



#ECSTRONG

Health Advisory

When returning to a home or business that has been flooded, mold or other contaminants may pose a health risk.

Those with breathing disorders, the immuno-compromised, elderly and children may be more susceptible to the effects of mold and other illnesses.

If you begin experiencing breathing problems while on-site, seek medical attention.

For more information about the health risks related to returning to a home or business after a flood, visit

www.cdc.gov/healthywater/emergency/extreme-weather/building-damage.html



Frequently Asked Questions

What are the health risks for returning to my home or business?

When returning to a home or business that has been flooded, mold or other contaminants may pose a health risk. Those with breathing disorders, the immuno-compromised, elderly and children may be more susceptible to the effects of mold and other illnesses.

What should I wear for cleanup at my home or business?

- Sturdy, closed-toed, footwear
- Long-sleeved shirts and pants
- Goggles
- Protective gloves (non-porous)

What are other recommendations while I am working at my property?

- Wash hands often and well, especially before handling food, or any other hand-to-mouth behavior. Hand sanitizers can be used in addition to handwashing, but not in place of washing.
- Do not touch mold with bare hands.
- Open windows and doors to provide fresh air.
- To prevent carbon monoxide poisoning, never use gas-powered tools or generators inside or within a confined area.
- If you are cut or burned during cleanup, immediately wash the area with soap and clean water. Later, talk to a health professional to find out if you need more treatment.
- Take rests, drink plenty of liquids, and protect yourself against sun and heat.
- Clothes that were worn to cleanup at the site should be taken off as soon as possible and placed in the laundry. The clothes should be washed in hot water separately from other clothing.

If you or your family members experience any health problems after exposure to mold, dust, silt, or sand contact your health care provider.

More information can be found at
www.howardcountymd.gov/ECStrong-Recovery-Resources