

FLOOD SAFETY

1. **Stay Safe After a Flood!** Before reentering a flooded home, ensure it's completely dry and clear of debris. Remember, safety first! #FloodSafety #StaySafe #HurricaneHelene #WeareNCPublicHealth
2. **Protect Yourself!** Wear protective gear like gloves, masks and boots when cleaning up after a flood. Safety measures can prevent injuries and health risks. #FloodSafety #StaySafe #HurricaneHelene #WeareNCPublicHealth
3. **Mold Alert!** Mold can thrive in damp conditions. Dispose of any moldy items and ensure your home is disinfected before moving back in. #MoldPrevention #FloodSafety #StaySafe #HurricaneHelene #WeareNCPublicHealth
4. **Get Help When Needed!** If you encounter hazardous materials or chemicals during cleanup, contact your local health department for assistance. Don't take risks! #FloodSafety #StaySafe #HurricaneHelene #WeareNCPublicHealth
5. **Stay Hydrated!** Working in post-flood conditions can be exhausting. Take breaks, drink plenty of water and listen to your body to avoid dehydration. #FloodSafety #StaySafe #HurricaneHelene #WeareNCPublicHealth

For more details on flood safety, check out the full guidelines here: <https://www.ncdhhs.gov/after-flood-flyer-simple/download?attachment>

MOLD CLEANUP

1. **Protect Yourself!** Always wear an N-95 mask, goggles and gloves when cleaning up mold. Your safety comes first! #MoldCleanup #HurricaneHelene #WeareNCPublicHealth
2. **Don't Reenter Too Soon!** Ensure your home is completely dry and mold-free before going back in. Safety is key! #FloodRecovery #HurricaneHelene #WeareNCPublicHealth
3. **Dispose of Contaminated Items!** If something is moldy, it's best to throw it away, especially carpets and padding. Keep your home healthy! #MoldPrevention #MoldCleanup #HurricaneHelene #WeareNCPublicHealth
4. **Watch for Hazards!** Look out for structural issues like sagging ceilings and check for gas leaks. Stay safe during cleanup! #MoldCleanup #HurricaneHelene #WeareNCPublicHealth
5. **Dry It Out!** Use fans and dehumidifiers to remove moisture safely. Don't spread mold by using fans if it's already growing. #MoldCleanup #HurricaneHelene #WeareNCPublicHealth

For more detailed guidance, check out all the tips here: <https://www.ncdhhs.gov/mold-cleanup-simple/download?attachment>

SAFE WATER

1. **Stay Hydrated Safely!** Flooding can contaminate our water sources. Avoid using contaminated water for drinking or cooking. Always ensure your water is safe! #SafeWater #FloodRecovery #HurricaneHelene #WeareNCPublicHealth
2. **Boil It Before You Drink It!** If you don't have bottled water, boil your water for at least one minute to kill germs. Your health matters! #SafeWater #HurricaneHelene #WeareNCPublicHealth
3. **Know What to Avoid!** Never use water from heating systems or contaminated wells for drinking or hygiene as these can pose serious health risks. Use safe water from one of the locations offering bottled water in your area. Stay safe! #SafeWater #HurricaneHelene #WeareNCPublicHealth
4. **Filter First!** If your water is cloudy, filter it through a cloth before boiling to ensure it's safe to drink. Protect your family! #SafeWater #HurricaneHelene #WeareNCPublicHealth
5. **Plan Ahead!** Identify safe water sources after flooding and always have a backup plan for clean drinking water. #SafeWater #HurricaneHelene #WeareNCPublicHealth

For more detailed guidance, check out all the tips here: <https://www.ncdhhs.gov/safe-water-simplified/download?attachment>

WELL DISINFECTION: link to video: <https://www.youtube.com/watch?app=desktop&v=XSLghnJ2PtQ>

1. **Ensure Your Well is Safe!** Don't drink water from your well until it has been properly disinfected and tested. Your health is important! #WellSafety #FloodRecovery #HurricaneHelene #WeareNCPublicHealth [LINK TO VIDEO]
2. **Boil Water Before Use!** If your well is contaminated, use bottled water or boil your water before drinking. Safety first! #WellSafety #FloodRecovery #HurricaneHelene #WeareNCPublicHealth
3. **Disinfecting Made Easy!** Follow the steps to safely disinfect your well using unscented bleach. Keep your family healthy! #WellSafety #FloodRecovery #HurricaneHelene #WeareNCPublicHealth [LINK TO VIDEO]
4. **Test Your Water!** After disinfecting your well, wait for the results from your local health department before using the water. Don't take chances! #WellSafety #FloodRecovery #HurricaneHelene #WeareNCPublicHealth [LINK:
5. **Need Help?** If you're unsure about disinfecting your well, contact your local health department for assistance. Support is available! #WellSafety #FloodRecovery #HurricaneHelene #WeareNCPublicHealth
6. After you have disinfected your private well, it is important to take steps to sample your well water. For those who already have the necessary disinfection materials, you can begin disinfecting and sampling your well now. If you do not have these supplies or are unsure how to proceed, additional resources will be available soon.
7. The NC State Laboratory of Public Health and the NCDHHS Environmental Health Section are working to provide both disinfection and sampling kits at Point of Distribution locations across western North

Carolina. Look for up to date resources here: <https://www.ncdhhs.gov/assistance/hurricane-helene-recovery-resources/hurricane-helene-recovery-communications-toolkit>

LINK TO VIDEO: <https://www.youtube.com/watch?v=auyj9ljU6Gw>



For more detailed guidance, check out the full tips here: <https://www.ncdhhs.gov/well-disinfection-simple/download?attachment>

LINKEDIN

1. Are you one of the 300,000+ people in #WNC who use a private well for water? The NC Department of Health and Human Services and local health departments are working to get you back online as soon as possible. Please check out these resources from NCDHHS and AppHealthCare for more info.

People in flood and storm-impacted areas should have their private wells and septic systems inspected and repaired if damaged. Wells should be disinfected and tested after repairs to ensure water safety, while septic systems should be inspected to confirm they are functioning properly. These steps are essential to help keep individuals and their families safe following the storm.

Press Release: <https://lnkd.in/ekb5yCSQ>

#WeAreNCPublicHealth

2. After a flood, disinfecting your well is crucial before collecting a water sample for testing. Use Calcium Hypochlorite, which is included in the NC State Lab of Public Health Test Kits.

For a step-by-step guide on how to properly disinfect your well, check out this informative video:

<https://www.youtube.com/watch?app=desktop&v=XSLghnJ2PtQ>

NOTES

Disinfection steps

STEP 1 – Turn power off.

STEP 2 – Open the well.

STEP 3 – Mix disinfectant.

STEP 4 – Recirculate treated water.

STEP 5 – Run disinfectant through faucets.

STEP 6 – Flush disinfectant.

STEP 7 – Reconnect devices.

For additional details and important info:



Stay safe and ensure your water is clean!

3. ***NEW*** guidance for providers, including local health departments, has been posted here:
<https://lnkd.in/eE3PFZhe>

Live Documents

- Infection Prevention Resources - Natural Disaster
- Guidance for Outpatient Healthcare Facilities Experiencing an Interruption in Water Service
- Building a Portable Handwash Station

Provider Resources

Hurricane Helene resources for
providers.

4. Looking for the latest information from the NC Department of Health and Human Services about #Hurricane #Helene Recovery? Bookmark this site:
<https://www.ncdhhs.gov/assistance/hurricane-helene-recovery-resources>

"Hurricane Helene Recovery Communications Toolkit" tab includes print-ready flyers in English and Spanish on a range of topics, including: #MentalHealth, Mold Clean-up, #Restaurant Emergency Operations, Safe Water, Septic Repairs, Private Well Disinfection (before collecting a sample to be tested)

Please share with your networks and be well. #WeAreNCPublicHealth