

# How to Safeguard Your Home and Health After a Flood



## 1 Prioritize Personal Safety

- Turn off utilities immediately
- Wear protective boots, gloves, and masks
- Avoid contaminated floodwater at all costs

## Inspect Your Home's Structure

- Check for cracks and instability
- Look for warping in floors, walls
- Hire professionals for structural inspection

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## 3 Start Cleanup Immediately

- Remove standing water with pumps
- Discard contaminated or soaked materials
- Scrub surfaces with disinfectant cleaners

## Dry Out the Home

- Open windows for ventilation immediately
- Use fans, dehumidifiers, and AC
- Remove water-damaged insulation and drywall

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## 5 Mold Prevention

- Monitor for mold signs or smells
- Clean mold with bleach solution
- Call professionals for large infestations

## Address Water Contamination

- Ensure water supply is safe
- Follow local advisories for boiling water
- Sanitize all areas with disinfectant

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## 7 Ensure Electrical Safety

- Have wiring inspected by electricians
- Replace submerged appliances and systems
- Avoid using water-exposed electrical equipment

## Take Care of Your Health

- Watch for respiratory or allergy symptoms
- Consult doctor for prolonged health issues
- Avoid direct contact with floodwater

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## 9 Call Restoration Services

- Contact professional restoration for assistance
- Ensure thorough cleaning and repairs
- Restoration helps prevent future complications

## Get Insurance Claims Started

- Document all damage with photos, videos
- Create an inventory of damaged items
- Contact your insurance provider promptly

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## 11 Plan for the Future

- Floodproof home with resistant materials
- Elevate utilities above flood level
- Create a flood emergency plan