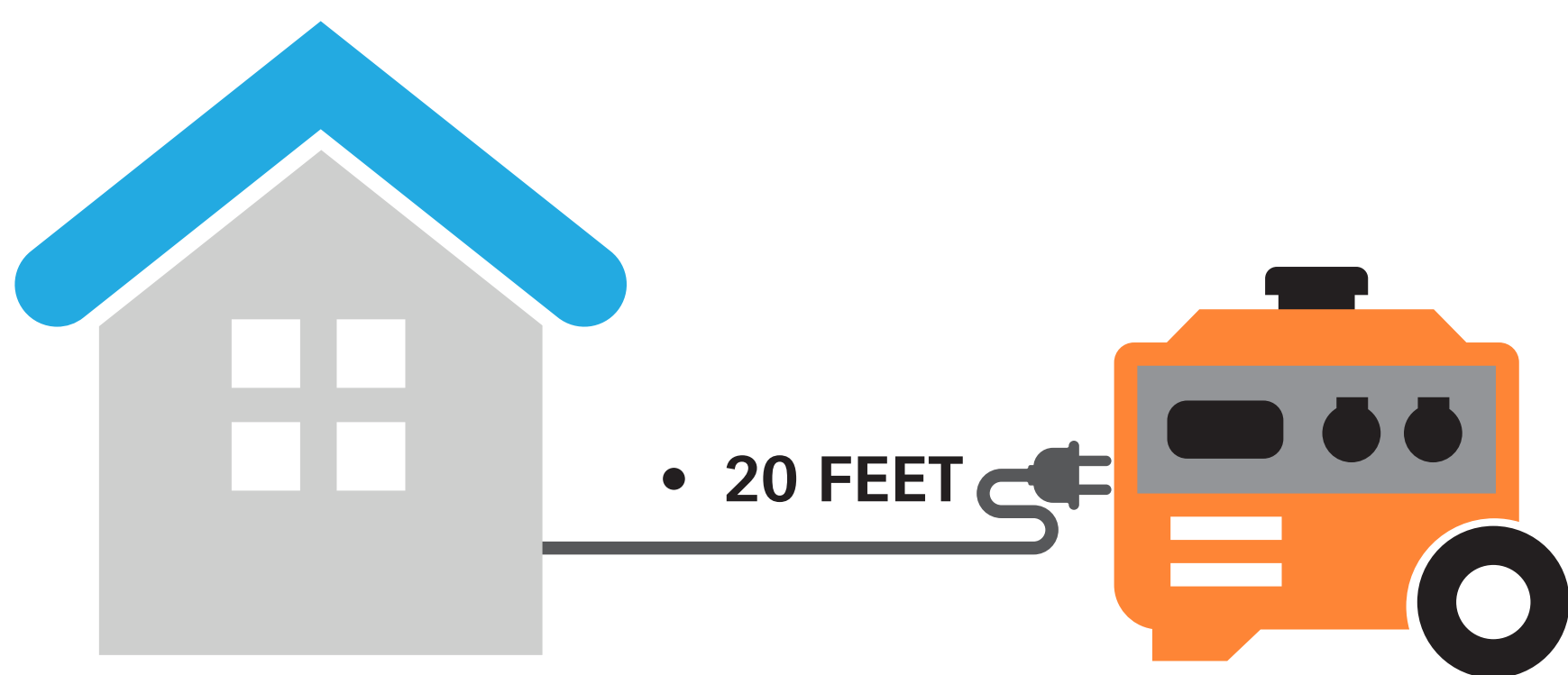


PROTECT YOURSELF AND YOUR FAMILY AFTER HURRICANES

Be safe while cleaning up.

- Never touch a power line.
- To prevent carbon monoxide poisoning, keep generators at least 20 feet from buildings and use a carbon monoxide detector.



- If using a chainsaw, follow the manufacturer's safety instructions and make sure others stand back.
- When cleaning mold, wear goggles, gloves, boots, and a NIOSH-approved N95 respirator (available at hardware stores).

If you feel anxiety or stress, call or text SAMHSA's Disaster Distress Helpline at 1-800-985-5990

More information: www.cdc.gov/disasters/hurricanes



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