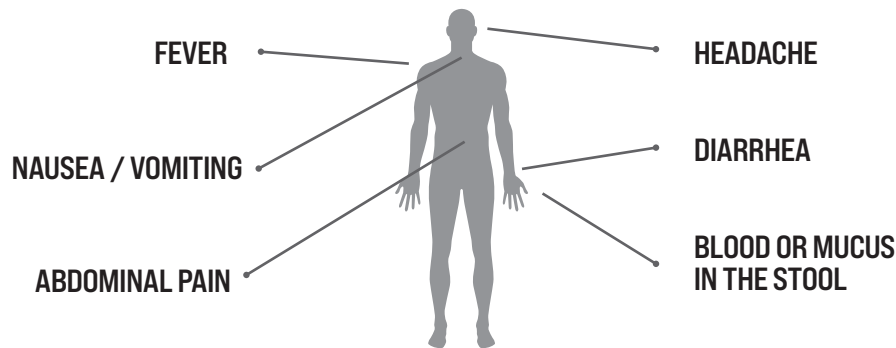


## LOOK OUT FOR THE FOLLOWING SYMPTOMS



If you, a family member or friend notice any of these symptoms and three or more episodes of diarrhea within a 24-hour period, seek medical attention.

## GENERAL RECOMMENDATIONS



Do not swim, bathe or drink flood water or any unsuitable water that may be contaminated.



If possible, cover cuts or scratches with waterproof bandages.



If you have to come into contact with flood water or mud after heavy rains, wear boots and gloves to reduce contact.



Treat water before consumption by boiling or using sodium hypochlorite (bleach).



Prevent rodent infestations by properly disposing of garbage and accumulating debris.

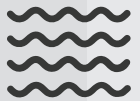


If you notice any change in the tap water (such as a different smell and/or color), contact the Municipal Health Department so that the company responsible for distributing the water can be contacted and the problem corrected.



In an emergency situation, processed foods packaged in airtight, sealed metal cans that are **NOT** damaged, dented, rusted or open are safest.

## GUIDELINES FOR THE POPULATION IN FLOOD SITUATIONS



In emergency situations, it is essential to take care with water, food and hygiene. Many diseases can be transmitted, such as **leptospirosis, tetanus, hepatitis A, acute diarrheal diseases**, among others. It is also essential to beware of venomous animals, which appear in places of flooding and debris.



### Water care

Some diseases can spread easily as a result of contaminated water and food, such as diarrhea, cholera, typhoid fever, hepatitis A, giardiasis, amoebiasis, worms and leptospirosis.

Therefore, do not consume food that has come into contact with floodwater or mud, including packaged food, canned food or perishable food (such as fruit and vegetables).

Before drinking, it is essential to adopt measures to make the water safe for consumption.

### Below are two options for treating drinking water

#### OPTION 1 FILTER AND DISINFECT



Filter or strain the water using a household filter, paper strainer or clean cloth.



After filtering, add **2 drops** of 2.5% sodium hypochlorite (bleach) per 1 liter of water.



Mix well and wait half an hour (**30 minutes**) before drinking the water.



Bleach with an active chlorine content of 2.0% to 2.5%, **without any other additives** such as whitener, disinfectants, essence, perfume, etc., can be used to disinfect water as a substitute for a 50ml bottle of 2.5% sodium hypochlorite for treating drinking water at home. The Ministry of Health distributes the product to the population that does not receive treated water.

#### OPTION 2 FILTER AND BOIL (In the absence of 2.5% sodium hypochlorite)



Filter or strain the water using a household filter, paper strainer or clean cloth.



After filtering or straining, boil for **5 minutes** after the start of boiling.



Wait for the water to cool and shake it after boiling before drinking.





## Food care

During and after an emergency situation, food may not be in the right condition to be eaten. At this point, it is important to observe and take certain precautions to guarantee the quality of this food.

Care in sanitizing, preparing and storing food is an extremely important procedure, as improperly handled and stored food can transmit diseases.

### DISCARD AND DO NOT CONSUME



Any food that has come into contact with water from flooding/mud.



Food preserved in packaging that is not waterproof or sealed, such as jars, bottles, glass jars, "long life" packaging, bagged, opened or closed, that has come into contact with floodwater should be disposed.



Even if the food looks dry, it may not be safe, as floodwater can penetrate these containers and their lids.



**Never try the food to determine if it is safe. If in doubt, discard it!**



## Care for leptospirosis

Leptospirosis is a disease caused by a bacterium found in the urine of rodents (rats, mice, mice) and usually spread by dirty water from floods, sludge and sewage.

1 It is known that in flood situations it is not always possible to carry out preventive measures, so after coming into contact with flood water, it is important to remain vigilant. If you have a **FEVER**, which may be accompanied by body pain, especially in the lower back or calf, seek medical attention immediately and report contact with possibly contaminated water or mud.

Cover cuts or scratches with water or other covers that prevent water from getting in. 2

Whenever possible, wear waterproof protective clothing, shoes or boots near floods or other water or soil that may be contaminated with animal urine. 3

Treatment should be started at the time of clinical suspicion, without the need for laboratory confirmation. 4



**No medication is recommended to AVOID leptospirosis.**



## Watch out for tetanus risks

Tetanus is a serious disease caused by a bacterium that can be found on metal objects (even if they aren't rusty), wood, glass or even in the soil (branches, thorns, pieces of furniture, etc.).

You can get sick if you suffer injuries (wounds, cuts, punctures) from objects contaminated by the bacteria. In emergency situations, contact with rubble or debris can cause these injuries and, consequently, accidental tetanus.

The best form of prevention and protection is through vaccination. Antitetanus serum is sometimes indicated for prevention and treatment. Protect hands, arms, feet and legs with gloves and boots when handling rubble. Avoid accidents that facilitate contamination.



## Watch out for venomous animals

Flooded areas and environments with rubble and debris increase the risk of accidents involving venomous animals (such as scorpions, spiders and snakes). In situations like these, animals usually take shelter in dry places, such as inside homes or where rubble has accumulated.

If you find any of these animals, contact the competent authority (fire department, environmental police or Zoonosis Surveillance Unit, for example). Avoid touching these animals, even if they appear to be dead.



### INJURIES BY ANIMALS

If a person is attacked by an animal, they should seek medical attention for evaluation.



## Watch out for risks of electric shock

Flooded areas significantly increase the risk of contact with conductive water, making electricity even more dangerous, including near solar panels, and can cause electric shocks with serious and/or fatal injuries.



Prioritize your safety and remember that care should not only be taken with your physical well-being, but also with your mental well-being. If possible, keep in touch with family and friends, share your feelings, seek psychological support if necessary.



USEFUL CONTACTS

CIVIL DEFENSE  
**199**

FIRE DEPARTMENT  
**193**

SAMU  
**192**

MILITARY BRIGADE  
**190**

WOMEN'S CALL CENTER  
**180**

REPORTS OF VIOLENCE  
**100**