Hurricane Response Preventive Medicine Soldier Tip Card

- The two greatest risks to your health are accidental injuries and heat injury.
- Stay out of damaged buildings.
- Beware of flash floods, leaking gas lines, & downed power lines
  - Always remain alert to your surroundings to prevent injury.
- The health effects of heat are cumulative. Consider the heat category on the prior three days when utilizing work/rest cycles. Drink water frequently but do not exceed 1.5 quarts per hour. Eat all meals. This is not a time to diet.
- Consume food and water only from approved sources.
- Avoid unnecessary contact with any flood waters; wash hands at every opportunity; seek prompt medical care for any injury.
- Apply DEET to exposed skin and treat uniforms with permethrin to repel insects. Sleeves down, tuck pants into boots.

- Human and animal remains do not pose a disease threat for people not directly involved with recovery.
- For workers who handle human remains:
  - Protect face from splashes of body fluids
  - Wear a cut-proof inner layer glove and latex or similar outer layer
  - Wash hands immediately after removing gloves
  - Receive prompt care for any wounds
  - Participate in available programs providing psychological and emotional support
- To clean surfaces contaminated by floodwater (not your skin):
  - Wash with soap and water then,
  - Disinfect with a bleach solution: ¼ cup bleach per gallon of tap water. Use caution when handling bleach.

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