Hurricane Response Public Health Tip Card

- The two greatest risks to your health are accidental injuries and heat injury.
- Stay out of damaged buildings.
- ▶ Beware of flash floods, leaking gas lines, & downed power lines
 - Always remain alert to your surroundings to prevent injury.
- The health effects of heat are cumulative. Consider the heat category on the prior three days when utilizing work/rest cycles. Drink water frequently but do not exceed 1.5 quarts per hour. Eat all meals. This is not a time to diet.
- Consume food and water only from approved sources.
- Avoid unnecessary contact with any flood waters; wash hands at every opportunity; seek prompt medical care for any injury.
- Apply DEET to exposed skin and treat uniforms with permethrin to repel insects. Sleeves down, tuck pants into boots.

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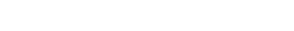
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- ▶ Human and animal remains do not pose a disease threat for people not directly involved with recovery.
- For workers who handle human remains:
 - · Protect face from splashes of body fluids
 - · Wear a cut-proof inner layer glove and latex or similar outer layer
 - · Wash hands immediately after removing gloves
 - · Receive prompt care for any wounds
 - · Participate in available programs providing psychological and emotional support
- ► To clean surfaces contaminated by floodwater (not your skin):
 - · Wash with soap and water then,
 - Disinfect with a bleach solution: 1/4 cup bleach per gallon of tap water. Use caution when handling bleach.

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