

Rising Together: Temperature, Water, Health and Strength

Developed by Dr. Ana Puszkini-Chevin

Modified by Greater Love Outreach Ministries and UU Church in the Pine

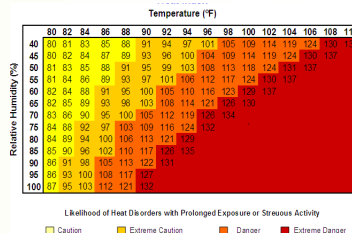
2017



Sign Up for telephone alerts
<https://public.coderedweb.com>

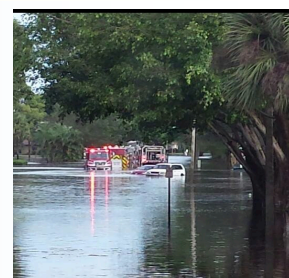
Watch for Heat Index and Air Quality Alerts

- 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.



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.



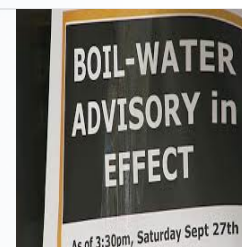
Assume Standing Floodwater is Contaminated

- 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.



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 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, especially 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.

