

灾后，人们应在家里或安置所自行确保使用安全的水，以防生病

“After a disaster, families need to make water safe by themselves, at home or in shelters, to protect themselves from disease.”



在水中加氯，并等待
30分钟后饮用

Add chlorine to water and wait
for 30 minutes before drinking.



如果没有氯，应将水煮沸一分钟
If you do not have chlorine,
boil water for one minute.



如果水质不干净，用厚纱布将水过滤，然后再在水中加氯
If water is not clear, filter the water using thick
cotton cloth before you add the chlorine.



用干净、密闭的容器盛水
Keep the water in clean
and closed containers.

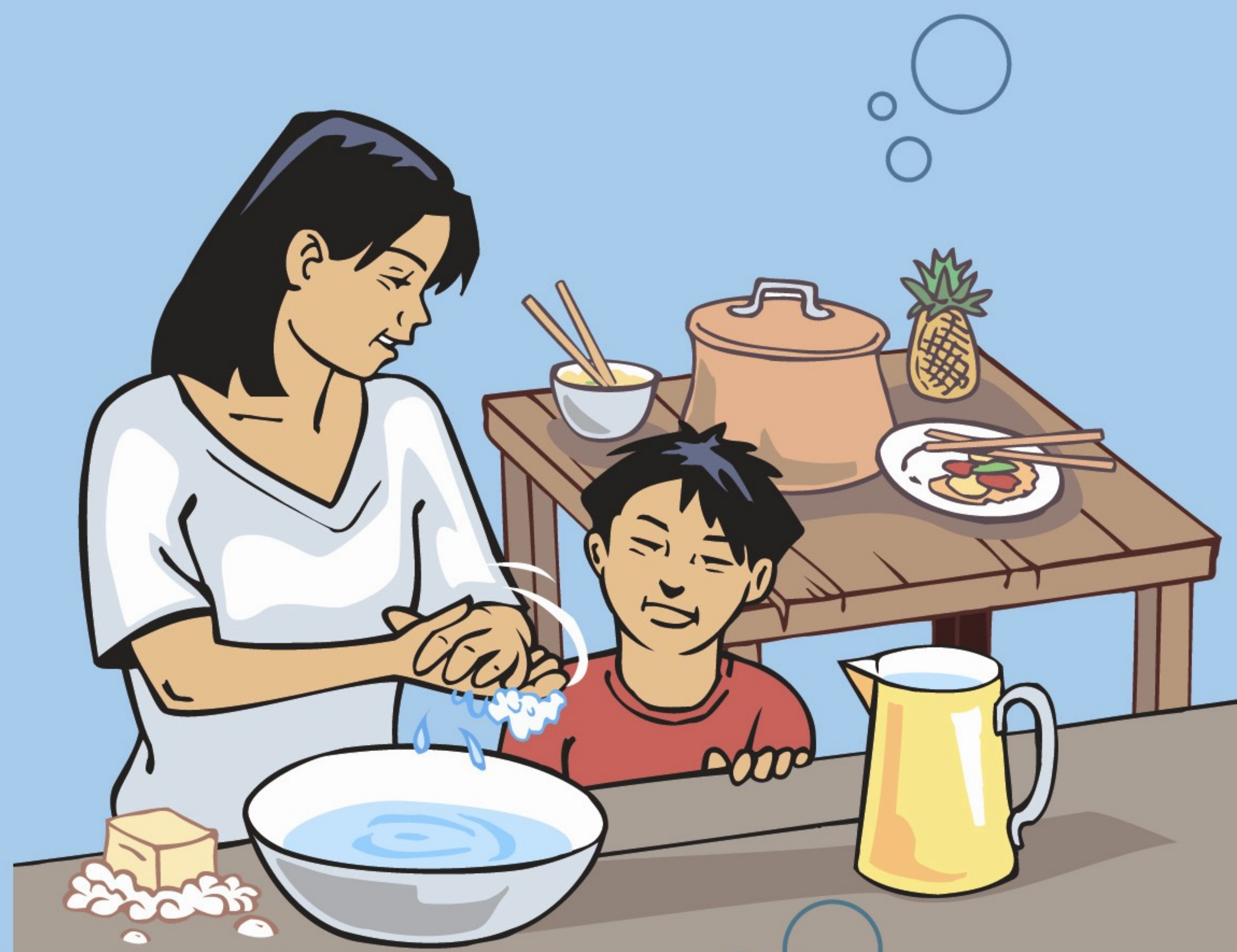
洗手是防止疾病传播最简便的方法

«Handwashing is the easiest way of preventing the spread of infection.»



不要等收看上去脏了才洗，
一个人有很多时候，都需要洗手

Do not wait for your hands to look dirty,
there are many times during the day
when hands need to be washed.



准备或摄入食物前请洗手

Wash your hands **BEFORE** preparing
or eating food.



使用厕所后请洗手

Wash your hands **AFTER** using the toilet.



护理婴儿臀部或换
尿片后请洗手

Wash your hands
AFTER cleaning
the baby's bottom
or changing
their nappies.

厕所的使用有助于家里的卫生健康

“Using the toilet helps your family to be healthy.”



使用隔离的安全区域排便，如果有厕所，尽量使用厕所

Always use a delimited and safe area to defecate. Use the toilet if you have access to it.



帮助小孩使用厕所，如果小孩拒绝，应在便后将其粪便丢到厕所中

Help your children to use the toilet. If they refuse, dispose their faeces afterwards into the toilet.



保持社区及家庭厕所的清洁

Help your community or your family to keep the toilet clean.



用厕后，请洗手。并根据需要重新在盛水的容器中盛水和将肥皂放回原处

Wash your hands AFTER using the toilet. Refill the water container and replace the soap if needed.