**Disaster Checklist**

**Information Sheet for the Townspeople**

**Preparing for the Flood**

The management of the Town expects that there is going to be a flood disaster which may cause an increase in the water levels in the river system. Additionally, the floods are going to cut the town off from the rail, roads, and air. Besides, the authorities expect the disaster to last for about 48 to 72 hours. Therefore, you are expected to check your emergency kits to ensure they contain all the items that are required during this period such as medications and other medical tools and supplies (Pourhosseini, Ardalan, & Mehrolhassani, 2015). Besides, the emergency kits are to be kept nearby in case of emergency. Those who require training on how to use the emergency kits are supposed to visit the hospital facility in the shortest time possible. All residents are also expected to prepare effectively for evacuation. Here, you are supposed to identify all the possible evacuation routes as well as evacuation destinations in case the floods are extreme (Nekoje-Moghadam, Kurlaand, Moosazadeh, & Ingrassia, 2016). However, we highly recommend that all resident find emergency shelters before the floods.

Additionally, to reduce the damages of medical supplies and emergency tools, you are expected to put weather protection sealants around all entry points of the house such as doors and windows (Yussoff, Shafii, & Omar, 2017). Besides, drainage systems are to be put away residential homes to ensure that flood water movement is directed away from buildings. On the other hand, ensure you remove toxic substances such as pesticides to avoid pollution and contamination (Veenema, Losinski, Newton, & Seal, 2017). Continuously listen to the local area radio on authorities, and health providers advise on the flooding. In addition, TV stations can offer the latest information as well as updates on the flood alerts (Rufat, Tate, Abu, & Maroof, 2015).

**During the Flood**

You are expected to keep your radio or television on and follow closely through the different information and alerts that emerge during the floods. Additionally, you are to contact emergency teams in case of an emergency. Additionally, keep your emergency kit and all medical supplies and tools close to you (Pourvakhshoori, Khankeh, & Mohammadi, 2017). These emergency kits and medical tools should be kept in portable containers such as the duffel bags or backpacks. In case you need to evacuate, ensure that you carry your emergency kit and medical supplies with you (Labrague et al., 2018). In case, authorities ask you to vacate your home, and you are supposed to do so because ignoring these warnings can jeopardize your family and your own safety.

Additionally, ensure during evacuation you follow a specified route to avoid dangerous flooding areas which can lead to the loss of your emergency kits and medical supplies. Additionally, to promote your safety, stay indoors (Doocy, Russell, Gorokhovich, & Kirsch, 2013). You are also advised to dispose off any food that may come into contact with the flood water to avoid health complications during this period. Additionally, avoid physical contact with the flood water because it may be contaminated with dangerous materials, sewage and other pollutants (Yussoff et al., 2017).

**After the Flood**

Residents are required to restore their homes after the floods to protect their health and prevent damages that may continue to be experienced after the floods. If you had moved to emergency areas or you had been evacuated from your home, you are expected to wait until authorities conduct an assessment of your home before you return. Additionally, emergency kits, medical supplies, and emergency medical tools are expected to be carried during the time you are returning home in case of emergency (Pourvakhshoori et al., 2017). You are also expected to wear protective garments and shoes during the time you return to your house or step outside to avoid health complications and contact with pollutants and other harmful substances. These protective clothes include gloves, masks, plastic bags, and overalls.

Health providers are likely to be called in cases where the building is not structurally safe. Additionally, do not drink flood water ensure that you do not consume water unless it is treated and tested for purity. Flood water can also cause sickness and other forms of infections; it is therefore recommended that all flood water is cleaned from homes and moved using effective drainage systems (Rufat et al., 2015). Besides, all residents are required to maintain good hygiene during the flood water cleanup, and children are to be kept away from the contaminated water areas. Additionally, residents are required to ensure that they have extension cords, pumps, dry vacuums, sensors and heaters for effective accommodation after the floods.

All dirt materials and debris are expected to be removed from the house after the floods. Unscented detergents are also recommended for cleaning of surfaces after the floods (Doocy et al., 2013). All furniture is also to be cleaned and if possible emergency teams or medical professionals are to inspect the process for effectiveness to avoid infections. Mould is also a serious cause of different infections that lead to different health complications (Labrague et al., 2018). Therefore, health professionals are to be consulted for the best mould cleaning methods. Residents are required to wash and disinfect all undamaged canned foods and products. Additionally, all medicines exposed to flood water are to be disposed off (Yusoff et al., 2017). All residents are also to register themselves as safe with the relevant authorities. Also, void risky sites and areas. Besides, continue listening to the local radio to get updates and instructions on the floods.

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