



After the Flood: The First Steps

Your home has been flooded. Although floodwaters may be down in some areas, many dangers still exist. Here are some things to remember in the days ahead.

- Roads may still be closed because they have been damaged or are covered by water. Barricades have been placed for your protection. If you come upon a barricade or a flooded road, go another way.
- Keep listening to the radio for news about what to do, where to go, or places to avoid.
- Emergency workers will be assisting people in flooded areas. You can help them by staying off the roads and out of the way.
- If you must walk or drive in areas that have been flooded:
 1. Stay on firm ground. Moving water only 6 inches deep can sweep you off your feet. Standing water may be electrically charged from underground or downed power lines.
 2. Flooding may have caused familiar places to change. Floodwaters often erode roads and walkways. Flood debris may hide animals and broken bottles, and it's also slippery. Avoid walking or driving through it.
- Play it safe. Additional flooding or flash floods can occur. Listen for local warnings and information. If your car stalls in rapidly rising waters, get out immediately and climb to higher ground.

Staying Healthy -

- A flood can cause emotional and physical stress. You need to look after yourself and your family as you focus on cleanup and repair.
 1. Rest often and eat well.
 2. Keep a manageable schedule. Make a list and do jobs one at a time.
 3. Discuss your concerns with others and seek help. Contact Red Cross for information on emotional support available in your area.

www.Liveandworkwell.com is a free, convenient online resource available to you and your family because of your benefit package. Please visit and view the **Special Alert** for local resources (Rotating Alerts in bar near the top of the page.) You can also find online disaster and stress management resources as well as a support telephone number. Register/Login or enter with your Access Code for additional resources. We are here to help.

Check For Hazards When Returning Home –

Going back into your home can be dangerous because flooding can cause structural, electrical and other hazards. Physical dangers are not necessarily over after the water goes down. Hazards are not always obvious. They can be potentially life-threatening if precautions are not taken.

Please be mindful of the following safety tips when returning home after a flood, hurricane or severe storm:

- Check your home before you go in. Carefully check outside your home for loose power lines, gas leaks, foundation cracks or other damage. See if porch roofs and overhangs still have all their supports. If you see damage, a building inspector or contractor should check the building before you enter.
- Turn off the electricity. Even if the power company has turned off electricity to the area, make certain your house's power supply is disconnected.
- If you suspect a gas leak or smell gas, leave your home immediately and call the gas company from a neighbor's house.
- Enter carefully. If the door sticks at the top, it could mean your ceiling is ready to fall. If you force the door open, wait outside the doorway in case debris falls.
- Check the ceiling for signs of sagging. Wind, rain, or deep flooding may wet plaster or wallboard. It is very heavy and dangerous if it falls.
- Make sure the electricity is off and hose down the house to remove health hazards left behind by floodwater mud. Shovel out as much mud as possible. Remove water quickly using a mop or squeegee.

Getting Help -

- The American Red Cross can help you by providing you with a voucher to purchase new clothing, groceries, essential medications, bedding, essential furnishings, and other items to meet emergency needs. Listen to the radio to find out where to go for assistance, or look up American Red Cross in the phone book and call.
- The Red Cross can provide you with a cleanup kit: mop, broom, bucket, and cleaning supplies.
- Contact your insurance agent to discuss claims.
- Listen to your radio for information on assistance that may be provided by the state or federal government or other organizations.
- If you hire cleanup or repair contractors, be sure they are qualified to do the job. Be wary of people who drive through neighborhoods offering help in cleaning up or repairing your home. Check references.