



Helping Patients Establish a Flood Action Plan

For Providers

Flooding is increasing in frequency and severity with the changing climate leading to health harms including drowning, infectious disease outbreaks, mold infestations in buildings, mobilization of toxic substances, social upheaval, displacement, and physical and emotional trauma.

*Below is anticipatory guidance to help you prepare for completion of the **Flood Action Plan and Tip Sheet** included in this toolkit with your patients, guiding what to do before, during, and after a flood.*

Before a flood

Make sure your patients and their families know the risks of floods

Ask: Do you know the risks to your health during a flood?

Help your patient identify their health risks from flooding. You can find information to discuss in the **Floods and Health** overview document.

Assess if and how patients access weather reports and extreme weather warnings

Ask: Do you know how to learn if there is a risk of a flood near where you live or are staying?

If not, you can suggest their phone weather app, weather.com, their local news television station, or riskfactor.com. For more detailed instructions, you can provide the **Flood Action Plan and Tip Sheet**.

Encourage patients to complete the **Flood Action Plan and Tip Sheet** well before a storm is imminent

Ask: Have you completed a Flood Action Plan?

Establishing a plan before there is an imminent threat of flood can be lifesaving, especially if a patient requires assistance to evacuate. We encourage you to complete the evacuation section of the **Flood Action Plan and Tip Sheet**.

During a flood

Determine patients' likelihood of evacuating and help them develop an evacuation plan

Ask: If there was an evacuation order, would you evacuate?

For individuals with chronic medical conditions or who rely on electric medical devices, such as ventilators, reviewing the risks from floods may help motivate them to evacuate when necessary.

Ask: If you need to evacuate, where will you go and how will you get there? If you need help, who will you call?

If a high-risk patient will not have the needed assistance to evacuate, a provider can ask permission to share the patient’s contact information with local emergency managers or other resources.

After a flood

Advise them to make sure their home is safe to enter and patients know health risks after floods

Ask: Do you know the risks to your health after a flood?

Help your patient identify their health risks after flooding. You can find information to discuss in the [Floods and Health](#) document.

Check in with your patients about control of long-term medical conditions and any mental health concerns after flooding

After a flood can be a particularly stressful time, with patients potentially experiencing exacerbations of chronic disease, as well as issues accessing clean food, water, and shelter. Particularly for your higher risk patients with medical comorbidities or living with mobility issues, proactively check in on patients.

Ask: How is your health doing after the flooding? Do you have access to all the things you need- like food, water, shelter?

There can also be significant mental health stresses after a flood, and it is important to bring it up and offer any local resources.

Ask: How is your mental health after the flood? Do you have all the resources you need?

Notes:
