

Rising Together: Temperature, Water, Health and Strength

2016

Developed by Dr. Ana Puszkini-Cheviin

Green Sanctuary Committee of UUFBF

EPA Grant #EQ-00D35415-0

Boca Raton & Delray Beach Contacts

Boca Raton Fire Rescue 561 982-4000
Boca Raton Police Department 561 338-1234
Delray Police Department 561 243-7800
Delray Beach Fire Rescue 561 243-7400
Delray Beach Hurricane Information Hotline 561 243-7840
Boca Raton Citizen Emergency Info. Ctr. 561 982-4900
Dial 211 – For referrals to all types of Human Services

CODE RED Sign Up for telephone alerts
<https://public.coderedweb.com>
Keeping citizens informed.

Radio Stations with Emergency Information

Delray Beach Emergency Radio 1620 AM
Homeland Security Emergency Radio Stations
City of Boca Raton AM 1650 kHz
City of Boynton Beach – AM 1670 kHz
City of Delray Beach – AM 1700 kHz

NOAA Weather Radio – KHB34 162.550MHz
Coverage Miami/Dade, Broward, South Palm Beach County
NOAA Weather Radio KEC50 162.475 MHz

Palm Beach County Contacts

PBC Emergency Management* (561) 712-6400

Get PBC DART free app with information to prepare for storm emergencies.

- Pre-register for emergency needs shelter at 561 712-6400
- Pre-register for Emergency Disabled Transportation Assistance at and Palm Tran Connection (561) 649-9848

PBC Emergency Mgmt. Flood Mitigation Assistance (561) 712-6325

PBC Water Utilities Emergency (561) 740-4600 Option 1

Report Disease to PBC Dept. of Health (561) 671-4184

Report Mosquito Infestations to

Mosquito Control Division (561) 967-6480

Air Spray HOTLINE (561) 641-8775

FPL Florida Power & Light (800) 226-3545 or (561) 994-8227

State of Florida Contacts

Florida Emergency Information Line (800) 342 3557

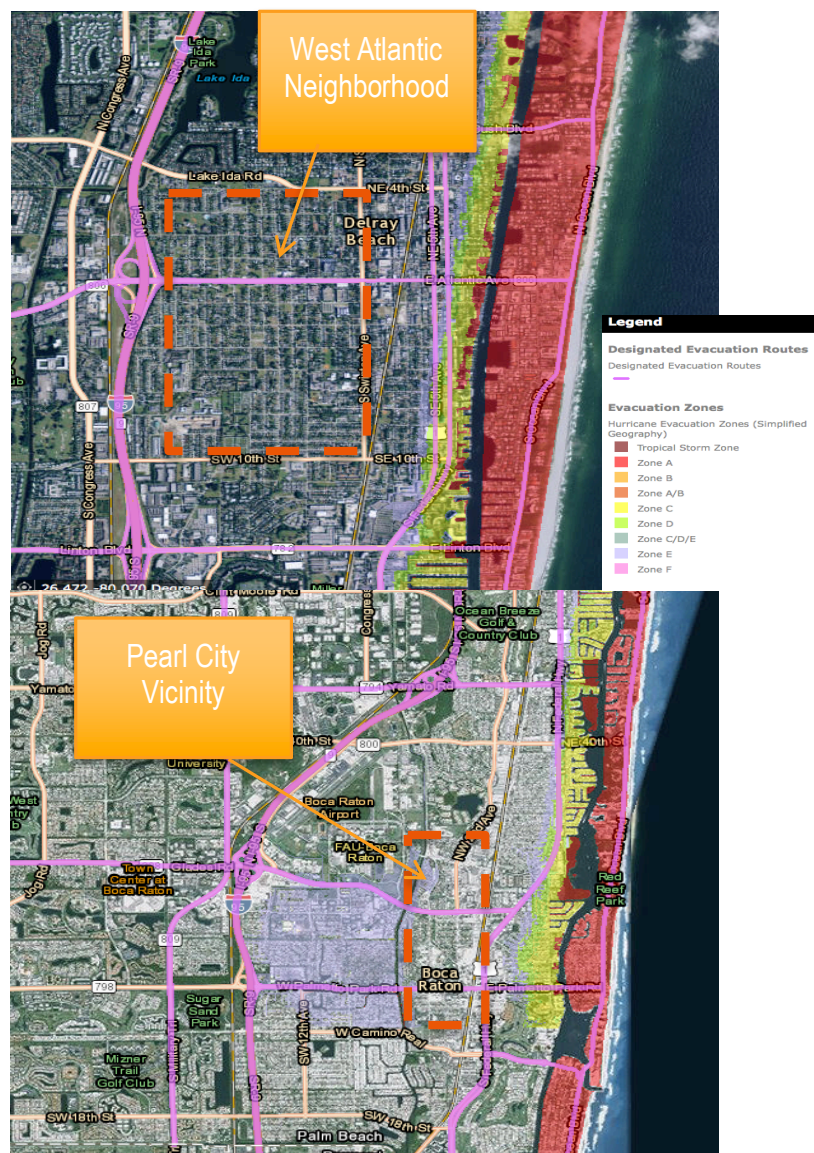
Florida Department of Emergency Management

(850) 413-9969 Hearing Impaired (800) 226-4329

Florida Dept. of Public Health –water testing (850) 245-4240

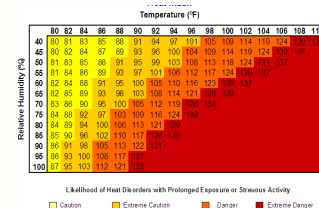
Report ALGAE Blooms to Dept. Environmental Protection, Bureau of Labs (850) 245-8159 or Dept. of Health, Aquatic Toxins Program (850) 245-4250 (850) 245-4250

Evacuation Zones and Routes



Watch for Heat Index and Air Quality Alerts

- Information about the heat index can be found at www.nws.noaa.gov/om/heat/heat-illness.shtml
- Get air quality reports from www.airnow.gov, or call 561 837-5092 to hear report.
- Heat Index over 103°, be cautious! Vulnerable populations are at risk with a the heat index of 91°
- Remain indoors in air-conditioned places during heat waves and poor air quality days.
- If outdoors, avoid strenuous activity, stay hydrated .
- If you shelter in place, stock 1 gallon of water, per person, per day, 3-day supply, plus food.



Be Safe During Storms and Floods

- Keep storm drains, canals and gutters clear of debris to prevent floods and water damage.
- Stay Informed. Create a plan with your family and an emergency kit prepared, before an emergency .
- Communicate with family, friends and neighbors about your emergency plan.
- If you shelter in place, stock 1 gallon of water per person, per day; a 4-5 day supply, plus food.
- **STAY OUT** of floodwaters. 6" of moving water can sweep you off your feet. Water depth is difficult to gauge and hazards could be submerged.



Assume Standing Floodwater is Contaminated

- Floodwaters are often contaminated with fuel, chemicals, sewage and bacteria.
- Avoid ALL contact with floodwaters, and avoid inhaling evaporating fumes.
- Clean all hard surfaces with a solution of 1.5 cup bleach to 1 gallon of water.
- Wear rubber boots and gloves and a mask during cleanup.
- Do not expose open wounds to flood waters.



Heed the Boil Water Alert Guidelines

- Don't drink, make ice, prepare food or brush teeth with tap water. Use bottled water if possible.
- Don't wash dishes, glasses, or cutlery in tap water. Use boiled water.
- Don't wash hands, expose open wounds or bathe babies in tap water.
- Bringing water to a rolling boil for a minimum of 1 minute, or disinfect with 8 drops of unscented bleach per
- After a boil water alert is finished, run the water from all faucets for 5 minutes and change filters of water and ice systems.



Minimize Mold Growth

- Molds are allergens; some produce toxins or release volatile compounds from materials.
- Active mold is black, green or pink. Inactive mold is powdery and often white, but will reactivate with moisture.
- To prevent mold, dry things as quickly as possible.
- Throw out items that have been wet for more than 48 hours. Freezing deactivates mold.
- Homeowners can clean moldy areas less than 10 square feet with a solution of 1 cup bleach per 1 gallon of water. Wear gloves and a mask. Professionals should address larger mold areas and clean air-conditioning systems.



Limit Exposure to Mosquitos and Algae

- Eliminate mosquito-breeding areas. Drain items that collect water outdoors including flowerpots, birdbaths, buckets, drums, child pools, etc.
- Minimize mosquito bites. Wear long sleeves, long pants and socks outdoors, especial around dawn and dusk..
- Use insect repellent with DEET or oil of lemon eucalyptus. Limit DEET exposure in young children by washing it off before bed.
- Report algae blooms to Florida DEP, Bureau of Labs (850) 245-8159. Algae can be toxic and must be tested.



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