



For further information on this topic, visit the website for the US Centers for Disease Control (CDC), a trusted link from all Dow workstations – www.cdc.gov. Monitor your radio or television for up-to-date emergency information.

Wash Your Hands

It is critical for you to remember to practice basic hygiene during the emergency period. Always wash your hands with soap and water that has been boiled or disinfected:

- Before preparing or eating food;
 - After toilet use
 - After changing diapers
 - After participating in flood cleanup activities;
 - After handling articles contaminated with flood water or sewage.
- If water isn't available, use alcohol-based products made for washing hands.
 - Disinfect water for washing by mixing 1/8 teaspoon of household bleach per gallon of water. Let it stand for 30 minutes. If the water is cloudy, use a solution of 1/4 teaspoon of bleach per gallon of water.

Prevent Illness from Sewage

Flood waters may contain fecal material from overflowing sewage systems, and agricultural and industrial byproducts. Although skin contact with flood water does not, by itself, pose a serious health risk, there is some risk of disease from eating or drinking anything contaminated with flood water.

- If you have any open cuts or sores that will be exposed to flood water, keep them as clean as possible by washing well with soap and applying an antibiotic ointment to control infection.
- If a wound develops redness, swelling, or drainage, seek immediate medical attention.
- If there has been a backflow of sewage, wear rubber boots and waterproof gloves during cleanup. Remove and discard contaminated household materials that cannot be disinfected such as wall coverings, cloth, rugs, and drywall.
- Wash clothes contaminated with flood or sewage water in hot water and detergent and separately from uncontaminated items.

Protect Your Children

Parents can help children avoid waterborne illness.

- Wash children's hands frequently (always before meals)
- Do not allow children to play in flood water areas
- Do not allow children to play with flood-water contaminated toys that have not been disinfected. You can disinfect toys using a solution of one cup of bleach in 5 gallons of water.

Infectious Disease

Short bouts of diarrhea and upset stomach and colds or other breathing diseases sometimes occur after a natural disaster, particularly among large groups of people in a shelter.

- Basic hygiene like frequent hand washing or use of an alcohol hand gel, especially after using the restroom or changing diapers and before eating, can help prevent these diseases.
- Diseases like cholera or typhoid are rare in developed countries, and do not typically occur after a natural disaster.