

## Health & Hygiene

At any time, good personal health and hygiene is critical to help prevent the spread of illness and disease. It is even more important during a disaster.

Following a disaster, illness may increase from contaminated food and water, respiratory infections, rodent and insect-borne diseases, and infections due to wounds and injuries. Additionally, your access to health care supplies and services may be limited or not at all available for days, weeks, or even months.

Here are some things you can do to prepare for and stay healthy during a disaster.

- ✦ Take a first aid/cpr class.
- ✦ Prepare a first aid/hygiene kit.
- ✦ Make sure your vaccinations are up-to-date.
- ✦ Keep a supply of your medications on hand.
- ✦ Make sure you have plenty of clean water for drinking, food preparation, and sanitation.
- ✦ Have a plan for how to control trash and fecal matter.

An excellent resource for learning about personal health preparedness for disasters is the Centers for Disease Control and Prevention (CDC) Center for Preparedness and Response website at:

[www.cdc.gov/cpr/prepareyourhealth/](http://www.cdc.gov/cpr/prepareyourhealth/)



## Are You Prepared?

When disaster strikes, your government will focus on public safety, helping the extremely vulnerable, and getting critical services back in operation.

Depending on the emergency, you may need to be self-sufficient for several weeks.

The best way to protect yourself and your family is to be prepared. That's why we've designed this "Basic Preparedness" series. While the information provided here does not cover every situation, it should provide enough information so you can take that first step.

More information can be found on our website at [www.co.benton.or.us/sheriff](http://www.co.benton.or.us/sheriff).

*Para su conveniencia el sitio web de la Oficina del Sheriff del Condado de Benton se puede traducir a otros idiomas. Para elegir su idioma preferido haga "clic" en el menú "select languages" al fondo de la página.*



### Sign Up for Emergency Alert

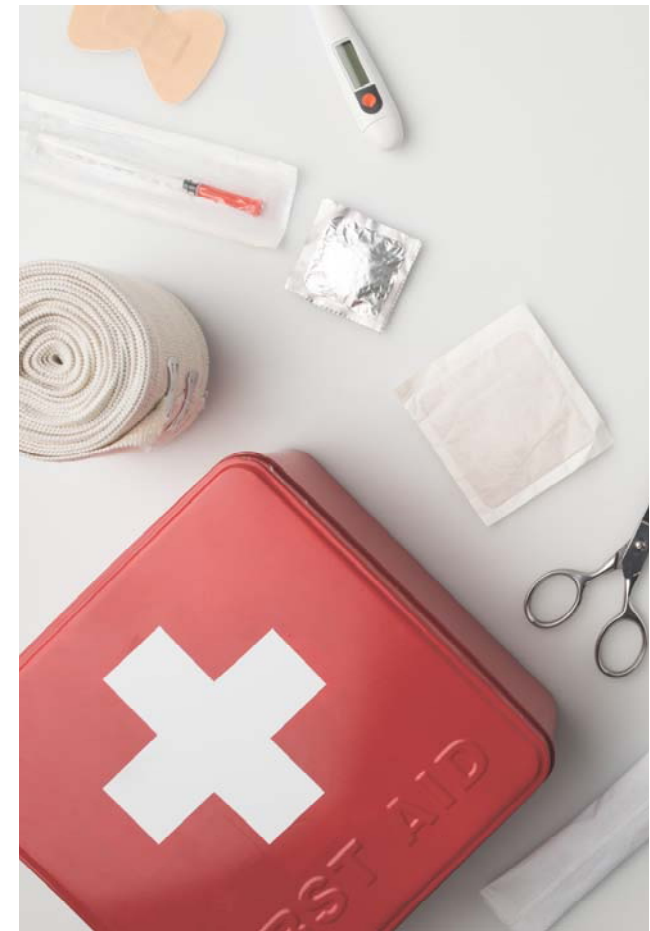
We encourage you to sign up for the Linn-Benton Emergency Alert system. This lets us notify you quickly of emergency or safety events. This system is only used for testing and in emergencies. To sign up, go to the Sheriff's Office webpage and click on the "Emergency Alert" button. If you don't have internet or need help signing up, call us at 541-766-6864.

**Benton County Sheriff's Office**  
Jef Van Arsdall, Sheriff  
180 NW 5th Street, Corvallis OR 97330  
phone: 541-766-6858  
website: [www.co.benton.or.us/sheriff](http://www.co.benton.or.us/sheriff)

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# HEALTH



## BASIC PREPAREDNESS

**A series on the simple steps  
you can take to  
prepare for an emergency**



**Benton County Sheriff's Office  
Emergency Services Division**



## Training

Do you know how to do CPR? Could you do the Heimlich maneuver to save someone from choking? Do you know how to stop bleeding? What to do for serious cuts and abrasions? In the aftermath of a disaster, your knowledge and skill in first aid may be what saves you, a family member, or a neighbor.

That's why we encourage you to sign up for a First Aid/CPR class. Classes are available throughout the community. Check Parks and Recreation, the Fire Department, the hospital, and local schools for class availability.

## Medications

Make a list of the prescription medications used by each member of your family. Include the name of the medication, the dosage, the prescribing doctor's name, the name of the pharmacy and the prescription number. Keep this list with your emergency supplies. Review it at least twice a year and update it as needed.

Ideally, you will want to keep a 30-day supply of medications you use regularly. But even a 7-day supply is useful. Be sure to label all medications clearly, store them as required by the manufacturer, and rotate them so they don't expire.

Talk with your doctor about your preparedness plans. He or she may have some suggestions on what you should include in your emergency first aid and health hygiene kit.

## First Aid/Hygiene Kit

Put together a First Aid/Hygiene kit to keep with your emergency supplies. You may want to purchase a ready-made kit or customize your kit to the needs of your family. As a start, the Red Cross recommends:

- 2 absorbent compress dressings
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape.
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin
- 1 emergency blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair non-latex gloves
- 2 hydrocortisone ointment pkts.
- 1 3" gauze roll
- 1 roller bandage
- 5, 3" sterile gauze pads
- Oral thermometer
- 2 triangular bandages
- Tweezers
- Emergency First Aid Guide

Don't forget sanitation/hygiene items like soap, bleach, trash bags, feminine products, hand sanitizers, etc.

## Vaccinations & Health Records

Following a large scale disaster communicable diseases greatly increase the risk of illness and death. To protect yourself and your family, make sure your vaccinations are up-to-date.

In your emergency supplies, keep copies of vaccination records for you and your family, copies of your health insurance information, and any care plan for family members with special needs.

## Sanitation—Hand Washing

Keeping hands clean during an emergency helps prevent the spread of germs. Wearing gloves and washing hands with soap and running water is the best way to do this.

Make sure the water you use for hand washing is clean or has been boiled or disinfected. You can set up a temporary hand washing station using a jug of clean water to create running water.

If soap and water are not available use an alcohol-based hand sanitizer that contains at least 60% alcohol. Note that hand sanitizers do not eliminate all types of germs and are not as effective when hands are visibly dirty.

Keep your hands away from your face and avoid handling your food with your hands.



## Sanitation—Human Waste

In a disaster, you may not be able to use your toilet due to damaged water lines. Learn how to prepare an emergency latrine using a two bucket system. The two-bucket system separates urine and feces to reduce disease risks and odor and make the contents of each bucket easier to handle. Detailed instructions are available at:

<https://www.portlandoregon.gov/pbem/article/394125>

If you have an infant still in diapers, learn how to safely diaper the child to reduce the spread of germs. Check out the CDC flyer "Safe and Healthy Diapering in Emergency Settings" for details.

*This brochure is not intended to provide everything you will need to know about health and hygiene during a disaster. But we hope it has given you some ideas and simple steps to get you started. Don't be paralyzed looking for the "perfect" solution. Just take that first step and refine as you go!*