



Floods: Summary

The physical devastation that accompanies a flood is enormous. But as the flood waters recede, there may be more threats to your personal health and safety. By taking some basic precautions, you can help prevent many injuries as well as the possibility of some diseases.

In the midst of all this water, remember that heat or cold can play a major role in your personal health. Drink plenty of fluids, avoid caffeine, and do not wait to get thirsty. When possible, take a break, being careful not to get any more exhausted than you already may be. Do not add weather-related health problems like heat stress or hypothermia to your other problems.

The weeks after a flood are going to be rough. In addition to your physical health, you need to take some time to consider your mental health as well. Remember that some sleeplessness, or anxiety, anger, hyperactivity, mild depression, or lethargy are normal, and may go away with time. If you feel any of these symptoms acutely, seek some counseling. Your state and local health departments will help you find the local resources, including hospitals or health care providers, that you may need.

For more information, visit www.bt.cdc.gov, or call the CDC public response hotline at (888) 246-2675 (English), (888) 246-2857 (español), or (866) 874-2646 (TTY).

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