The two greatest risks to your health are accidental injuries and heat injury.

Stay out of damaged buildings.

Beware of flash floods, leaking gas lines, & downed power lines
- Always remain alert to your surroundings to prevent injury.

The health effects of heat are cumulative. Consider the heat category on the prior three days when utilizing work/rest cycles. Drink water frequently but do not exceed 1.5 quarts per hour. Eat all meals. This is not a time to diet.

Consume food and water only from approved sources.

Avoid unnecessary contact with any flood waters; wash hands at every opportunity; seek prompt medical care for any injury.

Apply DEET to exposed skin and treat uniforms with permethrin to repel insects. Sleeves down, tuck pants into boots.

Human and animal remains do not pose a disease threat for people not directly involved with recovery.

For workers who handle human remains:
- Protect face from splashes of body fluids
- Wear a cut-proof inner layer glove and latex or similar outer layer
- Wash hands immediately after removing gloves
- Receive prompt care for any wounds
- Participate in available programs providing psychological and emotional support

To clean surfaces contaminated by floodwater (not your skin):
- Wash with soap and water then,
- Disinfect with a bleach solution: ¼ cup bleach per gallon of tap water. Use caution when handling bleach.

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