



Protect your property

- ☐ Protect the building against water by using blocks, rocks, gravel, and drainage.
- ☐ Use the dry season to maintain the building by, for example, fixing cracks, broken windows, and the roof, or covering the roof with plastic to keep water out.
- ☐ Fasten the roof with more nails to prevent it from being blown off.
- ☐ Cover all openings when there is heavy rain, including the area beneath doors.
- ☐ Close windows and doors in a storm and weigh down loose roof sheets with rocks.
- ☐ Relocate to an area that is less prone to flooding.

Communicate with others so they can also build resilience

- ☐ Stay on top of what the weather forecast is saying.
- ☐ Share weather information and early warnings with family, neighbours and others in the community.
- ☐ Keep a particular eye out for those who may need additional support; for example, people with disabilities, the elderly, and single mothers.

These actions draw from a dataset collected in Kanyama and Makeni constituencies through the BASIN project.



Yes, you CAN reduce your disaster risk:
Resilience starts at home!



- Did you know there are several easy things you can do to become more resilient to disasters?
- Many people in Kanyama and Makeni have taken the following actions to improve their resilience to weather-related risks.
- The first step is to know what the weather forecast says. **If we know what weather to expect, we can prepare for it.**
- Apart from television, radio and mobile phone apps, the Zambia Meteorological Department (ZMD) directly provides forecasts and weather advisories (260 0954)755155; www.zmd.go.zm).
- ZMD works closely with the Disaster Risk Management Division (DRMD) which also provides disaster early warnings (260 0211)253123; www.ovp.gov.zm/disaster-management-mitigation-unit/).
- Members from the Satellite Disaster Risk Management Committees (SDRMCs) are eager to assist with practical advice to help communities members build their resilience to disasters.





Wear the right things

Rain

- ☐ Have a raincoat, umbrella and gumboots ready – for you and your family.

Cold

- ☐ Wear warmer clothes, or layers; for example, a long-sleeved shirt, jersey, or scarf.

Heat

- ☐ Wear light clothes with a cap or chitambala, and/or sunglasses
- ☐ Carry an umbrella for protection against the sun.

Plan your day around the weather

- ☐ Time your travel when movement is safe.
- ☐ Move events and activities to another day if there is heavy rainfall or possible flooding.
- ☐ Stay at home, indoors, if it is too hot – and drink more water; or if it is cold – use more blankets.
- ☐ Change your mode of transport to match weather conditions; for example, instead of walking when it is raining or hot, take a taxi or bus.

Make the best of the weather at home

Laundry

- ☐ Time your laundry for when it will not be raining.

Other household tasks for when it is not raining

- ☐ Dry vegetables or fish for future use.
- ☐ Take garbage to the dumping site if it is a lot and could be a hazard when it rains.
- ☐ Prepare for the rainy season by stocking up on food that does not go bad quickly.

Teach children to prepare for the weather

- ☐ Teach children to drink more water and wear the right clothing when it is hot, and to put on warm clothing when it is cold.
- ☐ Consider keeping children at home if there is very heavy rain or significant flooding
- ☐ During the rainy season, send children to school with gumboots, umbrellas, and raincoats.
- ☐ Take children to school and collect them from school when the weather is bad.

Protect your livelihood

Farming

- ☐ Decide which crops to plant for the season – selecting ones that are likely to grow well depending on the likely conditions from the seasonal forecast.
- ☐ Decide when it would be best to water plants (early mornings on a hot day, not at all if it rains) and when to apply fertiliser or manure.
- ☐ Decide when to harvest, depending on the rainfall.

Work

- ☐ Postpone, or reschedule to earlier or later in the day, work such as bricklaying, welding, construction (or other manual work without shade) when it rains or is very hot.
- ☐ Postpone events, such as meetings or other work-related gatherings, when travelling would put you at risk of the weather conditions.

Trade and business

- ☐ Reschedule trading times if it is raining.
- ☐ Change stock to suit the weather; for example, if it is hot, stock more ice blocks, cold drinks, and umbrellas (also suitable for the rainy season, with some raincoats); if it is cold, more bread, milk and sugar, as well as jerseys.
- ☐ Trade in different locations if it is too hot, too windy, too cold, or likely to rain or flood.

