

# 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

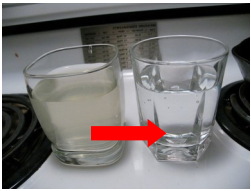
## Safe Drinking Water

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.



Save

**1-800-222-1222**

in your cell phone.



Call us if you have concerns or a poison emergency.

### Additional Resources

- USDA's Food Safety and Inspection Service  
1-888-674-6854
- Food and Drug Administration  
1-888-723-3366
- Environmental Protection Agency  
1-800-426-4791

Local Partner



For more information visit [www.poisoncentertampa.org](http://www.poisoncentertampa.org)

# Safety Hazard Tips

## for After the Storm

### 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

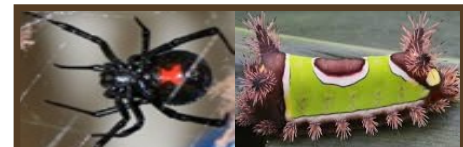


Follow the directions that come with your generator to prevent CO poisoning.

### Carbon Monoxide (CO) Detectors

CO gas is **colorless, odorless and tasteless**. CO detectors are the best way to determine if the gas is present.

Install detectors near sleeping areas.



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