

Flooding and Your Health

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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: Is your community #FloodReady?](#)
- [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

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 \(HealthLinkBC File #20\)](#)
- [Government of British Columbia: Recovering after a flood](#)
- [Indoor Air Quality: Mould and Other Biological Contaminants \(HealthLinkBC File #65b\)](#)