WHAT TO WEAR
WHEN CLEANING UP DEBRIS AND HOUSEHOLD WASTE
AFTER A DISASTER

- Goggles or eye protection
- Heavy work gloves
- N-95 respirator or one that provides even more protection (check packaging for “N-95”)
- Long-sleeved shirt
- Hard hat
- Hearing protection
- Long pants
- Boots with steel toe and insole

CAUTION!
- Protect wounds and cuts with waterproof bandage.
- Avoid heat stress by taking frequent breaks and drinking safe water.
- Cleaning up sewage? Wear rubber boots, rubber gloves, and goggles.
- Be aware of your surroundings- avoid electrical lines, insects, wild or stray animals, and long periods under the sun.
- Wash your hands with soap and water before eating. If water is not available, use hand sanitizer (containing at least 60% alcohol).

MORE INFORMATION ON CLEAN UP:
www.cdc.gov/disasters/cleanup/facts.html