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’m so hungry!

Let’s eat!

I hope so

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

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

Huh?

Oh no! I don’t want to get sick!!

Always use soap and water to wash your hands!

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

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

Noooooo!

Sure thing Fah!

OK Fah!

We can’t eat that cooked meat Ton! It might have lots of germs from the raw chicken!
You should always separate raw and cooked foods Ton.

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

Ta-da! Two germ-free sandwiches!

That's great, always wash fruit and vegetables before you eat them Ton.

Thank you Ton!

chomp chomp!

Ton! You should never drop litter. This can also spread germs!

Glug glug glug!

Thanks Fah! I've learned so much today about how to be cleaner.

Maybe our next school project can teach people how to stop spreading germs and illnesses?!

Good! Hopefully now you won’t get sick.

Good idea Ton!
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

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
Saving lives, changing minds.

Made possible with the support of: