0:00
[MUSIC]
0:06
Narrator: Before you start cleanup activities, contact your insurance company
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to see if any damage or repairs are covered
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and take pictures of the home and your belongings.
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This job may be too difficult or dangerous for you,
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it may be best to get help from experienced and qualified professionals if you can.
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If you plan to do the cleanup yourself, work with a friend or family member,
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so you have helped nearby in case of an unforeseen hazard.
0:32
During cleanup, protect yourself and your family against hazards
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like mold, microorganisms and chemicals.
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People with breathing problems, like asthma, or those with weakened immune systems
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should stay away from the work site.
0:46
Pregnant women and children should not take part in disaster cleanup work.
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During the cleanup, check with the health department for safe drinking water advisories.
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If needed, bring drinking and wash water to the site.
0:59
Check online to determine what food should be discarded after a storm.
1:04
Working in hot, humid conditions can quickly cause heat related illness.
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Symptoms include confusion, dizziness fatigue and cramping.
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To avoid heat related illness, drink lots of water even when you're not thirsty.
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Avoid alcoholic beverages since they can further dehydrate you.
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If you think you are experiencing heat-related illness, stop working immediately,

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take a break to cool off and seek medical attention.
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Take breaks often and rest where you can get some shelter from the outdoor weather.
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Wear clothing that covers your skin and is appropriate for the weather.
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Do the heaviest work at the coolest time of day.
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Minimize working in direct sunlight, and wear a wide brim hat and sunscreen.
1:48
For more information about disaster cleanup, visit epa.gov/flooded-homes.