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FOR IMMEDIATE RELEASE:

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Health Precautions to Take During a Flood

The Sarpy/Cass Health Department is advising residents that could be affected by the expected flooding along the Missouri River to take these precautions to protect their health. The Health Department offers the following information for those living in flood areas:

- Check your tetanus shot status. If you need a tetanus booster, contact your health care provider.
- Flood water can contaminate private drinking water supplies and food items stored in homes. Stock up on bottled water and remove food items from basements.
- Avoid drinking water from private water wells in flooded areas until water has been tested.
- Methods for disinfection of a flooded water well are available at the Sarpy/Cass Health Department's website at www.sarpycasshealthdepartment.org
- Wash your hands with soap and water after coming in contact with flood water, or items that have been contaminated by flood water.
- Avoid swimming, diving, wading, and ingesting of flood water.

In an emergency, private well water may be used if:

- Water is at a rolling boil for 3-5 minutes, then cooled.
- Water is treated with 8 drops or ¼ teaspoon of unscented bleach per gallon and allowed to be mixed thoroughly and stand for 30 minutes before drinking.

Food contamination:

- Do not eat or save food items if they have come in contact with flood water.
- Dispose of ice cubes and do not use ice from a household automatic icemaker. Re-make ice cubes with water that has been boiled.
- Unopened cans or jars that are not dented, cracked, rusty, or with bulging seams should be safe, but you should disinfect the top before opening it.

If you suspect your private well water has been contaminated by flooding, contact the Sarpy/Cass Health Department at (402) 339-4334 to inquire about well water testing.

Water sampling of Community Water Systems is conducted on a routine basis. There is currently no concern regarding contamination in these systems related to the flooding. Those residents receiving water through a Community Water System may contact their Water System Administrator with questions.

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