

Floods

Cleaning your home after a flood

Correct Use of Protective Masks

Important:

After returning home, if there is visible or possible mould (greenish or blackish stains, smell of mould) or contamination from chemical products such as heating oil, hire a decontamination specialist.

Protective Mask

Flood waters can contain bacteria, microorganisms or chemicals. It is important to avoid contact with contaminated water, which can cause health problems such as skin infections and gastroenteritis.

When cleaning rooms or objects in your home that have been in contact with flood waters, it is recommended to wear rubber boots, protective glasses and an **N95 mask**.

N95 masks are sold in hardware stores and pharmacies. Look for the “NIOSH N95” logo on the mask. Follow the manufacturer’s instructions to fit the mask to your face.

Avoid surgical masks like those used by dentists and homemade masks, as they do not provide enough protection.

To verify that the mask fits properly:

1. Place both hands over the mask without flattening it.
2. Take a deep breath without disturbing the position of the mask. If the mask pulls into your face and no air leaks around it, it fits properly.
3. If the mask doesn’t fit properly (doesn't pull into your face or air leaks), try again following the steps listed above or choose a different mask size or shape.
4. The mask must follow the outline of your face, and there must not be any holes or gaps.

When to Throw Out the N95 Mask

- When air no longer flows through easily
- When the paper filter gets too wet
- If a part of the mask or strap breaks
- Hold the mask by the strap to throw it out

If you have health questions, call
Info-Santé or Info-Social at 8-1-1
santemontreal.qc.ca