



Public Health
Prevent. Promote. Protect.

Kidder County District Health Unit

Basic Flood Preparedness

Flooding is the most common disaster in the U.S. and can cause a variety of problems to urban and rural communities. However, by utilizing these suggestions, you can learn how to stay safe before, during and after a flood.

BEFORE

- Know what is going on in your community, and try to learn about problem flooding areas in the past. This can give you perspective on your situation.
- Make sure your vehicle has a full tank of gas, and that you have a mobile disaster kit, as well as supplies (food, water, medication, personal supplies) in your home for at least 72 hours of sheltering in place.
- If you don't have a vehicle, make arrangements with public transportation, or a friend or relative.
- Consider a waterproof and/or fireproof box to hold important personal documents.
- Rural homes/communities that may be cut off from stores may need significantly more resources.
- If you require consistent medical care (i.e. kidney dialysis, cancer treatment, etc.) contact your health care provider and talk about what to do in the event of a disaster.

DURING

- Stay informed by local news/officials on flooding progress.
- Follow evacuation or shelter in place warnings.
- If you must evacuate and there is time, unplug appliances to prevent electrical shock later. Turn off gas, power and water, if possible.
- Evacuate pets in some kind of size-appropriate carrier.
- If evacuation routes are given, do not deviate from those routes. Shortcuts or alternate routes may be blocked.
- Do not go around barricades.
- Be alert for washed out or flooded roadways.
- Do not walk/drive into flooded areas if possible. Water that appears shallow may have washed out roadways.
- Listen for info from local officials on how to safely use water to drink, cook or clean. If you have water concerns, contact your public water system. When in doubt, use bottled water.

AFTER

- Stay informed by local news/officials on flooding progress.
- Contact friends and family to let them know you are safe.
- Wait for an "all clear" before returning to impacted areas.
- If you are returning to your home following a flood evacuation, return during the day so you don't need electricity.
- If you smell gas or suspect a leak, turn off the main gas valve, open windows, and leave the house. Notify your gas company, as well as fire officials and law enforcement.
- After handling contaminated materials, wash hands with soap and uncontaminated water before touching yourself, anyone else, food or cooking utensils. Don't eat anything in contact with flood water.
- If utilizing a generator, do not run indoors, and leave 3-4 feet of clear space on all sides to ensure appropriate ventilation.
- Clean with water and bleach (1 cup bleach to 1 gallon water).



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ALERTS AND WARNINGS

Flood Watch means that floods are possible. Be aware. **Flood Warning** means a flood will occur soon and you should move to take action, including moving to higher ground, if possible. **Flash Flood Warning** means flooding is occurring. Listen to local officials and seek higher ground immediately, if possible. There may not be a singular incident leading to flooding.

BE PROACTIVE

Leave before flooding starts. If you aren't there, you can't be stranded there.

TURN AROUND DON'T DROWN

It takes as little as 6 inches of standing water to knock an adult off their feet and as little as 12 inches of moving water to carry away a small vehicle.

DON'T BECOME A STATISTIC

More than 50% of flood related deaths are due to someone driving or walking into floodwaters.

FLOOD INSURANCE

Most flood insurance takes 30 days to go into effect. Snap photos of your property and do an inventory. This info will be helpful if flooding damages property.

AFTER THE FACT

Flood waters may hide dangerous debris such as metal or broken glass. Wear appropriate safety equipment if you are moving debris.

GO CANDLE FREE

Utilize battery-operated lights during a flood. Just because there is an abundance of water around you, doesn't mean a fire can't start.

SCHOOL SMART

Do you know your children's school evacuation plan/policies? If your children are evacuated from school, how will you reunite with them?

SERVICE ANIMALS

Some disaster shelters do not allow pets. However, service animals that assist individuals with disabilities are allowed in these facilities.

SOURCE: ND Department of Emergency Services, NDSU Extension Service, Center for Disease Control, ND Department of Health, Ready.gov, FEMA

Are you Prepared?

Nearly half of U.S. adults do **NOT** have the resources and plans in place in the event of an emergency.

Store a 3-day supply of water one gallon per person, per day

Store at least a 3-day supply of non perishable, easy to prepare food.

48% of Americans do **NOT** have emergency supplies.

44% of Americans do **NOT** have first aid kits.

20% of Americans use social media for alerts and warnings. Make sure to keep a charger handy in an emergency.

20% of Americans get emergency info from mobile apps. Keep a charger handy in an emergency.

52% of Americans do **NOT** have copies of crucial personal documents.

Don't forget your pets! You need a 3-day supply of food and water per pet.

Prepare supplies for home, work, and vehicles. Emergencies can happen anywhere.

For more information visit: emergency.cdc.gov

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