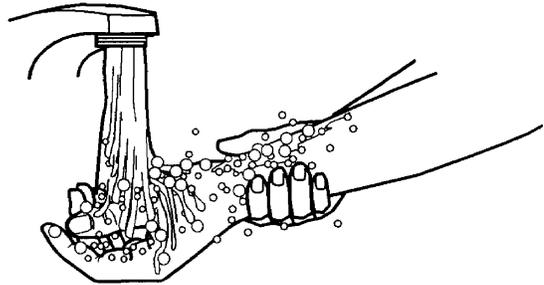


# Preventing Illness During an Emergency

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.



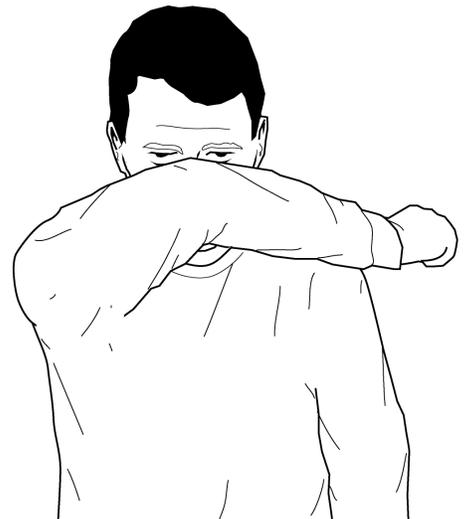
- Wash your hands:

- 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.

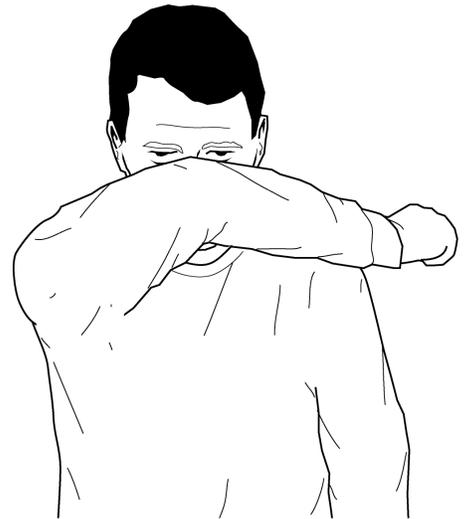
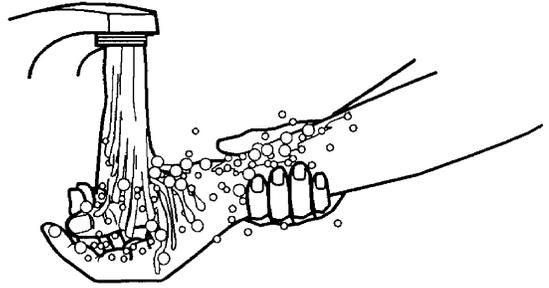
- **Cover your mouth and nose with a tissue when you cough or sneeze** to prevent spreading germs to those around you. Throw away the tissue and wash your hands. If you do not have a tissue, cough or sneeze into your shoulder or arm.



# 在紧急事件期间防病

微生物，如细菌、病毒、真菌和寄生虫引起的感染可导致重病。紧急事件期间为保持健康你可做的事：

- **经常洗手。**
  - 请用肥皂和水将手掌、手背、手腕、手指间和指甲周围洗 15 秒钟。
  - 洗手：
    - 用完厕所后
    - 在进食或处理食物之前和之后
    - 在咳嗽、打喷嚏或擤鼻涕之后
    - 在你和某位病人接触之前和之后
    - 在换婴儿尿布之前和之后
    - 在触碰另一个人之后
    - 在处理完脏碗盘或垃圾之后
    - 在触碰动物或处理动物垃圾之后
  - 当没有肥皂和水时，请用酒精洗手剂。
- **避免触碰你的眼、鼻和嘴。**细菌散布经常是你触碰了带菌物体，然后又碰你自己的脸。
- **当你咳嗽或打喷嚏时请用纸巾掩住口鼻，**以防将细菌扩散到你周围。丢掉纸巾并洗手。如果你没有纸巾，请低头向内或以手臂掩住咳嗽或喷嚏。



- **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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- 请用消毒清洁剂或含漂白剂的清洁剂**清洁表面**，如台面、水池、水龙头、门把、电话和灯的开关。你也可自己用水和漂白剂进行混合。混合十份水和一份漂白剂。
- **限制你与那些病人的接触。**
- 你有病时**请避免握手**，也避免和其他病人握手。
- **当你生病时，请避开其他人。**如果可能，请呆在家里不要上班、上学或外出做杂事。
- **休息一整夜，吃一顿健康餐，每天至少饮八杯液体。**

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Preventing Illness During an Emergency. Simplified Chinese.