

## WHAT TO DO DURING A FLOOD? Residents whose homes are flooded

### INSTRUCTIONS TO REDUCE THE RISK TO YOUR HEALTH AND SAFETY



#### **Electricity**

- Water and electricity can cause electrocution.
- Before water builds up in your home, turn off the power with your feet dry.
- If you have any questions, please contact Hydro-Québec (1-800-790-2424)
- Consult with a master electrician:
  - before reconnecting power through the electrical panel;
  - before using electrical appliances that have been in contact with water.



#### **Combustion apparatus**

External heating units, outdoor bbqs, camping equipment, outdoor pumps and non-electric generators (gas, gasoline, etc.) can cause severe and life-threatening poisoning by emitting carbon monoxide.

- Never use these appliances indoors.
- Obtain battery-operated carbon monoxide alarms.
- In the presence of symptoms (eg, headache, dizziness, fatigue, nausea) or if an alarm sounds:

**Leave the premises and dial 911;**



#### **Cold**

Hypothermia is a risk when wet or in a cold environment.

- Stay dry and warm, move, drink and eat hot foods.
- Consult medical services promptly if you have chills that are difficult to control, difficulty speaking, fatigue, or changes in character.
- Pay attention to young children and the elderly for loss of autonomy.



#### **Medications**

Not taking your medication can worsen your condition or cause complications.

- Provide medication for those taking regular, ongoing medication.
- Discard any medication that has affected the flood water and get others.
- Throw away any medication that has not been able to stay in the cold as recommended or consult your pharmacist to see if you can take it anyway.

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## **Food**

Foods that have been contaminated or are not kept cold can cause food poisoning and gastroenteritis.

- Discard any food that has been touched by the flood waters or other contaminants
- In the event of a power outage, consult the "What to keep and what to throw out" or the "Thermoguide" of the Quebec Ministry of Agriculture, Fisheries and Food



## **Water and contaminated materials**

Contact with flood water or contaminated materials may cause skin infections or irritations.

- Avoid skin contact with water and contaminated materials.
- In case of contact, wash quickly with clean water and regular soap.



## **Potable water**

Tap water may be contaminated and may contain microbes or chemicals. It could cause gastroenteritis.

If your drinking water comes from:

- an aqueduct ( town supply):

Follow directions from municipality or operator.

- your well:

Consider it as non-potable water until proven otherwise.

If it is normal in appearance (color, smell and taste):

Boil it at least 1 minute before using it for drinking, preparing food, brushing your teeth.

If the water is cloudy or if it has an unusual odor:

**Do not drink it, use bottled water.**



## **Stress and Anxiety**

Flooding can cause you a lot of stress and anxiety.

**Contact Info-Santé at 811 if you need help.**



## **Evacuation**

In some situations, the risks may be too great to remain in your home and the authorities may ask you to evacuate your home.

- Follow firefighters or police instructions.

As soon as your home is no longer flooded, consult the "What to do after a flood?"