

## Staying Clean and Healthily During a Disaster

*It is impossible to identify all the ways to try to stay clean and healthily during a disaster. Disasters are messy. A normal life of cleanliness is almost always suspended to some degree. We are all very familiar with the Covid-19 social distancing protocols, masks, clean hands, coughing, etc. These are good policies to follow during a disaster.*

*This list is woefully incomplete. Use common sense.*

### **Regular Hygiene - As much as possible try to maintain your normal personal hygiene lifestyle**

Even if it is inconvenient find ways to:

Brush and floss teeth

Wash face, hands and even your body with a washcloth if showering is not available.

Comb hair

*Practicing good health hygiene promotes a greater feeling of wellbeing, peace, and some comfort – even more so in times of crisis.*

### **Prevent Spreading Disease**

- Wash/scrub hands with soap, use a brush
- Keep your fingers out of your mouth.
- Avoid touching eyes, nose, etc. with unwashed hands
- Avoid handling food with your bare hands – use plastic gloves whenever possible.
- Avoid coughing on others and avoid being coughed on by others.
- Use household disinfectant liberally

### **Disinfectant (homemade)**

2 ½ teaspoons household bleach per gallon of tap water

### **Potable Water**

Drink water from a certified clean source – bottled water

Drink chlorinated water from a city water supply that is certified safe

### **Cooking/Kitchen Cleanup**

Wash cooking/eating utensils with soapy water, rinse with potable water, let air dry

### **Clothing**

Keep clothing as clean as possible

If clear water is available, wash clothes and line dry