

# After A Flood and Power Outage

## Clean-up after flood

The Canada Mortgage and Housing Corporation has a detailed checklist to help you organize your clean up after a flood has occurred. The link to the checklist [www.cmhc-schl.gc.ca/en/co/maho/em/em\\_001.cfm](http://www.cmhc-schl.gc.ca/en/co/maho/em/em_001.cfm).

It may be necessary to do a more extensive cleanup if sewage has backed up in your home or business. You may want to contact a professional for assistance. Some additional tips to remember are:

- wear rubber boots, waterproof gloves and a face mask during cleanup if sewage backed up into your home
- start cleaning from the ceiling and work down towards the floor, thorough cleaning may require several treatments. The cleaning should be followed by disinfection to kill potential bacteria and viruses
- remove and discard contaminated household goods that cannot be disinfected (such as carpets, fabrics, drywall etc)
- immediately shut off power in flooded area at the breaker box, if wet at breaker box, stand on a dry board and use a dry stick to turn off the switch, consult your local electrical utility if you require assistance
- keep extension cords out of the water

## Water safety after a flood

Food and water safety are important after a flood or power outage due to a storm. Follow these guidelines to protect yourself and your family:

- If your well has been flooded, it could have been contaminated. Until you can get your well water tested, boil your water rapidly for at least one minute before use, or use bottled water for drinking, making infant formula, juices, cooking, making ice, washing fruits and vegetables or brushing teeth.
- Once the flooding has receded you may begin to disinfect your well. Visit our website for a How to Disinfect Your well fact sheet.

## Food safety after a flood

Food items that have come into contact with floodwaters should be thrown out, with the exception of sealed canned goods. However, the outside of sealed canned goods must be thoroughly washed with clean water and disinfected.

Without electrical power your refrigerator will keep food cool for 4-6 hours.

Dispose of all foods that are a high-risk for contamination. These include:

- fish, poultry and meats, including cold cuts

- eggs, milk and cheese and other dairy products
- soups, stews, casseroles
- any food that may have come in contact with meat juices.

If your chest freezer is full, foods inside should remain safely frozen for up to 48 hours after a power failure. If your freezer is half full, foods inside should remain safely frozen for 24 hours after a power failure. Throw out any food that has been sitting at room temperature for more than 2 hours and if in doubt throw it out!

## More information

For more information and to speak to a public health professional call Your Health Connection at 721-7520 (1-877-721-7520) or visit these websites:

### Simcoe Muskoka District Health Unit

[www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).

### Canada Mortgage and Housing Corporation

[www.cmhc-schl.gc.ca/en/index.html](http://www.cmhc-schl.gc.ca/en/index.html)

### Ministry of Health and Long Term Care

[www.health.gov.on.ca/english/public/pub/foodsafe/homefood.html](http://www.health.gov.on.ca/english/public/pub/foodsafe/homefood.html)

### Public Safety Canada

[www.getprepared.gc.ca/risks/floods\\_e.asp](http://www.getprepared.gc.ca/risks/floods_e.asp)