



Stay Healthy During and After Flooding

You can help maintain good health during and after flooding by following these tips:

- Always wear protective clothing, rubber gloves and boots when in contact with flood water and/or sewage backups.
- Wear sturdy shoes, protective eyewear and masks, if possible.
- Don't walk or wade in floodwaters unless absolutely necessary. Keep children away from floodwaters.
- Always wash your hands with soap and uncontaminated water before eating and drinking, preparing food, or feeding children.
- Wash hands or shower with soap and uncontaminated water after being in contact with flood water.
- Get a tetanus vaccination!
- If you are injured during cleanup, wash the wound with soapy uncontaminated water, cover it with a clean bandage, and seek medical care if needed.
- Wear mosquito repellent!
- Empty standing water around exterior of house where mosquitoes breed including flowerpots, lawn furniture, playground equipment, wheelbarrows, barrels, etc. Treat backyard ponds with mosquito dunks.