

AFTER THE STORM

Health risks and how you can prevent them.

INFORMATION FROM YOUR FLORIDA DEPARTMENT OF HEALTH (DOH).

Prevent illness from FOOD

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 1/4 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 illness from WATER

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 1/4 cup of bleach in one gallon of clean water, let stand for at least 30 minutes, and let toys air dry.

Prevent illness from HEAT EXHAUSTION

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 illness from CARBON MONOXIDE (CO)

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 damage & injury from FIRE

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 illness from MOSQUITOES

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

DUSK & DAWN Avoid the outdoors during sunrise and sunset when mosquitoes are most active.

DRESS Wear long-sleeved shirts, long pants and socks.

DEET Use repellents containing DEET. Products that are 30% DEET are recommended for most situations. For more protection, apply repellent directly to your clothing. (Do not use DEET on children less than 2 months old. Keep infants indoors and use mosquito netting over carriers). Always read the manufacturer's directions before you use a repellent.

DRAINAGE Check your home and neighborhood and dump standing water where mosquitoes can lay their eggs.

FOR MORE INFORMATION CALL THE FLORIDA EMERGENCY INFORMATION LINE, **1 -800-342-3557**

