Being Safe After a Flood

Be careful with food and water.
Always ask an adult before you:

- Eat food
- Drink water
- Take a bath
- Brush your teeth

Remember:
Always wash your hands with soap and clean water.

Color the picture
Be careful outdoors.
Which activities keep you safe after a flood?

1. Going near power lines in your yard.  
   - Safe or Not Safe

2. Putting bug spray on your body so you don’t get bug bites.  
   - Safe or Not Safe

3. Playing around puddles, rivers, or streams.  
   - Safe or Not Safe

4. Throwing away toys and clothes that have been in floodwater.  
   - Safe or Not Safe

5. Touching dead animals.  
   - Safe or Not Safe

6. Playing with stray dogs or cats or snakes or other wild animals.  
   - Safe or Not Safe

Tell an adult if you smell something bad or hear a hissing noise (like a snake) in your house.
You may feel sick after a flood.

Always tell an adult if you don’t feel well.

Match the words with the pictures.

- Dizzy
- Tired
- Hurt in your chest
- Bad dreams
- Headache
- Throw up

If you feel sick at night, go tell an adult like your mom or dad. Call 9-1-1 if you can’t find an adult.
You and your family may be sad after a flood.

After a flood, you and your family may feel sad or angry. This is normal.

Here are some things you can do if you’re feeling sad:

- Talk about your feelings with your parents or a friend.
- Do something fun. Listen to music or read.
- Be kind to others. Doing things for others will make you feel better.
- Eat healthy food like an apple.
- Get plenty of sleep at night.
What makes you happy?

What is your favorite book? ____________________________________________

What is your favorite song? ____________________________________________

What games do you like playing with friends? ____________________________

Draw a picture or write a story about the flood.
Find these items in the picture:

- Apple
- Banana
- Baseball Bat
- Bird
- Broom
- Corn
- Flower
- Football
- Grapes
- Toothbrush
Being Safe After a Flood Maze

Look for the safe activities. They will help guide you to the end.

- Throw away toys that have been in floodwater
- Wash your hands
- Play in water
- Eat healthy foods
- Go near power lines
- Ask an adult before you drink water
- Touch dead animals
- Play with wild animals

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