

Rising Together: Temperature, Water, Health and Strength

2017

Developed by Dr. Ana Puszkina-Chevlin

Green Sanctuary Committee of UUJFBR

EPA Grant #EQ-00D35415-0

West Palm Beach Contacts

Fire Rescue (non-emergency) 561 712-4700
 Police Department (non-emergency) 561 338-1234
 Public Safety 561 712-6400
 Report FPL Power Outages 561 697-8000
 Human Services/Senior Helpline – Dial 211



Sign Up for telephone alerts
<https://public.coderedweb.com/cne/en-US/BFB7CC4C6C0A>

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

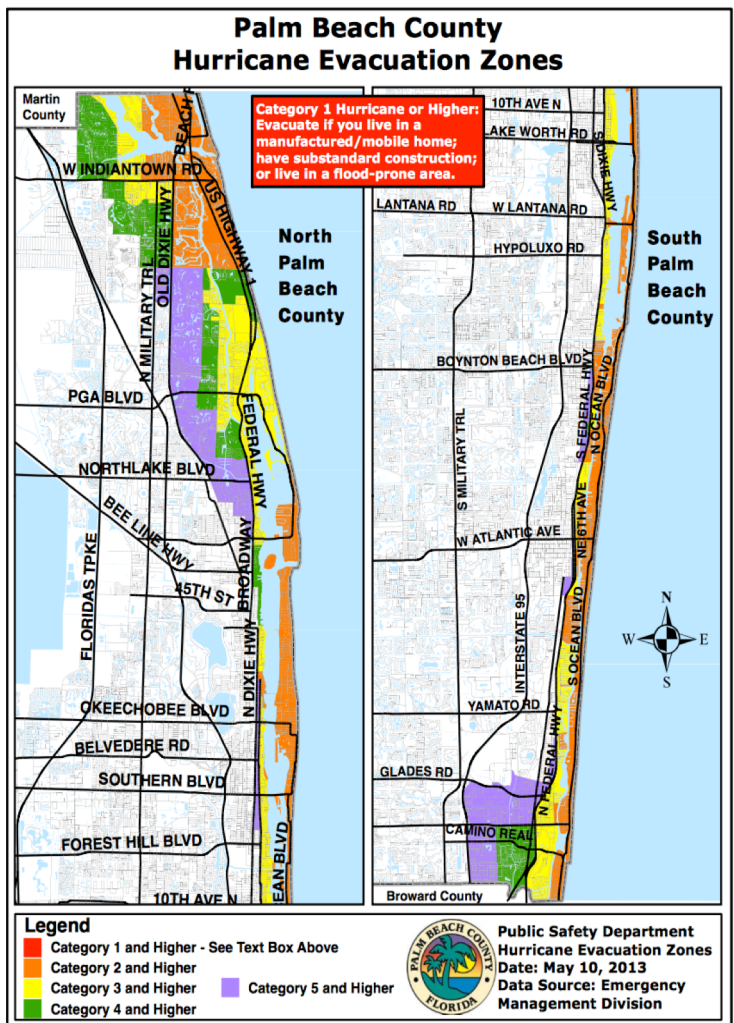
Florida Emergency Information Line (800) 342 3557
 Florida Department of Emergency Management (850) 413-9969 Hearing Impaired (800) 226-4329
 Florida Dept. of Public Health –water testing (850) 245-4240

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

Radio Stations with Emergency Information

Homeland Security Emergency Radio Station
 Palm Beach International Airport 1630 AM

NOAA Weather Radio KEC50 162.475 MHz
 Coverage North Broward, Palm Beach and Martin County

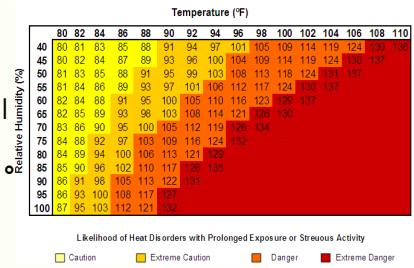


A UUJF Project in West Palm Beach led by 1st UU Congregation of the Palm Beaches in partnership with Mothers Against Murderers Association
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Modified for West Palm Beach by 1stUUPB

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.



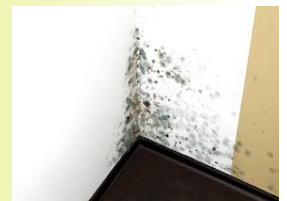
Heed the Boil Water Alert Guidelines

- 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.



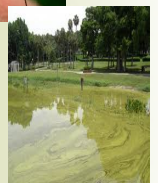
Minimize Mold Growth

- 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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93 Perry Street

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