



Flood Action Plan and Tip Sheet

For Patients

Use this plan to stay safe in the event of a flooding in your area. Share this plan with everyone in your home and with friends and family members. Review this information every year so that everyone is ready to act when a flood occurs.

Floods are dangerous to your health

In addition to drownings and injuries, people affected by floods can experience mental health impacts, interruptions in their usual medical care, exposure to toxic or infected floodwaters, breathing problems caused by mold, and other health problems.

Before a flood

Know when flooding may occur

You can check for flood alerts at weather.gov, on your phone weather app, on your computer (such as at weather.com), or through your local news on the radio, television, or social media.

You can look up the risk of flooding at your home's location at riskfactor.com. This site will tell you the likelihood that flooding will occur at your address. You can also look up Federal Emergency Management Agency (FEMA) flood maps on their website (<https://www.fema.gov/flood-maps>).

A flood *watch* means you should be *prepared* to take action. A flood *warning* means you should *take action immediately*.

<p>FLOOD WATCH</p> <p>A flood watch is issued when flooding is possible. Stay tuned to radio/TV/social media and be ready to seek higher ground.</p>	<p>FLOOD WARNING</p> <p>A flood warning is issued when flooding is happening or will happen soon. Some roads will be flooded.</p>
---	--

To prepare for flooding I will check: _____

Sign up for emergency alerts which you can get to your cell phone or email

You can sign up for emergency alerts at NIXLE.

For general information on alerts: Emergency Alerts | Ready.gov

If you have a car or generator, make sure the fuel tank is full

Consider keeping your car out of the garage in case the door does not open when you need to evacuate.

Know your evacuation route and how you will evacuate (car, transit, etc.)

When evacuation orders are given, they will use your home's specific "evacuation zone" and have a route to follow.

Have an emergency "grab and go" kit and a "stay at home" kit ready

This is a list of things to have ready in case of evacuating from a hurricane. Keep everything together, ideally in a single bag, so you can easily grab it to go. You should also prepare a "stay at home" kit if you need to shelter in place with supplies for a week. See [Building an Emergency Kit](#) for more information.

Keep copies of important documents ready and safe from flooding

This includes insurance policies, medication lists and birth certificates.

Plan for power outages

- Back up **medical equipment that needs electricity or batteries**.
- Have a backup cooler with ice for **medications that require refrigeration** and a thermometer to check the temperature inside the cooler.
- If you get water from a **well with an electric pump**, have a backup plan to have enough water to drink if the power goes out.
- If heat or air conditioning is not working, **consider going somewhere that heat or air conditioning is available**.
- See more information on [Plan for Power Outages](#).

Prepare your home for flooding

You can install sump pumps and backflow valves on drains and toilets to prevent floodwaters from entering.

Look into your local community emergency response team (CERT) and think about signing up to volunteer to prepare yourself and your community for emergencies

Even if you do not sign up, there may be resources to help in disasters

https://community.fema.gov/PreparednessCommunity/s/welcome-to-cert?language=en_US

During a flood

Have a plan for evacuation and know who you can contact for help

Pay attention to local media outlets for evacuation orders. Know how to get out of your house - where the exits are and what windows can be opened.

Identify an emergency contact for everyone in your household to call, and update on plans.

My emergency contact person is: _____

Their phone number is: _____

Identify both a preferred and backup evacuation location that has power if you need it. If possible, these two locations should be in different directions from your home.

My evacuation locations are:

1. _____

2. _____

If I need to evacuate, the vehicle/transport I will use is: _____

Never drive or walk or take transport into standing water.

If I need help evacuating, I can call:

Name	Phone
1. _____	_____
2. _____	_____

Prepare your home before you leave to make your return safer

Turn off **electricity, gas, and water** supply.

Turn around, do not drown

Do not walk, swim, or drive through flood waters.

After a flood

Know your health risks during and after floods and how to minimize them

Flood cleanup is hard work. Pace yourself, take breaks, and drink plenty of water to reduce the likelihood of injury.

Avoid indoor fumes. Never burn fuels, run a generator, or operate a vehicle in a closed space. This can lead to deadly carbon monoxide poisoning.

Dust and debris can create unhealthy air. Check air quality and wear a mask to protect your lungs.

Have a backup plan if you need electricity for medical devices, medicine, or heating/cooling.

Flooding can cause mold growth, which can affect breathing and cause headaches. Wear an N95 mask when cleaning up and follow guidelines at [cdc.gov/mold](https://www.cdc.gov/mold) or [epa.gov/mold](https://www.epa.gov/mold).*

Beware of falling hazards. Damaged buildings, trees, and poles can be dangerous. Don't go inside damaged buildings until it's safe.

Stay away from damaged power lines or water near them. Avoid using electrical appliances when they're wet.

Turn around, don't drown. Standing water is dangerous. It can hide holes, downed power lines, and sharp objects. Never walk or drive through it.

Floodwater can make you sick. It often carries sewage, germs, and toxic chemicals. Mosquitoes that spread disease breed in it.

Protect yourself from contaminated water. After a storm, follow local authority guidance on whether to use bottled or boiled water. Boiling may not remove chemical contaminants.

*To manage mold in your home, see [cdc.gov/mold/pdfs/You_Can_Control_Mold.pdf](https://www.cdc.gov/mold/pdfs/You_Can_Control_Mold.pdf) or [epa.gov/mold/brief-guide-mold-moisture-and-your-home](https://www.epa.gov/mold/brief-guide-mold-moisture-and-your-home).

Visit [cdc.gov/disasters](https://www.cdc.gov/disasters) or FEMA “[Returning Home After a Flood](https://www.fema.gov/returning-home-after-a-flood)” to learn more about risks to your health from floods and hurricanes.

After flooding can be a stressful time for your health. Speak with your healthcare team about taking care of your long-term medical conditions and any mental health concerns after flooding..

Before re-entering your home, make sure it is not damaged, and call the authorities if it is before entering to stay safe.

