



Disaster Recovery: Safety During Recovery

This guide features federal, state, and other online resources for individuals to stay safe during recovery work, especially recovery from the South Carolina 2015 Flood Disaster. For more resources and handouts, visit the Disaster Recovery Guide @ South Carolina State Library <http://statelibrary.sc.libguides.com/disaster-recovery>

DISEASE AND PREVENTION

DHEC Vaccination Clinics:

<https://www.scdhec.gov/HomeAndEnvironment/DisasterPreparedness/FloodUpdates/tetanusfloodclinics>

DHEC recommends a tetanus shot for all storm-affected residents if it's been 10 years or more since your last vaccination or if you have experienced an injury and your shot is more than five years old.

FOOD AND WATER SAFETY

“When in Doubt, Throw It Out”

If your home has been flooded, do not eat any food that might have come in contact with floodwater.

“Don't Drink The Water...Until You're Sure It's Safe”

All water sources should be considered unsafe until they are tested and the proper authorities tell you it is okay to drink.

- DHEC-What to do When a Water-Related Emergency Occurs
<http://www.scdhec.gov/Library/CR-005149.pdf>
- DHEC-Food and Water Safety
<https://www.scdhec.gov/HomeAndEnvironment/DisasterPreparedness/Hurricanes/FoodWaterSafety>
- DHEC-Boil Water Emergencies
<http://www.scdhec.gov/FoodSafety/GuidanceHomeCooks/BoilWaterEmergencies>
- Emergency Disinfection of Drinking Water
http://water.epa.gov/drink/emergency/emergencydisinfection.cfm#_ga=1.163456380.1124870277.1444673201



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CLEAN-UP AND REPAIR WORK

Stay safe when cleaning up your home or business. The Centers for Disease Control and Prevention has tips for how best to approach cleaning your home to keep you and your family safe

- After a Flood
<http://emergency.cdc.gov/disasters/floods/after.asp>
- Re-entering Your Home
<http://emergency.cdc.gov/disasters/mold/reenter.asp>
- Electrical Hazards
<http://www.bt.cdc.gov/disasters/illness-injury.asp>
- Working in Flood Water
<http://emergency.cdc.gov/disasters/floods/cleanupwater.asp>
- Mold After a Disaster
<http://emergency.cdc.gov/disasters/mold/>

Here are other publications on how to clean and make your water and home safe after a flood.

- Residential Well disinfection
<http://www.scdhec.gov/library/CR-003247.pdf>
- What to Do After the Flood - Wells
<http://water.epa.gov/drink/info/well/whatdo.cfm>
- Septic Systems
<http://water.epa.gov/drink/emergency/flood/septicsystems.cfm>
- Indoor Mold After South Carolina's Severe Flooding 2015
<http://dc.statelibrary.sc.gov/handle/10827/19762>

DISASTER RECOVERY AND CHILDREN

The ways that parents and other caregivers cope during and after the flood influence children's functioning. Children often turn to adults for information, comfort, and help. Parents and teachers should try to remain calm, answer children's questions honestly, and respond as best they can to requests.

- Helping Children Cope with Disaster
http://www.redcross.org/images/MEDIA_CustomProductCatalog/m14740413_Helping_children_cope_with_disaster_-_English.pdf
- Feelings After a Flood - Tips for Children
<http://emergency.cdc.gov/disasters/hurricanes/pdf/feelings-after-flood.pdf>
- Sesame Street - Here for Each Other: Helping Families after a Flood
http://www.sesamestreet.org/cms_services/services?action=download&uid=0b8c44e7-dbf-403b-bfce-3039e1c8d8eb



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- After a Crisis: Helping Young Children Heal
http://www.nctsn.org/sites/default/files/assets/pdfs/helping_young_children_heal_crisis.pdf

MENTAL HEALTH

The University of South Carolina Psychology Services Center is now offering brief and ongoing mental health services to families impacted by the flood:

<http://www.psych.sc.edu/psc/free-mental-health-services-brief-and-ongoing-support-sc-families-impacted-flood-0>

- DHEC-Emotional Health After the Floods
<http://blog.scdhec.gov/2015/10/12/emotional-health-after-the-floods/>
Find out tips for taking care of yourself and others emotionally.
- FEMA-Coping with Disaster
<http://www.fema.gov/coping-disaster>
This page contains information on how to cope after a disaster and is intended for people directed impacted by disasters & for their friends and family to assist them as a support network.
- Take Care of Your Mental and Emotional Health
http://healthvermont.gov/enviro/water/documents/Irene_mental_emotional_health.pdf
These practical tips from the Vermont Department of Health are useful for dealing with stress.

SOURCES

Centers for Disease Control and Prevention- Emergency Preparedness and Response

<http://emergency.cdc.gov/>

The National Child Traumatic Stress Network

<http://nctsn.org/trauma-types/natural-disasters>

South Carolina Department of Health and Environmental Control

<https://www.scdhec.gov/>

United States Environmental Protection Agency

<http://www2.epa.gov/natural-disasters>