

Rising Together: Temperature, Water, Health and Strength

2019

Developed by Dr. Ana Puszkin-Chevlin

Green Sanctuary Committee of UUFBR

EPA Grant #EQ-00D35415-0

City of Orlando Contacts

Police Non-Emergency Number	321 235-5300
Report Potholes	407 246-2238
Report Flooding	407-246-2238
Report Clogged Drains & Storm Water Hotline	407- 246-2370
Special Needs Evac Registration	407-836-3111 Or Dial 311
Emergency Management	407 836-8960
Dial 211 – For referrals to Human Services	



Radio Stations and Emergency Information

NOAA Weather Radio KIH 63 162.475 MHz

Install the free **FEMA Mobile App** on your phone to receive alerts (available in Spanish), to receive real-time alerts and emergency safety tips, locate open emergency shelters and disaster recovery centers, , prepare a family plan and file a FEMA claim.

Orange County Contacts

Sheriff Non- Emergency Number	407-836-4357
Special Needs Evac Registration	407-836-3111
Storm Water Management	407-836-7919
Utilities Emergency Dispatch	407-836-2777
Report Disease to Dept. of Health	407-858-1400
Report Power Outage to OUC	407-423-9018
Boil Water Hotline	407-254-9670
Report Mosquito Infestations to Orange Co Mosquito Control	407 254-9120

Sign Up for
telephone
alerts

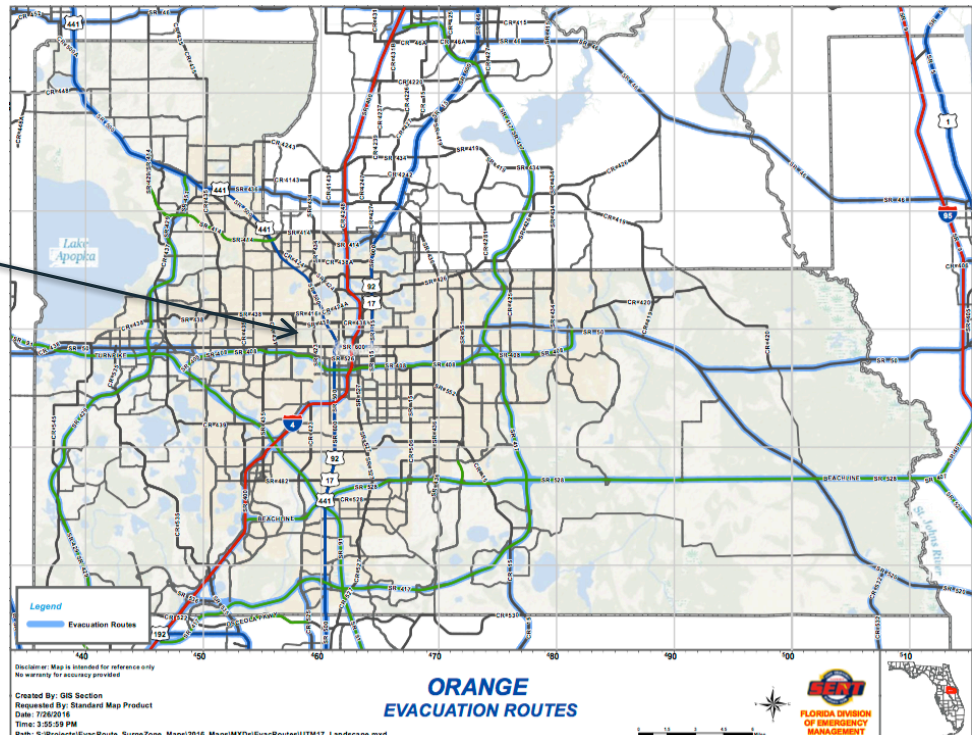
<https://public.coderedweb.com/CNE/en-US/64ADF3D7CBC8>

State of Florida Contacts

Florida Department of Emergency Management	(850) 413-9969
Hearing Impaired	(800) 226-4329
Florida Dept. of Public Health	
Water Testing	(850) 245-4240
Report ALGAE Blooms to Dept. Environmental Protection, Bureau of Labs	(850) 245-8159 or Dept. of Health, Aquatic Toxins Program (850) 245-4250 (850) 245-4250

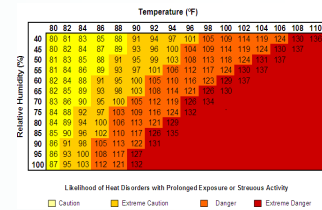
Evacuation Routes

Mercy Drive



Watch for Heat Index and Air Quality Alerts

- Information about the heat index can be found at www.nws.noaa.gov/om/heat/heat-illness.shtml
- Get air quality reports from www.airnow.gov
- Heat Index over 103°, be cautious! Vulnerable populations are at risk with a the heat index of 91°
- Remain indoors in air-conditioned places during heat waves and poor air quality days.
- If outdoors, avoid strenuous activity, and stay hydrated.



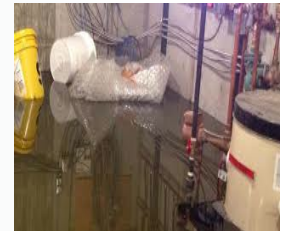
Be Safe During Storms and Floods

- Keep storm drains, canals and gutters clear of debris to prevent floods and water damage.
- Stay Informed. Create a plan with your family and an emergency kit prepared, before an emergency .
- Communicate with family, friends and neighbors about your emergency plan.
- If you shelter in place, stock 1 gallon of water per person, per day; a 4-5 day supply, plus food.



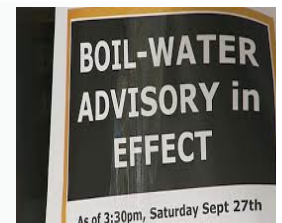
Assume Standing Floodwater is Contaminated

- Floodwaters are often contaminated with fuel, chemicals, sewage and bacteria.
- Avoid ALL contact with floodwaters, and avoid inhaling evaporating fumes.
- Clean all hard surfaces with a solution of 1.5 cup bleach to 1 gallon of water.
- Wear rubber boots and gloves and a mask during cleanup.
- Do not expose open wounds to flood waters.



Heed the Boil Water Alert Guidelines

- Don't drink, make ice, prepare food or brush teeth with tap water. Use bottled water if possible.
- Don't wash dishes, glasses, or cutlery in tap water. Use boiled water.
- Don't wash hands, expose open wounds or bathe babies in tap water.
- Bringing water to a rolling boil for a minimum of 1 minute, or disinfect with 8 drops of unscented bleach per



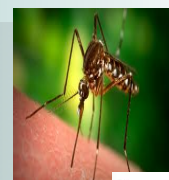
Minimize Mold Growth

- Molds are allergens; some produce toxins or release volatile compounds from materials.
- Active mold is black, green or pink. Inactive mold is powdery and often white, but will reactivate with moisture.
- To prevent mold, dry things as quickly as possible.
- Throw out items that have been wet for more than 48 hours. Freezing deactivates mold.
- Homeowners can clean moldy areas less than 10 square feet with a solution of 1 cup bleach per 1 gallon of water. Wear gloves and a mask. Professionals should address larger mold areas and clean air-conditioning systems.



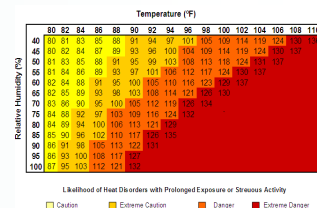
Limit Exposure to Mosquitos and Algae

- Eliminate mosquito-breeding areas. Drain items that collect water outdoors including flowerpots, birdbaths, buckets, drums, child pools, etc.
- Minimize mosquito bites. Wear long sleeves, long pants and socks outdoors, especial around dawn and dusk.
- Use insect repellent with DEET or oil of lemon eucalyptus. Limit DEET exposure in young children by washing it off before bed.



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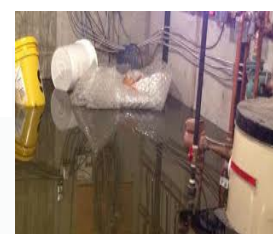
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