



FOOD SAFETY BEFORE THE HURRICANE

- Fill plastic bags with water up to a quarter and freeze them before the storm.
- Freeze refrigerated foods, such as leftovers of food, milk and fresh meat and chicken, which will not be used immediately.
- Put dates on food containers before storing in the fridge/freezer.
- Have ready-to-eat foods on hand that do not need to be refrigerated or cooked and that last for long.

AFTER THE HURRICANE

- Store food as closely packed as possible.
- Know where you can get dry ice or block ice.
- Use blocks of ice or dry ice to keep the refrigerator as cold as possible for extended periods without electricity.
- Keep the refrigerator and freezer doors closed for as long as possible.
- Organize the refrigerator efficiently so you can get the items inside this quickly.
- Look, smell and taste food in that order, to check that it is not spoiled.



Water Quality and Food Safety Before and After a Hurricane



Center for Clinical Research and Health Promotion (CCRHP)





WHAT SHOULD I DO AFTER THE HURRICANE?

- Consume bottled water or water that has been properly packaged for emergencies.
- Boil the water for a minute before drinking it.
- Then let the water cool and pack it in containers.
- Avoid consuming water from rivers, wells or tap.
- Avoid brushing teeth, washing dishes, bathing or cooking with water of unknown origin.



WHAT OTHER OPTIONS DO I HAVE IF I CAN'T BOIL THE WATER?

- You can purify the water by adding drops of chlorine.
- The recommended concentration is 2 drops of chlorine per 1 liter of water.
- Let the water rest for 30 minutes.
- The water should have a slight chlorine aroma.



SODIS METHOD

- Find a PET plastic bottle, you can look for the symbol:



- Wash the bottle with detergent.
- Fill $\frac{3}{4}$ of the bottle with water and beat it for 20 seconds.
- Fill the bottle completely and cover it.
- Place the bottle at an accessible point with good solar exposure.
- Finally, leave the bottle exposed to sunlight throughout

For more information visit:
www.cdc.gov/es/disasters/hurricanes