



Spotlight on Resources for Before and After a Hurricane

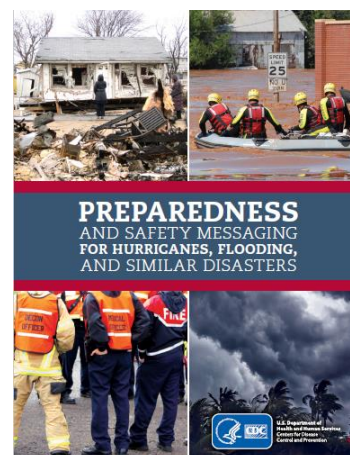
Dear EPIC Partners,

CDC EPIC is sharing important information about how to stay safe both before and after a hurricane to share with your communities. Storms can cut off power and make it difficult to spread important health messages. Please pass along these resources and to your partners and clients before a hurricane lands. Email and printing might not be possible in an affected area after a hurricane. While we hope the storms will not cause any damage or threaten our communities, we ask that you share this information widely and consider printing materials before the storm to be prepared.

[Download the FEMA App for Emergency Safety](#)

New: Preparedness and Safety Messaging for Hurricanes, Flooding, and Similar Disasters

CDC developed a reference document that contains key messages on hurricane and flood related health threats. The [Preparedness and Safety Messaging for Hurricanes, Flooding, and Similar Disasters](#) can help local responders quickly create and adapt health communication products for affected communities. The document contains messages on various topics including food safety, carbon monoxide poisoning, waterborne diseases, and mold. This document is also available in [Spanish](#).



Main tips for before and after a hurricane

Before a Hurricane: Learn about the important steps to take before a disaster including items to stock up on to stay safe at home and what to do if you need to evacuate. See website in [English](#) and [Spanish](#).

After a Hurricane: Get tips on how to recover safely from a hurricane. After a hurricane, you may face flooding, downed power lines, damage from mold, and other risks to your health. See website in [English](#) and [Spanish](#).

Print materials

- Be Ready! Hurricanes Infographic ([English](#)) ([Spanish](#))

Resources for Specific Risks

Flooding: Get out of areas subject to flooding. This includes dips, low spots, canyons, washes, etc. If flooding occurs, get to higher ground. Flood water poses drowning risks for everyone, regardless of their ability to swim. Swiftly moving shallow water can be deadly, and even shallow standing water can be dangerous for small children.

Vehicles do not provide adequate protection from flood waters. They can be swept away or may stall in moving water. Avoid driving through flooded areas and standing water. As little as six inches of water can cause you to lose control of your vehicle, and two feet of water can cause your car to be swept away. Turn around, don't drown. See website in [English](#) and [Spanish](#).

Print materials

- Be Ready! Floods Infographic ([English](#)) ([Spanish](#))

Carbon Monoxide (CO): CO is an odorless, colorless gas that can cause sudden illness and death if inhaled. When power outages occur during natural disasters and other emergencies, the use of alternative sources of fuel or electricity for heating or cooking can cause CO to build up in a home, garage, or camper, which can poison the people inside. See website in [English](#) and [Spanish](#).

Print Materials

- Carbon Monoxide (CO) Poisoning flyer ([English](#)) ([Spanish](#)) ([Haitian Creole](#))
- Generator Safety Fact Sheet ([English](#)) ([Spanish](#)) ([Haitian Creole](#))
- Door Hanger: Carbon Monoxide Hazard: Using a Generator ([English](#)) ([Spanish](#))

CARBON MONOXIDE (CO) POISONING



Mold: Mold can cause health problems, especially in people with asthma, allergies, or other breathing conditions. After natural disasters such as hurricanes, tornadoes, and floods, excess moisture and standing water contribute to the growth of mold in homes and other buildings. See website in [English](#) and [Spanish](#).

Print Materials

- 8 Tips to Clean up Mold ([English](#)) ([Spanish](#))
- Homeowner's Renter's Guide to Mold Cleanup After Disasters ([English](#)) ([Spanish](#))
- What to Wear before entering a Home or Building with Mold Damage ([English](#)) ([Spanish](#))

Food and Water Safety: Follow these steps to make sure you and your family have enough safe food and water (for drinking, cooking, bathing, etc.) available in the event of a disaster or emergency. Listen

to your local officials to find out if your water is safe. See website in [English](#), [Spanish](#), and other languages.

Print Materials

- Eat Safe Food ([English](#)) ([Spanish](#))
- Drink Safe Water ([English](#)) ([Spanish](#))

Coping with a Disaster

During and after a disaster, it is natural to experience different and strong emotions. Coping with these feelings and getting help when you need it will help you, your family, and your community recover from a disaster. See website in [English](#) and [Spanish](#).

Print Materials

- Coping with a Disaster or Traumatic Event ([English](#)) ([Spanish](#))

Helping Children Cope: Regardless of your child's age, he or she may feel upset or have other strong emotions after an emergency. Some children react right away, while others may show signs of difficulty much later. How a child reacts and the common signs of distress can vary according to the child's age, previous experiences, and how the child typically copes with stress. See website in [English](#) and [Spanish](#).

Print Materials

- Activity page for kids "How the Hurricane Made me Feel" ([English](#)) ([Spanish](#))
- Fact sheet for parents and caregivers "Helping Children Cope During and After a Hurricane: A Resource for Parents and Caregivers" ([English](#)) ([Spanish](#))
- [Ready Wrigley](#) activity book for kids "Coping after a Disaster" ([English](#)) ([Spanish](#))

Please pass along these materials to your partners and communities and print and distribute important information before the storm. CDC strongly recommends printing all important resources before a hurricane strikes. Power outages during and after a hurricane can prevent you from accessing information online when you most need it.

To subscribe to the EPIC Newsletters, please visit [this page](#).

Sincerely,

Lisa Briseño

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