



Protecting Indoor Air Quality after a Flood

As soon as you possibly can, secure the inside of your home as a safe and healthy area for you and your family. It may be one of the few places where you have control as you sift through many other problems encountered during flood recovery. **It is vitally important you take pictures and/or videos BEFORE you clean up.** Documentation will assist with insurance claims.

Here a few tips to secure healthy indoor air quality:

1. ACT QUICKLY if you find moisture in your home.

- Unplug all electrical appliances.
- Use whatever resources you have readily available to soak up and dry out wet areas. Use towels, fans, air conditioners and open windows. Use bathroom and kitchen fans to facilitate ventilation.
- Remove standing water and mud. Mud contains most of the health hazards you'll encounter. Wet Dry Vacuums can be purchased at most home stores for \$40-\$200. Many home stores also provide rental vacuums. Remove vents and registers and clean thoroughly with water and detergent.
- Remove all wet articles – furniture, clothes, carpet, rugs, etc. High humidity and moist materials provide the environment for growth of microorganisms. A good rule of thumb is to discard items that cannot be cleaned and dried within 24-48 hours.
- Leave clean wet items outside to dry. Sunlight has mold-killing properties.
- Wipe down all surface areas with water and detergent.
- Replace all removable filters in furnaces and air conditioners.
- Do not caulk or paint an area until you are certain it is thoroughly dry.

Who should do the cleanup depends on a number of factors. One consideration is the size of the problem. If the wet area takes more than **one day** for you to clean the job yourself, it may be best to consult a professional.

2. Avoid problems from the use of cleaners and disinfectants.

- You do not need to purchase expensive or harsh chemicals to do a thorough job cleaning up. These products often have harmful chemicals that fill your air with chemical contaminants that adversely impact your respiratory system. Click here for healthy cleaning recipes:
http://www.fcgov.com/airquality/pdf/2013_HSHRecipes_.pdf
- Cleaning agents such as detergent, baking soda, lemon juice, white vinegar, or hydrogen peroxide will thoroughly clean most surface areas.

3. Avoid Carbon Monoxide Poisoning.

- Carbon monoxide (CO) is a colorless, odorless gas that can be deadly.
- Invest in a carbon monoxide detector NOW. Good detectors can be purchased for \$20-\$40.
- Do not use flammable substances or products (combustible devices) indoors, e.g. gasoline generators, camp stoves, lanterns, etc.

4. Avoid Asbestos and Lead Dust Problems.

- When materials in your home are disturbed or removed, it can result in elevated levels of exposure to asbestos or exposure to lead dust.
- If you are concerned you have asbestos or lead exposures in your home, contact professional specialists or the Environmental Protection Agency (EPA) <http://www2.epa.gov/asbestos> and <http://www2.epa.gov/lead> for additional information on how to remove or mitigate these harmful pollutants.

National Flood Resources

American Lung Association

www.lungusa.org
800-LUNG-USA.org

American Red Cross

http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4540081_repairingFloodedHome.pdf

Environmental Protection Agency

www.epa.gov

FEMA

<http://www.fema.gov/response-recovery>

Household Chemical Health & Safety

www.householdproducts.nlm.nih.gov

Local Government Resources

City of Fort Collins Air Quality Program

www.fcgov.com/airquality

221-6600

City of Fort Collins Healthy Sustainable Homes

www.fcgov.com/healthyhomes

970-416-2832

City of Fort Collins Utilities 2013 Flood Information Updates

<http://www.fcgov.com/2013-flood>

Colorado State University - Extension Disaster Education Network

<http://eden.lsu.edu/Topics/Hazards/Floods/Pages/Current.aspx>

Larimer County Environmental Health

www.larimer.org/health/ehs

970-498-6775

Larimer County Humane Society

www.larimerhumane.org

970-226-3647

Larimer County Landfill – Hazardous Waste

www.co.larimer.cous/solidwaste/haz.htm

970-498-5771

Local Contract Services

Accurate Lead Testing

www.accurateleadtesting.net

970-224-4923

Better Business Bureau

<http://www.bbb.org/northern-colorado>

Century Environmental Hygiene

www.Centuryenvironmental.com

970-266-8000

Control Environmental Group

www.Controlenvironmental.com

970-493-8100

Drennen Custom Contracting

www.Drennence.com

970-482-9100

Doc's Super Vac

www.Docssupervac.com

970-221-9763

One Day Mold Removal

www.onedaymoldremoval.com

970-219-5190

Puroclean Restoration Services

www.purocleanfc.com

970-237-3580

Rainbow International

www.rainbowintl.com

970-484-3265

Risk Removal

www.riskremoval.com

970-221-9121

Servepro

www.servepro.com

970-493-6335

Windy Ridge Enterprises

www.Wrcellc.com

970-568-3916

Walsh Environmental

www.walshenv.com

970-223-5655

While the City of Fort Collins does not endorse the use of these organizations or companies, we are providing the names and numbers of organizations and companies we have worked with in the past as a service and aid. This list is not exhaustive and you may want to check with any other sources of your choosing. You should make your own determination as to whether or not it is prudent to contact or hire one of these organizations or firms as the City will not be responsible for the quality of their work and will not pay for their work. Most of these organizations or companies are not agents of the City. Take the time to check them out first at: <http://www.bbb.org/northern-colorado>

If you would like your service to be included on this list, contact mpaardrup@fcgov.com/healthyhomes.