



When In Doubt . . . Throw It Out

- Turn your settings as cold as possible on your refrigerator and freezer as soon as you hear a disaster may occur to build up “cold reserves”. Food in a closed refrigerator may be safe for 12-hours, while food in a freezer may be safe for 48-hours after losing electricity. Keep the doors shut

and wrap them with blankets for extra insulation (don't block air vents). Full freezers stay colder for longer than half-full.

Throw out food that has been flooded:

- ◆ Meats, fresh produce, home canned foods
- ◆ Glass jars with waxed cardboard seals, corks, pop tops, or peel-off tops
- ◆ Foods in cardboard boxes, paper, foil, cellophane, or cloth
- ◆ Spices, seasonings and extracts, opened containers, flour, sugar, grain, coffee, etc.
- ◆ Dented leaking, bulging or rusted cans
- ◆ Wooden spoons, plastic utensils, baby bottle nipples and pacifiers

Save only undamaged commercially canned goods, but sanitize them before use:

- ◆ Mark the contents on the lid with indelible ink and remove the paper labels
- ◆ Wash the cans in a strong detergent solution using a scrub brush
- ◆ Immerse the cans for 15-minutes in a solution of 1-teaspoon chlorine bleach per quart of (sanitized) water
- ◆ Air dry before opening

Sanitize your dishes and glassware the same way. Disinfect metal pans and utensils by boiling them in water for 10-minutes.

For more information, call the Division of Environmental Health at (252) 636-4936

Craven County Health Department *Working Together For Your Health*
2818 Neuse Blvd., New Bern, NC 28560

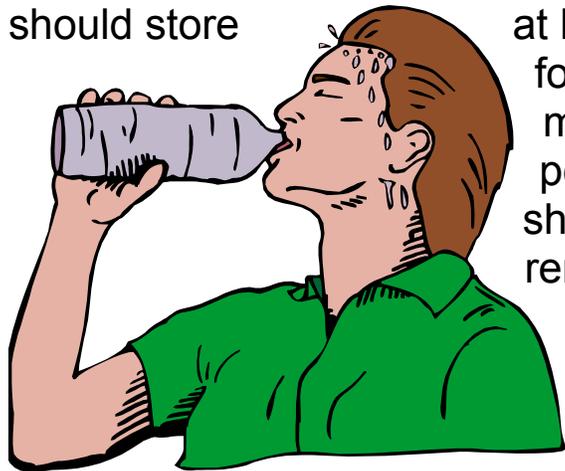


Think Before You Drink

Assume that your water is contaminated if your well was flooded. Drink only your stored water, or water that you have disinfected.



Store at least one-gallon of water per person per day for a three-day supply. If you live in a remote area, you should store

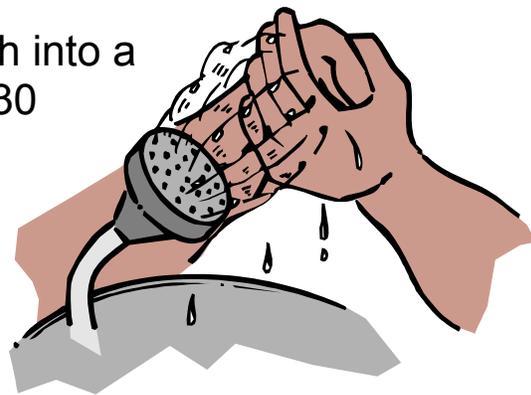


at least 14-gallons per person for a two-week supply. Children, nursing mothers, ill people, and physically active people will need to drink more. Two-quarts should be reserved for drinking, and the remaining may be used for sanitation. Keeping clean is essential to good health.

Substitute other liquids for sanitation purposes. You can use rubbing alcohol or pre-moistened towelettes for washing. Conserve as much water as possible by using a wet cloth to wash and a spray bottle to shower.

Disinfect contaminated water by first straining it through paper towels or a clean cloth, and then

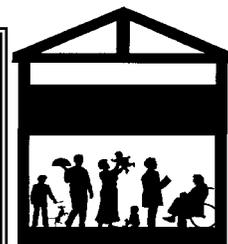
- ◆ Boil for at least three minutes; or
- ◆ Mix 8-drops of unscented chlorine bleach into a gallon of water and let stand for at least 30 minutes. If you can smell chlorine in the water, it is safe to drink. If not, repeat.



Drinking contaminated water can make you sick. Planning ahead can reduce your chances of serious illness. Don't forget to **WASH YOUR HANDS** frequently to prevent the spread of disease. Use rubbing alcohol afterwards if you don't have hot water.

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Don't Rush to Flush. . .

Conserve Water

Your septic tank system may be flooded with standing water, or the saturated ground may not allow the septic system to work properly. Wastewater systems with pumps will not work without electricity, even though you may have running water. Don't empty the septic or pump tanks, because they might float out of saturated ground.

If you cannot flush the toilet, line the bowl with two plastic trash bags. Place the used trash bags in a sealed container for final disposal.

Look at the area around the septic tank system. Call the Health Department if uprooted trees, erosion, or standing water has damaged the system. Remember conserve water after the storm! This will help your septic tank system as well as the public water system.



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Don't Forget Your Pet

Make sure to write your name and phone number, along with an out-of-state friend's name and phone number on your pet's



collar and carrier with indelible ink. Keep your pet's vaccinations up-to-date and with you in case you need to board it.

Keep a recent photo with you in case you are separated during the disaster. Make a list of places where you can take your pet during and after the disaster. Take your pet with its food and water with you if you evacuate. Go to a place on your list that accepts pets since public evacuation shelters do not.

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Tip & Toss

Keep Mosquitoes at Bay



The flooding water may hatch mosquito eggs laid on the ground the last time it flooded. Mosquitoes can carry diseases like Eastern Equine Encephalitis (EEE) and West Nile, which can cause severe illnesses in people.

Before the storm, get insect repellent that contains DEET. Also get Mosquito Dunks® or granules with BTI. Placing these in standing water will kill mosquito larvae and keep the eggs from hatching.

After the storm, don't let water stand:

- ◆ Remove debris so ditches can flow freely
- ◆ Empty water from containers
- ◆ Fill holes in trees with sand or concrete, or add a Mosquito Dunk® or granules
- ◆ Wear long sleeves and pants when outdoors
- ◆ Use a repellent containing DEET following instructions on the label
- ◆ Repair window screens with a fine mesh

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