Germs such as bacteria, viruses, fungi and parasites cause infections that can lead to serious illness.

There are things you can do to stay healthy during an emergency:

- **Wash your hands often.**
  Wash the front and back of your hands and wrists, between your fingers and around your nails with soap and water for 15 seconds. Wash your hands:
  - After using the toilet
  - Before and after eating or handling food
  - After coughing, sneezing or blowing your nose
  - Before and after you have contact with someone who is sick
  - Before and after changing a baby's diaper
  - After touching another person
  - After handling dirty dishes or garbage
  - After touching animals or handling animal waste

- **Use alcohol-based hand sanitizer** when soap and water are not available.

- **Avoid touching your eyes, nose and mouth.** Germs often spread when you touch something that has germs on it and then touch your face.
• Cover your mouth and nose with a tissue when you cough or sneeze to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.

• **Clean surfaces** such as countertops, sinks, doorknobs, telephones and light switches with a disinfectant cleaner or cleaner with bleach. You can also mix your own water and bleach solution. Mix ten parts water to one part bleach.

• **Limit your contact with those who are ill.**

• **Avoid shaking hands** if you are ill and with others who are ill.

• **Stay away from others when you are sick.** Stay home from work, school or running errands if you can.

• **Get a full night’s rest, eat a healthy diet and drink at least eight glasses of liquids each day.**


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