Russia Illness: Household Hygiene & Prep

Small steps. Practical preparation. Keep this page where you can find it.

CLEAN HANDS & MASK UP

- ☐ Wash hands with soap and water for at least 20 seconds.
- ☐ Wash after the bathroom, before eating, and after touching animals.
- ☐ Keep 60%+ alcohol sanitizer handy when no sink is near.
- ☐ Store a few N95 masks that fit snug over nose, mouth, and chin.

PREVENT PESTS & STAY READY

- ☐ Store food sealed, clean spills fast, and keep trash lids closed.
- ☐ Seal gaps and clear clutter, wood, and brush away from your home.
- ☐ Keep pets flea-free and their bedding clean; ask your vet about control.
- ☐ Stock a thermometer, meds, and doctor and health office phone numbers.

SAFETY NOTE A fast-starting bloody, productive cough is urgent. Call a clinician if symptoms worsen, seek urgent care for severe symptoms, and mention recent travel or animal exposure.

Checked by: _____ Date: _____ Review again: _____

Full guide: readyguidance.com/preparedness/russian-plague/

Safety reference: https://www.cdc.gov/respiratory-viruses/prevention/