

SANITATION PREPARATION

Sewage Management, Sewer Gasses: Refer to First Responder Mom YouTube Videos or www.firstrespondermom.com- Sanitation in a Disaster by Kathryn McMullin. National Institute for Occupational Safety and Health (NIOSH) Pocket Guide - Go to Search the Pocket Guide for dangerous chemical-specific concentrations: <https://www.cdc.gov/niosh/npg/default.html>.

Personal Cleanliness:

Hand Washing – Use soap or hand sanitizer and wipes with a least 60% ethyl alcohol. Avoid touching eyes and putting fingers in mouths. Don't touch food with dirty hands.

Hair Washing – If you have a sufficient water supply, wash hair every few days. Avoid touching hair with dirty hands.

Bathing - Use a small amount of water and soap, and scrub with a sponge or cloth rag. Solar, propane, and other types of showers can be purchased.

Eyes – Don't rub your eyes with dirty hands and fingers. Wear safety glasses or a face shield when working with contaminated water and materials.

Mouth and Teeth – Brush your gums and teeth with baking soda or tooth paste. Also use floss if available.

<https://www.cdc.gov/healthywater/emergency/hygiene-handwashing-diapering/index.html>

Water:

Creating and Storing Emergency Water Supply -

<https://www.cdc.gov/healthywater/emergency/creating-storing-emergency-water-supply.html>

Making Water Safe –

<https://www.cdc.gov/healthywater/emergency/making-water-safe.html>

Washing Clothes -

Use clean toilet plunger and bucket, hand wash in bucket, or use washboard and tub.

Insects and Rodents:

Insects – Practice good sanitation with cooking and garbage disposal. Purchase insect repellent with DEET for mosquitoes. Diatomaceous Earth will kill most insects.

Rodents – Again, practice good sanitation with cooking and garbage disposal. Store food in containers with tight lids (buckets and coolers). Heavy, 25-30 gallon plastic storage boxes as well as metal filing cabinets with metal bases are good. Use mouse traps with bait.

Household Garbage:

Household garbage typically consists of cans, plastics, paper, cardboard (recyclable); glass; and wet materials (food, wet paper, liquids). Separate recyclable materials and glass from dry (burnable) items and wet materials. Garbage can be bagged, buried (directly or bagged), and burned if burning does not cause additional issues.