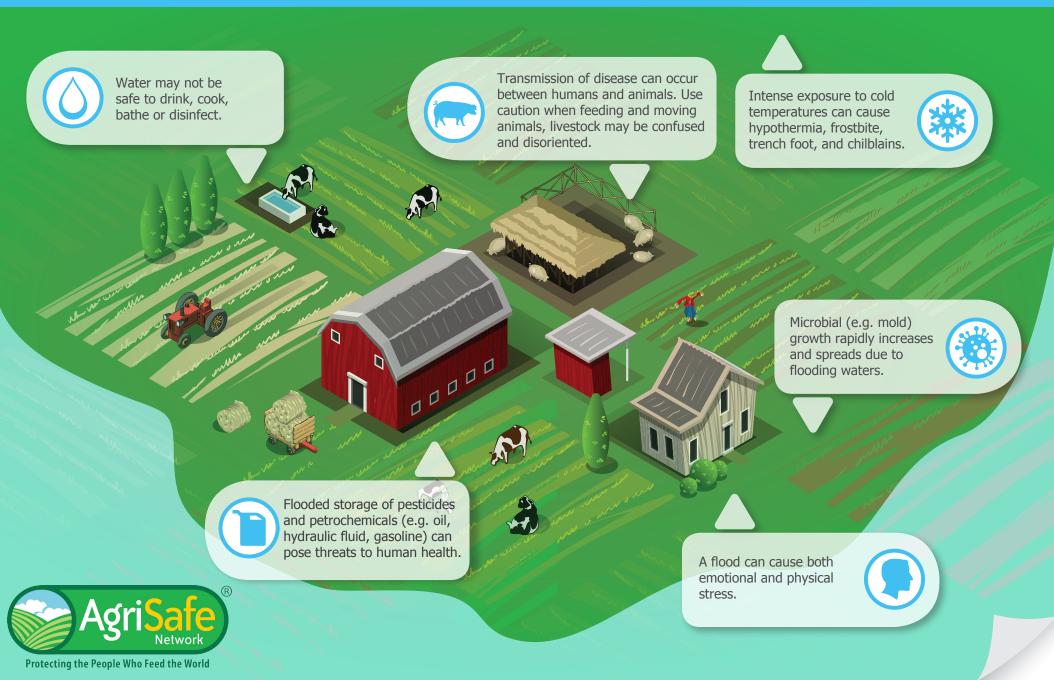
# FARM FLOOD HEALTH THREATS

## **RISK FACTORS DURING WINTER RECOVERY**



### **HUMAN &** ANIMAL

Floods can potentially increase the transmission of communicable diseases: Water-Borne (Hepatitis A); Bacterial (Tetanus) spores; Gastrointestinal distress (E. coli) and Fungal (Histoplasmosis) spores found in dust, dirt, raw sewage, animal droppings and animal carcass.

Water may not be to drink, brush teeth, cook or clean with after a flood. Water can become contaminated with microorganisms such as bacteria, sewage, petroleum products, agricultural or industrial waste, chemicals and other substances that can cause serious illness.

### CHEMICALS | MOLD

If a chemical, pesticide, fertilizer or hazardous waste spill occurs, chemicals might be released from barns. homes, and other sources into the environment. Chemical spills could release vapors or chemical fumes. Local and state authorities will provide further guidance.

Mold is part of the natural environment. Higher concentrations of mold and bacteria can be found after a flood. This causes the production of Microbial Volatile Organic Compounds (mVOCs), which emit chemical like odors and can become noxious respiratory and mucous membrane irritants.

### **STRESS**

After a natural disaster. you're dealing with the extra stress of current conditions, along with the daily stress of farm operations, Common reactions include powerlessness, hopelessness and fear. You may develop major depression, generalized anxiety, and posttraumatic stress disorder. Physical signs and symptoms of stress include: headache, back pain, muscle tension, nausea, and decreased appetite.

# COLD

Extremely cold or wet weather is a dangerous situation that can cause occupational illness and injuries such as hypothermia. Early symptoms of hypothermia include; shivering, fatigue, loss of coordination, confusion and disorientation. Prolonged exposure can also lead to frostbite, trench foot, and chilblains.













### **PREVENTION TIPS**

- · Remove standing water
- Use only NIOSH approved N95 (or greater) respirators fitted to your face
- · Use watertight, steel toe boots or waders, waterproof, cut resistant gloves
- Follow state guidance on carcass removal

- · Sample and test the well water through a certified water testing lab
- Conduct well and pump inspection
- · Perform emergency disinfection of wells that have been flooded (ex. shock chlorination)
- · Follow health department drinking and bathing advisories
- Wear appropriate clothing including cover-alls, liquid and chemical resistant boots or waders. gloves and safety glasses to control, contain and clean up
- Use only NIOSH approved respirators, such as chemical cartridge respirator for organic vapors with added pre-filter

- · Wear safety goggles
- Use only NIOSH approved N95 (or greater) respirators fitted to your face
- Use water-proof, cut resistant gloves
- · Properly ventilate area
- Be pro-active, recognize potential signs of stress, anxiety, or depression
- Know your local resources, where you can go for help
- Adequate sleep (7-8 hours) is critical to the recovery process
- · Prioritize doing one activity daily that brings you joy

- Wear appropriate dry clothing to protect the ears, face, hands and feet.
- · Move into warm locations during breaks: limit the amount of time outside.
- Carry extra gear, clothes and a thermos of hot liauid.
- · Include chemical hot packs in your first aid kit
- · House generators outside in a well ventilated area

**FACT SHEETS** 

**Zoonotic Disease** 

**EPA Well Disinfection** 

**Respiratory Selection Guide** 

**Mental Health** 

**Cold Stress** 

\*This list of risk factors is not exhaustive. For example, other risks may include electric shock, drowning, falls and structural hazards.

