

# Farm Flood Health Risks

## Human and Animal

**Risk Factors:** Flooding can increase the transmission of communicable diseases.

### Prevention Tips:



- Remove standing water
- Use only NIOSH approved respirators



- Use watertight, steel toe boot, waterproof, cut resistant gloves



- Follow state guidance on carcass removal

### Diseases:

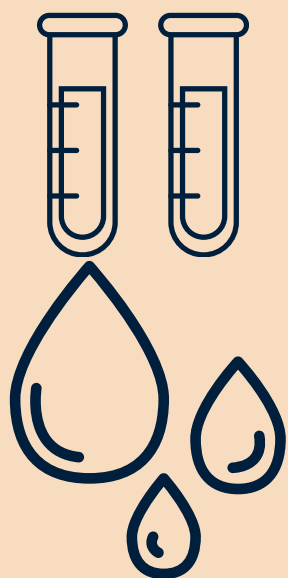
- Water-Borne (Hepatitis A)
- Vector-Borne West Nile Virus
- Bacterial (Tetanus) spores and Fungal
- (Histoplasmosis) spores found in dust, dirt, animal droppings and animal carcass

# Farm Flood Health Risks

## Well Water

**Risk Factors:** Water may not be safe to drink, cook or clean with after a flood. Water can become contaminated with microorganisms such as bacteria, sewage, heating oil, agricultural or industrial waste, chemicals and other substances that can cause serious illness.

### Prevention Tips



- Sample and test the well water
- Conduct well and pump inspection
- Perform emergency disinfection of flooded wells
- Follow health department drinking and bathing advisories

# Farm Flood Health Risks

# Mold

**Risk Factors:** Higher concentrations of mold and bacteria can be found after a flood causing production of Microbial Volatile Organic compounds (mVOCs), which emit chemical like odors and can become noxious respiratory irritants.

## Prevention Tips:

- Wear appropriate clothing including:
  - Cover-alls,
  - Liquid / chemical resistant boots,
  - Gloves
  - Safety glasses
- Use only NIOSH approved respirators



# Farm Flood Health Risks

## Chemicals

**Risk Factors:** If a chemical, pesticide 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.

### Prevention Tips:



- Wear appropriate clothing including:
  - Cover-alls,
  - Liquid / chemical resistant boots,
  - Gloves
  - Safety glasses
- Use only NIOSH approved respirators
- Follow guidance of local and state authorities

# Farm Flood Health Risks

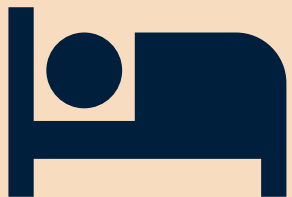
# Stress

**Risk Factors:** After natural disasters, you're dealing with the stress of current conditions, along with the daily stress of farm operations. Natural disasters create a tremendous amount of additional stress and anxiety.

## Prevention Tips:



- Know your local resources, where you can go for help
- Adequate sleep (7-8 hours) is critical to the recovery process



## Developments:

Depending on how you are impacted, you may develop:

- Major depression
- Generalized anxiety
- PTSD

# Farm Flood Health Risks

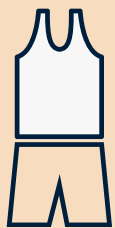
## Heat Illness

**Risk Factors:** High humidity boosts temperature by 15 - 20+ degrees. High/humid temperatures can cause heat illness.

### Prevention Tips:



Frequent rest/ water breaks



Wear light colored clothing



Use water resistant SPF 30 or higher sunscreen

### Signs & Symptoms:

- Excessive thirst
- Weakness
- Headache
- Loss of consciousness
- Nausea and vomiting
- Muscle cramps
- Dizziness