



MIDDLESEX COUNTY OFFICE OF PUBLIC HEALTH

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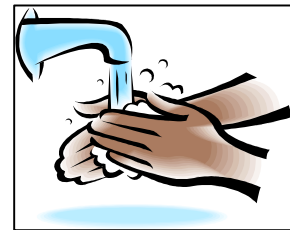
FACT SHEET

Floods: Sanitation and Hygiene

Keeping hands clean during an emergency helps prevent the spread of germs. If your tap water is not safe to use, wash your hands with soap and water that has been boiled (then cooled or disinfected).

When to Wash Hands

- Before, during, and after preparing food
- Before eating food
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- Before and after caring for someone who is sick
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage
- Before and after treating a cut or wound



Bathing

- Bathing after a water-related emergency should only be done with clean, safe water. Listen to local authorities for further instructions.
- Sometimes water that is not safe to drink can be used for bathing.

Dental Hygiene

- Brushing your teeth after a water-related emergency should only be done with clean, safe water. Listen to local authorities to find out if tap water is safe to use.

Wound Care

- Keeping wounds clean and covered is crucial during an emergency.
- If you have open cuts or sores, keep them as clean as possible by washing well with soap and clean, safe water to control infection.
- If a wound develops redness, swelling, or drainage, seek immediate medical attention.

Source of information: Centers for Disease Control and Prevention

Website: <http://www.bt.cdc.gov/disasters/floods/sanitation.asp>

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