

# Emergency Preparedness



**Genesee County  
Health Department**  
Your Health. Our Work.

For more emergency preparedness information, visit the Genesee County Health Department on the web at [www.gchd.us](http://www.gchd.us).

## Resources for Emergency Preparedness Information

[www.ready.gov](http://www.ready.gov)  
[www.flu.gov](http://www.flu.gov)  
[www.do1thing.com](http://www.do1thing.com)  
[www.redcross.org](http://www.redcross.org)  
[www.michigan.gov/flu/](http://www.michigan.gov/flu/)  
[www.cdc.gov](http://www.cdc.gov)



**Public Health**  
Prevent. Promote. Protect.

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Genesee County Health Department

## Lead Exposure Prevention

The Genesee County Health Department is recommending that all children 6 years of age and under in the City of Flint be tested for lead. Children can be tested by their physician, at a lead awareness event, or at the Genesee County Health Department Burton Health Center. Adults can be tested by their physician or at the GCHD Primary Care Clinic located on the 2nd floor of the McCree Health and Human Services Building.

For cooking and drinking, residents are advised to use only bottled water for children and

pregnant or nursing mothers. Everyone else can use filtered or bottled water.

Residents are encouraged to eat a diet that is high in vitamin C, iron, and calcium. These foods can help protect the body from lead absorption.

Tips to reduce your exposure to lead in tap water include:

- Use a NSF-53 Certified water filter or pitcher for water that you drink and cook with (including pets).
- Run your water without a filter for 5

minutes to help coat lead pipes.

- Only run cold water through your filter.
- Clean your aerators weekly to remove lead particles and sediment.
- Test your water. Water testing kits are available at water resource sites and the Flint Water Department.
- Replace your water filter cartridge regularly when the indicator signals it is time for a new one.

For more information visit [www.gchd.us](http://www.gchd.us) under lead resources in the popular pages section on the GCHD homepage.

## Spring Preparedness Checklist

Spring cleaning is a great time to check your emergency items and make sure you are up to date and prepared. The Health Department recommends the following:

- Change the batteries in your smoke detectors and carbon monoxide detectors. If you do not have detectors purchase and install them.
- Refresh your emergency stockpile. Discard any expired items and replace them with new.
- Check your flashlights and replace batteries if needed.
- Review with your family the safest spot in your home to shelter during a tornado or severe storm.
- If you have a generator review the safety

information. If you lose power remember to never use a generator in a home, basement, garage, or near a window.

- Update your Family Emergency Plan and practice it. Review your plan and update any information that has changed.

For more information on preparedness visit [www.ready.gov](http://www.ready.gov).

## Flood Safety Awareness



**Remember to subscribe to weather alerts on your smart phone to stay aware of severe weather.**

Flooding is one of the top five identified hazards in Genesee County. Some floods develop slowly from melting snow, while others such as flash floods can happen very quickly.

It is important to review the following tips to learn what to do before, during and after a flood to stay safe.

### Before a flood

- Build an emergency kit and make a family communication plan.
- Learn how to turn off electrical, gas and water supplies at your home before a flood strikes.
- Fill bathtubs, sinks and clean containers with lids with clean water.
- Bring outdoor possessions, such as

lawn furniture, grills and trash cans inside or tie them down securely.

### During a flood

- Listen to the radio or television for information.
- If there is possibility of a flash flood move to higher ground.
- If you have time, move essential items to an upper floor.
- Turn off utilities at the main switches or valves if instructed to do so. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

### If you have to evacuate remember these tips:

- Do not walk through moving water. Six inches of moving water can

make you fall. Walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

- Do not drive into flooded areas. If flood waters rise around your car, abandon the car and move to higher ground if you can do so safely.
- Do not camp or park along streams, rivers or creeks.

### After a flood

- Remember to discard or disinfect everything in your home that was flooded because flood water could be contaminated with chemicals and/or sewage.

For more information visit [www.ready.gov/flood](http://www.ready.gov/flood).

## Do You Know the Difference Between a Tornado Watch and Warning?



If the National Weather Service issued a tornado watch or warning for your area would you know what to do? As we enter into tornado season it is important to review what to do during a watch and a warning.

If a watch is issued be prepared, a tornado is possible.

- Check for forecast updates.

- Monitor the sky conditions.
  - Know where to take shelter.
- If a warning is issued, take action a tornado has been sighted or detected by weather radar.

- Take shelter immediately.
  - Seek further information.
  - Check for forecast updates.
- Listen to NOAA

Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.

Know the designated shelter area in buildings you spend a lot of time in such as work and school. For more information visit [www.ready.gov/tornados](http://www.ready.gov/tornados).