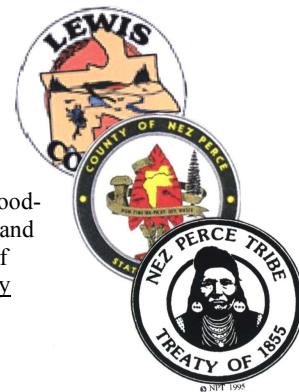
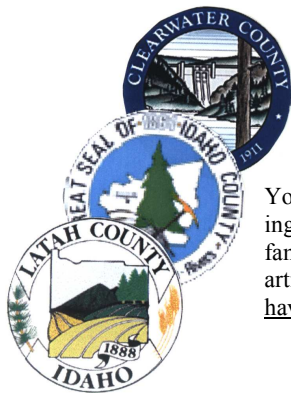


Get Pandemic Ready



Your Office of Emergency Management plans and prepares for disasters, ranging from localized flooding to worldwide events. Preparation includes local government, the private sector and individuals and families. Pandemic flu is a rapidly emerging threat affecting all of us. The purpose of this series of articles is to inform citizens of what they can do to protect themselves. We recommend each family have three months of food, water, medications, and other supplies on-hand.

Issue 13: Hygiene at Home

Keep eating utensils and work surfaces clean

1. If water is scarce, scrub dishes with brushes (or clean sand and newspaper) to remove food particles & grease, and then wash in hot soapy water
2. Use unscented household bleach for disinfecting solutions.

WARNING : Do NOT add any product with ammonia to a bleach solution

- For dishes and hard, non-porous surfaces, use 1 tablespoon liquid bleach in 1 gallon of water. Wet and then air dry. Do not rinse.
- For general disinfecting (floors, counters, etc.), use 3/4 cup liquid bleach in 1 gallon of water. Soak small items for 5 minutes. Surfaces such as floors or counters should be wet liberally and kept wet for 2 minutes. More info: http://www.clorox.com/solutions_reg_bleach.php

Personal hygiene

1. Wash hands regularly, especially after using the toilet. The general disinfecting solution (above) is a good hand rinse.
2. Bathing: Use a bucket or tote instead of the tub. For warm water, put the water in a black plastic bucket or black-painted pop bottles. Set these in the sun for two hours. When you've done bathing, save any dirty or soapy to pour in the toilet for flushing.
3. Cornmeal or cornstarch can be used as dry shampoos. Sprinkle liberally in the hair, and then brush vigorously.
4. Use only boiled or purified water for brushing your teeth or cleaning contact lenses.

Doing laundry without electricity

1. Use rubber or plastic tubs or buckets and a household plunger. Put water, detergent and clothes in the buckets. Cut a hole in the lid for the plunger handle (the agitator). Soak the clothes. Insert the plunger handle through the lid on the bucket and agitate.
2. Use a tub of clear water to rinse the clothes. Some may need hand scrubbing
3. Use the wringer of a mop bucket to remove water by hand. If you don't have a mop bucket, wring clothes by hand
4. Air dry by hanging clothes on lines or hangers. In winter, you can air dry outside, but you may have to crack ice to remove it from the clothes.

Contact #'s

Clearwater County
Emergency Management
476-4064

Idaho County
Emergency Management
983-3074

Latah County
Disaster Services
883-2265

Lewis County
Emergency Management
937-2380

Nez Perce County
Emergency Management
799-3084

Nez Perce Tribe
ERWM
843-7375 ext. 2377

For more information, or to participate in local pandemic flu planning, contact your local Emergency Manager.