

# How to stay healthy and safe during flood events



## What not to do:

- Do not allow children to play in floodwater
- Do not eat or drink anything touched by flood water
- Do not use ammonia when cleaning, use a bleach-water solution

## Precautions to take :

- Before stepping into the water make sure the electricity has been turned off
- Wear rubber boots, gloves, and an N-95 respirator mask during flood removal and cleanup
- Avoid skin contact with floodwater and keep cuts and sores clean and covered



## Health Concerns:

- Due to the likelihood of injury be sure you are up-to-date with a tetanus shot
- Mold can grow on wet items and can make the air in your home unhealthy. Get rid of dirty objects that cannot be thoroughly cleaned
- Take care of your emotional health