

FOOD and WATER SAFETY TIPS

If the safety of any food or beverage is questionable, follow the simple rule – when in doubt, throw it out.

WATER

- Drink safe water- don' drink the water unless you know it is safe; use bottled water or boil water (rolling boil)for one minute, let it cool, and store in clean container with cover.
- Do not use contaminated water to make baby formula, wash dishes, brush teeth, wash & prepare food, wash your hands or make ice. Use bottled water or boil as instructed above.

FOOD

- Throw out foods that have come in contact with flood water. Discard all food items that are not in solid, sealed cans such as items with caps on the them – for example, soft drinks, ketchup, mustard, beer.
- For food items in solid, sealed cans – before using them, write the contents of the can on the lid with a water proof marker, remove all the paper labeling, wash cans thoroughly in hot soapy water, rinse, then submerge in a chlorine solution* for 5 minutes
*(mix ¼ cup bleach in 1 gallon warm water- mix solution thoroughly)
- Check all home canned goods and discard all with bulging tops or leaks.

MILK

- Milk in any type of container must be discarded except milk in sealed cans. Before using the canned milk, write the contents of the can on the lid with a waterproof marker, remove all paper labeling, wash cans thoroughly in hot soapy water, rinse, then submerge in a chlorine solution* for 5 minutes
*(mix ¼ cup bleach in 1 gallon warm water- mix solution thoroughly)

FROZEN FOOD

- If the home freezer has been covered with flood waters, discard the food inside.
- If the electricity has been cut off and no floodwater has entered the freezer, a freezer half full will hold food safely for up to 24 hours. A full freezer will hold food safely for 48 hours.

SANITATION and HYGIENE

Always wash your hands with soap and water that has been boiled or disinfected:

- Before preparing or eating food
- After toilet use
- After participating in flood clean-up activities
- After handling articles contaminated with flood water or sewage