

Be Prepared, Keep Calm

OFFICE OF THE REGISTRAR COUNSELLING SERVICES

Prior preparation for the incoming cyclone can help calm anxiety. Here are safety tips which can help you get ready in the event of a cyclone.

- Keep a list of emergency numbers relevant to your location.
- Find out about evacuation plan and be ready for it.
- Pack all necessary items in case you need to relocate.
- Recharge your phone, and use it only for very important updates. If you have power banks, charge them too and keep them handy.
- Take your prescribed medications, personal hygiene items and feminine supplies.

During the Cyclone

Sheltering at the hostel:

Stay indoors and take shelter, and follow the national safety advice. Cooperate and work with the wardens or officers in charge.

When sheltering at home, do the following:

- Turn off electricity and unplug appliances.
- Stay in the strongest part of the house.
- Keep your emergency kit with you.
- Check your portable battery-operated radio or the internet if possible for status updates or new directives.
- If your house starts breaking up, get under a solid table or bed and protect yourself with a mattress or blankets.

After the Cyclone:

- No matter how eager you are to re-start your life, experts say it's best to take things slow after a cyclone.
- If you evacuated during the storm, don't return until authorities say it is safe to do so. This could mean waiting an extended period of time.
- Once home, avoid electronic equipment and power lines
- Open windows to help dry the house.
- Do not eat food from the refrigerator or drink tap water until you have checked for contamination. Boil drinking water.

If you are away from your family and loved, don't worry. Share the information to them to prepare well. Pray and hope for best for everyone.

Remember to maintain social distancing even during the cyclone.

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