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.

Recommendations from the Centers for Disease Control and Prevention