

## Cleanup dangers

### Falls

- Falls from ladders, roofs and through damaged roofs and floors commonly cause broken bones or death.
- Put ladders on solid, flat ground.
- Have a helper hold the ladder.
- Do not stand on the top 2 ladder steps.
- Use a ladder that reaches at least 3 feet above the edge of the roof.
- Be careful on your roof. Shingles and plastic roof sheeting are very slippery.

### Chainsaws

- Chainsaws are very dangerous.
- Use a hand saw for small jobs.
- Wear cut-proof chainsaw pants/chaps, gloves, and safety glasses, goggles or a face shield.
- Hold the chainsaw with two hands.
- Do not cut with the tip of the saw.
- Never cut above chest height or from a ladder.
- Hire a tree trimmer to cut down large trees and branches.

### Cleaning products

- Wear rubber gloves and boots when using cleaning products.
- **Never mix bleach and ammonia** or other cleaning products.
- If you splash cleaning supplies on your skin or in your eye, wash the area with lots of bottled water.

## Other dangers

- Get help lifting large things. Back strains are common when moving heavy items.
- Protect yourself from mosquitoes: use insect repellent with DEET or Picaridin on both skin and clothing.
- Deep cuts and puncture wounds may become infected. See a doctor!
- People with serious health or breathing problems should not go into moldy houses.
- Wear a NIOSH-approved N-95 mask when working around moldy surfaces.
- Drink lots of bottled water and rest frequently. Stay cool!

## More help

Louisiana Department of  
Health & Hospitals  
1-888-293-7020  
[www.oph.dhh.la.gov](http://www.oph.dhh.la.gov)

Centers for Disease Control &  
Prevention (CDC)  
1-800-CDC-INFO (232-4636)  
[www.cdc.gov](http://www.cdc.gov)

Federal Emergency Management  
Agency (FEMA)  
1-800-621-FEMA (3362)  
[www.fema.gov](http://www.fema.gov)

American Red Cross  
1-800-975-7585  
[www.redcross.org](http://www.redcross.org)

If you are in crisis, call  
1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org/disaster/](http://www.suicidepreventionlifeline.org/disaster/)



## Steps to Stay Safe as You Return to Your Home

- **Prepare for your return**
- **Bring the right supplies**
- **Drive carefully**
- **Do a home safety inspection**
- **Make a cleanup plan**
- **Know common cleanup dangers**
- **Be aware of other dangers**
- **Call or go online for more help**



## Prepare for your return

- Go home only after authorities say that it is safe.
- Call the power and gas company to find out if power and gas are on at your home.
- Let family or friends know that you are going to your home.
- Make sure that you have had a tetanus shot in the last 10 years.

## Bring the right supplies

### ✓ **Check them off**

- Lots of drinking water** and some sports drink
- Food that does not have to be kept cold
- Flashlight with extra batteries
- First aid kit
- Battery-operated radio
- Waterproof boots or waders
- Safety clothing, such as a hard hat, safety glasses and work gloves
- Boots or shoes with hard soles
- NIOSH-approved N-95 face masks (available at home improvement stores)
- Camera or video camera to record damage
- Tools: crowbar, hammer, saw, pliers, crescent wrench, screw drivers, etc.
- Trash bags
- Cleaning supplies
- Cell phone

## Drive carefully

- Do not drive through floodwaters.
- Do not drive over downed power wires.
- Traffic lights may be out, street and highway signs may be gone or turned.
- Stop at all intersections.
- Have a full tank of gas.

## Do a home safety inspection

- Do not enter your house if it is very damaged and may fall down.
- Do not enter your house if there is water surrounding your home. You can not see the danger under foot!
- Check the outside for loose power lines and gas leaks (rotten egg smell).
- If you find downed power lines or gas leaks, contact the utility company before entering your home.
- **Proceed carefully:** floors are slippery and may have holes, ceilings may fall down; tall furniture may fall over.
- Open all windows and doors.
- Check for broken water pipes.
- Have a contractor inspect your roof.
- Check trees for broken branches and leaning trunks.
- Check for animals like snakes.

## Make a cleanup plan

- Contact your insurance agent and mortgage lender.
- Photograph the damage to your home.
- Plan to do only what you can do safely.
- Hire professionals to repair your wiring, roof, walls and appliances and to cut down damaged trees.

## Cleanup dangers

### Electrical dangers

- Be sure the main electrical power and all circuit breakers are turned off.
- Have the electrical wiring inspected before turning on the main power.
- Clean and dry muddy and wet appliances before turning them on.
- Do not use electrical tools or appliances when standing in water.

### Carbon monoxide (CO)

- CO is a gas that cannot be seen or smelled; it can kill you in minutes.
- **Never use generators**, pressure washers or other gasoline powered tools **inside your home** or garage.
- **Keep generators and other engines outside** away from windows and vents.
- Have the gas company turn on the gas; do not turn on the gas yourself.
- Look for symptoms of CO poisoning *headache, fatigue, dizziness, nausea, vomiting, and loss of consciousness.*