

WHAT TO DO DURING A FLOOD?

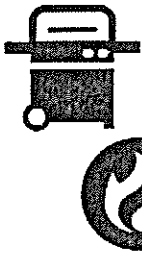
Residents whose homes are flooded

INSTRUCTIONS TO REDUCE THE RISK TO YOUR HEALTH AND SAFETY



Electricity

- Water and electricity can cause electrocution.
- Before water builds up in your home, turn off the power with your feet dry.
- If you have any questions, please contact Hydro-Québec (1-800-790-2424)
- Consult with a master electrician:
- before reconnecting power through the electrical panel;
- before using electrical appliances that have been in contact with water.



Combustion apparatus

External heating units, outdoor bbqs, camping equipment, outdoor pumps and non-electric generators (gas, gasoline, etc.) can cause severe and life-threatening poisoning by emitting carbon monoxide.

- Never use these appliances indoors.
- Obtain battery-operated carbon monoxide alarms.
- In the presence of symptoms (eg, headache, dizziness, fatigue, nausea) or if an alarm sounds:

Leave the premises and dial 911;



Cold

Hypothermia is a risk when wet or in a cold environment.

- Stay dry and warm, move, drink and eat hot foods.
- Consult medical services promptly if you have chills that are difficult to control, difficulty speaking, fatigue, or changes in character.
- Pay attention to young children and the elderly for loss of autonomy.



Medications

Not taking your medication can worsen your condition or cause complications.

- Provide medication for those taking regular, ongoing medication.
- Discard any medication that has affected the flood water and get others.
- Throw away any medication that has not been able to stay in the cold as recommended or consult your pharmacist to see if you can take it anyway.

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Food

Foods that have been contaminated or are not kept cold can cause food poisoning and gastroenteritis.

- Discard any food that has been touched by the flood waters or other contaminants
- In the event of a power outage, consult the "What to keep and what to throw out" or the "Thermoguide" of the Quebec Ministry of Agriculture, Fisheries and Food



Water and contaminated materials

Contact with flood water or contaminated materials may cause skin infections or irritations.

- Avoid skin contact with water and contaminated materials.
- In case of contact, wash quickly with clean water and regular soap.



Potable water

Tap water may be contaminated and may contain microbes or chemicals. It could cause gastroenteritis.

If your drinking water comes from:

- an aqueduct (town supply):

Follow directions from municipality or operator.

- your well:

Consider it as non-potable water until proven otherwise.

If it is normal in appearance (color, smell and taste):

Boil it at least 1 minute before using it for drinking, preparing food, brushing your teeth.

If the water is cloudy or if it has an unusual odor:

Do not drink it, use bottled water.



Stress and Anxiety

Flooding can cause you a lot of stress and anxiety.

Contact Info-Santé at 811 if you need help.



Evacuation

In some situations, the risks may be too great to remain in your home and the authorities may ask you to evacuate your home.

- Follow firefighters or police instructions.

As soon as your home is no longer flooded, consult the "What to do after a flood?"