

FLOODWATER & DISEASE PREVENTION

 **DON'T PLAY OR SWIM IN FLOODWATER** 

Floodwater may contain sewage, animal waste, chemicals, and disease-causing microorganisms that can make you sick.

HEALTH RISKS AFTER FLOODING



GASTROINTESTINAL ILLNESS

Exposure to contaminated floodwater can lead to:

- Diarrhea
- Nausea and vomiting
- Stomach cramps
- Fever

Seek medical care if symptoms are severe or persistent.



SKIN & WOUND INFECTIONS

Even small cuts can become infected after exposure to floodwater.

Watch for:

- Redness
- Swelling
- Increased pain
- Drainage
- Fever

Clean wounds immediately with soap and clean water and seek medical attention if signs of infection develop.



MOSQUITO-BORNE DISEASES

Standing water left after flooding can increase mosquito populations and the risk of:

- West Nile Virus
- Other mosquito-borne illnesses

Protect yourself by:

- ✓ Using EPA-registered insect repellent
- ✓ Wearing long sleeves and pants
- ✓ Eliminating standing water around your home



ANIMAL-RELATED HAZARDS

Flooding may displace:

- Snakes
- Rodents
- Wild animals



Seek medical attention for bites or scratches.



DRINK SAFE WATER

Use:

- ✓ Bottled water
- ✓ Boiled water (1 minute rolling boil)
- ✓ Water approved by local authorities



Do not use flood-contaminated water for:

- ✗ Drinking
- ✗ Brushing teeth
- ✗ Cooking
- ✗ Making ice



FOOD SAFETY

WHEN IN DOUBT, THROW IT OUT.

Discard:

- ✗ Food that has contacted floodwater
- ✗ Perishable foods above 40°F for more than 2 hours
- ✗ Food with questionable safety



Never taste food to determine its safety.



SEEK MEDICAL CARE IF YOU EXPERIENCE:

- ⚠ Persistent diarrhea
- ⚠ Vomiting
- ⚠ Fever
- ⚠ Signs of wound infection
- ⚠ Animal bites
- ⚠ Severe dehydration



Do not wait. Get care early. It could prevent serious illness.



★★ WE PROVIDE THE BEST ★★
FORT POLK



**BJACH Public Health
726-780-1149**

REFERENCES



Louisiana Office of Public Health,
Infectious Disease Epidemiology Section.
Flood Waters Guidance. (n.d.)
www.infectiousdisease.louisiana.dhh.gov



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www.cdc.gov/floods/index.html



FEMA

Federal Emergency Management Agency.
Flood Recovery and Safety.
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www.fema.gov/disaster/recover

This information is intended for general guidance only and is not a substitute for professional medical advice.
For more information, contact your local health department.