

Don't Rush to Flush. . .

Conserve Water

Your septic tank system may be flooded with standing water, or the saturated ground may not allow the septic system to work properly.



Wastewater systems with pumps will not work without electricity, even though you may have running water. Don't empty the septic or pump tanks, because they might float out of saturated ground. If you cannot flush the toilet, line the bowl with two plastic trash bags. Place the used trash bags in a sealed container for final disposal. Look at the area around the septic tank system. Call the Health Department if uprooted trees, erosion, or standing water has damaged the system. Remember conserve water after the storm! This will help your septic tank system as well as the public water system.

Don't Forget Your Pet

Make sure to write your name and phone number along with an out-of-state friend's on your pet's collar and carrier with indelible ink. Keep your pet's vaccinations up-to-date and with you in case you need to board it. Keep a recent photo with you in case you are separated during the disaster. Make a list of places where you can take your pet during and after the disaster. Take your pet with its food and water with you if you evacuate. Go to a place on your list that accepts pets since public evacuation shelters do not.



Tip & Toss. . .

Keep Mosquitoes at Bay

The flooding water may hatch mosquito eggs laid on the ground the last time it flooded. Mosquitoes can carry diseases like Eastern Equine Encephalitis (EEE) and West Nile, which can cause severe illnesses in people.



Before the storm, get insect repellent that contains DEET. Also get Mosquito Dunks® or granules with BTI. Placing these in standing water will kill mosquito larvae and keep the eggs from hatching.

After the storm, don't let water stand:

- ◆ Remove debris so ditches can flow freely
- ◆ Empty water from containers
- ◆ Fill holes in trees with sand or concrete, or add a Mosquito Dunk® or granules
- ◆ Wear long sleeves and pants when outdoors
- ◆ Use a repellent containing DEET following instructions on the label
- ◆ Repair window screens with a fine mesh



**Craven County Health Department
Division of Environmental Health**



Working Together For Your Health

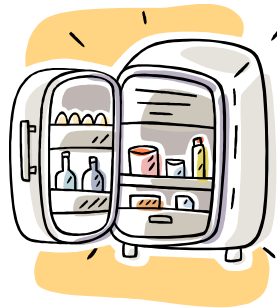
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Disasters can strike quickly and without warning. Families can cope with disaster by preparing in advance. This pamphlet contains basic information to help you decide if food and water are safe following a natural disaster. Information on other environmental health concerns is also included. For more detailed information, call Environmental Health at 636-4936.

Before the disaster, prepare an emergency survival kit. Each kit should have six basic supplies: water, food, first aid supplies, tools and emergency supplies, clothing and bedding, and special items. The common recommendation is to have enough supplies for at least three days, however, if you live in a remote or otherwise hard to reach location, you would be wise to stock a two-week supply.

- ☑ **Food**- ready to eat canned meats, fruits, milk, soups, juices & vegetables, peanut butter, jelly, crackers, special foods for infants, elderly or persons on special diets, comfort/stress foods, instant coffee & tea, pet food
- ☑ **Tools and emergency supplies**- batteries, radio, cash or traveler's checks, change, non-electric can opener, utility knife, paper plates, cups and plastic utensils, flashlight
- ☑ **Sanitation emergency supplies**- toilet paper, towelettes, soap, liquid detergent, feminine supplies, shampoo, deodorant, toothpaste & brush, comb & brush, lip balm, plastic garbage bags and ties for personal sanitation uses, plastic bucket with tight lid
- ☑ **First aid kit**-bandages, antiseptic, safety pins, sun screen, pain relievers
- ☑ **Clothing and bedding**- at least one complete
- change of clothing and footwear, sturdy shoes, rain gear, blankets/ sleeping bags
- ☑ **Water**- 1 gallon per person per day for 3-14 days
- Special Items**
- ☑ **Baby supplies**- bottles, diapers, formula, powdered milk, medications
- ☑ **Adults**- prescription medications, denture needs, contact lenses & supplies, extra eyeglasses
- ☑ **Entertainment**-games, books & cards
- ☑ **Family documents**- legal documents, family records, credit card and bank account(s) information, household inventory, photo albums
- ☑ **Safe sources for cooking**-Sterno, wood, charcoal for outside burning only (don't burn painted boards that may contain lead paint)
- ☑ **Insect repellent** containing DEET and Mosquito Dunks® to kill larvae in standing water



When In Doubt . . . Throw It Out

Turn your settings as cold as possible on your

refrigerator and freezer as soon as you hear a disaster may occur to build up "cold reserves". Food in a closed refrigerator may be safe for 6-hours, while food in a freezer may be safe for 12-hours after losing electricity. Keep the doors shut and wrap them with blankets for extra insulation (don't block air vents). Full freezers stay colder for longer than half-full. Thawed food can usually be eaten if still "refrigerator cold" or re-frozen if still contains ice crystals. Remember...When In Doubt...Throw It Out!

- Discard any food that has been at room temperature for two hours or more, and any food that has an unusual odor, color or texture.
- Do not eat any food that may have come into contact with flood waters.
- Undamaged, commercially canned foods can be saved if label is removed, can is thoroughly washed and disinfected with one cup of bleach in 5 gallons of water. Re-label cans and include expiration date.
- Discard food containers with screw-caps, snap-lids, twist caps and home-canned foods if they come into contact with flood waters.
- Use only pre-prepared canned baby formula.
- Wash your hands with soap and water that has been boiled or disinfected.

Think Before



You Drink



Assume that your water is contaminated if your well was flooded. Drink only your stored water, or water that you have

disinfected.

Store at least one-gallon of water per person per day for a three-day supply. If you live in a remote area, you should store at least 14-gallons per person for a two-week supply. Children, nursing mothers, ill people, and physically active people will need to drink more. Two-quarts should be reserved for drinking, and the remaining may be used for sanitation. Keeping clean is essential to good health.

Substitute other liquids for sanitation purposes. You can use rubbing alcohol or pre-moistened towelettes for washing. Conserve as much water as possible by using a wet cloth to wash and a spray bottle to shower.

Disinfect contaminated water by first straining it through paper towels or a clean cloth, and then

- ◆ Boil for at least three minutes; or
- ◆ Mix 8-drops of unscented chlorine bleach into a gallon of water and let stand for at least 30 minutes. If you can smell chlorine in the water, it is safe to drink. If not, repeat.

Drinking contaminated water can make you sick. Planning ahead can reduce your chances of serious illness.

Don't forget to **WASH YOUR HANDS** frequently to prevent the spread of disease. Use rubbing alcohol afterwards if you don't have hot water.

