



Flood Action Plan

Patients

Use this plan to stay safe in the event of flooding in your area.

1. Know when flooding may occur.

You can check for flood alerts on your phone weather app, by checking the weather on your computer (such as at weather.com), or by checking your local news station on the radio, television, or social media.

FLOOD WATCH

A flood watch is issued when flooding is possible. Stay tuned to radio/TV/social media and be ready to seek higher ground.

FLOOD WARNING

A flood warning is issued when flooding is happening or will happen soon. Some roads will be flooded.

A flood *watch* means you should be prepared to take action. A flood *warning* means you should take action to keep yourself safe.

To understand the health risks associated with floods, see the accompanying “Tip Sheet for Patients: Staying Safe During Floods”.

To know when a flood may affect my neighborhood, I will:

If you own a car or back-up generator and a flood watch or warning has been issued, make sure that your car has a full tank of fuel, and you have extra fuel safely stored for the generator.

2. Have an emergency kit ready.

Here is a list of things to have ready in case of a flood. Some of these are only needed for children or pets. Keep everything together, such as in a single bag, so you can easily grab it when you need it.

Food and Water

- Bottled water (at least 3 gallons per person)
- Non-perishable food for at least 3 days
- Non-electric can opener (if needed)
- Paper cups, plates, and utensils
- Food and water for your pet

Communication

- Extra cell phone battery or charger
- A list of emergency phone numbers
- Local maps, marked with at least 2 evacuation routes
- Radio (with extra batteries or hand-cranked)

Infants and Children

- Bottle and infant formula (and water for mixing) for at least 3 days (if needed)
- Diapers and wipes for at least 3 days
- Paper and pencil
- Books, games, puzzles

Miscellaneous

- An extra set of car keys
- Wrench or pliers to turn off utilities
- Garbage bags and plastic ties
- Matches in a waterproof container

Health and Safety

- Prescription medications (7-day supply)
- Extra eyeglasses or contact lenses
- First aid kit (Band-Aids, antiseptic, gauze, tape, etc.)
- Fire extinguisher
- Whistle to call for help
- Flashlight with extra batteries
- Sleeping bag/warm blanket for each person
- Change of clothing for each person, including long-sleeved shirt, long pants, and sturdy shoes
- Tampons or sanitary pads
- Moist towelettes
- Hand sanitizer

Financial

- Copies of important documents (identification, insurance policies, bank account records) in a portable, waterproof container or on your phone, in the cloud, or on a USB stick
- Cash

3. Plan for power outages.

- If you use **medical equipment that needs electricity or batteries**, have a backup plan so you can use them if the power goes out.

If the power goes out, I will:

- Use my backup electricity generator
- Have a backup battery fully charged in my home
- Evacuate somewhere that has power

- b. If you have **medications that require refrigeration**, have a cooler and ice or icepacks ready to store them as well as a thermometer to check the temperature inside the cooler.
- c. If you get water from a **well with an electric pump**, have a backup plan so you will have enough water to drink if the power goes out.

If the power goes out, I will:

- Have ____ gallons of bottled water at my home (at least 3 gallons per person)
- Evacuate to a safe location before a power outage occurs or flooding prevents evacuation.

After a flood, you will want to test your well water for pollution before drinking it.

- d. If you have **electric heat or air conditioning**, do **not**:
 - try to heat your home by burning fuels, such as wood or propane, indoors
 - use a gas oven or stove to heat your home
 - use an electricity generator or gas grill indoors
 - run your car with the garage door closed for air conditioning

These can all result in carbon monoxide poisoning, which can be deadly.

If you are too cold or hot because the heat or air conditioning will not work from a power outage, consider going someplace where heat or air conditioning is available.

If I am too cold during a power outage, I will go to:

If I am too hot during a power outage, I will go to:

If I need help getting someplace warm or cool, I can call:

Name	Phone
1. _____	_____
2. _____	_____
3. _____	_____

4. In case you need to evacuate, have a plan and know who you can contact for help.

If a flood watch or warning is in place, pay attention to local media outlets for evacuation orders.

Identify an emergency contact for everyone in your household to call. During emergencies, phone networks and the internet can be overloaded, so it may be easier to contact one person and let them contact others.

My emergency contact person is: _____

Their phone number is: _____

Identify both a preferred and backup evacuation location. If possible, these two locations should be in different directions from where you live.

If you need electric medical equipment, such as a ventilator, make sure your evacuation locations have electricity. You may have to plan to travel a long distance to make sure power is available.

My evacuation locations are:

1. _____

2. _____

Plan to use the first location on this list unless it cannot be reached due to flooding. If you cannot get to location 1, notify the emergency contact person listed above and that person should tell everyone else in the household to meet at location 2.

If I need to evacuate, the vehicle I will use is: _____

If I need help evacuating, I can call:

Name	Phone
1. _____	_____
2. _____	_____
3. _____	_____

