

LIGHTNING



Lightning is a natural phenomenon during which there is a discharge of current in the atmosphere or with one on the ground. Lightning commonly occurs during thunderstorm. However, very little is focused on the fact that it is one of the natural hazards which claim more lives and causes injuries than we expected. The following points are the basic awareness to keep in mind as preparedness measure for a prompt reaction:-

1. Be alert on the weather condition like, the darkening of the skies, increased wind etc.
2. Ensure that children, animals are inside during such weather conditions.
3. If outdoor, do not take shelter under a tree.
4. Keep away from tall object/utility lines (poles, mobile tower, electrical poles, metal objects, hill top area etc.)
5. Do not lie flat on the ground as this will make a bigger target due to the flow of current.
6. If near or inside water bodies, leave the water area immediately and find a secure shelter.
7. While driving, slow down and do not park near trees, power lines etc.
8. If inside, disconnect electrical appliances during thunderstorm.
9. Be alert and call an ambulance during any emergency/casualty.
10. Keep on following local media for updates and warnings.

“WHEN THUNDER ROARS GO INDOORS”

**Prepared and Published by District Disaster Management Authority (DDMA)
Ri Bhoi District, Nongpoh**

LEILIEH



Ka 'Leilieh' ka long ka bor jong ka mariang kaba juh long bha ha ki por kiba jur lyer, jingkyrhuh bneng lane bad u slap. Ha kum kine ki por ka don ka jingpar current (bor light) ha suinbneng lane bad ka ryngkew. Hynrei khyndiat eh na ngi, ngi don ka jingtip shaphang ka leilieh ba kadei kawei na ki bor ka mariang kaba lam sha ka jingduh jong ki mynsiem briew bad ki jingmysaw kiba bun. Kine harum ki long ki jingpyntip kiba donkam kum ka jingpynkhreh na ka bynta ka jingiada kaba kham klo:-

1. Peit thuh ia ka jinglong jingman jong ka suinbneng, kum ka jingdum kynsan, ka jingjur lyer, jingkyrhuh ter ter.
2. Kum kine ki por, pyntikna ban pynrung noh shapoh iing bad sem ia ki khyllung bad ki mrad kiba ngi ri.
3. Haba don shabar, wat rieh ne iada ialade da kaba ieng hapoh jong u trai dieng.
4. Ieng jngai na ki jingthaw kiba jrong kum ki post light/electrik, mobile tower, ki tiar nar, jaka kiba haneng/jrong ter ter.
5. Ha kum kine ki por, wat thiah lyngkdang ha madan namarba ka jingdon jingpar jong ka bor current/electrik.
6. Lada don hajan ne hapoh ki pung um/jaka ba don um, mih bran bran bad wad ia ka jaka rieh kaba paka.
7. Haba niah kali, pynsuki ia ka kali bad ieng jngai na ki dieng, lain elektrik ter ter.
8. Hapoh iing, lada don ka jingkyrhuh ka suinbneng, pynlip wut wut ia ki tiar light/electrik.
9. Long kiba bniah bad phone ia ka ambulance lada don kano kano ka jingjia ne jingmysaw.
10. Iaid bud bad sngap bniah ia ki jingmaham bad khubor jingpyntip.

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