

## **Drink clean, safe water and eat safe, uncontaminated food.**

- Listen for water reports from local authorities to find out if your water is safe for drinking and bathing.
- Throw away any food that may have come in contact with flood or storm water. Cans that are not dented or damaged can be cleaned and sanitized.
- Throw away bottled water if it has been submerged in flood or storm water.
- CDC recommends discarding wooden cutting boards, baby bottle nipples, and pacifiers. These items cannot be properly sanitized if they have come into contact with floodwaters.
- Clean and sanitize food-contact surfaces in a four-step process:
  - Wash with soap and warm, clean water.
  - Rinse with clean water.
  - Sanitize by immersing for 1 minute in a solution of 1 teaspoon of chlorine bleach (5.25%, unscented) per gallon of clean water.
  - Allow to air dry.
- If a water advisory has been issued, use only bottled, boiled, or treated water for drinking, cooking, food preparation, and hand washing.
- If water smells of petroleum don't use it for drinking, cooking or bathing.

## **Cleanup of Flood Water:**

<http://www.bt.cdc.gov/disasters/floods/cleanupwater.asp>

## **Keeping Food Safe:**

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm076881.htm>

## **Personal Hygiene and Hand Washing After a Disaster:**

<http://emergency.cdc.gov/disasters/floods/sanitation.asp>

## **Safely protect your home from mold.**

- When returning to a home that has been flooded, be aware that mold may be present and may be a health risk for your family.
- Clean up and dry out the building quickly (within 24 to 48 hours). Open doors and windows. Use fans to dry out the building.
- To *prevent* mold growth, clean wet items and surfaces with detergent and water.
- When in doubt, take it out! Remove all porous items that have been wet for more than 48 hours and that cannot be thoroughly cleaned and dried, including
  - carpeting and carpet padding;
  - upholstery and wallpaper;
  - drywall, floor and ceiling tiles, and insulation material;
  - some clothing, leather, paper, and wood, and food.

Resources for mold after a disaster: <http://emergency.cdc.gov/disasters/mold/>

**Avoid risks during power outages.**

- Survey your area for downed power lines. Never touch a downed power line or anything in contact with them.
- If the power is out, use flashlights or other battery-powered lights if possible, instead of candles. If candles are all you have, place them in safe holders away from anything that could catch fire.
- Do not leave candles unattended.
  - Generators, grills, camp stoves, or other gasoline or charcoal-burning devices produce deadly Carbon Monoxide (CO) gases and should only be used outside.
  - Turn off the electric main before starting a generator to prevent inadvertently supplying electricity to outside power lines.

**What You Need to Know When the Power Goes Out Unexpectedly:**

<http://emergency.cdc.gov/disasters/poweroutage/needtoknow.asp>

**Carbon Monoxide Poisoning After a Disaster:**

<http://emergency.cdc.gov/disasters/carbonmonoxide.asp>

**Follow local flood watches, warnings and instructions.**

- If flooding occurs, get to higher ground. Get out of areas subject to flooding. This includes dips, low spots, canyons, washes etc.
- Avoid driving through floodwaters. Almost half of all deaths related to floods occur in vehicles.
- Return to your flooded home only after local authorities have told you it is safe to do so.

**After a Flood:** <http://emergency.cdc.gov/disasters/floods/after.asp>

**Interim Recommendations for Driving Safely in a Disaster Location:**

<http://emergency.cdc.gov/disasters/interimdrivesafely.asp>

**Worker Safety After a Flood:**

<http://emergency.cdc.gov/disasters/floods/workersafety.asp>

For more information dial **2-1-1**.  
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