

CDC Hurricane Recovery



HURRICANES

FACT SHEET

Key Facts About Hurricane Recovery: Protect Your Health and Safety After a Hurricane

Prevent Illness from FOOD

Identify and throw away food that may not be safe to eat. Throw away food that may have come in contact with flood or storm water. Throw away canned foods that are bulging, opened, or damaged. Throw away food that has an unusual odor, color, or texture. Throw away perishable foods (including meat, poultry, fish, eggs and leftovers) that have been above 40 degrees Fahrenheit (F) for 2 hours or more. Thawed food that contains ice crystals or is 40 degree F or below can be refrozen or cooked. If cans have come in contact with floodwater or storm water, remove the labels, wash the cans, and dip them in a solution of 1 cup of bleach in 5 gallons of water. Relabel the cans with a marker.

Store food safely. While the power is out, keep the refrigerator and freezer doors closed as much as possible. Add block ice or dry ice to your refrigerator if the electricity is expected to be off longer than 4 hours. Wear heavy gloves when handling ice.

Prevent Illness from WATER

Listen to and follow public announcements. Local authorities will tell you if tap water is safe to drink or to use for cooking or bathing. If the water is not safe to use, follow local instructions to use bottled water or to boil or disinfect water for cooking, cleaning, or bathing.

Correctly boil or disinfect water. Hold water at a rolling boil for 1 minute to kill bacteria. If you can't boil water, add 1/8 teaspoon (~0.75 mL) of newly purchased, unscented liquid household bleach per gallon of water. Stir the water well, and let it stand for 30 minutes before you use it. You can use water-purifying tablets instead of boiling water or using bleach. For infants, use **only** pre-prepared canned baby formula. Do not use powdered formulas prepared with treated water. Clean children's toys that have come in contact with water. Use a solution of 1 cup of bleach in 5 gallons of water to clean the toys. Let toys air dry after cleaning.

Prevent and treat OTHER ILLNESS and INJURIES

Prevent carbon monoxide poisoning. Carbon monoxide is an odorless, colorless gas that is produced by many types of equipment and is poisonous to breathe. Don't use a generator, charcoal grill, camp stove, or other gasoline- or charcoal-burning device inside your home, basement, or garage or near a window, door, or vent. Don't run a car or truck inside a garage attached to your house, even if you leave the door open. Don't heat your house with a gas oven. If your carbon monoxide detector sounds, leave your home immediately and call 911. Seek prompt medical attention if you suspect carbon monoxide poisoning and are feeling dizzy, light-headed, or nauseated.

Avoid floodwater and mosquitoes. Follow all warnings about water on roadways. Do not drive vehicles or heavy equipment through water. If you have to work in or near floodwater, wear a life jacket. If you are caught in an area where floodwater is rising, wear a life jacket, or wear or keep at hand some other type of flotation device. Prevent mosquito bites by wearing long pants, socks, and long-sleeved shirts and using insect repellents that contain DEET or Picaridin. More information about these and other

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