SAFE WATER
For drinking, cooking, washing wounds and
brushing teeth, use bottled water, boiled water or
disinfected water.

7-8 drops
(about ¼ tsp.)
bleach per
gallon of water.

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DISINFECTING
1. Add 8 drops of plain
unscented house hold bleach
(4–6% strength) or 7 drops of
high strength bleach (8.25%
strength) per gallon of water.
2. Mix and let stand for 30
minutes.
3. If the water is cloudy after 30
minutes, repeat once.

FOR BOIL WATER NOTICES
Boil for 1 minute to kill organisms.

FLOOD WATER or DIRTY WATER
No one should play in
flood water.
Never drive through
flooded areas. Turn
around, don’t drown!

Soak dirty toys in clean,
disinfect ed water.

WASH YOUR HANDS OFTEN
Use soap and
safe water.
Keep open cuts
or sores clean.
Wash hands for 20
seconds before eating,
after using the toilet
and when cleaning
and handling
things dirtied
by floodwater
or sewage.

FOOD
Keep refrigerator and freezer doors
closed to maintain the cold temperature.

FREEZERS: Food is safe in a full freezer for about 48 hours and in
a half-full freezer for about 24 hours, if the door remains closed.
Food is safe if it has ice crystals or if it’s at 40° F or below. To avoid
leaks, empty the ice out of your freezer before it melts.

REFRIGERATORS: Food in an unopened refrigerator is safe for
about 4 hours. After that time, throw out perishable food: meat,
poultry, fish, soft cheeses, milk, eggs, leftovers and deli items.

Don’t eat from bulged or opened cans.
Clean unopened cans dirtied by flood water: remove labels
and, using clean, disinfected water, soak the cans for at least
30 minutes. Assume that home-canned foods are unsafe.

Never taste a food to determine its safety.

Breastfeeding is best for babies.
If breastfeeding, continue to breastfeed often. For formula-fed infants, use
sanitized bottles and nipples. Discard any prepared formula that baby has
not drank within one hour. If water is safe, prepare powdered formula with
clean water. If safe water is not available: Use ready-to-feed (RTF) formula.
Any opened RTF formula that is not used within an hour should be
refigerated or discarded.
HEAT STROKE Symptoms:
Confusion, altered mental status, slurred speech, loss of consciousness (coma), hot, dry skin or profuse sweating, seizures, very high body temperature. Heat Stroke can be fatal if treatment is delayed.

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

HEAT EXHAUSTION WARNING SIGNS
- Headache.
- Heavy Sweating.
- Muscle Cramps.
- Nausea and vomiting.
- Paleness.
- Fainting, feeling tired, weak or dizzy.

Prevent CO poisoning:
Never use gas-powered generators inside. Keep portable generators or gasoline engines at least 20 feet away from open windows, doors, window air conditioners, or exhaust vents.

Don’t burn charcoal inside or leave any gas-powered engine running in any enclosed or partially enclosed space. Install battery-powered or plug-in CO alarms (with battery backup) in your home.

Suspect CO poisoning?
Open doors and windows, turn off gas appliances, go outside and call 911 or the Poison Information Center at 1-800-222-1222.

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.

STANDING WATER BREEDS MOSQUITOES
Cover your skin.
Wear shoes, socks, long pants and long sleeves. Mosquito spray is not safe for children under 2 months old, use mosquito netting to protect them. Fix broken screens on windows, doors, porches and patios.

Throw away storm debris as soon as possible.
Check and maintain your swimming pool’s chemistry.
Empty plastic swimming pools.

Spray bare skin and clothing with repellent.
Use spray with DEET, picaridin, oil of lemon eucalyptus or IR3535. Follow label instructions.

CARBON MONOXIDE (CO) POISONING
It’s invisible, odorless and tasteless gas. It can cause tiredness, weakness, chest pains, shortness of breath, upset stomach, vomiting, headaches, confusion, impaired vision, loss of consciousness and death.

Avoid fire damage
If you must use candles, put them in safe holders away from curtains, paper, wood or other flammable items.

09/01/19