

# 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.

