

Sanitation & Hygiene



Kennewick WA Stake Preparation Committee

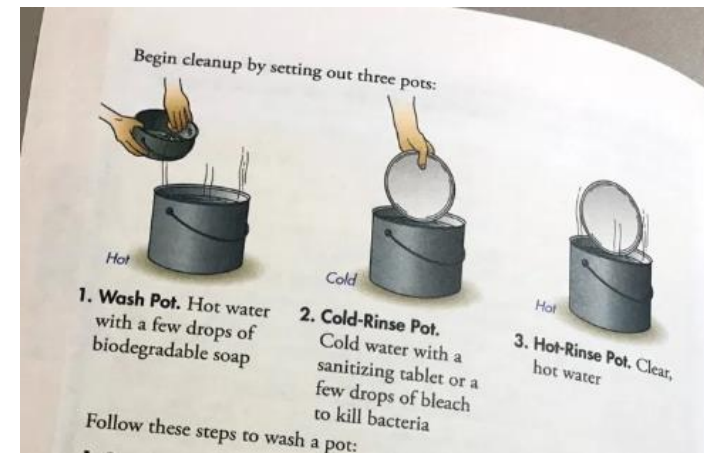
Sanitation Issues

- 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



Emergency Sanitation

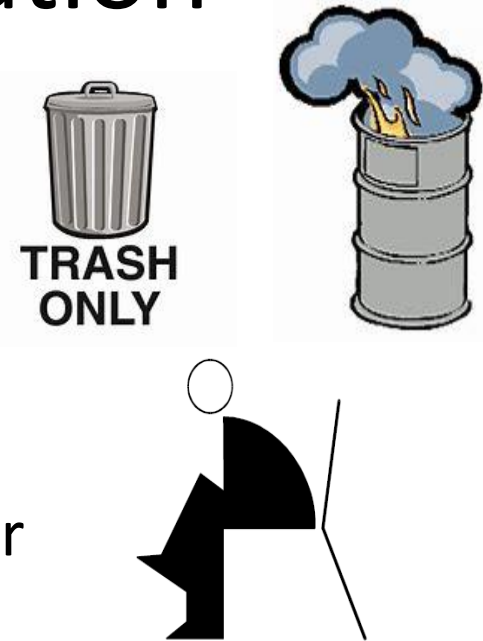
Personal Hygiene

- 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

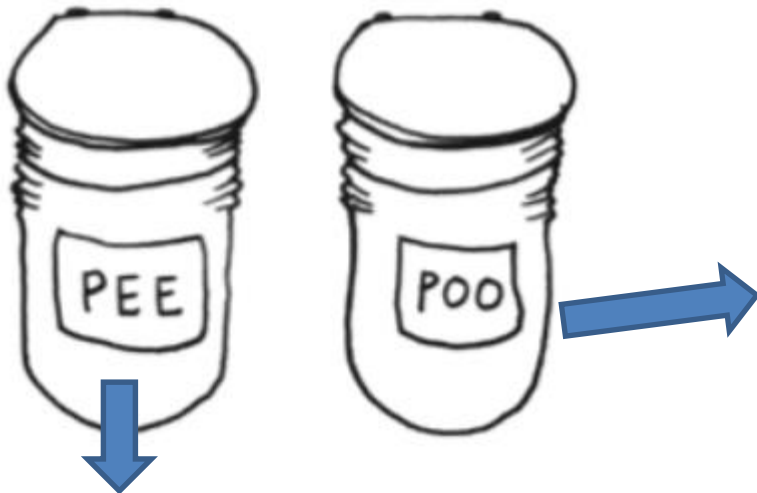
- Protect your toilet if water supply off
 - 4" rubber ball and long sock
 - Coat ball/sock with vaseline and plug toilet
- Bag in toilet
- Commode
- Buckets – pee and poo (labeled)
- Kitty Litter, saw dust
 - absorbent & odor control
- Dispose of properly



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
 - Gatoraide,
- Clean up, dispose of, and manage body fluids carefully
- Consider quarantine if needed

Female Hygiene

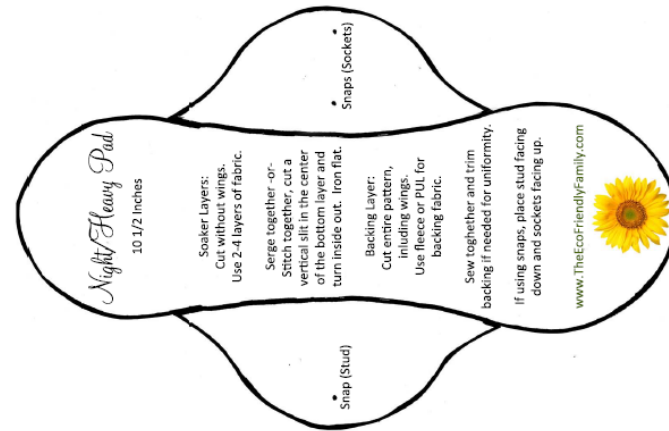
Considerations:

- 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.tightwadmomsmfrugalforum.blogspot.com

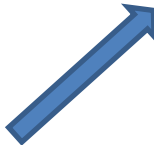


Laundry Soap

- Laundry soap

- Liquid

- Dry, DIY homemade...



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

- Super Washing Soda, Baking Soda, Borax, Zote Soap or Felsnaptha soap, Oxyclean / Oxygen Clean, Fragrance Booster



Walmart 







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
 - Handouts, Source sheets, Presentation slides

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