

## **News Release**

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### **For Immediate Release**

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## **Safety Tips and Health Concerns for Flood Waters**

Southwest Nebraska Public Health Department would like the public to remember these safety tips in dealing with flooding:

- Stay away from swiftly moving water, even shallow water can be deadly.
- Avoid flood waters is able, if not, limit your contact as much as possible.
- Be alert to electrical and fire hazards. Report any fallen power lines to power company.
- If in contact with flood waters, wash your hands frequently with clean water or alcohol-based hand sanitizer. Remember to disinfect toys that may have contacted the storm water as well.
- Clean up and prevent mold growth. Dry out buildings as quickly as possible. Clean wet objects and surfaces with bleach solution of 1 cup bleach per 5 gallons of water.
- Listen for news reports to learn whether the community's water supply is safe for drinking.

In the event that your dwelling flooded, here are some steps you can take to ensure food safety:

- Do not eat any food that may have touched flood water.
- Discard food not in waterproof containers.
- Discard any damaged cans that have swelling, leakage, punctures or extensive deep rusting.
- Sanitize pots, pans, dishes, and undamaged all-metal cans (after removing label) with bleach solution of 1 tbsp bleach per 1 gallon of water.

Children are at greater risk than adults from contaminants carried by flood water. Since they dehydrate faster, they need to drink plenty of fluids. If the safety of your water is in question, either use bottled water or bring tap water to a rolling boil for at least one minute...and let it cool before use. You should also keep children away from mud and make sure they don't play with anything that may have become polluted by flood water or sludge.

For more information, please visit:

[www.fema.gov/hazards/floods/](http://www.fema.gov/hazards/floods/)  
[Flood Safety Tips and Resources \(weather.gov\)](http://www.weather.gov/)

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook and Instagram or view the website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) which contains many resources and additional information helpful to prevent disease, promote and protect health. Call (308) 345-4223; one number three locations, McCook, Imperial, and Ogallala.

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