

## **Syracuse South Stake Neighborhood ~Emergency Sanitation Kit~**

This is a suggested very basic sanitation kit to help a family of four manage basic sanitation needs for a week in the case of an emergency. Start with this list and make additions and modifications based on your family size and specific needs.

- 1 6-gallon bucket with tight-fitting lid
- 10 13 gal. plastic garbage bag liners
- 7 heavy duty black 33 gal. garbage bags
- 1 bottle of 3% hydrogen peroxide
- 1 ½ gal. of white vinegar
- 1 2-liter bottle of water
- 1 25 lbs. bag kitty litter/or other commercial style of gelling agent.
- 3 rolls of toilet paper
- 1 snap-type toilet seat with lid
- 1 large bottle of hand sanitizer
- 1 roll of paper towels
- 1 box of Kleenex
- 7 pr. of disposable latex or non- latex gloves
- 2 spray bottles
- 1 box of baking soda

Additional Items to consider adding: more toilet paper, water, sanitary napkins and/or tampons; a camping shovel; dust masks; a bag of lime; additional garbage bags of both sizes; personal hygiene kits for each family member; diapers if needed; rags for cleaning; used grocery bags for trash waste and anything else your family may need.

### **Directions for Emergency Toilets:**

1. Place several 13gal size bags inside one another as a liner for a 6 gal. bucket. Allow the top of the bags to come out over the top rim. Snap on a toilet seat.
2. Sprinkle about 3” of kitty litter (or commercial based product) in the bottle of the bucket to absorb odors. Keep the tight-fitting lid on and closed when not in use.
3. Use toilet paper conservatively.
4. Add a small amount of kitty little frequently to help control smell.
5. Use the hand sanitizer after each use and dry hands as needed if you do not have sufficient water for normal hand washing.
6. Un-snap the toilet seat and put on the tight fitting lid after each use. The key to disease control is to KEEP IT TIGHTLY COVERED. This prevents not only bugs and rodents but also the accidental tip-over.

7. Replace liner as needed. Be sure to add new kitty litter at the bottom of the new bag. You may want to use 2 or more bags when disposing of contents. Place them in the heavy duty garbage bag in preparation for disposal.

8. Wear the rubber gloves when disposing of liner and cleaning the toilet seat as needed. If typical cleaning supplies are not available, follow the directions below to use vinegar and hydrogen peroxide for disinfecting and cleaning.

9. General direction for burying waste: You need to place 13gal. bags in a large 30gal plastic garbage bag. Dig a hole about 4 feet deep as far away from everything as possible, place garbage bag in hole, throw some kitty litter over it and additional dirt (lime can also be used), and then cover location with a board with a heavy weight to prevent dogs and other animals from digging it up. Repeat the process until about 18" from the top of the hole. Cover the top with kitty litter and then dirt. Pack it down well to prevent animals from digging it up.

### **Cleaning and odor control:**

1. Baking soda will control odor. Can be added into toilet or other areas of concern. Other uses: It can relieve heart burn, indigestion and it neutralizes acids in an upset stomach associated with diarrhea. Use 1/2tsp. of baking soda and ½ c. of water and drink the whole amount. Adding baking soda and a little bit of salt can also be used for brushing teeth.

2. Hydrogen Peroxide (label spray bottle): Put directly into spray bottle. Don't add water. To disinfect the toilet seat or other surfaces spray and wipe it off. It can also be used to clean minor cuts and abrasions. (Note: Replace hydrogen peroxide when it expires.)

3. Vinegar (label spray bottle): Put directly in bottle, no water added. To disinfect, just spray it on and wipe it off.

Spray solutions of vinegar and hydrogen peroxide, one after the other, in any order, kills virtually all salmonella, shigella, and E coli bacteria on heavily contaminated surfaces. This combination is more effective than chlorine bleach and easier to work with. However, don't mix the two together in the same spray bottle as this will not work correctly. Spray vinegar (or peroxide doesn't matter) first and the other agent second. Let them both sit on object to be cleaned for a few seconds and then wipe off. No rinsing required. The two agents combined on cleaning surface produce the best results and disinfecting the area required. It is important to note that you should not store the two agents together.

### **Other Emergency Sanitation Ideas**

Garbage and rubbish: Garbage will decompose and attract bacteria, insects and small animals. This includes food, wastes, diapers, sanitary products and other items. It must be carefully stored and handled if odor and insects are to be prevented. Rubbish is trash like paper and other things without an odor. By separating these two sources of family waste, it is easier to manage. Rubbish is fairly easy to dispose of.

1. Garbage would be drained before placed in storage containers. IF liquids are strained away, garbage may be stored for a longer period without developing an unpleasant odor. After wrapping in double thicknesses of newspaper or several garbage bags place in a container with a tight fitting lids.

2. Garbage should never be dumped on the ground because it will attract small rodents and animals. If collection be authorities is not possible for an extended time, garbage can be buried in a hole deep enough to cover it with at least 18-24 inches of dirt to help prevent insect breeding and discourage animals from digging it up.

3. Trash and rubbish may be burned in open yard areas or left at dumps established by local authorities. Can should be flattened and everything broken down as much as possible to reduce bulk. Listen for information from local authorities about burning and garbage guidelines during the emergency.

**Toilets:** During many emergencies, the toilets may be available but water may be restricted or limited to supplies on hand. To preserve water, turn off water tanks (to prevent accidentally flushing which uses lots of water) and provide a bucket of water by the toilet. This water doesn't have to be clean and can be found by melting snow or from a nearby pond or ditch. However it is suggested that each family store about 50 gals of water specifically for sanitation needs.

It is suggested that you flush only when you have solid waste and throw away toilet paper in a separate garbage bag to preserve the water. Use just a small amount of water to flush the toilet but enough to prevent it from blocking. A small container should be placed by the bucket to allow family members to get water from the bucket and pour into toilet to allow them to flush.

Personal hygiene: During many national disasters, some if not most of deaths come after the disaster due to lack of good hygiene and sanitation practices leading to the spread of diseases. Make sure that you have adequate hygiene items in your home and also supplies for each family member in your 72 hr. kits.

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| • Basic Personal Hygiene Kit: | • hand sanitizer      | • insect repellent (if not in 72 hr kit) |
| • toothbrush and tooth paste  | • soap and wash cloth | • sun block (if not in 72 hr. kit)       |
| • brush/comb                  | • shampoo             | • a few Band-Aids                        |
|                               | • deodorant           |  |

These can be placed in a travel bag or a 1 gal. zip lock bag. Be sure to label everything.

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