

# WHAT CAN I DO?

Prepare enough supplies to last you and your family **three days**.



Place a check-mark next to each item as you put your kit together!

- Medications →
- Food and water →
- Supplies for babies and children →
- Pet supplies →
- Cell phone and charger →
- Flashlight and whistle →
- Cash →
- Copies of important papers →
- First-aid kit →
- Battery-operated radio →
- Extra batteries →

## FOR MORE INFORMATION



Mold and flood clean up:  
[www.epa.gov/mold](http://www.epa.gov/mold)

Stay healthy during flooding:  
<https://www.cdc.gov/disasters/floods/>

Stay informed during disasters:  
[www.phila.gov/ready](http://www.phila.gov/ready)  
[www.phila.gov/311](http://www.phila.gov/311)

Build your preparedness kit:  
[www.ready.gov/build-a-kit](http://www.ready.gov/build-a-kit)

# STAYING HEALTHY AND SAFE DURING SEVERE STORMS

Continue reading to learn how...



### If you take medication:

- Always have at least a one week supply of medications.
- Write down the medications that you and your family members take.
- Include the name of the medication, the dose, how often you take it, and why you take it.



Department of  
**Public Health**  
CITY OF PHILADELPHIA

# SEVERE STORMS



Flooding presents many risks to people in Philadelphia, including health hazards. It is important to prepare before a storm happens.

## Climate change will increase the city's flooding risk because it will cause:



- **Increased precipitation:** Heavier and more frequent storms can cause rivers and streams to overflow more often.
- **Storm surge:** Increased frequency of coastal storms can cause water to rise above normal levels.
- **Sea level rise:** Some areas of Philadelphia are at risk of sea level rise.



## If you are using a generator, remember:

- Fumes from a generator are harmful to your health.
- NEVER use a generator indoors, even if windows and doors are open. Use them OUTSIDE more than 20 feet away from your home.
- NEVER refuel while the generator is hot.

# WHAT SHOULD I DO DURING AND AFTER A FLOOD ?



## Avoid flood waters

- Flood waters contain harmful germs, chemicals, and debris.
- Wash your hands if you touch flood water.



## Listen to local officials to find out if your tap water is safe

- If your tap water is not safe, local officials will provide instructions about what to do.
- If necessary, water can be disinfected by boiling it.



## Avoid mosquito bites

- Get rid of standing water.
- Make sure window and door screens are in place.
- Use mosquito repellent.



## If you lost power, remember that you should:

- Throw away food that has been in a non-running refrigerator for more than four hours.
- Replace medications that require refrigeration.



# WHAT SHOULD I KNOW ABOUT MOLD ?



## Health effects of mold:

- Mold can cause eye and skin irritation and allergic reactions.
- If you have asthma, mold can trigger asthma attacks.

## Prevention:

- Control moisture to prevent mold.
- Clean and dry wet surfaces within 24 hours and throw away wet items that can't be dried.
- Use fans, air conditioning, and dehumidifiers for drying.

## For safe clean up:

- Wear rubber gloves, eye protection, long-sleeved shirt and long pants, and a mask.
- Open your doors and windows.
- Use a non-ammonia soap or detergent. NEVER mix bleach with ammonia.
- If you can, hire a professional to clean areas of mold that are larger than 3 feet by 3 feet.