1.7 Sanitation & Hygiene

Folder with resources and templates: 📁 1.7 Sanitation and hygiene

Systems	Stuff
Handwashing, toilets, showers	
Identify places for public access to safe sanitation and hygiene. ☐ [Create a directory of local public buildings](#) with bathrooms, sinks and/or showers that could be made available to disaster survivors and volunteers. ☐ Include handwashing plans in all volunteer work. Provide soap! ☐ Include a bathroom / sanitation plans in response efforts. ☐ Share models for safe sanitation with impacted households, especially those that are more remote and can't travel to public restrooms. ☐ Remind everyone interacting with mucking and grey water to wash their hands BEFORE and AFTER going to the bathroom. Safe sanitation when there is not running water or septic requires a plan to remove and treat waste ☐ Establish a safe dumping area at least 50 ft from any wells or waterways, ideally lined or contained to promote thermodynamic composting (heat) and reduce spreading. ☐ Establish a designated area for emergency toilets with handwashing.	**DIY handwashing station** ☐ Use clean water (from a hose), but not potable water when possible ☐ Make small holes in the lid of a plastic drink bottle and squeeze the bottle to dispense water. ☐ Purchase water containers with a side spigot, or [build them](#). **DIY toilets** ☐ For short-term use, all you need is a bucket with a lid and dry material like sawdust, wood shavings or wood chips. Or, build a [composting toilet box](#). ☐ Stock with period products and toilet paper **DIY showers** ☐ Use a 5 gallon bucket and a scoop (smaller bucket or empty yogurt container) to pour water over your head in your current shower/tub. If indoor options are not available, designate a well-draining, firm surface for outdoor showering. Provide privacy using a tarp, sheet, etc. ☐ There are many outdoor gear/camp shower options for purchase ☐ After flooding, rivers and lakes may not be safe to swim in. When it is safe, use biodegradable soap if washing in freshwater.
Laundry	
Identify places for public, low-cost and preferably free access to do laundry ☐ [Create a directory](#) of households, businesses and public spaces with washers and dryers ☐ Contact local churches and other orgs to set up free laundry services. [Example here](#).	☐ Washers/dryers ☐ Manual wash systems - Wash tub ☐ Detergent ☐ Clothesline and pins or dry rack ☐ Laundry baskets/bags ☐ [Portable laundry trailers](#) ☐ Off grid hand powered or low voltage (solar power) wash systems