Centers for Disease Control and Prevention (CDC) recommendations for safety and health following flooding.

**Drink clean, safe water and eat safe, uncontaminated food.**
- Listen for water reports from local authorities to find out if your water is safe for drinking and bathing.
- Throw away any food and bottled water that may have come in contact with flood or storm water.
- CDC recommends discarding wooden cutting boards, baby bottle nipples, and pacifiers. These items cannot be properly sanitized if they have come into contact with flood waters.
- Clean and sanitize food-contact surfaces in a four-step process.
  1. Wash with soap and warm, clean water.
  2. Rinse with clean water.
  3. Sanitize by immersing for 1 minute in a solution of 1 teaspoon of chlorine bleach (5.25%, unscented) per gallon of clean water.
  4. Allow to air dry.
- If a water advisory has been issued, use only bottled, boiled, or treated water for drinking, cooking, food preparation, and hand washing.
- Read about keeping water safe, keeping food safe, and personal hygiene and hand washing after a disaster.

**Avoid risks during power outages.**
- Survey your area for downed power lines. Never touch a downed power line or anything in contact with them.
- If the power is out, use flashlights or other battery-powered lights if possible, instead of candles.
- If candles are all you have, place them in safe holders away from anything that could catch fire. Do not leave candles unattended.
- Generators, grills, camp stoves, or other gasoline or charcoal-burning devices produce deadly Carbon Monoxide (CO) gases and should only be used outside. Read about carbon monoxide poisoning after a disaster.
- Turn off the electric main before starting a generator to prevent inadvertently supplying electricity to outside power lines.
- Read What You Need to Know When the Power Goes Out Unexpectedly

**Follow local flood watches, warnings and instructions.**
- If flooding occurs, get to higher ground. Get out of areas subject to flooding. This includes dips, low spots, canyons, washes etc.
- Avoid driving through flood waters. Almost half of all deaths related to floods occur in vehicles.
- Return to your flooded home only after local authorities have told you it is safe to do so.
- Read After a Flood for information about precautions when returning to your home, cleanup, immunizations, swiftly flowing water and chemical hazards.
- Read Interim Recommendations for Driving Safely in a Disaster Location.
- Read Worker Safety After a Flood

**Cleanup of Flood Water**

Safely protect your home from mold.
- When returning to a home that has been flooded, be aware that mold may be present and may be a health risk for your family.
- Clean up and dry out the building quickly (within 24 to 48 hours). Open doors and windows. Use fans to dry out the building.
- To prevent mold growth, clean wet items and surfaces with detergent and water.
- When in doubt, take it out! Remove all porous items that have been wet for more than 48 hours and that cannot be thoroughly cleaned and dried, including:
  - carpeting and carpet padding,
  - upholstery and wallpaper,
  - drywall, floor and ceiling tiles, and insulation material,
  - some clothing, leather, paper, wood, and food.
- Read about mold after a disaster and cleanup of flood water.

**Read** After a Flood for information about precautions when returning to your home, cleanup, immunizations, swiftly flowing water and chemical hazards.

Read Interim Recommendations for Driving Safely in a Disaster Location.

Read Worker Safety After a Flood

For this and additional information, please visit the CDC web site page about natural disasters and severe weather.