

---

## Rain Storm Preparedness

The Montclair Health Department urges residents to prepare to protect their health and safety during a heavy rain storm. The following precautions can be taken to prepare for possible severe storms.

### Emergency Kit

- Include a flashlight, battery – powered radio, extra batteries (fresh), first aid kit, manual can opener, antibacterial hand wipes or gel, rubber gloves, candles and matches and insect repellent with DEET.
- Five gallons of bottled water per person (to last 3-5 days) and water purifying supplies such as chlorine or iodine tablets or household chlorine bleach.
- Non-perishable food such as canned goods, granola bars, dried foods, instant soups and cereals.
- Prepared baby formula and several days supply of baby food in jars. Powdered baby formula should only be prepared with bottled water.
- Essential prescription medications for two to three days, as well as over-the-counter medicines such as aspirin.
- A family emergency plan that includes pre-determined meeting places in case of separation and also evacuation routes.

### Food Safety

Floodwaters can lead to contaminated water supplies, and loss of electricity. Drinking or cooking with contaminated water or spoiled food can cause illness.

- Minimize the number of times you open the freezer and refrigerator doors.
  - If you are without electricity for a prolonged period, use dry ice to keep refrigerated foods cold. Your refrigerator will keep foods cold for about four hours without power if not opened.
  - Food kept in a closed refrigerator will keep for approximately 18 hours from the time the power went off. After that, throw it out.
  - Food kept in a closed freeze will last for approximately 48 hours. After 48 hours, food should be cooked thoroughly or thrown out. Do not freeze thawed foods.
  - Discard any food that has been at room temperature for more than two hours. If you are in doubt about the safety of any food item, throw it out.
  - When boiling water, bring it to a rolling boil for one minute to kill organisms.
  - Go to authoritative web sites listed at the end of this news release for information about water treatment safety.
- 