

Heavy rainfall can lead to flooding in coastal and low-lying areas near streams and rivers, with potentially serious impacts for your home and your health, including:

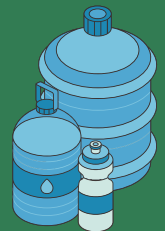
- Power outages that can make food and medicine unsafe
- Unsafe drinking water
- Mold growth that can harm your breathing
- Risk of getting hurt or sick



Check out [redcross.org/prepare](https://www.redcross.org/prepare) for more info

Before A Flood

- Check with your insurance agent to see if they offer flood coverage.
- Keep important documents like birth certificates and medical records in a safe, easy-to-reach place. Put them in a zippered plastic bag to help keep them dry.
- Clean gutters and downspouts to prevent water build up around your house.
- Move hazardous items like paint, fuel, and batteries out of flood-prone areas. Visit [Maine Department of Environmental Protection's website](#) for info.
- Stock up on shelf-stable food like canned goods and bottled water.
- [Sign up for weather alerts](#) and make an [evacuation plan](#) for family and pets.
- Check with your doctor or pharmacist about managing medications if your power goes out.



During A Flood

- Do not walk, swim or drive through floodwaters.
- Swift moving floodwaters can knock you over, carry you away or trap you in your vehicle. Flood waters can also contain debris, sewage and toxic chemicals.
- If you're unsure of where to go or what to do, call 211 or if you're in immediate danger call 911.



After A Flood

- Ask your local water district if your drinking water is safe. If you have a private well and it was flooded, follow [Maine CDC's well water testing advice](#).
- Freezers keep food safe for 1-2 days without power; refrigerators for up to 4 hours. [Learn more](#). Don't eat food touched by floodwater.
- Check [FEMA's website](#) for tips on cleaning up mold after a flood.
- Wear rubber boots and plastic gloves if you need to go into floodwater.
- Throw away anything touched by floodwater that can't be cleaned.
- Visit [StrengthenME.com](#) for tips on managing stress.

