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For Immediate Release
August 2008

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****TROPICAL STORM/HURRICANE INFORMATION SHEET ****

HAND WASHING CAN HELP PREVENT ILLNESS

TALLAHASSEE – To help prevent the spread of diseases that can cause illness, it is important to wash your hands often. Germs are spread when people forget to wash their hands or don't wash their hands thoroughly.

Basic hygiene is very important during a disaster period. Always wash your hands with soap and water that has been boiled or disinfected and cooled. If soap and water are not available, alcohol-based hand sanitizers can be used.

When Should You Wash Your Hands?

- **After you:**
 - use the bathroom or change a diaper
 - handle uncooked food
 - play with a pet
 - clean or handle garbage
 - tend to someone who is sick or injured.
 - blow your nose, cough or sneeze
 - participate in flood cleanup activities or handle articles contaminated with flood water or sewage

- **Before you:**
 - prepare or eat food
 - treat a cut or wound
 - insert or remove contact lenses

How Should You Wash Your Hands?

- Use soap and warm running water or boiled or disinfected water
- Wash all surfaces thoroughly, including wrists, palms, back of hands, fingers and under fingernails
- Rub hands together for at least 10-15 seconds and then rinse
- Dry with a clean and/or disposable towel
- Use the towel to turn off the water faucet

For further information, please contact your local county health department or visit www.doh.state.fl.us or www.FloridaDisaster.org.

The Florida Emergency Information Line: 1-800-342-3557. Public Information Emergency Support Function: (850)-921-0384.

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