

October 2020

Sanitation and Hygiene

This is a supplement to the 2019 papers on sanitation and hygiene. If you don't know the answers to the questions below, the 2019 guide for October (three issues) has most of the answers. You can find it on www.ProvidentPapers.com. Also, there are new ideas and solutions on the web all the time. You can research your own solutions. However, be careful as you do. There are so many people adding information in this area that it is easy to get misinformation.

While sanitation and hygiene aren't among the 8 things our area presidency has asked us to prepare specifically, they are vitally important. They play a key role in almost any disaster. Here are some things to consider:

1. If there is no garbage pick-up, how will you deal with your garbage?
 - a. If you leave it out in bags there will be an increase in rodents and predators along with all of the disease, damage, and danger that comes with them.
 - b. If you leave it in cans too long it invites serious mold.
 - c. If you burn it, there will be an increase in wildfires, probably at a time when there is no running water to fight them, and you endanger homes and lives. There would also be serious problems with environmental poisoning of air, water, and soil.

www.clf.org/blog/whats-wrong-with-burning-our-trash-anyway/. With many families burning garbage it would be difficult to open house windows even in extreme heat, and who wants their clothes and bedding to be filled with the fumes from plastics and other toxic things while they are hanging out to air dry? It may be illegal to burn trash. Open burning without a permit and special conditions is illegal now. If people still burn, are you prepared to safeguard your health with protection to your skin, eyes, and respiratory system?

2. If the sewer system is broken, do you know how to safely dispose of human waste and what to do if your neighbor doesn't?
3. Do you know what to do so that the sewer doesn't back up into your home, making it uninhabitable?
4. Do you know how to purify water and what sanitizers to store? Chlorine has a shelf-life of only 3–6 months.
5. Do you have hygiene supplies stored or hygiene kits for each family member?

My new find this month—Liquid bleach, while good for disinfecting, is not good for storage. It can last only 3–6 months, depending on how long it was sitting before you bought it. There is a powdered form that will store for up to 5 years. It is called calcium hypochlorite, and can be purchased online. When disinfecting water with this you use a heaping teaspoon full to 2 gallons of water.

Reminder—Don't get overwhelmed or "break the bank" to prepare. Set one goal every month, and you will be surprised how much it helps. A little at a time adds up in the end! Below are some ideas of goals that might help you know what to do to prepare in this area.

Goals for Level 1

1. Make up hygiene kits for each of your family members. See ideas in the 2019 guide for Oct.
2. Put together a simple kit for a potty bucket. -See 2019 guide for October

3. Designate a space in your home, garage, shed... where you will keep sanitation supplies that can be easily accessed.
4. Make a plan for what you will do in the event there is no garbage pick-up. Perhaps you can go through your emergency supplies and get rid of unnecessary packaging. Consider alternatives to any disposable things that are part of your storage.

Goals for Level 2

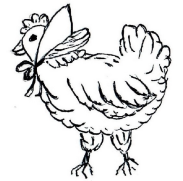
1. Explore feminine hygiene options in case there is no good disposal system or your supplies run out. Two things to consider are a menstrual cup and washable pads.
2. Evaluate to see what supplies you need and what you are missing for sanitation and hygiene. Make a list. Work to acquire those supplies and organize them.
3. Talk to your family about the importance of proper sanitation and hygiene and make sure they understand how to maintain the standards you set on an ongoing basis. Include how they might maintain such standards in a crisis where you do not have running water and sewer. If your children are old enough, you might assign each of them a different topic to learn about and have a time they can teach family members about what they learned. These areas might include broken sewer lines, hygiene in a crisis, broken water lines, how to minimize need for trash disposal, dealing with rodents, preparedness for a pandemic, sanitization when the grid is down.
4. Learn ways to keep from having mice and rats in your house. Decide what you will do if you get them and make sure you have the supplies.

Goals for Level 3

1. Learn how a composting toilet system works so you know the best way to take care of personal waste in a crisis (Look it up on Google.) Make preparations to do so. Old-fashioned outhouses are not wise in residential neighborhoods and a port-a-potty may not be available where you live.

2. Consider what supplies you might need for a pandemic of any kind. Write a list of scenarios and the supplies for each. Put together a tote or box with these supplies. Some things you might include are gloves, masks, shields, disposable clothing covers, and disinfectants.
3. Make a supply of cloths that can be used instead of disposables. These may include cloths for wiping after toilet use (squirt bottle of water used first is recommended), handkerchiefs, kitchen cloths, feminine napkins, sterile bandages, cleaning cloths. Put these away in a container such as a good plastic bin that they can stay clean in.
4. Organize and put away unbreakable dishes and eating utensils for each family member. It is wise to have each set in a net “dunk bag” in case you need to disinfect with hot water and air dry.

Notes from Red Hen



Dear Journal,

Our chicken coop stinks! Never in my life have I had a stinky coop. We have always kept it cleaned out with fresh bedding. However, our farmer's family has gone away, and the person who has been feeding the other animals has paid us no mind. We are out of wood shavings and straw. I am cleaning out the coop. Then I am treating the floor with an old jug of booze I discovered buried under the old well pump when I was scratching. That will work to disinfect it. After that I think I will go get some of the old newspapers from an ancient stack in the corner of the barn. Maybe we can wrinkle and shred them a bit. When conditions are unsanitary we are likely to get sick and even die. You have to be creative and make do with what you have in difficult times.