

## MAINTAINING HYGIENE

- **Wash hands frequently using soap and water:** 15 to 20 seconds vigorous rubbing on all hand surfaces; or 60% alcohol sanitizer. Also clean surface areas from bodily fluids.
- **Keep dressings sterile**
- **Medical waste products** in sealed plastic bags, marking them as medical waste. Keep waste separate from other trash; dispose as hazardous waste
- **Bury human waste:** Select a burial site away from operations area; mark for later cleanup.
- **Purify water** as needed: for drinking, cooking, and medical use, cleaning:
  - Heat to a rolling boil 1 minute
  - Or use water purification tablets
  - Or non-perfumed liquid bleach. Let stand for 30 mins. Shake for better taste.

<u>Water Quantity/ Bleach Added</u>	
1 cup:	1 drop
1 quart:	4 drops
1 gallon:	8 drops
4 gallons:	1/3 teaspoon

Note: If the water is cloudy, double the recommended amount of bleach.