



## Hand Washing in Emergency Situations

Wash your hands with soap and clean water, or an alcohol-based hand rub before preparing or eating food, before touching your face, after toilet use and after contact with items contaminated by floodwater.

It is important to protect yourself and family from water which may be contaminated during an emergency situation, such as a flood. Natural disasters are known to bring devastation and can also cause infections.



### Hand wipes

Use hand wipes before ABHR if your hands are visibly dirty.

### Alcohol-based products

Alcohol-based hand rub (ABHR) is a great way to clean your hands. ABHR must contain between 70-90% alcohol, which kills bacteria on your hands. Hands must not be visibly dirty when using ABHR.

- Apply a loonie sized amount of ABHR to the palm of one hand.
- Rub your hands together; make sure to cover all surfaces of your hands, fingers and wrists.
- Continue to rub until they are dry.

### Soap and clean water

If your tap water is not safe to use, wash your hands with soap and water that has been boiled or disinfected.

- Wet hands with clean running water and apply soap.
- Be sure to lather the back of your hands, between fingers, wrists and fingernails for at least 20 seconds.
- Rinse hands under clean running water. Dry using a clean towel or air dry.

### When to wash your hands

- Before you eat.
- Before you drink.
- After working in affected areas.
- After going to the washroom.
- After touching items contaminated by flood waters or filling sandbags.
- When visibly soiled/dirty.

