



# Preparing for disasters:

## Hygiene

A road to resilience in Southeast Asia

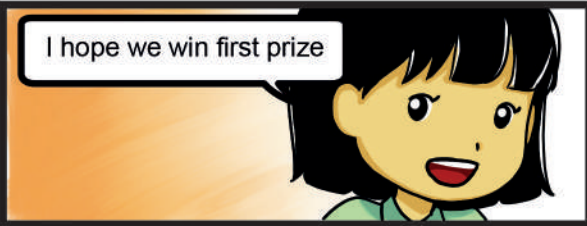
In a secret hiding place, just outside Safety City...



...Fah and Ton are busy getting ready for this year's fish competition!



I hope we win first prize



I hope so



I'm so hungry!

Let's eat!



Stop! You should always wash your hands before making food!



Huh?

If you don't wash your hands before you touch food, you could spread germs and get very sick!



Oh no! I don't want to get sick!!

Always use soap and water to wash your hands!



Sure thing Fah!

And remember, you should always wash your hands after using the toilet and playing outside!



OK Fah!

Ton continues to prepare the food, when suddenly Fah yells...

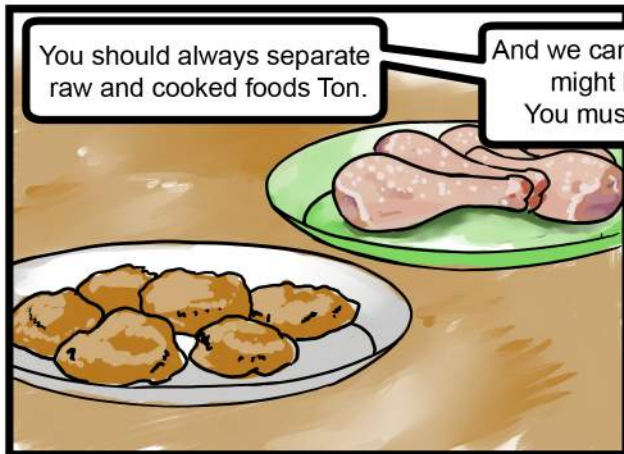


Nooooo!

We can't eat that cooked meat Ton! It might have lots of germs from the raw chicken!







And we can't eat this cheese Ton! The flies might have spread germs onto it! You must always keep food covered!!!





**Below is a list of things to remember for good health. Study it well, these tips could make all the difference for you and your family!**

- Wash your hands with soap and water:
  - After using the toilet
  - Before preparing food
  - Before and after eating
  - After playing outside
- Wash fruit and vegetables before eating them
- Rubbish can spread illnesses - don't throw litter, especially near water
- Always make sure your drinking water is clean. Drink boiled and filtered water.
- To avoid germs onto food:
  - Always keep food covered
    - Separate raw and cooked foods
    - Cook foods for the right length of time and at the right temperature to kill any germs
    - Store food at the right temperature



To learn more about proper hand washing, please visit:  
[www.kidshealth.org/parent/general/sick/hand\\_washing.html](http://www.kidshealth.org/parent/general/sick/hand_washing.html)

**International Federation of  
Red Cross and Red Crescent Societies**

Southeast Asia Regional Delegation

Community Safety and Resilience Unit  
Ocean Tower I, 170/11-12 Sukhumvit soi 16, Klong-toey  
10110 Bangkok, Thailand  
T: +662 661 8201 F: +662 661 9322  
E: thailand.regionaloffice@ifrc.org

[www.ifrc.org](http://www.ifrc.org)  
**Saving lives, changing minds.**

Made possible with the support of



Humanitarian Aid  
and Civil Protection

