

# Preventing Diarrheal Illness After A Disaster

## Protect yourself and your family:

-  **Drink and use safe water.**
-  **Wash your hands often.**
-  **Do not defecate in any body of water.**
-  **Eat safe food. Boil it, cook it, peel it, or throw it away.**
-  **Clean up safely.**
-  **Avoid floodwater or contaminated water bodies.**

## Drink and use safe water.

- Listen to local officials to find out if your water is safe.
- Use bottled water for drinking, washing and preparing food, making ice, and brushing your teeth.
- If you do not have bottled water, boil or disinfect your water to make it safe.



## Wash your hands often with soap and safe water.

- Before you eat or prepare food.
- Before feeding your children.
- Before and after treating wounds or taking care of someone who is sick.
- After going to the bathroom, changing diapers, or cleaning a child after they have gone to the bathroom.



If no soap is available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

## Eat safe food.

- Boil it, cook it, peel it, or throw it away.
- Avoid meat and dairy products that have not been refrigerated.
- Cook food well. Eat it hot and keep it covered.
- Avoid raw foods other than fruits and vegetables you have peeled yourself.



## Clean up safely.

- Clean food preparation areas and kitchenware with soap and safe water and let dry completely before reuse.
- Wash yourself, your children, diapers, and clothes 100 feet away from drinking water sources.



## Avoid flood water or contaminated water bodies.

- Wash your hands with soap and water after contact with flood waters.
- Do not allow children to play in flood water areas.
- Do not allow children to play with toys that have touched flood water and have not been disinfected.



## What to do if you or your family are ill with diarrhea:

- Stay hydrated by drinking safe water or oral rehydration solution (ORS).
- Visit the nearest health facility. Continue to keep hydrated while at home and while you travel to get treatment.
- Continue to breastfeed your baby if they have watery diarrhea, even when traveling to get treatment.



For more information about preventing illness after a disaster, visit:  
[www.cdc.gov/disasters/disease/facts.html](http://www.cdc.gov/disasters/disease/facts.html).