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****TROPICAL STORM/HURRICANE INFORMATION SHEET ****

HAND WASHING CAN HELP PREVENT ILLNESS

To help prevent the spread of diseases that can cause illness, it is important to wash your hands often. Germs are spread when people forget to wash their hands or don't wash their hands thoroughly.

Basic hygiene is very important during a disaster period. Always wash your hands with soap and water that has been boiled or disinfected and cooled before eating, after toilet use, after participating in cleanup activities, and after handling articles contaminated by floodwater or sewage.

When Should You Wash Your Hands?

- **After you:** Use the bathroom or change a diaper, handle uncooked food, play with a pet, handle garbage, tend to someone who is sick or injured, blow your nose, cough or sneeze, participate in flood cleanup activities, and handle articles contaminated with flood water or sewage.
- **Before you:** Prepare or eat food, treat a cut or wound, insert or remove contact lenses.

How Should You Wash Your Hands?

- Use soap and warm running water or boiled or disinfected water
- Wash all surfaces thoroughly, including wrists, palms, back of hands, fingers and under fingernails
- Rub hands together for at least 10-15 seconds and then rinse
- Dry with a clean and/or disposable towel
- Use the towel to turn off the water faucet

If soap and water are not available, alcohol-based hand sanitizers can be used.

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