**SEVERE WEATHER**

*Prevent illness from Food, Water & Medications*

**Food Safety**

Food in the refrigerator and freezer are safe to eat if:
1. Food in half full freezers is safe for up to 24hrs
2. Power outage was less than 2hrs
3. Food in full freezers is safe for up to 48hrs

**Tips:**
- Keep doors to refrigerator and freezer closed as much as possible.
- Use a cooler with ice to keep spoilable items cold (milk, eggs, meat, etc.)
- Use a digital quick response thermometer to check the temperature of your food before cooking or eating.
- Throw away food with a temperature higher than 40 degrees Fahrenheit

**Safe Drinking Water**

If water in your area is contaminated:
1. Bring water to a rolling boil for 1 min. Boiling is the best way to kill bacteria.
2. If not able to boil water, treat water with chlorine tablets, iodine tablets or unscented household bleach (5.25% sodium hypochlorite).

**Important:**
For chlorine and iodine tablets, follow directions that come with them. 
For unscented household bleach:
1. For clear water, add 1/8 teaspoon (~0.75 mL) of bleach per gallon.
2. For cloudy water, add 1/4 teaspoon (~1.50 mL) of bleach per gallon.

*In each case, mix the solution thoroughly and let stand for 30min before using.

**Tips:**
- Do not use contaminated water to prepare food or wash hands.
- Use alcohol based hand sanitizer to cleanse hands.

**Medication Safety**

Make sure you have enough supply of your prescription medications and continue taking them as prescribed.
- If without power, place refrigerated medications in a cooler with ice
- Keep a list of all medications (prescription, over the counter, and herbal)

**Tips:**
- Avoid sharing medications
- Keep medications away from children
- For questions or concerns, contact your doctor or pharmacist

**Important:** The Poison Center is open 24/7 to assist you even in severe weather.

For more information visit www.poisoncentertampa.org
Carbon Monoxide Poisoning from Generators
Portable generators produce high levels of carbon monoxide (CO) gas. While using, place them outside away from building doors, windows or vents.

Do not use generators inside your home, garage, carport, basement, crawl space or other partially enclosed areas.

Symptoms of CO poisoning: Dizziness, confusion, weakness, fainting

First Aid Tip - Get outside for fresh air immediately. Call 911 if a person has fainted, has chest pain or difficulty breathing.

Extreme Heat Exhaustion
Heat exhaustion is a serious health threat. To prevent heat stress:
1. Drink a glass of fluid every 15 to 20min and at least 1 gallon a day to hydrate. Avoid alcohol & caffeine. These liquids dehydrate the body.
2. Find a cool place to sit or lie down if you become weak, dizzy or overheated.

Be alert of the following warning signs:
- Red, hot, and dry skin (no sweating), fast pulse, throbbing headache, dizziness, nausea, confusion or unconsciousness

First Aid Tip - Immerse person in cool water & seek medical attention.
Warning: Heat stroke can cause death or permanent disability.

Critter Bites & Stings
Encounters with animals and insects after heavy rain storms is common. Use these tips to help prevent critter bites and stings.

Before the storm:
- Trim dead branches from trees that could easily break in high winds
- Have beehives removed

After the storm:
- Wear gloves while clearing damaged property
- Apply insect repellent