

Sanitation

During emergencies, sanitation becomes a real problem and can be the cause of disease. In an emergency, hygiene is even more important! **Wash your hands frequently!** Substitutes for cleansing without water included: Purel, rubbing alcohol, lotions containing alcohol, shaving lotion, face creams and lotions, towelettes, (baby wipes), a wet wash cloth.

Toilet with a bag: Remove the water from your toilet bowl and line it with 2 sturdy trash bags. When ½ full remove the 1st bag, tie it securely for disposal and store in a covered trash can until disposal service is resumed.

Sanitation Kit: (Store in 5-6 gallon bucket)

1 5-6 Gallon Bucket with tight fitting lid Snap-on type toilet seat with lid

12 Plastic Liners (garbage bags)

4 Pairs of Rubber Gloves

2 Rolls of Toilet Paper

Disinfectant:

Liquid Chlorine Bleach, Nilogel Clean-up Gel, Pinesol, Powdered Laundry Soap, Powdered Chlorinated Lime (Available at building supply store. It can be used dry. Be sure to get chlorinated lime and not quick lime which is highly alkaline and corrosive.)

1 Bottle of 3% Hydrogen Peroxide

1 Box of Baking Soda

½ Gallon of White Vinegar

1 Large Bottle of Hand Sanitizer

1 Roll Paper Towels

1 Pkg. Baby Wipes

1 2-liter Bottle of Water

6-10 Gallon Container with tight fitting lid

A Supply of Old Newspapers for wrapping garbage

2-3 Spray Bottles

Feminine Hygiene Items

Directions for Emergency Toilet:

1. Put 2 garbage bags as a liner in the 6-gallon bucket, and snap on the toilet seat.
2. Sprinkle one tablespoon of Nilogel (or other disinfectant) in the bucket. The Nilogel will absorb liquid). The liquid becomes a gel and will deodorize the toilet contents. The gel is also biodegradable. If using other disinfectant sprinkle some disinfectant on top after each usage.
3. The toilet is ready to use. Use toilet paper as usual.
4. Use baby wipes or hand sanitizer on hands after each use and dry hands with paper towels.
5. Replace the tight fitting lid after each use of the toilet. The key to disease control is to KEEP IT TIGHTLY COVERED.
6. When the bag is $\frac{1}{3}$ to $\frac{1}{2}$ full, carefully remove the first bag, tie it together and place it in the large container. Use rubber gloves.
7. Replace liner so the bucket remains double bagged.

Disinfectant: When using bleach use $\frac{1}{4}$ cup bleach to 1 quart water. Other commercial disinfectants include HTH, or calcium hypochlorite, which is available at swimming pool supply stores; also portable toilet chemicals are available through recreational vehicle supply stores.

Never deposit waste or garbage on open ground. "In times of emergency, the military procedure, is to bury human waste in trenches 24"-30" deep, and cover with a thin layer of lime."

Garbage should be drained and wrapped in several thicknesses of old newspaper to absorb extra moisture, it can be stored longer before developing unpleasant odors. A tight fitting lid is important to keep out flies. Other rubbish, trash that will not decompose may need to be burned, (with permission from local authorities).

ADDITIONAL SUPPLIES FOR DISINFECTING AND ODOR CONTROL:

Baking Soda: will help to control odor; it stops mold, fungus or mildew, and is a natural Whitener. Baking soda relieves heartburn, indigestion and it neutralizes acids in a sour stomach associated with diarrhea. Use 1 teaspoon of baking soda mixed with 1 cup of water and drink it down. Baking soda plus a little salt will help clean your teeth.

3% Hydrogen Peroxide: (Put in a small spray bottle, no water added) Hydrogen Peroxide is an antiseptic, and a cleaning agent for minor cuts and abrasions. It can be used as an oral rinse and gargle. To disinfect toilet seat just spray it on and wipe it off.

White Distilled Vinegar: Put in a small spray bottle, no water added. Studies show that vinegar kills 99% of bacteria, 82% of mold, and 80% of germs (viruses). To disinfect toilet seat just spray it on and wipe off.

Combining Vinegar and Hydrogen Peroxide: Spraying solutions of vinegar and hydrogen peroxide, one after the other, in any order, kills virtually all Salmonella, Shigella or E. Coli Bacteria on heavily contaminated surfaces.

Labels Included on the next page. I would laminate these for sure!

