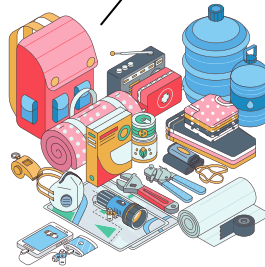# Flood Safety Guide

Floods can be extremely dangerous.
Keep your family safe by being prepared.

BEFORE

Develop a family communications plan to make sure that you are able to stay connected with your family. A template can be found at https://www.ready.gov/make-a-plan

Build an emergency kit that contains some essential items like drinking water, non-perishable food, a battery operated radio, a flashlight, and medicines. A guide for a full kit can be found at https://www.ready.gov/buildakit

Listen to the radio and/or TV for local weather and emergency information.

DURING

Pay close attention to flash flood warnings. If there's any risk of a flash flood where you are, head **IMMEDIATELY to higher ground, DON'T WAIT.**

Turn off your utilities at the main switches. Don't touch any electrical devices if you are wet or standing in water.

Don't walk through moving water. Moving water only a few inches deep can knock you down.

Septic systems may fail during flooding events. Minimize usage during those periods to avoid sewage back-ups.

Only use water that is boiled or bottled until your water supply has been tested and found safe. Boiling water at a rolling boil for 1 minute will kill most organisms.

AFTER

Avoid contact with flood waters as much as possible. They may be contaminated by raw sewage, gasoline, oil, or chemicals. **DO NOT allow children to play in flood water.**

Watch for sharp items hidden under flood waters and if cut, cleanse wound immediately. A tetanus shot may be recommended by your health care provider.

Do not eat any food that have come in contact with flood water, has been at room temperature for more than two hours, or has unusual odor, color, or smell. **When in doubt, throw it out!**
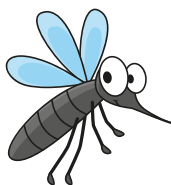
Flooded areas of your home should be sanitized and dried as soon as possible to prevent mold growth.

Wear protective clothing like gloves, boots, and long sleeves when cleaning up after a flood.

Disinfect then test your private well water prior to use.

Standing water is a breeding ground for mosquitoes. Be sure to drain all standing water from outdoor items. Protect yourself with insect repellent.

Pottawattamie County

Public Health