

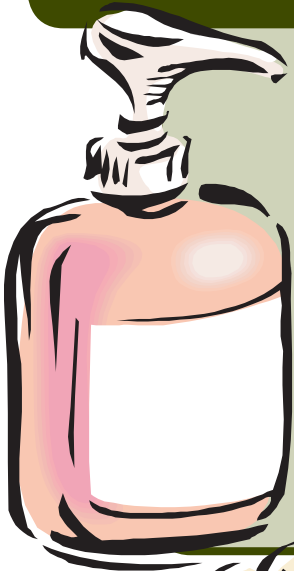
Wash Your Hands

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 running water, use a bucket of water and soap.
- Wash your hands **MANY** times each day.

Times to wash your hands are:



BEFORE

- Making food
- Eating or snacking
- Handling or playing with children

AFTER

- Touching or handling anything with dust or dirt or chat or chat dust
 - Handling tornado debris or trash
 - Handling or playing with pets

EXTRA PRECAUTIONS IF YOU MOVE OR DISTURB DEBRIS

- Wear a dust mask, gloves and heavy boots
- Remove boots and gloves before entering your car or house
- Wash your work clothing separately from other clothing