

## Protect Yourself When Cleaning Up Debris Outside After a Flood

The recent floods may have affected the safety of some areas within our communities. In outdoor spaces, physical hazards from leftover debris are the biggest risk to people and could result in injuries.

Contaminants from flood water are unlikely to pose a health risk. Germs do not live very long in sunlight and rain helps wash them away. Chemicals, if present, would be at very low levels.

Children, people with breathing problems (for example, asthma), and people with weakened immune systems should not help with clean up after a flood.

### **Wash Your Hands.**

- It's always a good idea to wash your hands after working in areas affected by the floods.

### **Wear Protective Clothing.**

- Wear pants and long sleeves, boots, and gloves to protect yourself as you assess and clean up.
- If it's dusty, wear goggles and an N95 respirator.

### **Report Signs of Chemical Contamination.**

- If you see signs of chemical contamination such as an oil sheen, stay away from the area and report this to the State of Vermont spills team – **Call 1-800-641-5005 or 802-828-1138.**

For more information and how-to videos: [HealthVermont.gov/Flood](https://HealthVermont.gov/Flood)