

Harris County Community!

Preventing Illness



What causes diarrhea and vomiting after a hurricane?

- Contact with sewage.
- Contact with contaminated flood waters.
- Close contact with a sick person.
- Contact with surfaces or objects with germs.

Prevent the spread of illness:

- Wash your hands often! Supervise hand washing of children.
- Avoid shaking hands if you are sick.
- Stay away from sewage in yards and flood water (especially children).
- Clean cuts and sores.
- Clean toys that may have come in contact with flood waters or germs. Use a **mild** bleach solution - 1 part bleach to 10 parts water.
Toys that cannot be cleaned should be thrown away.
- Clean household items with a disinfectant.

If you get sick:

- Wash your hands with soap and clean, warm water for 20 seconds!
- Do not prepare or serve food.
- Drink plenty of fluids!
- Get plenty of rest.

Harris County

HCPHES

Public Health & Environmental Services

www.hcphe.org

**Protect your family.
Protect yourself.
Prevent Illness!**

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