

DRINK SAFE WATER

- Listen for announcements from local officials to find out what to do. They will tell you if there are germs and/or chemicals in the water.
- Boil water if instructed. Boil it for at least 1 minute (start counting when the water comes to a constant boil). Let the water cool sufficiently before drinking. Boiling kills germs in the water.
- Use bottled water if instructed. Sometimes after a disaster, there may be chemicals in the water that boiling cannot remove.
- Breast-feed or use ready-made formula.
- If you must use water to make formula, use only commercially bottled water until officials say your tap water is safe to drink.
- Never drink the water unless you know it is safe.
- Never wash or clean dishes, utensils, toys, or other objects in the water unless you know it is safe.
- Never cook with the water unless you know it is safe.



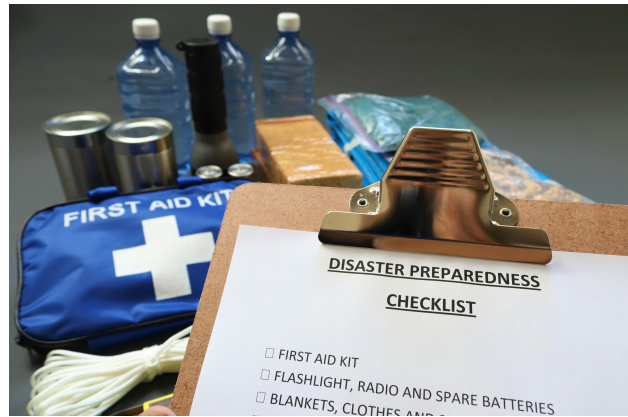
WELL WATER

Do not drink the water from your well without testing it! Flooding may carry contaminated water into your well, even if your well was not submerged by floodwaters. There is also a danger of electric shock from well components. Do not turn on equipment until it has been checked by a qualified electrician, well contractor, or pump contractor.

Visit www.azhealth.gov/wellwater for information on how to test and disinfect your well.

FLOOD PREPAREDNESS

- Prepare a family plan, and have emergency telephone numbers available.
- Assemble a disaster supply kit with enough non-perishable food, water, and other supplies for at least 72 hours.
- Within your plan, identify points of contact outside of the flood zone that you can check-in with.

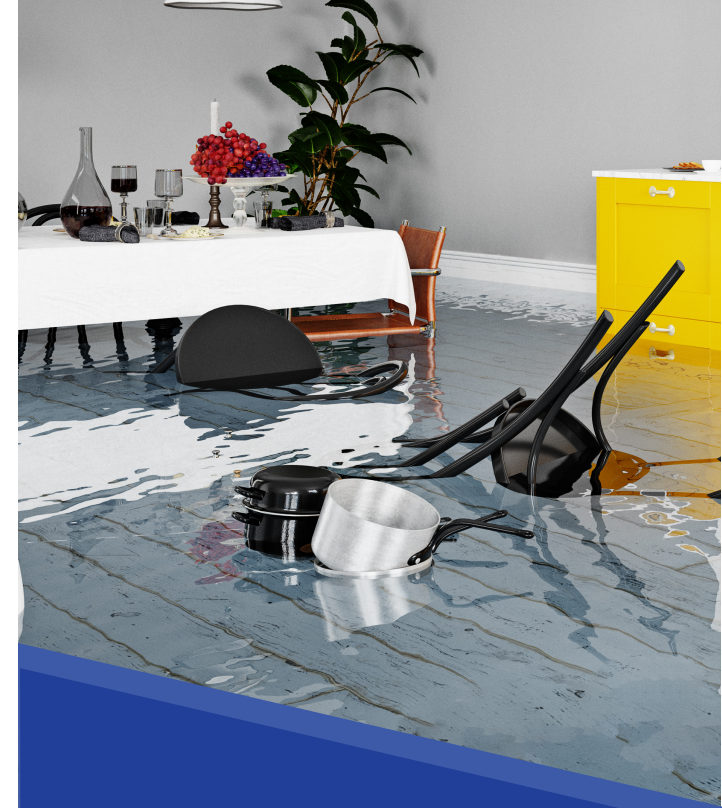


RESOURCE LINKS

- **USDA (US Department of Agriculture) - Food Safety and Inspection Service:**
 - www.fsis.usda.gov
- **CDC (Centers for Disease Control and Prevention):**
 - www.cdc.gov/foodsafety/disaster-food-water.html
- **FDA (Food and Drug Administration):**
 - www.fda.gov/food/food-safety-during-emergencies/floods-key-tips-consumers-about-food-and-water-safety
- **ADHS (Arizona Department of Health Services):**
 - www.azhealth.gov/foodsafety
 - www.azhealth.gov/flooding
 - www.azhealth.gov/preparedness/epidemiology-disease-control/foodborne/index.php

For additional information, visit: <http://ein.az.gov>

FOOD SAFETY AFTER A FLOOD



Floods are very traumatic events. Most people have little experience dealing with the aftermath of a significant flood. This brochure includes information that may be helpful to you in this time of crisis. Remember that you are not alone when disaster strikes. Your neighbors, your community, local fire departments, your county and the agencies of the State of Arizona are available to provide you aid and comfort to the best of their abilities.

For additional resources, visit: azhealth.gov/flooding

FOOD SAFETY AFTER A FLOOD

UNPACKAGED FOODS

- **Do not eat** any food that may have come in contact with floodwater.
- **Discard any food that is not in a waterproof container** if there is any chance that it has come into contact with floodwater.
- **Discard all fresh or processed meat** (except when in hermetically/airtight sealed cans), cheese, eggs, dairy, and poultry products.
- **Discard all dried bulk foods, grains, beans, nuts, dried fruits, dried milk, and dried egg products.**

FROZEN FOODS

Discard all food products inside a refrigerator or freezer if they were contaminated by flood waters.

If the inside of the refrigerator or freezer was not contaminated by flood waters then food might be salvaged and refrozen if:

- **The products remained at, or below, 41°F** at all times.
- **If the food is only partially thawed and still has ice crystals.** Note: the quality of these products may be impacted by refreezing.
- **Completely thawed foods**, including fruits, vegetables, meats, poultry, fish, shellfish, and cooked food, should not be refrozen should be discarded.
- **Any vacuum packed fish that is no longer frozen** should be discarded.

**When in doubt,
throw it out!**

SEALED FOIL OR CELLOPHANE AND PAPER PACKAGED FOODS

- **Discard any food that is not in a waterproof container** if there is any chance that it has come into contact with floodwater, including those with screw caps and lids.
- **Food products in sealed foil, cellophane, or paper packages** (e.g. candy, cereals, crackers, bread, chewing gum, and shelled nuts) that were stored above flood level are often damaged by condensation.
- **Examine all containers for leaks, breaks, or other signs of damage.** Discard any damaged food products.
- **Discard cardboard juice, milk, and baby formula boxes** if they have come in contact with floodwater because they cannot be effectively cleaned and sanitized.
- **Discard food that is normally finely divided** (e.g. powdered or granulated) but is found caked or clumped after a flood.
- **Discard any food packages that have stains on the inner paper wrapper**, even if the outer foil package looks undamaged.



CANNED AND GLASS PACKAGED FOODS

Discard any home canned foods if they have come in contact with floodwater.

Discard any canned food product that has evidence of rust, leaks, swelling, or broken/dented seams.

Discard glass containers with porous, screw top type closures of paper or fiber (e.g. mayonnaise, mustard, pickles, and baby food) because they cannot be effectively cleaned and sanitized.

Food from glass containers that have crimped caps (e.g. bottled water and soft drinks) should be discarded.

Place canned and glass packaged foods in separate piles, by food type, to help with identification after the labels are removed for cleaning and sanitizing. Use these cans as soon as possible, after cleaning and sanitizing, as they may rust over time.

All other canned and glass packaged foods can be washed and rinsed using potable water and detergent. After cleaning, submerge containers in a chlorine sanitizer solution made by:

Mix one (1) tablespoon of household bleach (must be unscented and have 5% available chlorine) with one (1) gallon of potable water.

Keep containers submerged for at least fifteen (15) minutes. Allow containers to air dry before using.

Note: Using a permanent marker, label the containers with contents and expiration date after they are cleaned and sanitized.

For additional resources, visit:
azhealth.gov/flooding