



Florida Kidney Disaster Coalition

ALL-HAZARDS EDUCATIONAL SERIES:

POST-STORM SAFETY

After a disaster, your first concern is your family's health and safety. **Before you can take care of your patients, remember that you must take care of yourself, too.** Use these general tips after a flood, tropical storm or hurricane.

Health

- Be aware of exhaustion and heat stroke. Don't try to do too much at once. Set priorities and pace yourself. Get enough rest.
- Drink plenty of clean water. Eat well. Wear sturdy work boots and gloves.
- Wash your hands thoroughly with soap and clean water often when working in debris.

Safety

- Listen for news reports to learn whether the community's water supply is safe to drink.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from downed power lines, and report them to the power company.
- Return home only when authorities indicate it is safe.
- Use extreme caution when entering buildings; there may be hidden damage, particularly in foundations.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.

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