

MAINTAINING YOUR HEALTH DURING A DISASTER



1

Physical Safety:

- Clean cuts and scrapes and cover immediately to prevent infection
- Wear PPE such as face masks and gloves to prevent exposure to possible contaminants

18 cases of wound associated infections were reported after Hurricane Katrina, **5** resulting in deaths¹

2

Flood Water Safety:

- Avoid walking in areas with flood water as they may be contaminated with dangerous pathogens
- Avoid flood water near downed power lines as there is a high risk of electrocution

9 days after Hurricane Milton hit Florida, there were **38** reported cases of flesh eating bacteria²

3

Water Safety:

- If clean water is not available, boil water before drinking
- Water purification tablets or portable filters can also be used when needed

After Hurricane Katrina there was an outbreak of gastroenteritis which affected more than **1000 evacuees** and relief workers

4

Food Safety:

- Avoid eating foods that have not been kept cold for more than two hours
- As able use coolers and ice packs to keep perishable foods cold

A study over 23 years found that exposure to storm related rainfall was associated with a **48% increase** in E. Coli infections⁴

5

Stay Informed:

- Monitor local new sources for updates about health risks and how to proceed
- Understand the signs of dehydration and infections so you know when to call for help

To learn more about how to prepare, visit **sbpusa.org** and your local department of emergency management website.

1. <https://pmc.ncbi.nlm.nih.gov/articles/PMC6195322/> 2. <https://www.cnn.com/2024/10/18/health/dual-hurricanes-milton-and-helene-cause-flesh-eating-bacteria-cases-to-rise-in-florida/index.html> 3. <https://www.cdc.gov/mmwr/preview/mmwrhtml/mm5440a3.htm>
4. https://wwwnc.cdc.gov/eid/article/29/8/22-1906_article