



Floods and heavy rain

Heavy rain can cause flash floods with little warning, even outside known flood zones. This page helps families plan ahead, stay safe while water is rising, and return home and clean up carefully.

CHECKLIST

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| ☐ Drinking water for several days | ☐ Printed list of emergency contacts |
| ☐ Non-perishable food | ☐ Copy of your flood plan |
| ☐ Important documents in a waterproof container | ☐ Weather alert radio |
| ☐ Password-protected digital copies of documents | ☐ Heavy work gloves, boots and face masks for clean-up |
| ☐ Spare medication | ☐ Cleaning supplies |

BEFORE

- Find out how likely flooding is where you live, and remember it can happen outside mapped areas.
- Sign up for official flood warnings by text, phone or email.
- Make a written household flood plan covering where to go, what to do and your pets.
- Keep spare medicine, important papers and contact numbers stored safely with your plan.
- Learn your evacuation routes and practise them with the family.
- Clear drains and gutters, and move valuables to higher shelves or floors.

DURING

- When a warning is issued, move people, pets and key items upstairs or to higher ground.
- Switch off gas, power and water only if safe, and never touch switches while standing in water.
- Never walk, swim, cycle or drive through floodwater. Shallow moving water can knock you over.
- Keep off bridges above fast flowing water and never drive around road barriers.
- Leave immediately if authorities tell you to evacuate.
- If trapped in a building, go to the highest floor, but not into a closed attic.
- If water rises inside your car, climb onto the roof and call for help.
- Keep listening to official alerts for updated instructions.

AFTER

- Go home only once authorities confirm it is safe.
- Stay out of floodwater: it may be contaminated, hide debris or be live from fallen power lines.
- Do not touch wet electrical items, or anything electrical while standing in water.
- Wear heavy gloves, boots, protective clothing and a mask when clearing mud and mould.

IN THE UAE

During unstable weather in the UAE, NCEMA has advised residents to follow official instructions, secure vehicles, stay away from watercourses and floods, and avoid rugged areas such as mountains.

MY NOTES

Sources: Ready.gov (FEMA), Floods (<https://www.ready.gov/floods>); GOV.UK, Prepare for flooding (<https://www.gov.uk/prepare-for-flooding>); GOV.UK, What to do before or during a flood (<https://www.gov.uk/help-during-flood>); Gulf Today (WAM report of NCEMA statement, 29 Feb 2024), NCEMA affirms full readiness to deal with low pressure weather system (<https://gulftoday.ae/news/2024/02/29/ncema-affirms-full-readiness-to-deal-with-low-pressure-weather-system>)
General guidance in our own words. Always follow your local authorities.