

Flooding and Your Health

Learn about flooding preparing for an emergency, food and water safety, evacuation information, and more.

Flooding can affect your health and safety in a number of ways. You may be required to evacuate if flooding is close to your home.

Learn what you can do before an emergency or disaster such as flooding, and what you can do to stay safe and healthy during and after a flooding event in your area by using the [Government of British Columbia: Flooding Preparedness Guide](#).

Before a Flood

Emergency Preparedness

During flooding roads may be closed, you may be cut off from certain supplies and services, or your community may be evacuated. Learn what you can do to prepare for an emergency and stay safe in advance of a potential evacuation alert or order.

- [Government of British Columbia: Build an emergency kit and grab-and-go bag](#)
- [Government of British Columbia: Get prepared for floods](#)
- [Government of British Columbia: Make your emergency plan](#)
- [Government of British Columbia: Getting ready before a flood](#)
- [Government of British Columbia: River Forecast Centre, Flood Warnings and Advisories](#)
- [Government of Canada: Get Prepared](#)
- [Government of Canada: Make your community Flood Ready](#)
- [Seniors as Emergency Response Volunteers \(HealthLinkBC File 103b\)](#)

During a Flood

Evacuation Information

Emergency Info BC is active during partial and full-scale provincial emergencies and will share event information during emergencies. If there is flooding in or near your community, you may be evacuated to a safer area. For more information, please visit the [Evacuation Information During Flooding](#) page, or:

- [Government of British Columbia: What happens during a flood](#)
- [Seniors as Emergency Response Volunteers \(HealthLinkBC File #103b\)](#)

Floodwaters can quickly wash out roads and bridges. Be prepared and plan an alternative route. For the latest road conditions, visit: www.drivebc.ca

Drinking Water and Water Supply

If your water supply is unsafe to drink, a Boil Water Advisory or a similar notice may have been issued by your water supplier (if you are not on an individual water or independent water source). For more information, visit the [Drinking Water and Water Supply](#) page.

Food Supply and Food Safety

If a flood impacts roads and railways, food may be delayed in reaching some parts of British Columbia. Buying more food than you need because you are concerned about shortages can result in other families and communities not getting enough. To learn more about buying only what you need, visit [Get the Groceries You Need, But Don't Panic Buy](#).

For information about safe handling of food during an emergency, visit the [Food Safety During Flooding Disasters](#) page.

Dealing with Stress and Trauma

Disasters, such as floods, can impact your emotional health as much as your physical health. Learn what you can do to recognize signs of stress or trauma in yourself and your family.

- [First Nations Health Authority: Recognizing and Resolving Trauma in Children During Disasters](#)
- [Kelty Mental Health: Managing Stress](#)
- [Signs of Stress](#)
- [Stress in Children and Teenagers](#)
- [Stress Management](#)
- [Stress Management: Helping Your Child With Stress](#)

After a Flood

When your local or First Nations government has declared it is safe for you to return home, there are steps you can take to make the transition easier and safer.

- [Clean-up After a Flood \(HealthLinkBC File #20\)](#)
- [Clean-up Safety Precautions After a Flooding Disaster](#)
- [Government of British Columbia: Recovering after a flood](#)
- [Indoor Air Quality: Mould and Other Biological Contaminants \(HealthLinkBC File #65b\)](#)

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For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/more/resources/healthlink-bc-files or your local public health unit. For non-emergency health information and advice in B.C. visit www.HealthLinkBC.ca or call

8-1-1 (toll-free). For the deaf and hard of hearing, call **7-1-1**. Translation services are available in more than 130 languages on request.