

RETURN TO NORMAL AFTER A DISASTER

Returning to normal after a disaster may pose problems for you and your family. Keep your health a priority.

Don't forget about your basic needs.

- Be aware of feelings of exhaustion. Pace yourself, and take breaks.
- Eat well to maintain strength. Eat plenty of fruits, vegetables, and lean meats.
- Don't eat any spoiled or water-damaged food.
- Drink plenty of water – at least eight 8-ounce glasses each day.
- Have your home inspected for safety before you reenter it.
- Take pictures of any physical damage to your home.
- Listen to news media for local alerts and warnings in your area.

When you return home:

- Turn off the main water line to your home if there is an obvious water leak.
- Check with local officials before drinking the water as it may be contaminated and need purification.
- Do not touch appliances if you are dripping wet or are standing in water.
- Do not enter the home if you hear or smell leaking gas.
- If you shut off your main gas line, you will need a professional to turn it back on.
- Do not smoke, use mobile phones, lanterns, or candles inside your home until you are sure it is safe.