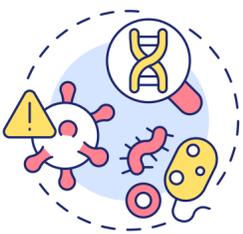


DON'T IGNORE THE DANGERS OF FLOODING!

Let's Learn the Health Impacts Of It



1 Infectious Diseases



Flooding can cause the rapid spread of diseases, especially those transmitted by contaminated water, insects, and animals.

2 Drowning



Turn around, don't drown! Never drive through flooded roads or around barriers. Do not walk or swim in flood water. 6 inches of water can knock you down.

3 Water Contamination



Flood waters can be contaminated with trash, chemicals, sewage, and other hazardous materials that pose a health risk to humans.

4 Household Hazards



Stay away from any damaged structures. If you smell gas leave and contact emergency services. Do not turn on electricity until you are told to do so. Never run generators inside your home or near an open window.

5 Mold Hazards



Mold is a common hazard after a flood. Wear proper safety gear. Use a bleach and water mixture for cleaning. Air out your home and throw out anything you cannot clean. Wash your hands frequently.

6 Mental Health



Anxiety, depression, stress disorders, and insomnia are some common mental health problems that come up in the aftermath of a flood.

WAYS TO PROTECT YOURSELF AND YOUR FAMILY



1 Before a flood watch or warning

- Know your areas flood risk
- Sign up for emergency notifications
- Gather supplies in case you need to evacuate
- Develop a flood emergency action plan



2 During a Flood

- Evacuate immediately if told to do so
- Listen to authorities for instructions & stay informed
- Do not walk, swim, or drive through flood waters
- Do not drive around barricades



3 After a Flood

- Do not visit disaster areas
- Throw out food that came into contact with flood water
- Dry out your home to prevent mold
- Do not handle electrical equipment in wet areas
- Use flashlights if power is out