

Cleaning Up After the Flood: Extension Helps

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Flood Watch vs Flood Warning

FLOOD WARNING

A Flood Warning is issued when flooding is **happening** or will happen soon. Some roads will be **flooded**.

Move to higher ground.

Never drive through flooded roads.

take action.

FLOOD WATCH

A Flood Watch is issued when flooding is possible.

Stay tuned to radio/TV, follow **weather.gov** and be ready to seek higher ground.

Learn more at **weather.gov/flood**.

be prepared.



Weather.gov



WATCH VS WARNING



TACO WATCH



TACO WARNING

TACO WATCH:
We have all the
ingredients to
make tacos.

TACO WARNING:
We're having
tacos RIGHT
NOW.

wtvq.com/severe-weather-awareness-week-watch-vs-warnings/

Alerts and Warnings

- UK Alert System –Sign up in MYUK
- Weather Alert App – Scan QR code below or visit <https://www.uky.edu/scahip/weatheralert>



Where to Find Information

- UK Extension Disaster Preparedness - <https://anr.ca.uky.edu/extensionhelps>
- FEMA – Ready.Gov
- National Weather Service - <https://www.weather.gov/>
- UK Ag Weather Center - <http://weather.uky.edu/>



Floodwaters Are Dangerous

- Hides road and building damage.
- Causes mud or rock slides.
- Covers live wires.
- Contains:
 - Sewage,
 - Live animals,
 - Chemical contaminants like coal ash and industrial waste,
 - Sharp objects and debris.



STAY OUT OF FLOODWATERS

 *Floodwaters hide dangers that can cause sickness, injury or even death.*

 Animals & insects	 Dangerous chemicals
 Live wires	 Sewage
 Harmful bacteria	 Sharp objects & debris

weather.gov 

The infographic features a dark green background with yellow and white text and icons. On the right side, there is a photograph of floodwaters in front of a house, with two people in yellow rain gear standing in the water. The text 'STAY OUT OF FLOODWATERS' is prominently displayed at the top in large, bold letters. Below this, a warning icon and text state that floodwaters hide dangers that can cause sickness, injury, or even death. A grid of six icons and labels lists various hazards: animals and insects, dangerous chemicals, live wires, sewage, harmful bacteria, and sharp objects and debris. At the bottom right, the 'weather.gov' website is mentioned along with the NOAA logo.



Before Cleaning Up: Check Gas Lines



Check that gas has been turned off and the building has been ventilated.



DO NOT use an open flame before completing your initial inspection.



Contact local utilities or emergency responders for instructions or assistance.



Before Cleaning Up: Check Electrical System



DO NOT ENTER any building without disconnecting the power.



Only turn off the main breaker if it is dry.



Have an electrician check the electrical system before turning the power on.

Before Cleaning Up: Assess the Structure



DO NOT ENTER if a building has been pushed off its foundation.



A door sticking at the top may indicate the ceiling is ready to fall.



Wear a hard hat to reduce the risk of head injuries

Before Cleaning Up: Avoid Downed Power Lines

**STAY AWAY
from downed
power lines**

Do not touch anything
that the line is touching,
such as a car

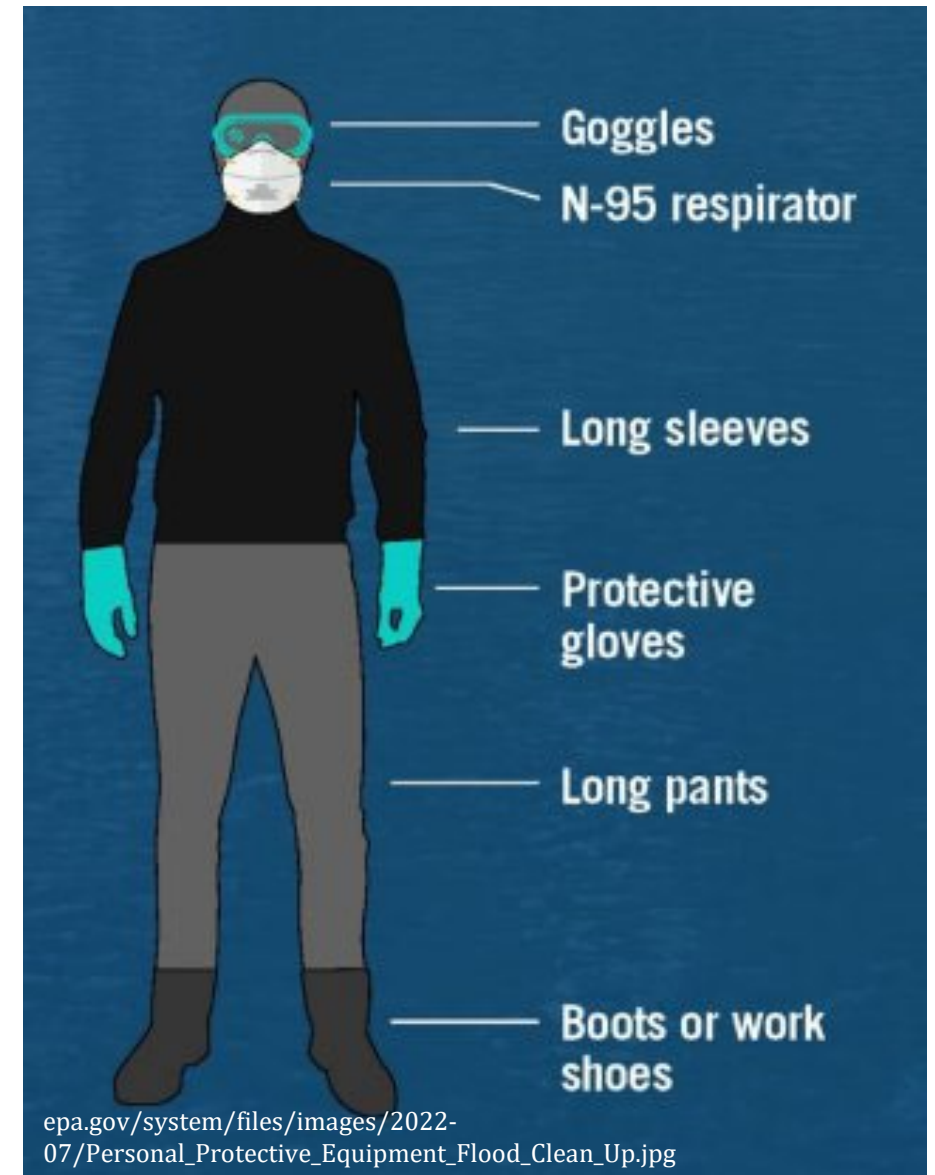
Even if they're not
sparking, lines could be live



weather.gov/wind

Before Cleaning Up: Choose the Right Safety Gear

- Avoid direct contact with floodwaters.
- Clean yourself and your equipment after contact.
- Avoid breathing in dangerous substances, use an N95 mask and ventilate the area where you work.
- Mold grows rapidly after floods recede.
- Use cleaning chemicals in well ventilated areas.
- Take frequent breaks to breathe fresh air.



KDPH Recommends Tdap Vaccines for Flood Cleanup

The Tdap Vaccine and Flood Recovery:

The Tdap vaccine can prevent tetanus, diphtheria, and pertussis.

- During flood cleanup, it's important to ensure your tetanus vaccination is up-to-date.
- Adults should receive a Tdap (tetanus/diphtheria/pertussis) booster every 10 years.
- If you experience a wound, especially if it's contaminated with floodwater or mud, a tetanus booster may be necessary.



If you're unsure about your vaccination status, check your immunization records at: chfs.ky.gov/KDPHMyVaxRecord



Kentuckians can visit their healthcare provider, pharmacy or local health department to receive vaccines.



Kentucky Public Health
Prevent. Promote. Protect.

Before Cleaning Up: Set Up Safety & Cleanup Areas

Safety Area:

- First aid kit
- Fire extinguisher
- Eye wash station
- Emergency numbers
- Clean drinking water
- Extra PPE
- Wet hand wipes

Clean Up Area:

- Heavy duty garbage bags
- Tarps or plastic sheeting
- Paper towels, rags, sponges, mop and mop heads
- Detergent
- Buckets
- Clean water supply



Cleaning Up: First Steps

PROTECT FROM FURTHER DAMAGE

- Stop water from coming in.
- Check for broken or leaking pipes.
- Get fresh air moving.

GENERAL CLEANUP

- Remove debris.
- Remove any standing water.
- Dispose of contaminated materials safely.

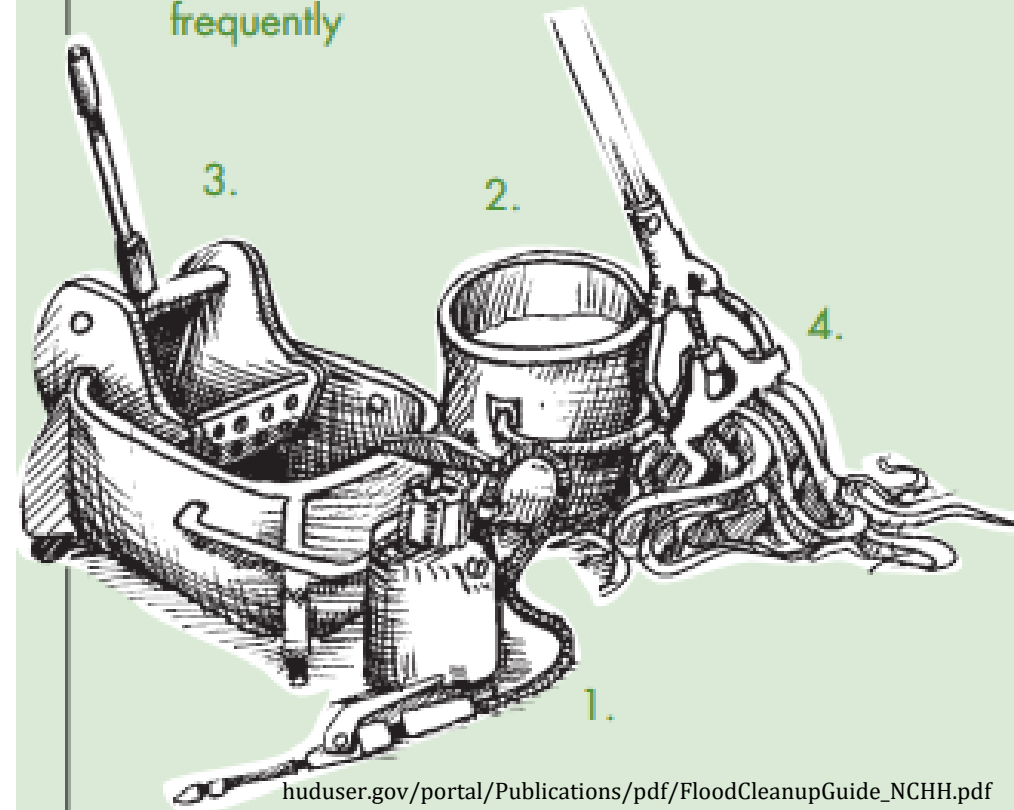
DISINFECT

- Clean hard surfaces with water and detergent.
- Disinfect all hard surfaces.

Cleaning Up: The Three Bucket System

THREE BUCKET CLEANING SYSTEM

1. Pump sprayer contains detergent (do not use sprayer for bleach)
2. Rinse bucket ~ should be changed frequently
3. Squeeze wringer bucket for dirty water
4. 32 oz mop head ~ clean or replace frequently



[huduser.gov/portal/Publications/pdf/FloodCleanupGuide_NCHH.pdf](https://www.huduser.gov/portal/Publications/pdf/FloodCleanupGuide_NCHH.pdf)

- Wet clean non-porous surfaces with a non-phosphate cleaner, avoid detergents with trisodium phosphate.
 - Savogran, Borax, Dawn
- Rinse well, change the water frequently.
- Clean or replace the mop head, sponges, and brushes frequently; discard after cleanup.



Cleaning Up: Disinfect Safely

WHEN IN DOUBT, THROW IT OUT

- Soft surfaces that cannot be submerged and washed in hot water cannot be cleaned.

CLEAN BEFORE DISINFECTING

- Wash surfaces and remove visible mold.
- Dry materials before disinfecting.

DISINFECT SAFELY

- DO NOT MIX cleaning chemicals.
- Consult a professional.

Mold Clean-Up After Disasters: When to Use Bleach

After a hurricane, flood or other major storm, “green” products can be difficult to find. Bleach and dish detergent might be the only things available in your area. Bleach and dish detergent, common household items, can be used to clean mold in your home after a storm.

The steps to take to clean up mold will depend on how much water damage your home suffered.

Actions	If the inside of your home is covered with debris and thick mud and dirt is on the floor and on the walls you must first remove all of that mud and dirt. Bleach, soap-- or any other product—cannot effectively clean up mold if you do not remove the mud and dirt first.	If your home has moderate mold damage, follow these steps to clean up your home:	If the inside of your home has only a little mold and minor water damage you may not need to use bleach.
Remove all moldy, water-damaged items from inside your home.	●	●	●
Dig out mud and dirt.	●		
Use a wet vacuum to remove remaining dirt.	●		
Scrub cleanable surfaces (such as wood, tile, stone) with soapy water and a bristle brush.	●	●	
Thoroughly clean all hard surfaces (such as flooring, molding, wood and metal furniture, countertops, and sinks) with water and dish detergent.	●	●	●
Use a bleach solution of no more than 1 cup (8 ounces) household laundry bleach per 1 gallon of water to kill mold on surfaces.	●	●	
Dry surfaces quickly and thoroughly after cleaning. If you have a fan, air conditioner or dehumidifier that wasn't affected by flooding use it to help the surfaces dry after you finish cleaning.	●	●	●



Centers for Disease
Control and Prevention
National Center for
Environmental Health

CS295513-A

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Cleaning Up: When to Use Bleach

Bleach and common dish soap may be the only products available in your area.

Never mix bleach with ammonia.

- On surfaces that won't fade or damage color.
- On wood surfaces that are not decayed.
- When surfaces are fully dry and can be dried within 48 hours of being disinfected.



Cleaning Up: Mold

Problems associated with mold:

- Medical issues with mold are common.
- Most at risk:
 - Infants & children,
 - The elderly,
 - Those with weakened immune systems, and
 - Those with chronic conditions like allergies, asthma, and COPD.

Limit your exposure to mold and mold spores!


- Wear a well-fitting N 95 mask.
- Wear goggles with no ventilation holes.
- Wear long rubber gloves.
- Keep spare safety gear.

Cleaning Up: Mold


The Key to Mold Control is Moisture Control

Mold... no one wants it in their home. Mold produces allergens and can cause health problems. Although mold is naturally found in the indoor environment, it won't grow without moisture.


Take steps to control mold and moisture indoors:



Reduce humidity: use exhaust fans or open windows in kitchens and bathrooms, and use air conditioners or dehumidifiers as needed.



Prevent condensation by reducing humidity, increasing ventilation, or raising the indoor air temperature.



Completely dry any damp or wet surfaces within 24-48 hours, and fix the source of the water problem or leak.

www.epa.gov/mold

1. Protect yourself.
2. Toss out anything that cannot be cleaned and dried in 48 hrs.
3. Air it out.
4. Use fans and dehumidifiers.
5. Scrub surfaces.
6. Don't cover it, remove it.
7. Dry everything thoroughly.

Cleaning Up: Remove Damaged Materials



- Remove cabinets, interior doors, shelves, trim.
- Tear down drywall or plastered ceilings.
- Remove the bottom 4' of drywall.
- Remove insulation.
- Remove flooring, subflooring, and inspect the floor joists.

After the Flood: Food and Water Safety

CHECK FOR BOIL WATER ADVISORY

WHEN IN DOUBT, THROW IT OUT

DISINFECT



Home & Environment

Flood Conditions and Your Septic System

Brad D. Lee, Plant and Soil Sciences

The most common septic systems used in the United States employ soil treatment area to treat and disperse wastewater into the environment (see Figure 1). The soil treatment area consists of a network of perforated pipes within gravel-filled trenches. Under normal environmental conditions, well designed and managed septic systems work very well at dispersing wastewater and removing pathogens from the wastewater before they reach groundwater or surface waters.

Kentucky's large precipitation events occasionally flood residential areas that rely on septic systems. A flooded private sewage system can be hazardous for homeowners until saturated soils return to their normal state. Flooding risks include sewage backing up in the home, contaminated drinking water, and lack of sanitation. The purpose of this publication is to explain how homeowners can prepare for high-water problems and respond appropriately to septic system flooding.

How Problems Occur

When there is flooding, or when soils are saturated for extended periods of time, septic systems cannot function properly. Proper septic system performance relies on the soil's ability to treat and disperse wastewater. Under normal conditions, soils are aerobic so they can properly treat wastewater by

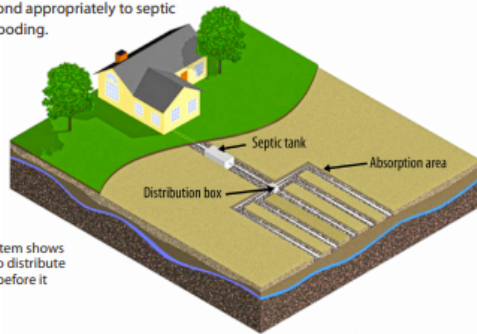


Figure 1. This top view of a conventional trench septic system shows that it uses a series of trenches (each about 2 feet deep) to distribute wastewater into aerobic (with oxygen) soil for treatment before it reaches groundwater. (Sharron Katz)

Water Safety:

Septic Systems & Wells

Well water can be contaminated during a flood.

- Avoid consuming or using water until wells are tested.

Saturated soils cause septic malfunctions.

- Stop using private sewage until floodwaters are lower than the building.
- Get septic tank inspected.

Ensuring **SAFE PRIVATE WELL WATER** for household use **AFTER A FLOOD**

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The quality of drinking water from wells may be compromised during a flood. Flooding around the well increases the risk of drinking water becoming contaminated with bacteria or any other contaminants, rendering it unsafe to drink and for washing food items. Furthermore, entry of foreign objects into the well could damage various components of the well system and create a personal injury risk.

This circular describes what you should do if your well has been contaminated by a flood.

In this publication, “flood” describes water from heavy rain, storms, or hurricanes that spills or seeps into a household drinking water well.



INSPECT THE WELL

Determine if one or more of the following unwanted situations have occurred:

- Large debris carried by moving floodwater struck the well head. This could loosen well hardware, displace well construction materials, and/or damage the casing.
- Sediment and/or flood water entered an improperly sealed well.
- Flood waters compromised the well structure by washing material from under the well pad. This could cause the well to collapse.

Note that shallow wells (less than 50 feet deep) and wells more than 10 years old are likely to have been contaminated despite the absence of visible damage. These wells are more likely to be under the influence of surface water, which can contain bacteria and other contaminants.

CAUTION:
DO NOT DRINK FROM, OR WASH FOOD ITEMS
WITH, FLOOD-AFFECTED WELL WATER.
This can make you very sick.

INSPECT THE ELECTRICAL SYSTEM

If the electrical system was flooded:

- Make sure the breaker from main power supply is in the “OFF” position.
- If you do not have a breaker, make sure that the electricity is disconnected from the pump control box, if you can do so safely.
- Before power is restored, inspect the pump’s electrical box for visible moisture or water.
- Have the wiring system checked by a qualified electrician, well contractor, or pump installer. Get their assistance turning the pump on.

Note: If the pump’s control box was submerged during the flood, make sure that all electrical components are dry before restoring electrical service.

CAUTION:
Do not turn on the pump without making sure that all electrical components are dry and checked by a licensed electrician, licensed water well contractor, or certified pump installer to avoid damage to your well system or pump. Check using the steps above to avoid **ELECTRICAL SHOCK, PERSONAL INJURY, or EVEN DEATH.**

Water Safety: Wells

Before drinking well water:

- Inspect the well.
- Inspect the electrical system and well pump.
- Test the water and decontaminate as needed.

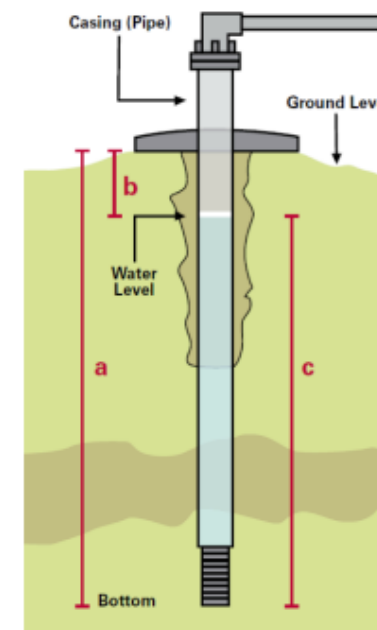


Figure 1. A diagram showing various distances (“a,” “b,” and “c”) to be used to calculate the depth of water in a well.

Water Safety: Water Treatment Options



Boiling Water

- Boiling water kills bacteria and other microorganisms that might be present in the water.
- Bring all water to a boil and let it boil for one minute. Place in a covered container.

Bleach Method

- Water can also be treated with unscented bleach that has been open less than 30 days.
- For clear water, add 1/8 teaspoon bleach per gallon.
- For cloudy water, add 1/4 teaspoon bleach per gallon.
- Allow to stand for 30 minutes before drinking or using.



Food Safety

Some food can be kept.

- Clean and sanitize foods in nonporous, waterproof packaging.
- Clean and sanitize any food that was in contact with floodwaters.

Toss any food that:

- Has an unusual odor, color, or texture.
- Is in packages that are not waterproof.
- Is in cardboard or paperboard containers.
- Is in containers with screw caps, snap lids, crimped caps, twist caps, flip tops, snap tops.
- Is home-canned.





Disasters Increase Stress

BEFORE THE EVENT

DURING THE EVENT

AFTER THE EVENT

Stress is Common



Most people show signs of stress after a disaster.



These signs of stress are normal and will decrease over time.

Know the Signs of Stress

Stress has emotional, behavioral, and physical symptoms.

- Increased substance use.
- Mood changes.
- Increase in aches and pains, stomach aches, headaches.
- Changes in eating patterns.
- Changes in sleeping patterns.
- Avoidance.
- Shaken belief system.
- Relationship stress, increase in family violence.



What's Your Stress Level?

Everyone has stress, and your stress level will change all the time. But too much stress can be unhealthy. Take a look at the chart below and see where you are right now—from green to orange.

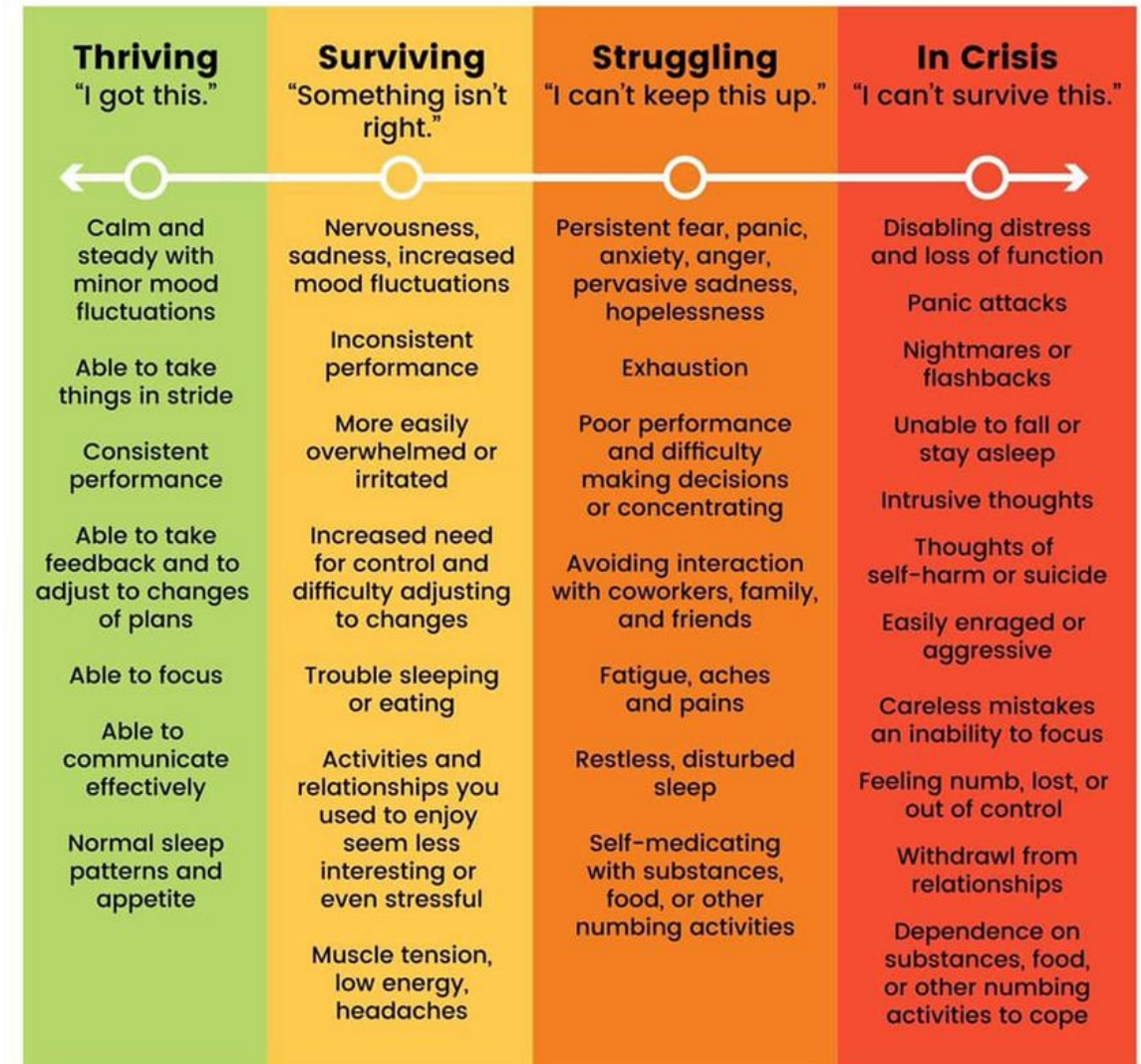


Monitor Your Stress Level

- Know the signs of stress in yourself and those around you.
- Listen and look for key behaviors, outsized reactions, unhealthy coping methods.
- Some may be at a greater risk for post disaster stress.

Know When to Ask for Help

- You struggle with daily tasks.
- You feel hopeless.
- Loved ones or friends express concern.
- You are considering harming yourself or others.
- Your symptoms have lasted longer than a month.



Adapted from: Watson, P., Gist, R., Taylor, V. Evlander, E., Leto, F., Martin, R., Vaught, D., Nash, W.P., Westphal, R., & Litz, B. (2013). Stress First Aid for Firefighters and Emergency Services Personnel. National Fallen Firefighters Foundation.

9 WAYS TO MANAGE STRESS



Managing Stress: Coping Skills


- Social support.
- Physical activity.
- Problem solving, helping others.
- Distraction.
- Relaxation activities.

Managing Stress: Grounding Exercises

- Deep breathing.
- Visualization.
- Progressive muscle relaxation.
- Gentle movements.

SIX WAYS TO PRACTICE GROUNDING

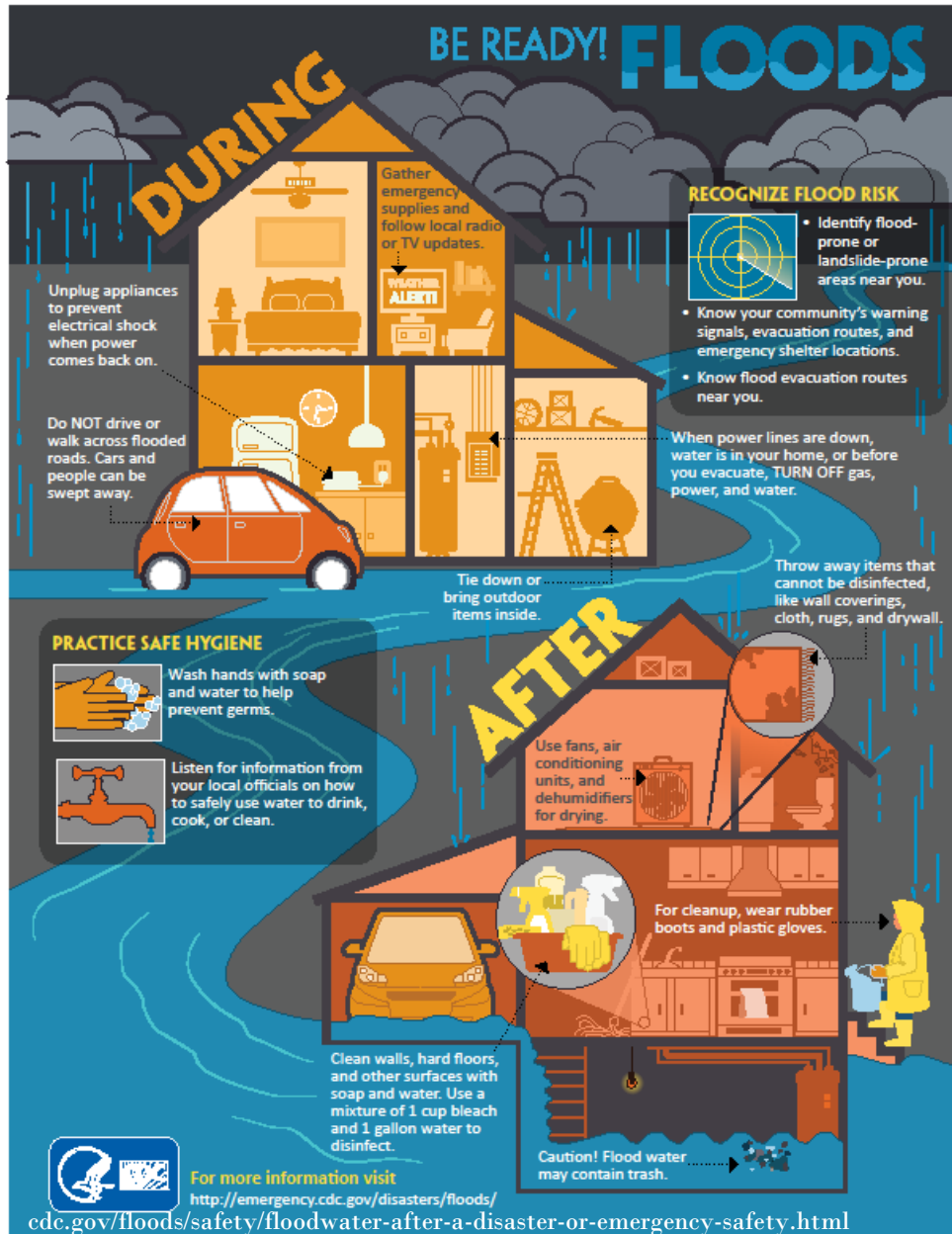
with anxiety + intense emotions

 body lay on the ground, press your toes into the floor, squeeze playdough	 5 senses wear your favorite sweatshirt, use essential oils, make a cup of tea	 self-soothe take a shower or bath, find a grounding object, light a candle
 observe describe an object in detail: color, texture, shadow, light, shapes	 breathe practice 4-7-8 breathing: inhale to 4, hold for 7, exhale to 8	 distract find all the square or green objects in the room, count by 7s, say the date

[aspirace.com/relaxation-techniques-for-mental-health/](https://www.aspirace.com/relaxation-techniques-for-mental-health/)

Help Your Community Prepare for the Next Flood

- Share flood maps at msc.fema.gov.
- Sign up for **Weather Alert**, an app from UK
- Connect with your local emergency management office for rapid updates.
- Hold preparedness planning programs.
 - In the Face of Disaster.



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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
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