

Mayo Clinic Minute

ER doctor's storm cleanup reminders

VIDEO	AUDIO
	When the winds and rains of a hurricane finally end, a new danger emerges:
Title: Michael Boniface, M.D. Emergency Medicine Mayo Clinic	“... injuries related to storm cleanup and exploration after the storm.”
	Emergency medicine physician Dr. Michael Boniface says injuries caused by chainsaws spike after a storm.”
Courtesy: YouTube	<i>Sounds of a chainsaw being used</i>
Graphic: Lacerations Punctures Injuries from falls	Skin lacerations and punctures are common wounds suffered during cleanup, as are injuries caused by falls.
	<i>Sounds of storm cleanup</i>
	Protect yourself during storm recovery by dressing appropriately.
Michael Boniface, M.D.	“Long-sleeved shirts, thick leather work gloves if you’re going to be working and picking up and cleaning debris ...”
Graphic: Long-sleeved shirt Work gloves Closed-toe shoes Mask Insect repellent	Dr. Boniface says to protect your feet with rugged closed-toe shoes. Wear a mask in areas where dust or mold may be present. And spray on insect repellent.
Michael Boniface, M.D.	“Because you are going to be exposed to a lot of mosquitoes and other insects that are going to be equally displaced by the storm.”
	Finally, to avoid carbon monoxide poisoning, only run generators outside in well-ventilated areas.

For the Mayo Clinic News Network, I'm Jeff Olsen.