cement. The platforms will help to prevent flood water from getting inside the latrines. They will help to protect you from disease during a flood.</p>	<p>यदि तपाईंले कहिले-काहीं बाढी जाने ठाउँमा शौचालय बनाउने पर्दछ भने जमिनको सतहभन्दा कम्तीमा ३ फीटमाथि अग्लो पारिएको ठाउँमा तिनको निर्माण गर्नुहोस् । ढुङ्गा तथा सिमेन्टजस्ता बलिया सामग्रीहरूबाट शौचालयको प्लेटफर्म बनाउनुहोस् । यी प्लेटफर्महरूले बाढीको पानी शौचालयमा छिर्न नदिन मद्दत गर्दछन् । यिनबाट बाढीको समयमा रोगबाट बचाउन तपाईंलाई मद्दत पुग्दछ ।</p>
<p>If you can, build your home on a safe site on high ground away from river banks and low-lying areas that are prone to flooding.</p>	<p>यदि तपाईं सक्नुहुन्छ भने नदीको किनार र बाढी जान सक्ने होचो ठाउँभन्दा पर अग्लो जमिन भएको सुरक्षित क्षेत्रमा घर बनाउनुहोस् ।</p>
<p>Avoid digging out yellowish soil from steep slopes for household purpose during rainy season.</p>	<p>वर्षा याममा घर-परिवारको प्रयोजनको निमित्त एकदमै भिरालो ठाउँबाट पहेंलो माटो खन्ने काम नगर्नुहोस् ।</p>
<p>Mitigate your landslide risk by avoiding cutting down trees. Practicing land conservation on farmed hillsides such as terracing is more effective for growing crops.</p>	<p>रूखहरू काट्न छोडेर पहिरो जाने जोखिमलाई कम गर्नुहोस् । खेती गरिने पहाडी क्षेत्रमा गरा-गरा बनाएर खेती गर्नेजस्ता भूसंरक्षणका प्रचलन बाली-नाली लगाउनका लागि बढी प्रभावकारी हुन्छन् ।</p>
<p>If you live in an area where there is a strong risk of landslides, work with your neighbours to plant trees on unstable slopes above and below your homes. The tree roots will hold the soil together and make landslides less likely.</p>	<p>यदि तपाईं पहिरोको बढी जोखिम भएको क्षेत्रमा बस्नुहुन्छ भने तपाईंको घरभन्दा माथि र तल पहिरो जान सक्ने भिराला ठाउँहरूमा रूखहरू रोपनका लागि छिमेकीहरूसँग मिलेर काम गर्नुहोस् । रूखका जराहरूले माटोलाई समातेर सँगै राख्छन् र पहिरो जाने सम्भावनालाई कम पार्दछन् ।</p>
<p>If you live in an area where there is a strong risk of landslides, work with your neighbours to build channels and stone retaining walls to keep landslides away from your houses. Contact the district authorities for guidance on how to build these landslide defences.</p>	<p>यदि तपाईं पहिरोको बढी जोखिम भएको क्षेत्रमा बस्नुहुन्छ भने पहिरालाई तपाईंको घरभन्दा टाढै राख्न पानी बग्ने कुला र पहिरो थाम्ने पर्खाल (retaining walls) बनाउन छिमेकीहरूसँग मिलेर काम गर्नुहोस् । पहिराबाट सुरक्षाका यी उपायहरू बनाउने काममा मार्ग-दर्शन प्राप्त गर्नका लागि जिल्लाका अधिकारीहरूसँग सम्पर्क गर्नुहोस् ।</p>
<p>If you can, build your home on flat stable ground that is safe from landslides. Avoid building on steep slopes, deforested hillsides and sites that are close to quarries and cliff edges.</p>	<p>यदि तपाईं सक्नुहुन्छ भने, पहिराबाट सुरक्षित सम्म र पहिरो नजाने जमिनमा आफ्नो घर बनाउनुहोस् । एकदमै भिरालो ठाउँमा, वन-जङ्गल मासिएका डाँडाँहरूमा र ढुङ्गा खानी तथा भीरको छेउको नजिकका ठाउँहरूमा घर नबनाउनुहोस् ।</p>
<p>Take special care when driving or walking along mountain roads/paths during heavy rain. Debris may fall from above. Falling rocks can damage vehicles, kill or injure travellers and block the road/path.</p>	<p>भारी वर्षा भइरहेको समयमा पहाडी सडक/वाटोहरूमा गाडी चलाउँदा अथवा हिँड्दा विशेष ख्याल गर्नुहोस् । माथिबाट ढुङ्गा-माटो खस्न सक्छन् । खसेका ढुङ्गाहरूले गाडीमा हानि-नोक्सानी पुऱ्याउन, यात्रीहरू मर्न अथवा तिनलाई घाइते बनाउन र सडक/वाटो बन्द गर्न सक्छन् ।</p>

<p>If you are driving along mountain roads on a motorcycle or in a vehicle and the rain becomes very heavy, stop in a safe place to avoid falling debris. Wait until the rain has stopped before continuing your journey. Then proceed with caution and watch out for damage to the road.</p>	<p>यदि तपाईं पहाडी सडकमा मोटरसाइकल अथवा गाडी चलाइरहनुभएको छ र पानी बेस्सरी पर्न थाल्यो भने माथिबाट खस्ने ढुङ्गा-माटाबाट जोगिनका लागि सुरक्षित ठाउँमा रोकिनुहोस् । आफ्नो यात्रालाई जारी राख्नुभन्दा पहिले पानी नरोकिउञ्जेलसम्म प्रतीक्षा गर्नुहोस् । त्यसपछि सावधानीपूर्वक अगाडि बढ्नुहोस् र सडकमा कुनै क्षति पुगेको छ कि छैन भनी हेर्नुहोस् ।</p>
<p>Learn first aid skills to save lives an emergency. Learn how to revive people who have become unconscious after swallowing a lot of water. Learn how to stabilise the condition of injured people until they can receive proper medical treatment.</p>	<p>आपत्कालीन परिस्थितिमा जीवन रक्षा गर्नका लागि प्राथमिक उपचारका सीपहरू सिक्नुहोस् । प्रशस्त पानी खाएको कारणले गर्दा बेहोश भएका मानिसहरूलाई कसरी बचाउने भन्ने उपाय सिक्नुहोस् । घाइते व्यक्तिहरूले उचित स्वास्थ्य उपचार नपाउञ्जेलसम्म उनीहरूको अवस्थालाई कसरी स्थिर राख्ने भन्ने उपाय सिक्नुहोस् ।</p>
<p>Preparedness for Response (During and After)</p>	
<p>Are you ready? Prepare a flood evacuation plan with your family. Agree on a meeting point at a safe place on high ground outside your home, such as a community flood platform if you have one. Establish safe evacuation routes to the meeting point for your family and livestock</p>	<p>के तपाईं तयार हुनुहुन्छ ? परिवारसँग मिलेर बाढी जाने समयमा सुरक्षित आश्रयस्थलका बारेमा योजना तर्जुमा गर्नुहोस् । यदि तपाईंको समुदायमा सामुदायिक बाढी मञ्चजस्ता तपाईंको घरबाहिर अग्लो जमिनमा रहेको सुरक्षित स्थानमा भेट्ने ठाउँका बारेमा सहमति कायम गर्नुहोस् । आफ्नो परिवार तथा पशुहरूका लागि भेट्ने ठाउँमा जानका लागि सुरक्षित बाटोहरू निर्धारित गर्नुहोस् ।</p>
<p>Have an emergency bag ready for your family. This should contain essential items you will need immediately after a flood or landslide. Contents: a torch and batteries, a small radio, enough dry food such as beaten rice or instant noodles for one day, a plastic bottle of drinking water, a bottle of Piyush chlorine drops for purifying drinking water, a basic medical kit and photocopies of your ID cards. Store the bag in a safe place at least 3 feet above ground.</p>	<p>तपाईंको परिवारका निमित्त आपत्कालीन परिस्थितिको ब्याग तयारी अवस्थामा राख्नुहोस् । यस ब्यागमा बाढी अथवा पहिरापछि लगत्तै तपाईंलाई नभई नहुने वस्तु हुनुपर्दछ । यी वस्तुहरू हुन् : टर्च र ब्याट्री, सानो रेडियो, एक दिनका लागि पुग्ने चिउरा अथवा तयारी चाउचाउजस्ता पर्याप्त मात्रामा सुक्खा खाना, खानेपानी भएको प्लास्टिकको एक बोतल, खानेपानीलाई सफा पार्नका लागि पीयूषको ब्लोरिन थोपा, आधारभूत मेडिकल किट र तपाईंको परिचयपत्रका फोटोकपीहरू । जमिनभन्दा कम्तीमा पनि ३ फिटभन्दा माथि सुरक्षित ठाउँमा यो ब्याग राख्नुहोस् ।</p>
<p>Carry a whistle on your person at all times to attract attention in an emergency. Blow the whistle if you are trapped or injured by an earthquake, flood or landslide. You can also blow the whistle if you are attacked. A whistle can be heard far away and it can save your voice. Keep the whistle on your key ring or hang it on a chord round your neck.</p>	<p>आपत्कालीन परिस्थितिमा अरूको ध्यान आकर्षित गर्नका लागि सधैं आफूसँग सिङ्गी राख्नुहोस् । यदि तपाईं भूकम्प, बाढी अथवा पहिरोद्वारा फन्दामा पर्नुभएको (trapped) छ अथवा घाइते हुनुभएको छ भने सिङ्गी बजाउनुहोस् । यदि तपाईंमाथि हमला भएको छ भने पनि तपाईं सिङ्गी बजाउन सक्नुहुन्छ । सिङ्गीको आवाज धेरै टाढासम्म सुनिन सक्छ र यसले गर्दा तपाईंले चिच्याउनुपर्दैन । साँचो राख्ने रिङ (key ring) मा सिङ्गी राख्नुहोस् अथवा सिङ्गीलाई डोरीले बाँधेर घाँटीमा झुण्ड्याउनुहोस् ।</p>
<p>Keep your most valuable small items, such as money and important papers, in a waterproof container or plastic bag. This container or bag should be stored at least 3 feet above floor level to keep its contents safe from flood water.</p>	<p>पैसा अथवा महत्वपूर्ण कागजपत्रजस्ता एकदमै मूल्यवान् वस्तुहरू पानी नछिर्ने भाँडामा अथवा प्लास्टिकको ब्यागमा राख्नुहोस् । यस्तो भाँडा अथवा ब्यागलाई बाढीको पानीबाट यसभित्र रहेका वस्तुहरूलाई सुरक्षित राख्नका लागि भुईँको सतहभन्दा कम्तीमा पनि ३ फीटमाथि राख्नुपर्दछ ।</p>
<p>Store any hazardous materials such as pesticides, insecticides and kerosene at least 3 feet above floor level to prevent water damage to these items and dangerous contamination of the flood water.</p>	<p>कीटनाशक औषधि र मृष्टीतेलजस्ता खतरनाक सामग्रीहरूमा पानीबाट हानि-नोक्सानी नपुगोस् र बाढीको पानीमा खतरनाक प्रदूषण नहोस् भन्नका निमित्त यी वस्तुहरूलाई भुईँको सतहभन्दा कम्तीमा पनि ३ फीटमाथि भण्डारण गर्नुहोस् ।</p>

Reduce your risk: Identify safe places such as community flood platforms or on higher ground that are accessible. Keep copies of information on your special need, medications being taken and any allergies or sensitivities.	जोखिम कम गर्नुहोस् : बाढी जाने समयका लागि बनाइएका सामुदायिक प्लेटफर्म अथवा सजिलै पहुँच गर्न सकिने अग्लो जमिनमाथिका सुरक्षित ठाउँहरूको पहिचान गर्नुहोस् । तपाईंका विशेष आवश्यकता, तपाईंले खाइरहनुभएका औषधि र कुनै पनि एलर्जी (allergies) अथवा संवेदनशीलता (sensitivities) सम्बन्धी जानकारीका प्रतिहरूलाई सुरक्षित राख्नुहोस् ।
Prepare a landslide evacuation plan with your family. Agree on a meeting point outside your home in a safe open space away from unstable slopes and cliff edges. Establish evacuation routes from your home to the meeting point.	परिवारसँग मिलेर पहिरो गएको समयमा सुरक्षित आश्रयस्थलमा कसरी जाने भन्ने बारेमा योजना तयार गर्नुहोस् । अस्थिर भिरालो ठाउँ र चट्टानी भीरको किनारभन्दा टाढा सुरक्षित ठाउँमा तपाईंको घरभन्दा पर भेट्ने ठाउँका बारेमा सहमति कायम गर्नुहोस् । भेट्ने ठाउँमा जानका लागि घरबाट सुरक्षित आश्रयस्थलसम्मका मार्गहरू निर्धारित गर्नुहोस् ।
Prepare a flood/landslide evacuation plan for your school or workplace. Designate a meeting point at a safe place on high ground. Establish safe evacuation routes to the meeting point. Make sure everyone knows what to do in an emergency. Practice emergency evacuation drills regularly.	विद्यालय अथवा काम गर्ने ठाउँका लागि बाढी/पहिरोका समयमा सुरक्षित आश्रयस्थलमा जानका निमित्त योजना तयार गर्नुहोस् । अग्लो जमिनमा रहेको सुरक्षित ठाउँमा भेट्ने ठाउँ तोक्नुहोस् । भेट्ने ठाउँमा जानका लागि घरबाट सुरक्षित आश्रयस्थलसम्मका मार्गहरू निर्धारित गर्नुहोस् । आपत्कालीन समयमा के गर्ने भन्ने कुरा सबैलाई थाहा छ भन्ने कुरा पक्का गर्नुहोस् । आपत्कालीन समयमा सुरक्षित आश्रयस्थलमा कसरी जाने भन्ने अभ्यास नियमित रूपमा गर्नुहोस् ।
Pay attention to the following warning signs to prepare for landslide risk: cracks in land, road or home, dirty underground water sources, and small stones falling for no apparent reason. If you notice these warnings, get to a safe place away from the risk area.	पहिरोका जोखिमका लागि तयार रहनका निमित्त चेतावनीका निम्नलिखित चिह्नहरूप्रति ध्यान दिनुहोस् : जमिन, सडक र घरमा देखिएका चिरा, भूमिगत पानीको स्रोत धमिलो हुनु र देखिने कुनै कारणविना नै स-साना ढुङ्गा खस्नु । यदि तपाईंले यी चिह्न देख्नुभयो भने जोखिमको क्षेत्रभन्दा टाढा सुरक्षित ठाउँमा जानुहोस् ।
In your home, school or workplace, know and practice your flood and landslide action plan. This includes practicing your flood or landslide evacuation route.	आफ्नो घर, विद्यालय अथवा काम गर्ने ठाउँमा बाढी तथा पहिरोसम्बन्धी कार्ययोजनाका बारेमा जानकारी प्राप्त गर्नुहोस् र त्यसको अभ्यास गर्नुहोस् । यसअन्तर्गत बाढी अथवा पहिरो गएको समयमा सुरक्षित आश्रयस्थलमा जानका लागि तपाईंले हिँड्ने बाटाको अभ्याससमेत पर्दछ ।
Monitor the weather for heavy rain which may cause floods or landslides, especially during the rainy season. Listen to local radio stations regularly and watch out for any warnings issued by the local authorities. Follow the advice given by the local authorities to protect yourself and your family against harm from floods and landslides.	विशेष गरी वर्षा याममा बाढी अथवा पहिरो जान सक्ने गरी हुने भारी वर्षाका बारेमा थाहा पाउन मौसमको अनुगमन गर्नुहोस् । नियमित रूपमा स्थानीय रेडियो स्टेशन सुन्नुहोस् र स्थानीय अधिकारीहरूद्वारा जारी गरिएको कुनै चेतावनी छन् कि भनी हेर्नुहोस् । बाढी तथा पहिरोले पुऱ्याउने हानि-नोक्सानीबाट आफू र आफ्नो परिवारलाई सुरक्षित राख्नका निमित्त स्थानीय अधिकारीहरूले दिएका सल्लाहको अनुसरण गर्नुहोस् ।
During a flood, if you are in a vehicle or motorbike, avoid passing through flood water and move to higher ground away from rivers. Fast flowing water that is only ankle deep can wash away a car.	बाढीको समयमा यदि तपाईं गाडी अथवा मोटरसाइकलमा हुनुहुन्छ भने बाढीको पानी भएर तर्ने काम नगर्नुहोस् र नदीभन्दा टाढा अग्लो जमिनमा जानुहोस् । गोलीगाँठोजति गहिरो र उर्लदो भेलले कारलाई बगाएर लैजान सक्छ ।
If your vehicle becomes stuck in flood water, leave it quickly and go to a safe place on higher ground.	यदि तपाईंको गाडी बाढीको पानीमा फस्यो भने तुरुन्तै गाडी त्यही छोड्नुहोस् र अग्लो जमिनमाथि सुरक्षित ठाउँमा जानुहोस् ।
Stay out of flood water to be safe. Do not play, bathe or swim in flood water. It is dangerous. Strong currents can sweep you away. Debris in the water can cause injury. Snakes in the water may bite you. The water may be contaminated and make you ill.	सुरक्षित रहनका लागि बाढीको पानीभन्दा टाढै रहनुहोस् । बाढीको पानीमा नखेल्नुहोस्, ननुहाउनुहोस् र पौडी नखेल्नुहोस् । यो खतरनाक हुन्छ । बलियो भेलले तपाईंलाई बगाउन सक्छ । पानीले बगाएर ल्याएका ढुङ्गा-माटाले चोट पुऱ्याउन सक्छन् । पानीमा भएका सर्पहरूले तपाईंलाई टोक्न सक्छन् । पानी प्रदूषित हुन सक्छ र तपाईं विरामी पर्न सक्नुहुन्छ ।

Do not drink water left by floods. It may be contaminated and make you ill. Make water safe to drink by boiling it for at least five minutes. You can also make water safe to drink by treating it with Piyush chlorine drops or the prescribed dose of other water purification chemicals.	वाढीले छोडेर गएको बाँकी पानी नखानुहोस् । यो प्रदूषित हुन सक्छ र यसबाट तपाईं बिरामी पर्न सक्नुहुन्छ । कम्तीमा पनि पाँच मिनेटसम्म उमालेर पानीलाई सुरक्षित पार्नुहोस् । पानीलाई पीयूष क्लोरिनका थोपा अथवा पानी शुद्ध पार्ने अरू रासायनिक पदार्थहरूका तोकिएको मात्राद्वारा उपचार गरेर पनि पानीलाई तपाईं सुरक्षित पार्न सक्नुहुन्छ ।
Keep your children safe from drowning. Do not allow your children to play in flood water. Make sure they stay close to you at all times where you can see and hear them.	आफ्ना केटा-केटीहरूलाई डुबनबाट सुरक्षित राख्नुहोस् । वाढीको पानीमा आफ्ना केटा-केटीहरूलाई खेल्न नदिनुहोस् । तपाईंले उनीहरूलाई देख्न सक्ने र उनीहरूको आवाज सुन्न सक्ने ठाउँमा उनीहरू सधैं तपाईंको नजिक रहन्छन् भन्ने कुरा पक्का गर्नुहोस् ।
Stay away from electrical wires, plug points, and electrical equipment that have got wet. Do not touch wet electrical items. You may receive a strong electrical shock that could hurt or kill you.	विजुलीका भिजेका तार, प्लग जोड्ने ठाउँ र विजुलीका उपकरणभन्दा टाढै रहनुहोस् । विजुलीका भिजेका वस्तुहरू नछुनुहोस् । यसो गरेमा तपाईंलाई विजुलीको झटका लाग्न सक्छ र त्यसबाट तपाईंलाई चोटपटक लाग्न सक्छ अथवा तपाईं मर्न पनि सक्नुहुन्छ ।
Take your domestic animals with you when you evacuate your home to avoid flooding. If there is no time to take your animals with you, let them free to find their own way to a safe place on higher ground.	वाढीबाट जोगिनका लागि आफ्नो घरबाट सुरक्षित आश्रयस्थलसम्म जाने समयमा घरपालुवा जनावरहरू पनि आफूसँगै लिएर जानुहोस् । यदि आफूसँगै तिनलाई लिएर जानका लागि तपाईंसँग समय छैन भने अग्लो जमिनमा तिनले आफैं सुरक्षित ठाउँ फेला पारुन् भन्नका लागि तिनलाई फुकाइदिनुहोस् ।
During heavy rainfall, listen for rumbling sounds that may indicate an approaching landslide. If you hear a rumbling sound, move away from the noise immediately to safer ground away from the landslide	भारी वर्षा भएको समयमा पहिरो नजिकै आइरहेको छ भनी सङ्केत गर्ने गडगडाहटको आवाज सुन्नुहोस् । यदि तपाईंले गडगडाहटको आवाज सुन्नुभयो भने यस्तो आवाज आएको ठाउँबाट तुरुन्तै पहिरोभन्दा टाढा सुरक्षित ठाउँमा जानुहोस् ।
Be alert for landslides during heavy rainfall. Be especially alert for landslides at night when many people may be asleep.	भारी वर्षाको समयमा पहिरोका बारेमा सतर्क रहनुहोस् । विशेष गरी धेरै मानिसहरू सुतिरहेको हुन सक्ने रातको समयमा पहिरोका बारेमा सतर्क रहनुहोस् ।
If landslide danger is likely, move away from the area of risk as quickly as possible.	यदि पहिरोको खतराको सम्भावना छ भने जतिसक्दो चाँडो जोखिमको क्षेत्रभन्दा टाढा जानुहोस् ।
During heavy rainfall, be aware when driving around steep slopes or mountain edges as debris can fall or block passages. If you come to a section of the road or path that has been blocked or destroyed by a landslide, turn back. Do not attempt to cross the landslide. The debris may be unstable. You could be injured or killed. Warn other travelers about the damaged section of the road.	भारी वर्षाको समयमा ढुङ्गा-माटो खस्न सक्ने र बाटो अवरूद्ध हुन सक्ने भएकाले एकदमै भिरालो ठाउँ र पहाडको छेउमा गाडी चलाउने समयमा सचेत रहनुहोस् । यदि तपाईं पहिराले सडक अथवा बाटोको कुनै खण्डमा अवरोध पुगेको अथवा भत्काइएको ठाउँमा आइपुग्नुभएको छ भने पछाडि फर्कनुहोस् । पहिरो पार गरेर जाने कोसिस नगर्नुहोस् । त्यहाँका ढुङ्गा-माटो बग्न सक्छन् । तपाईंलाई चोटपटक लाग्न सक्छ अथवा तपाईं मर्न सक्नुहुन्छ । सडकको क्षति पुगेको खण्डका बारेमा अरू यात्रीहरूलाई चेतावनी दिनुहोस् ।
After one landslide, further landslides may follow. Landslides may also cause local flooding. If you can, move away from the landslide area to a safe place on high ground away from unstable slopes.	एउटा पहिरो गएपछि थप अरू पहिरो जान सक्छन् । पहिराले गर्दा स्थानीय रूपमा वाढी जान पनि सक्छ । यदि सक्नुहुन्छ भने अस्थिर भिराला ठाउँहरूबाट पहिरोभन्दा टाढा अग्लो जमिनमा सुरक्षित ठाउँमा जानुहोस् ।

After a landslide, be aware of flood risk as floods can occur after a landslide. Move to safe and higher ground to protect yourself from potential flood risk.	पहिरोपछि बाढी जान सक्ने भएकाले पहिरोपछि बाढीको जोखिमका बारेमा सचेत हुनुहोस् । बाढीको सम्भावित जोखिमबाट आफूलाई सुरक्षित राख्नका लागि सुरक्षित तथा अग्लो ठाउँमा जानुहोस् ।
If you must enter still or slow-moving shallow water, wear shoes to protect your feet. Do not walk through flood water that comes above your knee. You may be swept off your feet or fall into deeper water.	यदि तपाईं शान्त अथवा विस्तारै बगिरहेको गहिरो नभएको पानीमा पस्ने पर्ने भएका खण्डमा गोडालाई सुरक्षित राख्नका लागि जुता लगाउनुहोस् । घुँडाभन्दा माथिसम्म आउने बाढीको पानीमा नहिँड्नुहोस् । तपाईंका गोडालाई पानीले हुत्याउन सक्छ अथवा तपाईं अझ गहिरो पानीमा लड्न सक्नुहुन्छ ।
Never walk or swim through fast-moving flood water. Even ankle deep water that is flowing fast can sweep you off your feet.	बाढीको उर्लदो पानीमा कहिल्यै पनि नहिँड्नुहोस् अथवा पौडी नखेल्नुहोस् । पानी गोलीगाँठोजति आउँछ तर भेल उलिरहेको छ भने पनि तपाईंका गोडालाई पानीले हुत्याउन सक्छ ।
If you are isolated by flood water, use your mobile phone to call for help. If you do not have a working mobile phone, use a whistle or wave bright coloured clothing to attract attention. Flash a torch at night to identify your position.	यदि तपाईं बाढीको पानीमा एक्लो पर्नुभएको छ भने मदतका लागि फोन गर्नका निमित्त मोबाइल फोनको प्रयोग गर्नुहोस् । यदि तपाईंसँग काम गरिरहेको मोबाइल फोन छैन भने सिट्टीको प्रयोग गर्नुहोस् अथवा अरूको ध्यान आकर्षित गर्नका लागि चर्को रडको कपडा हल्लाउनुहोस् । आफू रहेको ठाउँको पहिचान गराउनका निमित्त रातको समयमा टर्च बाल्नुहोस् ।
After a landslide check for people who may have been trapped in debris. Direct rescuers to their location. Do not enter the landslide area alone. You may also become injured or trapped.	पहिरापछि ढुङ्गा-माटाका फन्दामा परेका हुन सक्ने मानिसहरूका बारेमा जाँच गर्नुहोस् । उद्धारकर्ताहरूलाई फन्दामा परेका ठाउँ देखाइदिनुहोस् । पहिरो गएको क्षेत्रमा एकलै नपस्नुहोस् । तपाईंलाई पनि चोटपटक लाग्न सक्छ अथवा तपाईं फन्दामा पर्न सक्नुहुन्छ ।
If you are trapped in a landslide, use a whistle to alert rescuers. Whistles can be heard easily. They also use less energy than shouting. If you do not have a whistle, make a loud noise by knocking objects together.	यदि तपाईं पहिरामा फन्दामा पर्नु भएको छ भने उद्धारकर्ताहरूलाई सतर्क पार्नका निमित्त सिट्टीको प्रयोग गर्नुहोस् । सिट्टीको आवाज सजिलै सुन्न सकिन्छ । सिट्टी बजाउँदा कम ऊर्जाको प्रयोग पनि हुन्छ । यदि तपाईंसँग सिट्टी छैन भने वस्तुहरूलाई आपसमा ठोकेर चर्को आवाज निकाल्नुहोस् ।
Always defecate in proper toilets or latrines to prevent the spread of water-borne diseases such as diarrhoea. If you cannot use a latrine, bury your faeces in the ground. Do not defecate on open ground or near water sources.	भाडा-पखालाजस्ता पानीजन्य रोगहरू फैलन नदिनका निमित्त सधैं उचित शौचालय अथवा चर्पीमा दिसा गर्नुहोस् । यदि तपाईं शौचालयको प्रयोग गर्न सक्नुहुन्न भने आफ्नो दिसा जमिनमा पुर्नुहोस् । खुला जमिनमा अथवा पानीको स्रोतनजिक दिसा नगर्नुहोस् ।

Fire

English	Nepali
Awareness (Before) Fire can happen at any time. The most common source of fires involve: gas stoves and heaters, smoking materials, electrical overload/appliances, and the burning of garbage or debris in an uncontrolled manner.	आगलागी जुनसुकै समयमा हुन सक्छ । आगललागीका मुख्य स्रोतहरूमा यी पर्छन् : स्टोभ र हिटर, चुरोट/तमाखु खाने सामग्री, विजुलीमाथि चाहिनेभन्दा बढी चाप (electrical overload)/विजुलीका उपकरण र अनियन्त्रित रूपमा फोहोर-मैला अथवा भत्के-विग्रेका टुक्राटाक्री (debris) बाल्ने काम ।
Flammable materials such as pesticides, exposed wood, dried leaves, hay, dead or overhanging trees can cause fires to spread rapidly.	कीटनाशक औषधि, सुकेका काठ, सुक्खा पात-पतिङ्गर, पराल, सुकेका अथवा भुन्डिइरहेका रूखजस्ता सजिलै बल्ने सामग्रीले आगोलाई चाँ-चाँडो फैलाउन सक्छन् ।

<p>Check your home for fire safety: Make sure your home is not exposed to the risk of fire. Douse fires completely after cooking food or leaving it unattended, store flammables such as fuel, match sticks safely away from your home. Make sure you identify two escape routes from your home or work in the event of a fire.</p>	<p>आगलागीबाट सुरक्षाका लागि आफ्नो घरको जाँचपडताल गर्नुहोस् : तपाईंको घर आगलागीको जोखिममा छैन भन्ने पक्का गर्नुहोस् । खाना पकाइसकेपछि अथवा आगोलाई त्यसै छोड्नुभन्दा अघि पानीले पूरै आगो निभाउनुहोस्, इन्धन, सलाई जस्ता सजिलै बल्ने सामग्रीको भण्डारण घरभन्दा टाढा गर्नुहोस् । आगलागी भइहालेका खण्डमा घर अथवा काम गर्ने ठाउँबाट बाहिर निस्कनका लागि दुइटा बाटोको पहिचान तपाईंले गर्नुभएको छ भन्ने कुरा पक्का गर्नुहोस् ।</p>
<p>Mitigation (Before)</p>	
<p>Protect your home from fire. Always build on level ground as fire will spread rapidly even on minor slopes. This measure will reduce the spread of fire.</p>	<p>आगलागीबाट आफ्नो घर जोगाउनुहोस् । आगो थोरै भिरालो भएको ठाउँमा समेत तीव्र रूपमा फैलने भएको कारणले गर्दा सधैं समतल जमिनमा घर निर्माण गर्नुहोस् । यस कदमबाट आगलागी फैलने जोखिम कम हुन सक्छ ।</p>
<p>Keep your home safe from fire. Keep your roof clear from hay, leaves and debris. Remove all hay, dead wood and vegetation at least 30 feet away from your home. This will protect your home from the potential cause and spread of fire.</p>	<p>आगलागीबाट आफ्नो घरलाई सुरक्षित राख्नुहोस् । छानामा पराल, पात-पतिङ्गर र भल्के-बिगेका टुक्रा-टाक्री केही पनि नराख्नुहोस् । भएभरका पराल, सुकेका काठ र पात-पतिङ्गर आफ्नो घरभन्दा ३० फीट पर हटाउनुहोस् । यसले तपाईंको घरलाई आगलागीको सम्भावित कारण र आगलागी फैलनबाट बचाउँछ ।</p>
<p>Identify a source of water nearby, such as a pond, pool, or water tank that can be accessed to put out a fire. Knowing where water can be accessed can help you act fast and reduce the spread of fire.</p>	<p>आगो निभाउनका लागि पहुँच गर्न सकिने र नजिकैका तलाउ, पोखरी अथवा पानी ट्याङ्कीजस्ता पानीका स्रोतहरूको पहिचान गर्नुहोस् । पानीको कुरा थाहा भएका खण्डमा यसले तुरुन्त कदम चाल्न मद्दत गर्दछ र आगो फैलन पाउँदैन ।</p>
<p>A bucket of dry earth will also extinguish a small fire. Have a method of summoning help from neighbours to assist you to extinguish a small fire and ensure additional help from the emergency responders is called for.</p>	<p>सुक्खा माटोले भरिएको बाल्टिनबाट पनि आगो निभ्दछ । सानो आगो निभाउनका लागि तपाईंलाई सहयोग गर्न छिमेकीहरूबाट मद्दत लिनका लागि उनीहरूलाई कसरी बोलाउने भनी सो विधिको विकास गर्नुहोस् र आपत्कालीन परिस्थितिमा प्रतिकार्य गर्नेहरूबाट थप मद्दत आवश्यक भएका खण्डमा सो लिन कुरा पक्का गर्नुहोस् ।</p>
<p>Install a smoke detector in each room of your house or at least in your escape route out of the property. A smoke detector can give you warning if a fire is happening which will allow you and your family to evacuate safely.</p>	<p>आफ्नो घरका सबै कोठाहरूमा अथवा कम्तीमा पनि आफ्नो घरबाट बाहिर निस्कने बाटामा धूवाँ पत्ता लगाउने यन्त्र (smoke detector) जडान गर्नुहोस् । यदि आगलागी सुरु भएको छ भने धूवाँ पत्ता लगाउने यन्त्रले तपाईंलाई चेतावनी दिन्छ र यसले गर्दा सुरक्षित आश्रयस्थलमा जानका लागि तपाईं र तपाईंको परिवारलाई अवसर उपलब्ध हुन्छ ।</p>
<p>Fire can happen at any moment. Never leave your stove, lit cigarettes, or candles unattended. Turn off and unplug electrical appliances when not in use. Ensure all appliances are unplugged during the times of power shedding, due to the power surge when the power is restored giving the potential to start a fire</p>	<p>आगलागी जुनसुकै समयमा हुन सक्छ । स्टोभ, सल्काइएका चुरोट अथवा बलिरहेका मैनबत्तीहरू कसैको पनि रेखदेख नै नहुने गरी त्यसै नछोड्नुहोस् । प्रयोग नभएका बेलामा विजुलीका उपकरणहरूको स्विच बन्द गर्नुहोस् र तार प्लगबाट निकाल्नुहोस् । लोड सेडिङ भएका बेलामा सारा उपकरणका तार प्लगबाट निकालिएका छन् भन्ने कुरा सुनिश्चित गर्नुहोस् किनभने विजुली आउनासाथ पावर (power) घटवढ हुने भएकाले यसबाट आगलागी सुरु हुने सम्भावना हुन्छ ।</p>
<p>Keep flammable materials such as oil, curtains, and towels away from cooking areas. Check your gas canister and stove regularly for any leakage. If you smell of gas in cooking area, remove all sources of ignition such as cigarettes or candles and do not light the stove. Doing this will limit the chance for fire to occur and spread. This can save your life and property.</p>	<p>तेल, पर्दा र तौलियाजस्ता सजिलै बल्न सक्ने वस्तुहरूलाई खाना पकाउने क्षेत्रभन्दा टाढा राख्नुहोस् । कुनै चुहावट छ कि छैन भनी ग्यासको सिलिन्डर र स्टोभको जाँच नियमित रूपमा गर्नुहोस् । यदि खाना पकाउने क्षेत्रमा तपाईंले ग्यासको गन्ध आएको चाल पाउनुभयो भने चुरोट अथवा मैनबत्तीजस्ता आगो बल्ने सम्पूर्ण स्रोतहरू हटाउनुहोस् र स्टोभ नसल्काउनुहोस् । यसो गरेका खण्डमा यसबाट आगलागी हुन र सो फैलने मौका सीमित हुन्छ । यसबाट तपाईंको जीवन र सम्पत्ति जोगिन सक्छन् ।</p>

Children should not play with lighters, matches or fire as they can be dangerous and cause a fire. If you see matches or a lighter and you can reach them, tell a grown-up.	केटाकेटीहरूले लाइटर, सलाई अथवा आगो खेलाउनु हुँदैन किनभने ती खतरनाक हुन सक्छन् र तिनबाट आगलागी हुन सक्छ । यदि तपाईंले सलाई अथवा लाइटर देख्नुभयो र तिनलाई फेला पार्न सक्नुभयो भने यो कुरा हुर्किसकेका मानिसहरूलाई बताउनुहोस् ।
Do not overload extension cords or wall sockets as this can cause a fire. An electrical fire can destroy a home in minutes. Ensure the correct fuses are used.	एक्स्टेन्सन कर्डहरू (extension cords) लाई सक्नेभन्दा बढी बोझ नदिनुहोस् किनभने यसो गरेमा यसबाट आगलागी हुन सक्छ । विजुलीबाट सल्केको आगोले केही मिनेटमा नै घर ध्वस्त पार्न सक्छ । सही फ्युजहरू (fuses) को प्रयोग गरिएको छ भन्ने कुरा सुनिश्चित गर्नुहोस् ।
Keep your gas or electric heater at least 3 feet away from anything that can burn such as furniture, blankets, curtains or paper products. Be aware that wind from an open window could blow material such as curtains onto a fire /cooker /candle. This can help prevent fire and save your property.	ग्यास अथवा विजुलीको हिटरलाई फर्निचर, कम्बल, पर्दा अथवा कागतबाट बनेका उत्पादनजस्ता कुनै पनि वस्तुभन्दा ३ फीट टाढा राख्नुहोस् । खुला भूयालबाट आएको हावाले पर्दाजस्ता सामग्रीहरूलाई आगोमा/ कूकरमा (cooker)/मैनबत्तीमा उडाएर लैजान सक्छ भन्ने कुराप्रति सचेत हुनुहोस् । यसबाट आगलागीको रोकथाम गर्न र तपाईंको सम्पत्ति जोगाउन मदत पुग्न सक्छ ।
Have a dry fire extinguisher to put out small fires. To make a dry fire extinguisher, pour 3 kg of fine sand into a large container and add 1 kg of baking soda. Stir the mixture thoroughly. Keep the container in your shop, garage, or kitchen. This mixture can be sprinkled directly on small oil, grease, and petroleum fires. Dry earth will also be effective to put out small fires.	स-साना आगलागीहरूमा आगो निभाउनका लागि आगो निभाउने सुक्खा यन्त्र (dry fire extinguisher) राख्नुहोस् । आगो निभाउने सुक्खा यन्त्र बनाउनका लागि ठूलो भाँडामा ३ केजी मसिनो बालुवा खन्याउनुहोस् र त्यसमा थप १ केजी बेकिङ सोडा राख्नुहोस् । यस मिश्रणलाई बेसरी चलाउनुहोस् । यो मिश्रण राखिएको भाँडो आफ्नो पसल, ग्यारेज अथवा भान्साघरमा राख्नुहोस् । यस्तो मिश्रणको प्रयोग थोरै तेल, ग्राज र पेट्रोलियम पदार्थमा छर्नका लागि गर्न सकिन्छ । सुक्खा माटो पनि स-साना आगलागीमा आगो निभाउन प्रभावकारी हुन सक्छ ।
Keep your stove clean to prevent build-up of spilled oils and burnt food. This will reduce the chance of fire occurring and keep you and your family safe.	पोखिएर जम्मा भएको तेल र डढेको खाना जम्मा भएर रहन नदिनका लागि स्टोभलाई सफा राख्नुहोस् । यसले आगलागी हुने मौकालाई कम गर्दछ र तपाईंको परिवारलाई सुरक्षित राख्दछ ।
Avoid burning materials such as garbage near your house as a fire can spread quickly. If you do burn materials, make sure it is in a controlled space surrounded by rocks and at least 10 feet away from flammable materials. Pay attention to the wind direction and strength if burning outside. Dispose of ashes safely in a bucket as it can take 3 days for ashes to cool.	फोहोर-मैलाजस्ता सामग्रीहरू घरनजिकै पोल्ने काम नगर्नुहोस् किनभने तिनबाट आगो चाँडै फैलन सक्दछ । यदि तपाईं यी सामग्रीहरू पोल्दै हुनुहुन्छ भने यस्तो ठाउँ ढुङ्गाले घेरिएको र बल्ने सामग्रीहरूभन्दा कम्तीमा पनि १० फीट टाढा छ भन्ने कुरा सुनिश्चित गर्नुहोस् । यदि बाहिर पोलिबुनिएको छ भने हावा कुन दिशातिर बगिरहेको छ र यो कतिको शक्तिशाली छ भन्ने कुरामाथि ध्यान दिनुहोस् । खरानी सेलाउनका लागि ३ दिन लाग्ने भएकाले बाल्टीनमा राखी खरानी सुरक्षापूर्वक तह लगाउनुहोस् ।
Preparedness for Response (During and After)	
Prevent Wildfires: Wildfires can kill and destroy property. Never discard cigarettes on the ground or leave a fire unattended. Dispose of ashes safely in a bucket as it can take 3 days for ashes to cool. These measures can reduce wildfire risk.	डँडैलाको रोकथाम गर्नुहोस् : डँडैलाबाट मानिसहरू मर्न सक्छन् र सम्पत्तिको क्षति हुन सक्छ । कहिल्यै पनि चुरोटको ठुटो जमिनमा त्यत्तिकै नछोड्नुहोस् अथवा ननिभाई आगो त्यत्तिकै नछोड्नुहोस् । खरानी सेलाउन ३ दिन लाग्न सक्ने भएको कारणले गर्दा खरानीलाई बाल्टीनमा सुरक्षापूर्वक तह लगाउनुहोस् । यी कदमहरूबाट डँडैलाको जोखिम कम हुन सक्छ ।
Avoid starting new fire by using a burning stick from an existing fire. Carrying burning wood is dangerous and can spread fires. Use a lighter or match instead. Do not use an open fire or ranko for light; use a torch instead. Children should not handle fires.	आगो बलिरहेको ठाउँबाट बलिरहेको अगुल्टो प्रयोग गरी नयाँ आगो सल्काउन सुरु नगर्नुहोस् । बलिरहेको अगुल्टो लैजानु खतरनाक हुन सक्छ र यसबाट आगो फैलन सक्छ । उज्यालोका लागि दियालो अथवा राँकोको प्रयोग नगर्नुहोस्, बरु यिनको सट्टा टर्च प्रयोग गर्नुहोस् । केटाकेटीले आगो चलाउनु हुँदैन ।

<p>Are you ready? Prepare a fire action plan with your family. Agree on a meeting point outside in a safe open space. Plan an alternative escape route in case the main door is blocked. Keep a whistle on you at all times to act as a warning sound.</p>	<p>के तपाईं तयार हुनुहुन्छ ? परिवारसँग मिलेर आगलागीका बारेमा आफ्नो कार्य योजना तयार पार्नुहोस् । घरभन्दा बाहिर भेट्नका लागि तोकिएको सुरक्षित खुला ठाउँका बारेमा सहमति कायम गर्नुहोस् । मूल ढोका बन्द भएको अवस्थामा बाहिर निस्कनका लागि वैकल्पिक बाटोका बारेमा योजना तयार पार्नुहोस् । चेतावनीको आवाजका रूपमा काम गर्ने गरी आफ्नो साथमा सधैं सिट्टी राख्नुहोस् ।</p>
<p>If there is a fire in your home, workplace or school, do not hide; go outside. You should never hide when there is a fire. Get to a safe open space outside and away from fire to keep safe. Request help as soon as possible. For a small fire, adults should try to extinguish it. If the fire is too large warn others in the building so they can get out.</p>	<p>यदि तपाईंको घर, काम गर्ने ठाउँ अथवा विद्यालयमा आगलागी भएको छ भने नलुक्नुहोस्, बाहिर निस्कनुहोस् । आगलागी हुँदा तपाईं कहिले पनि लुक्नु हुँदैन । आफू सुरक्षित रहनका लागि बाहिर सुरक्षित खुला ठाउँ र आगलागी भएको ठाउँभन्दा टाढा जानुहोस् । सकेसम्म चाँडो मदतका लागि अनुरोध गर्नुहोस् । सानो आगलागीमा वयस्क व्यक्तिहरूले आगो निभाउने कोसिस गर्नुपर्दछ । यदि आगलागी धेरै नै ठूलो छ भने घरभित्रका मानिसहरूलाई चेतावनी दिनुहोस् जसले गर्दा उनीहरू बाहिर निस्कन सकून् ।</p>
<p>If there is a fire in your home, workplace or school, drop to the ground and crawl to the nearest safe exit. Crawling will help you stay away from dangerous smoke. Use the back of your hand to test if a door is hot before opening it. If it is hot, try to find another way out like a window.</p>	<p>यदि तपाईंको घर, काम गर्ने ठाउँ अथवा विद्यालयमा आगलागी भएको छ भने जमिनमा घोटो पर्नुहोस् र नजिकैको सुरक्षित ढोकातिर घिसेर गई बाहिर निस्कनुहोस् । घिस्रंदा खतरनाक धूवाँबाट टाढा रहन तपाईंलाई मदत पुग्छ । ढोका खोल्नुभन्दा पहिले ढोका तातेको छ कि छैन भनी जाँच आफ्नो हातको पछाडिपट्टिको भाग प्रयोग गर्नुहोस् । यदि ढोका तातो छ भने भ्यालजस्तो बाहिर निस्कने अर्को बाटो पत्ता लगाउनुहोस् ।</p>
<p>If your clothes are on fire; practice Stop, Drop and Roll to put the fire out. Stop and drop to the ground and roll around until the fire is out. Do not run as this makes the fire burn faster.</p>	<p>यदि तपाईंको लुगामा आगो लागेको छ भने आगो निभाउनका लागि 'रोकिनुहोस्, जमिनमा घोटो पर्नुहोस् र गुँडुल्किनुहोस्' को अभ्यास गर्नुहोस् । आगो ननिभुन्जेलसम्म 'रोकिनुहोस्, जमिनमा घोटो पर्नुहोस् र गुँडुल्किनुहोस्' । नदौडनुहोस् किनभने यसबाट आगो भन् चाँ-चाँडो बल्न जान्छ ।</p>
<p>If you smell gas or smoke or your smoke detector sounds, get your family out immediately and warn your neighbours. Call local authorities from your mobile when outside in a safe place away from the fire risk for assistance.</p>	<p>यदि तपाईंले ग्यास अथवा धूवाँको गन्ध आएको चाल पाउनुभयो भने अथवा धूवाँ पत्ता लगाउने यन्त्र (smoke detector) करायो भने तुरुन्तै आफ्नो परिवारलाई बाहिर निकाल्नुहोस् र छिमेकीहरूलाई सतर्क पार्नुहोस् । आगोको जोखिमभन्दा टाढा सुरक्षित ठाउँमा आफू बाहिर आइसकेपछि सहयोगका लागि स्थानीय अधिकारीहरूलाई मोबाइलबाट फोन गर्नुहोस् ।</p>
<p>If a cooking fire starts, turn off the heat immediately and smother it with a pot lid or a damp cloth. Never use water on electric, oil or grease fire.</p>	<p>यदि तपाईंले खाना पकाई नै रहेको चुलाबाट आगलागी सुरु हुन लागेको छ भने तुरुन्तै ज्वाला (heat) बन्द गर्नुहोस् र भाँडाको विको अथवा चिसो कपडाले यसलाई ढाक्नुहोस् । विजुली, तेल र ग्रीज (grease) बाट सुरु भएको आगोमा कहिल्यै पनि पानी प्रयोग नगर्नुहोस् ।</p>
<p>If there is a wood, paper or fabric fire, use water, dry earth or a fire extinguisher to put the fire out. If safe, use a stick or rake to remove material that is not burning away from the fire to reduce the size of the fire.</p>	<p>यदि काठ, कागद अथवा लुगाबाट सुरु भएको आगो छ भने आगो निभाउनका लागि पानी, सुक्खा माटो अथवा आगो निभाउने यन्त्र (fire extinguisher) को प्रयोग गर्नुहोस् । यदि तपाईं सुरक्षित हुनुहुन्छ भने आगलागीको मात्रा कम गर्नका लागि नजलिरहेका सामग्रीहरूलाई आगलागीभन्दा टाढा लैजान लट्टी अथवा दाँदे (rake) को प्रयोग गर्नुहोस् ।</p>
<p>Once you have escaped a building on fire, never re-enter the building for any reason. Re-entering a burning building can put you and fire rescuers at risk of death or injury.</p>	<p>जब तपाईं जलिरहेको घरबाट बाहिर निस्किसक्नुहुन्छ, तब कुनै पनि कारणका लागि सो घरमा कहिल्यै पनि फेरि भित्र नपस्नुहोस् । जलिरहेको घरमा फेरि भित्र पसेका खण्डमा त्यसले तपाईंलाई र आगलागीमा उद्धार गर्ने मानिसहरूलाई मृत्यु अथवा चोटपटकको जोखिममा पार्न सक्छ ।</p>

<p>During a wildfire, stay informed by listening to your local radio. Follow instructions and evacuate if ordered by authorities or if you feel in danger from wildfire.</p>	<p>डँढेलो लागेको समयमा स्थानीय रेडियो सुनेर आफूलाई सुसूचित पार्नुहोस् । यदि अधिकारीहरूले निर्देशन दिएका छन् भने ती निर्देशनहरूको पालन गर्नुहोस् अथवा यदि तपाईं डँढेलोबाट आफू खतरामा रहेको महसुस गर्नुहुन्छ भने सुरक्षित आश्रय स्थलमा जानुहोस् ।</p>
<p>Protect your livestock during a wildfire by keeping flammable feed away from barns or stables. Keep barn doors open so livestock can escape to a safer area if needed.</p>	<p>डँढेलो लागेको समयमा सजिलै बल्ने खालका दाना (feed) लाई धनसार (barn) अथवा तबेलाभन्दा टाढा राखेर आफ्नो पशुधनको सुरक्षा गर्नुहोस् । धनसारका ढोकाहरू खुला राख्नुहोस् जसले गर्दा आवश्यक परेका खण्डमा पशुहरू सुरक्षित क्षेत्रतर्फ आफैँ भाग्न सकून् ।</p>
<p>During a wildfire, wear protective clothing such as shoes, long pants, long sleeved shirt and gloves. Keep a damp towel with you to protect your face. This can protect you as you escape from the fire hazard area.</p>	<p>डँढेलो लागेको समयमा, जुता, लामो प्यान्ट, लामो बाहुला भएको कमिज र पन्जाजस्ता सुरक्षा प्रदान गर्ने लुगा लगाउनुहोस् । आफ्नो अनुहार जोगाउनका लागि भिजेको तौलिया आफ्नो साथमा राख्नुहोस् । आगलागीको प्रकोप भएको क्षेत्रबाट टाढा जाने समयमा यसले तपाईंको रक्षा गर्न सक्छ ।</p>
<p>After a wildfire, be aware of hazards such as hot spots, burned trees, power poles, fallen wires and ash pits. Stay away from these hazards and only re-enter an area when cleared by local authorities.</p>	<p>डँढेलो लागि सकेपछि, ताता ठाउँ, बलिरहेका रूख, बिजुलीका खम्बा, खसेका तार र खरानीले भरिएका खाल्टाजस्ता जोखिमका बारेमा सचेत रहनुहोस् । यस्ता जोखिमहरूबाट टाढा रहनुहोस् र स्थानीय अधिकारीहरूले 'हुन्छ' भनी अनुमति दिएमा मात्र यस्ता ठाउँमा फेरि प्रवेश गर्नुहोस् ।</p>
<p>After a wildfire, be aware of hazards when cleaning damages such as toxic fumes. Use damp clothes to protect your face and keep children away from clean-up sites. Use gloves when cleaning to avoid contact with dangerous materials.</p>	<p>डँढेलो लागि सकेपछि, विषालु धूवाँजस्ता नष्ट भएका वस्तुहरू सफा गर्ने समयमा जोखिमप्रति सचेत रहनुहोस् । आफ्नो अनुहार जोगाउनका लागि भिजेको तौलिया प्रयोग गर्नुहोस् र केटाकेटीहरूलाई सफा गर्न लागेको ठाउँभन्दा टाढा राख्नुहोस् । खतरनाक सामग्रीहरूसँगको सम्पर्कमा नआउनका लागि सफा गर्ने समयमा पन्जा प्रयोग गर्नुहोस् ।</p>

Annex II: Communications Group Members

The Common Messages Guideline has been developed with the support and commitment from following Communications Group members:

Government of Nepal
ActionAid
Asian Development Bank
Association of International NGOs
BBC Media Action
British Red Cross
Dan Church Aid
Danish Red Cross
DFID
DPNet
ECHO
ECO-Nepal
Equal Access
Handicap International
ICIMOD
IMC Worldwide
International Federation of Red Cross and Red Crescent Societies
Jagaran Media
JICA
Mercy Corps
Mission East
National Society for Earthquake Technology – NSET
NCELL
Nepal Red Cross Society
NTC
Oxfam
Plan International
Practical Action
UNDP
UNHabitat
UNICEF
UNOCHA
USAID
World Bank
World Food Programme
World Health Organization
World Vision