



# CHATTING ABOUT HEALTH

## Power Outage Safety Tips

### Carbon Monoxide (CO) Poisoning

*Use of alternative sources of fuel or electricity for heating, cooling, or cooking during a power outage can result in CO build up.*

- *Never use a generator, charcoal grill, hibachi, lantern, or portable camping stove inside a home, tent or camper.*
- *Place generators outside and at least 20 feet from doors, windows and vents.*
- *Always use a battery powered CO detector when using a generator.*



### Heat and Cool Your Home Safely

- *Never use a gas range or oven to heat a home.*
- *If conditions are too hot or too cold, seek shelter with friends or at a community shelter.*



### Food Safety

- *Keep refrigerator and freezer doors closed as much as possible*
- **THROW OUT**
  - all perishable foods in your **refrigerator** if the power is off for 4 hours or more.
  - all perishable foods in the **freezer** that have thawed.
- *You can re-freeze or cook frozen foods that still have ice crystals and feel as cold as if refrigerated.*



<https://www.cdc.gov/natural-disasters/response/what-to-do-protect-yourself-during-a-power-outage.html>

Learn more  
from CDC:

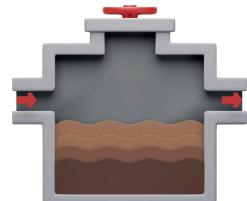


# Protect Your Septic System from Damage Caused by Heavy Rains, Floods, or Other Emergencies

*A well-maintained system can better withstand stresses like  
heavy rains or flooding.*

## Before An Emergency

- Seal the manhole/inspection ports to keep excess water out of the septic tank.
- Be sure your septic tank is at least half full to prevent it from collapsing or floating.



## During An Emergency

- Reduce the amount of water - limit toilet flushing, dishwashing, washing clothes, and showering.



## After An Emergency

- Always avoid contact with any floodwater that may be contaminated with sewage— it can make you sick!
- Do not pump out the septic tank more than halfway or the tank may float out of the ground.
- Minimize nonessential water use.
- If you suspect septic system damage, get the system professionally inspected and serviced.



[https://www.cdc.gov/floods/safety/guidelines-for-septic-and-onsite-wastewater-systems.html?CDC\\_AAref\\_Val=https://www.cdc.gov/disasters/floodwater/septic.html](https://www.cdc.gov/floods/safety/guidelines-for-septic-and-onsite-wastewater-systems.html?CDC_AAref_Val=https://www.cdc.gov/disasters/floodwater/septic.html)

Learn more  
from CDC



## COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations :  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



To find a COVID-19 Vaccine Clinic near you visit:  
<https://www.vaccines.gov/>

