

AFTER THE STORM

YOU CAN PREVENT HEALTH RISKS

For more information: call the Florida Emergency Information Line, 1-800-342-3557; or visit www.floridadisaster.org or www.myfloridaeh.com/medicine/index.html.

PREVENT FOOD ILLNESS

FOOD & DIRTY WATER Do not eat any food that may have come into contact with dirty water from floods or tidal surges.

COMMERCIALY PREPARED CANS OF FOOD Do not eat from cans that are bulging or opened. Cans that are not opened can be saved if you remove the labels and then disinfect them. Use ¼ cup of bleach in one gallon of clean water, and let stand at least 30 minutes. Re-label the cans—include expiration date and type of food. Assume that home-canned foods are unsafe and throw them out.

BABY FORMULA Infants should be fed only ready-to-feed baby formula, or prepare powdered or concentrated liquid formula with sterilized water (see **BOILING AND DISINFECTING** water below). Use only sanitized bottles and nipples. Unused prepared formula must be refrigerated. (If you are breastfeeding, continue to breastfeed.)

FROZEN & REFRIGERATED FOODS Refrigerators and freezers that have been without power since the storm, should be cleaned out. Those perishables are unsafe for eating.

PREVENT WATER ILLNESS

ALWAYS WASH YOUR HANDS Use soap and water that has been boiled or disinfected. Wash your hands before eating, after toilet use, after cleanup activities, and after handling things dirtied by floodwater or sewage.

BOIL WATER NOTICE If your area is put on a “boil water notice” you must take precautions against dirty water especially if you have a private well. If you are not sure if your water is safe, **DRINK COMMERCIALY BOTTLED WATER.**

BOILING WATER Hold water to a rolling boil for one minute to remove bacteria.

DISINFECTING WATER Add 8 drops of plain, unscented household bleach per gallon of water, mix, and let it stand for 30 minutes. If the water is cloudy after 30 minutes, repeat the procedure.

INFECTION & FLOODWATER Floodwater may contain raw sewage. If you have exposed open cuts or sores to floodwater, keep them as clean as possible by washing with soap and clean water. Apply antibiotic ointment after washing. If a wound or sore develops redness, swelling or drainage, see a doctor.

CHILDREN & FLOODWATER Children should not play in floodwater or with toys that have been in floodwater. Disinfect toys by using ¼ cup of bleach in one gallon of clean water, let stand for at least 30 minutes, and let toys air dry.

PREVENT HEAT EXHAUSTION ILLNESS

WARNING SIGNS Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting.

COOL OFF Drink cool, nonalcoholic beverages; take a cool shower, bath, or sponge bath; wear lightweight clothing; and rest in an air-conditioned environment.

HEAT EXHAUSTION MAY LEAD TO HEAT STROKE Severe symptoms include skin that is cool and moist, a pulse rate that is fast and weak, and breathing that is fast and shallow. Seek medical attention immediately if symptoms last longer than one hour, or you have heart problems or high blood pressure.

PREVENT CARBON MONOXIDE (CO) ILLNESS

CO IS AN INVISIBLE, ODORLESS, TASTELESS GAS & IS HIGHLY POISONOUS It can cause tiredness, weakness, chest pains for those with heart disease, shortness of breath, nausea, vomiting, headaches, confusion, impaired vision, loss of consciousness, and, in severe cases, death.

DO NOT USE GAS-POWERED GENERATORS OR PRESSURE WASHERS INDOORS, NOT EVEN IN THE GARAGE. DO NOT BURN CHARCOAL OR GAS GRILLS INSIDE A HOUSE, GARAGE, VEHICLE, TENT OR FIREPLACE.

IF YOU THINK YOU HAVE BEEN POISONED Open doors and windows, turn off gas appliances and go outside. Call 911 or the nearest Poison Information Center at 1-800-222-1222.

PREVENT FIRE DAMAGE & INJURY

USE BATTERY-POWERED LANTERNS AND FLASHLIGHTS If you must use candles, put them in safe holders away from curtains, paper, wood, or other flammable items.

PREVENT MOSQUITO ILLNESS

HEAVY RAINS & FLOODING LEAD TO AN INCREASE IN MOSQUITOES Public-health authorities are working to control the spread of any diseases transmitted by mosquitoes.

DRAIN STANDING WATER TO STOP MOSQUITOES FROM MULTIPLYING.

Discard old tires, drums, bottles, cans, pots and pans, broken appliances and other items that aren't being used.

Empty and clean birdbaths and pets' water bowls at least once or twice a week.

Protect boats and vehicles from rain with tarps that don't accumulate water.

Maintain the water balance (pool chemistry) of swimming pools. Empty plastic swimming pools when not in use.

COVER YOUR SKIN WITH CLOTHING & USE MOSQUITO REPELLANT.

Clothing: If you must be outside when mosquitoes are active, cover up. Wear shoes, socks, long pants, and long sleeves.

Repellent: Apply mosquito repellent to bare skin and clothing. Always use repellents according to the label. Repellents with DEET, picaridin, oil of lemon eucalyptus, and IR3535 are effective. Use mosquito netting to protect children younger than 2 months.

COVER DOORS AND WINDOWS WITH SCREENS TO KEEP MOSQUITOES OUT Keep mosquitoes out of your house.

Repair broken screens on windows, doors, porches, and patios.

