

Preventing Illness During an Emergency

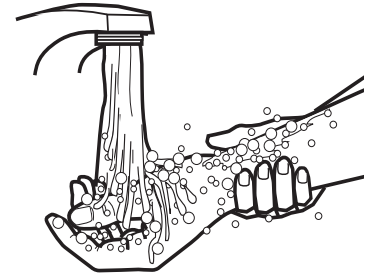
Germs such as bacteria, viruses, fungi and parasites cause infections that can lead to serious illness.

There are things you can do to stay healthy during an emergency:

- **Wash your hands often.**

Wash the front and back of your hands and wrists, between your fingers and around your nails with soap and water for 15 seconds. Wash your hands:

- › After using the toilet
- › Before and after eating or handling food
- › After coughing, sneezing or blowing your nose
- › Before and after you have contact with someone who is sick
- › Before and after changing a baby's diaper
- › After touching another person
- › After handling dirty dishes or garbage
- › After touching animals or handling animal waste



- **Use alcohol-based hand sanitizer** when soap and water are not available.

- **Avoid touching your eyes, nose and mouth.** Germs often spread when you touch something that has germs on it and then touch your face.

- **Cover your mouth and nose** with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.



- **Clean surfaces** such as countertops, sinks, doorknobs, telephones and light switches with a disinfectant cleaner or cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water to one part bleach.

- **Limit your contact with those who are ill.**

- **Avoid shaking hands** if you are ill and with others who are ill.

- **Stay away from others when you are sick.** Stay home from work, school or running errands if you can.

- **Get a full night's rest, eat a healthy diet and drink at least eight glasses of liquids each day.**