

PROTECT YOURSELF AND YOUR FAMILY AFTER HURRICANES

**Keep your hands
clean to prevent the
spread of germs.**



- Wash your hands with soap and clean water often (always before meals and after using the bathroom).
- If you do not have soap and clean water, use an alcohol-based hand sanitizer.

If you feel anxiety or stress, call SAMHSA's Disaster Counseling Helpline at 1-800-985-5990 (press "2" for Spanish) or text "TalkWithUs" for English or "Háblanos" for Spanish to 66746.

More information: www.cdc.gov/disasters/hurricanes



U.S. Department of
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Centers for Disease
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