

Emergency Sanitation 1010

After a major disaster, essential services such as running water, sewer, electricity, and garbage pick-up will most likely not be available. Sanitation and personal hygiene are critical and will need to be carefully observed until services are restored.

Human Waste

- Assemble a portable toilet

Toilet facilities are and will be necessity in a disaster. After the disaster, if water and sewer systems are not functioning, these facilities will need to be improvised. Unless you want to dig an outhouse for yourself like they did 80 years ago, we suggest assembling a portable toilet.

Assembling a portable toilet

What you will need:

- Five-Gallon Bucket
- Snap-on Toilet Seat with Lid (or other make shift toilet seat)
- Toilet Bags (Commercial toilet bags or heavy duty black trash bags)
- Chlorine Bleach or Commercial Toilet Chemical and/or Disinfectant
- Toilet Paper
- Hand Sanitizer

Insert one toilet bag into the bucket folding the edge of the bag over the edge of the bucket all around. Snap the toilet seat onto the bucket securing the bag in place or use duct tape to secure the bag to the bucket. After each use pour a small amount (about ½ cup) of bleach or use toilet chemical according to package directions, into the bag. When the bag is one-half full, remove the bag from the bucket and tie securely in a knot. Place the bag in a large container with a tight fitting lid. Separate human waste from regular garbage. If human waste must be buried, dig a pit at least 18” deep and at least 100 feet away from your home, well, and/or any water supply.

Tip: Add other products to your toilet that you regularly use in the bathroom (i.e. feminine hygiene). Consider adding body wipes and also sanitizing wipes and rubber gloves for cleaning the toilet. If you need to evacuate, you will have a complete toilet kit to take with you! You may also want to purchase a portable privacy enclosure.

Digging an Outhouse:

In digging an outhouse for your family, remember to dig a pit at least 18” deep at least 100 feet away from your home, well, and/or any water supply. This will help keep your water clean in order to drink and the smell away from your home and family.

Personal Hygiene

- Teach family members proper hygiene
- PrePare to be CLEAN!
- Stock up on cleaning/personal hygiene supplies

Proper Hygiene:

- Wash hands: Wash for 20 seconds and wash often. “Hand washing is the single most important means of preventing the spread of infection.” U.S. Center for Disease Control Prevention
- Cough or sneeze into a tissue or your upper arm or shoulder, not your hands!!!

PrePare

PrePare to be clean:

- Prepare hand washing/sanitizing stations by food preparation areas and toilet facilities.
- Store bleach or other disinfectant solutions to sanitize dishes, food preparation areas, and other often touched and used surfaces.
- Consider purchasing a solar or propane shower and portable privacy enclosure.
- Consider alternative methods of laundry cleaning the do not require electricity.
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Stock up on cleaning/personal hygiene supplies:

- Gather Essential items

<ul style="list-style-type: none"> <input type="checkbox"/> Soap <input type="checkbox"/> Hand sanitizer <input type="checkbox"/> Toothbrushes <input type="checkbox"/> Toothpaste <input type="checkbox"/> Dental floss <input type="checkbox"/> Shampoo <input type="checkbox"/> Combs/brushes <input type="checkbox"/> Sun Block <input type="checkbox"/> Toilet Paper <input type="checkbox"/> Feminine hygiene products <input type="checkbox"/> Diaper needs <input type="checkbox"/> Contact lens needs 	<ul style="list-style-type: none"> <input type="checkbox"/> Denture needs <input type="checkbox"/> Washcloths <input type="checkbox"/> Towels <input type="checkbox"/> Tissues <input type="checkbox"/> Small wash basin <input type="checkbox"/> Squirt bottle <input type="checkbox"/> Razors/Shaving Cream <input type="checkbox"/> Deodorant <input type="checkbox"/> Mouth Wash <input type="checkbox"/> Lotion <input type="checkbox"/> Any other personal hygiene needs/items
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Tip: A fresh solution of ¾ cup unscented, liquid chlorine bleach per one gallon of clean water, makes a good sanitizer for hard surfaces. Apply the solution and let stand for five minutes. The rinse and let air dry.

Garbage Disposal

- Properly dispose of garbage when the garbage man doesn't come

No Garbage Man:

- Purchase and store large black trash bags.
- Strain all liquids before putting items in the garbage and crush the containers to make everything smaller.
- Securely tie garbage bags and store in a large container with a tight fitting lid. Keep separate from human waste.
- Consider composting items that were one living into a garden area (Do not do this with meat scraps and dairy products).
- If you must bury your trash, dig a bit at least 18" deep and at least 100 feet away from any water sources.