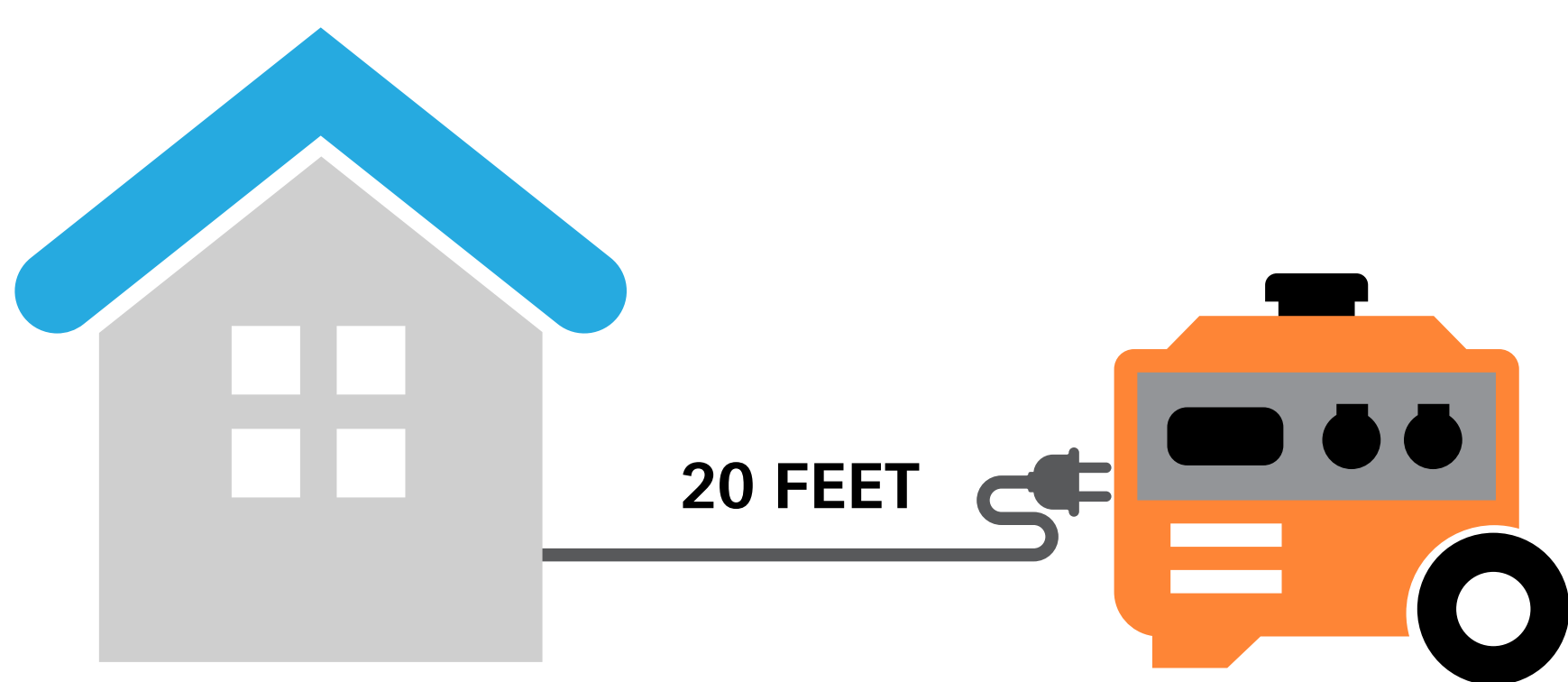


# PROTECT YOURSELF AND YOUR FAMILY AFTER HURRICANES

## Be safe while cleaning up.

- Never touch a power line.
- To prevent carbon monoxide poisoning, keep generators at least 20 feet from buildings and use a carbon monoxide detector.



- If using a chainsaw, follow the manufacturer's safety instructions and make sure others stand back.
- When cleaning mold, wear goggles, gloves, boots, and a NIOSH-approved N95 respirator (available at hardware stores).

If you feel anxiety or stress, call SAMHSA's Disaster Counseling Helpline at 1-800-985-5990 (press "2" for Spanish) or text "TalkWithUs" for English or "Háblanos" for Spanish to 66746.

More information: [www.cdc.gov/disasters/hurricanes](http://www.cdc.gov/disasters/hurricanes)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention