

DURING DIFFICULT TIMES, TAKE CARE OF YOURSELF AND YOUR FAMILY



Use bottled water for drinking, cooking, and brushing teeth

- If you do not have bottled water, boil or disinfect your water.
- **If you have electricity:** Heat water for 3 minutes.
- **If you don't have electricity :** Add 8 drops of household odorless bleach to 1 gallon of water or 16 drops to cloudy water. Wait 30 minutes before drinking.
- Boil or disinfect cistern water, 1 gallon or less at a time.



Safely handle food

- Keep your hands clean when preparing your food and before eating.
- Wash your hands with bottled, boiled or disinfected water and soap frequently. If you don't have clean water and soap, use an alcohol based hand sanitizer.
- Any baby formula must be prepared with bottled, boiled or disinfected water.
- Keep kitchen counters where food is prepared and stovetops clean to avoid food contamination.
- Throw away food and drinks that have become wet with dirty water or that spoil such as eggs, meat and dairy.



Be safe while cleaning up

- NEVER touch a power line.
- To prevent intoxication, keep generators at least 20 feet from homes.
- If using a chainsaw, follow the manufacturer's safety instructions and make sure others stand back while in use.
- When cleaning mold, protect your eyes, wear gloves, boots, and cover your nose and mouth.



Protect yourself from mosquitoes

- Use insect repellent.
- Cover or throw out standing water where mosquitoes could lay eggs.
- Keep doors closed and repair window screens.
- Use insect repellent or a mosquito net at night.
- Women who are pregnant should protect themselves from mosquito bites.

LÍNEA DE AYUDA
1-800- 981-0023

Más información: www.cdc.gov/es/disasters/hurricanes
facebook.com/femapuertorico

CONTACT US:

It is normal to feel fear, grief, and depression after a traumatic event. If you feel anxiety or stress, call the ASSMCA PAS Helpline at 1-800-981-0023 or TTY 1-888-672-7622.



GOBIERNO DE PUERTO RICO

Departamento de Salud



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