

Wash Your Hands

After a disaster, staying clean can be hard to do. You may not have running water. But staying clean helps you stay healthy.

Things you can do to stay clean and healthy

- Wash your hands with soap and clean water. If you don't have soap and water, you can use hand cleaners with alcohol in them.
- Wash your hands many times each day.



Times to wash your hands are

BEFORE

- making food
- eating
- touching a sick person
- touching a cut, sore, or wound.

AFTER

- using the bathroom
- blowing your nose, coughing, or sneezing
- touching things that may carry germs, like
 - diapers or a child who has used the toilet
 - food that is not cooked (raw food)
 - animals or animal waste
 - trash
 - things touched by flood water
 - a sick person
 - cuts, sores, and wounds.

