

After a Disaster:

Food: Throw away food that may have come in contact with flood or storm water; perishable foods that have not been refrigerated properly due to power outages; and those with an unusual odor, color, or texture. Unsafe food can make you sick even if it looks, smells, and tastes normal. When in doubt, throw it out

Water: Do not use water you suspect or have been told is contaminated to wash dishes, brush your teeth, wash and prepare food, wash your hands, make ice, or make baby formula. Safe water for drinking, cooking, and personal hygiene includes bottled, boiled, or treated water. Your state, local, or health department can make specific recommendations for boiling or treating water in your area.

Carbon Monoxide Poisoning: equipment like generators, pressure washers, charcoal grills and camp stoves are a hazard for potential carbon monoxide poisoning as it is an odorless gas.

Avoid Damaged Buildings: Hazards of falling debris

Candles: A fire hazard after the storm recommend flashlights for night vision

Shelter Situations:

Follow safe hygiene and diapering recommendations

Body lice/Scabies can be spread through crowded living conditions

Wash clothing at least once a week, do not share bedding

Conjunctivitis easily spread person to person proper hand hygiene to control transmission

Mold: mold may be present when returning home, keep children and pets out of the affected area until cleanup has been completed.

Outside Hazards:

Floodwater

Avoid all contact

Can cause wound infections

Food Bourne Illness

Power Lines: Avoid downed lines

Dead Animals/ Live animals: beware snakes stray animals after the storm, rodents relocate in search of food, water and shelter.

Solid Waste management and debris removal: potential for contamination in water sources and vectors (rodents, insects)

Propane Tanks in flooded areas: represent fire danger or risk of explosion

Mosquitoes: The types of mosquitoes that can spread viruses may increase 2 weeks to 2 months after a hurricane, especially in areas that did not flood but received high amounts of rainfall.

Chain Saw Safety: Injuries from use increase after storms

Coping with Disaster

Take the following steps to cope with a Disaster:

Stay informed, Take care of your body, Take Breaks, Connect with others

Seek help when needed if you have someone in crisis they may call the RHA crisis line at 1-844-709-4097

Retrieved and Modified from:

https://www.cdc.gov/phpr/readiness/00_docs/CDC_Hurricanes_PreparednessSafetyMessaging_July2018_508.pdf