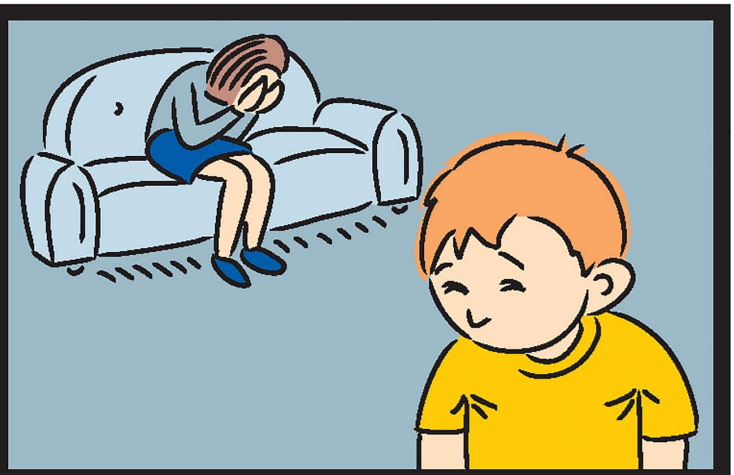
Harris County
Public Health
Building a Healthy Community

The Flood is Over. What do you do now?

Here are some things that might happen to you after a flood.

You may have bad dreams or feel sick. It may be hard to think or do school work. Tell your parents or an adult.



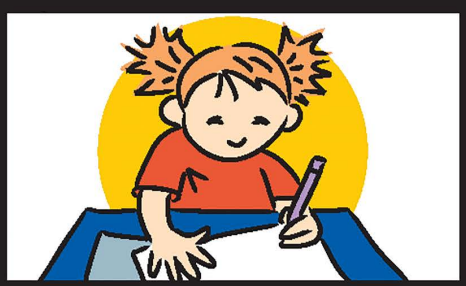
Your family may feel sad or angry. They may say things they don't mean. It may hurt your feelings.

Things you can do to help yourself feel better:

Be kind to others. Doing things for others can help you feel better.

Talk about your feelings with your parents or a friend.

Get plenty of healthy food, exercise, and rest.



Write a story or draw a picture about the flood.

Do something you enjoy, such as listening to music or reading.

Your feelings are important and you should tell them to the adults in your life.