

Personal Sanitation & Hygiene During Emergencies

During an emergency, it's important to your survival to keep yourself healthy. The best way to maintain health is to keep yourself and your living area clean and sanitary. Garbage and toilets should be placed far enough away from your living area to avoid pollution of drinking water and reduce insect-carried diseases. After a disaster, water and sewage lines may be disrupted, causing you to improvise sanitation facilities.

Washing:

Prevent illness by washing your hands often, before eating after using the bathroom, after you change a diaper etc. Because water is such a precious commodity during an emergency, you should use purified drinking water only for drinking. Be organized and choose a designated bathing area. You can wash yourself in a river or stream as long as it is downstream from where you get your drinking water supply. You can also wash yourself in the rain, with a little soap. Other washing alternatives include moist towelettes, a spray bottle, sanitizing lotions or a wet washcloth. Be sure to wear shoes to prevent parasitic infections and to protect yourself from cuts and puncture wounds that can easily become infected.

Sanitation:

Choosing the right location for your sanitation needs is as important as staying clean. Your waste place must be located downhill from any usable water source. It also helps to have your waste place downwind from your living area too, and yet not too far from your camp that the distance discourages people from using it.

Makeshift toilets:

vegetables before eating. Prepare only as much as will be eaten at each meal.

Checklist for Sanitation:

The following list contains some suggestions to make your personal care more comfortable during an emergency. No all items are necessary.

- Medium sized bucket with tight lid
- Plastic heavy-duty garbage bags with ties
- Household chlorine bleach (as a disinfectant in makeshift toilets lined with a garbage bag)
- Soap and liquid detergent
- Toilet paper
- Towelettes (as water substitute)
- Baking soda (can be used to brush teeth, as a deodorant, and to treat heat or diaper rash)
- Rubbing alcohol (as a water substitute, and disinfectant)
- Lotion containing alcohol, sanitizing lotion (as a water substitute)
- Shaving lotion, face cream
- Spray bottle (to use as makeshift shower)
- Wash cloths, towels
- Toothbrush
- Brush or comb
- Single Deluxe Water and Sanitation Kit
- Portable Chemical Toilet
- Enzyme Deodorant Pack