






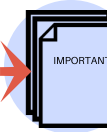





WHAT CAN I DO?

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

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

Stay informed during disasters:
www.phila.gov/ready
www.phila.gov/311

Build your preparedness kit:
www.ready.gov/build-a-kit



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.

STAYING HEALTHY AND SAFE DURING SEVERE STORMS

Continue reading to learn how...



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.