

# Sanitation & Hygiene



Kennewick WA Stake Preparation Committee

# Sanitation Issues

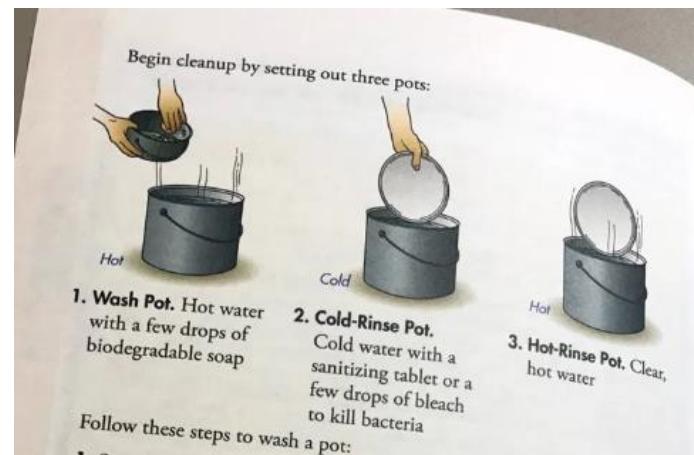
- Cleanliness of body, hands, clothes, environment
- Cleanliness of food handling surfaces & dishes
- Control and disposal of human waste
- Feminine hygiene
- Infant and elderly hygiene
- Illness, pandemic and bodily fluids
- Oral hygiene
- Water availability and purity
- Skills, education and resources

# Dishwashing

- ✓ Three tubs / pots
- ✓ Dish soap
- ✓ Brush/scrubber
- ✓ Hot tongs
- ✓ Bleach
- ✓ Towel, mesh bag, etc.

- Pot 1: Wash w/ hot water & dish soap
- Pot 2: Cold-rinse w/ bleach or steramine sanitizing tablet
- Pot 3: Hot-rinse w/ clear hot water
- Airdry



Source: The Three Pot Method – [www.blog.scoutingmagazine.org/2017/03/30/how-to-wash-dishes-at-campsite/](http://www.blog.scoutingmagazine.org/2017/03/30/how-to-wash-dishes-at-campsite/)

# Emergency Sanitation

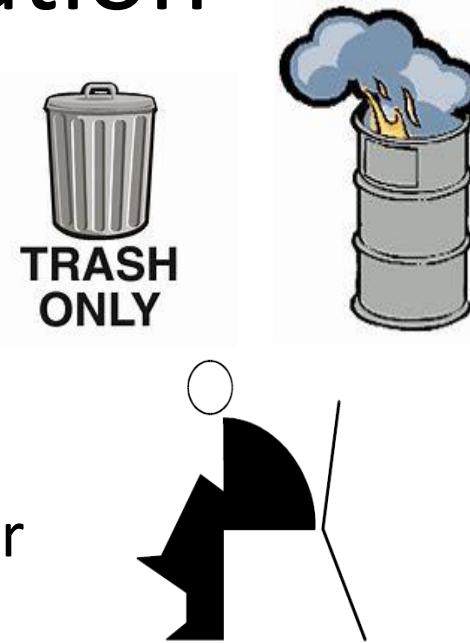
## Personal Hygiene

- Hands – washing / sanitizing
- Body – sponge baths, squirt bottle, wipes
  - Portable shower
- Hair – no rinse shampoo, baking soda
  - Wear hats to keep dirt out
  - Brush often to stimulate and distribute natural oils

# Emergency Sanitation

## Garbage / Waste Disposal

- Disposal methods - varied
  - Bag, Burn, Bury, Compost, Recycle
- Human waste
  - bagged and disinfected w/ bleach or disinfectant
  - buried 2-3 feet deep and 50 feet away/downhill
    - away from water supply, well, spring, etc.
- Dry garbage – bagged, burned, buried
- Wet waste – greywater outside



# Sanitation Items

- Disinfectant for human waste
- Chlorine bleach
- Spray bottle
- Rubber gloves
- Disposable vinyl gloves
- Personal hygiene items
- Plastic trash bags – thick/heavy
- Plastic bags – small
- Plastic buckets with tight lid
- Soaps, detergent, hand sanitizer, wipes, hydrogen peroxide, etc.
- Toilet paper, ‘family cloth’, dish towels, rags, paper towels
- Feminine supplies
- Diapers – baby and adult
- Towels, wash cloths, hand towels
- Small shovel



# Toilets

- Protect your toilet if water supply off
  - 4" rubber ball and long sock
  - Coat ball/sock with vaseline and plug toilet
- Bag in toilet
- Commode
- Buckets – pee and poo (labeled)
- Kitty Litter, saw dust
  - absorbent & odor control
- Dispose of properly



Find at  
Goodwill



# Twin Bucket Emergency Toilet



Discard outdoors



- Plastic 5-gallon bucket
- Lids
- Plastic seat
- Plastic trash bags
- Absorbent carbon material to cover poo
  - Sawdust, shredded paper, coir fiber, kitty litter, etc.

# Flu, Pandemic, Body Fluids

- Pandemic Bin
- Quarantine room
  - Drop cloth, duct tape, chemical suit, hair and shoe covers
  - Eye protection - goggles
  - Mask – N95
- Disinfectants/Antibacterial: bleach, Cavicide, wipes, tissues
- Bouffant cap - disposable
- Emesis bags, lg zip-lock bag,
- Bags: Biohazard, lg & sm trash, etc
- Soap, hand sanitizer
- Portable toilet, commode, bucket
- Gloves – vinyl & long utility
- Diapers – baby, adult, cloth/disposable
- Spay bottle for liquid bleach
- Bucket, scoop,
- Pop up privacy tent / enclosure
- Critter control: pets, fly paper, mouse traps, bug spray
- Plastic bags
- 5-gallon buckets with lids
- Kitty litter absorbent
- Laundry
- Rehydration liquids
- Medications, herbals, teas,

# Pandemic & Flu Preparation

## Before a Pandemic

- Two weeks food & water
- Rx-meds: build up or have continuous supply
- OTC-meds
  - pain meds, stomach remedies, cough/cold meds, vitamins
- Rehydration fluids / mixes
- Have copy of health records, medication list, etc.
- Discuss with family how they would be cared for if they got sick, or what will be needed to care for them in your home.

## During a Pandemic

- Avoid close contact with sick people
- When you are sick, keep your distance from others
- Cover mouth/nose; use mask
- Wash hands frequently; use sanitizing cleaner
- Avoid touching eyes, nose, mouth
- Good health habits
  - sleep, activity, stress management, nutrition, etc.
- Hydration & rehydration fluids & mixes
  - Gatorade,
- Clean up, dispose of, and manage body fluids carefully
- Consider quarantine if needed

# Female Hygiene

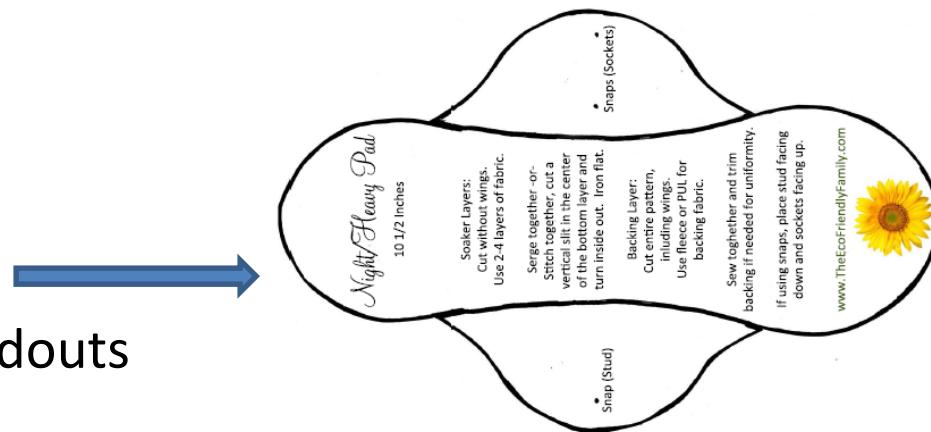
## Considerations:

- A. Menstruation
- B. Cleanliness
- C. Disposal of products
- D. Redundancy and backup plans
- E. Other Issues

# Feminine Hygiene

## A. Menstrual Products

- Have 6-12 months of items you already use
  - Liners
  - Pads
  - Tampons
  - Reusable cloth
    - patterns in handouts



❖ Bonus – these are GREAT additions to First Aid supplies!

# Feminine Hygiene

## B. Cleansing Products

- Cleanliness is essential, especially in a compromised situation
- Disease risk increases:
  - Urinary track / Bladder infection
  - Kidney damage
  - Pregnancy complications
  - Sepsis
  - Skin irritations
- Perineal bottle
- Wipes
  - Costco/Kirkland flushable
  - Playtex fresh wipes
  - Baby wipes



- ❖ Bonus – wipes are very useful as back-up toilet paper, removing make-up, washing face, cleaning spills, baby bottoms, etc..

# Feminine Hygiene

## C. Disposal of Products (“unsanitary garbage”)

- Burn
- Bury
- Flush
- Reusable cloth (launder and reuse)
- Bag & dispose later (last resort)

# Feminine Hygiene

## D. Back up products – “Plan B”

- Have redundancies and extra options

## E. Other Issues

- Pain relief
- Cravings
- Yeast infections
- Pregnancy

# Toilet Paper

- Toilet paper – store extra. It will eventually run out. Also, use as barter)
- Peri bottle – portable bidet
  - Use water to clean; tissue or cloth to dry
  - recycled ketchup or other squeeze bottle
- “Family Cloth” = cloth wipes
  - Don’t use to “wipe” - only to dry!
  - Clean first with water solution



# Hand / Body Cleanliness

- Bar soap
- Liquid hand soap
- Shampoo / Conditioner
- Bodywash liquid
- Hand sanitizer



Source: [www.tightwadmomsfrugalforum.blogspot.com](http://www.tightwadmomsfrugalforum.blogspot.com)



# Laundry Soap

- Laundry soap
  - Liquid
  - Dry, DIY homemade...
    - Super Washing Soda, Baking Soda, Borax, Zote Soap or Felsnaptha soap, Oxyclean / Oxygen Clean, Fragrance Booster

Formula:

- 1 box each of
  - Super Washing Soda
  - Baking Soda
  - Borax
- 2-3 bars grated soap
- 1 jar Oxygen Clean
- 1 jar Fragrance Booster

Mix in lg tub or 5 gallon bucket  
Use 1-2 scoops per laundry load



# Laundry

- Clothesline, rope, rack
- Buckets, tubs, bathtub
- Wringer, mop bucket



# Oral Hygiene

- Toothbrush
- Floss, 'Flossers'
- Toothpaste
- Toothpicks
- DIY Toothpaste / Powder
  - Baking soda
  - Neem powder



# Accessories and cool stuff...



Model 90B Porta-Bidet ready for use



# Education & Resources

- Become informed about sanitation and hygiene issues
  - Blogs, YouTube, Books/Manuals
  - Practice skills
- Make a plan
  - Begin with basics and build
- [www.ApproachingReady.com](http://www.ApproachingReady.com)
  - Handouts, Source sheets, Presentation slides

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