live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at TriSure.

Don't Get Caught without a Paddle!

Flood preparation precautions

According to the Federal **Emergency Management** Agency (FEMA), floods are one of the most common disasters in the United States. It is important to be aware of flood hazards no matter where you live, but especially if you live in a low-lying area, near water or downstream from a dam. Even small streams, gullies, creeks, culverts, low-lying ground or dry streambeds that appear harmless in dry weather can flood. Plus, it only takes an inch or two of water to cause major damage to your home.

Remain Alert

- Visit the <u>www.fema.gov</u> website for flood risk information in your area.
- If it has been raining hard for several hours or steadily raining for several days, be alert to the possibility of a flood.

When a Flood Watch is Issued:

- Move your furniture and valuables to higher floors of your home.
- Fill your car's gas tank, in case an evacuation notice is issued.

When a Flood Warning is Issued:

- Gather emergency supplies and fill bathtubs with clean water.
- Tune your radio to weather updates, disaster directions and signals.
- If you must evacuate, take only essential items with you.
- Move to higher ground away from rivers, streams, creeks and storm drains. Do not drive around barricades; they are there for your safety.

After a Flood:

- Throw away food that is not safe to eat and use bottled water until the local authorities have determined that tap water is safe to drink and for cooking.
- Avoid flood water and protect yourself from mosquitoes to avoid contracting any diseases.
- Stay away from damaged buildings and structures.
- Do not touch fallen power lines or turn on your power until instructed by a qualified electrician.
- Wear protective clothing when handling hazardous materials or cleaning up mold.
- Clean up flood damage promptly.



Did you know...?

It's wise to ask a friend or family member if you can evacuate to their home in the event a flooding emergency. This person should live close to you so that you can reach them quickly, but out of immediate danger.