

# SECRETS TO SANITIZATION AFTER THE FALL

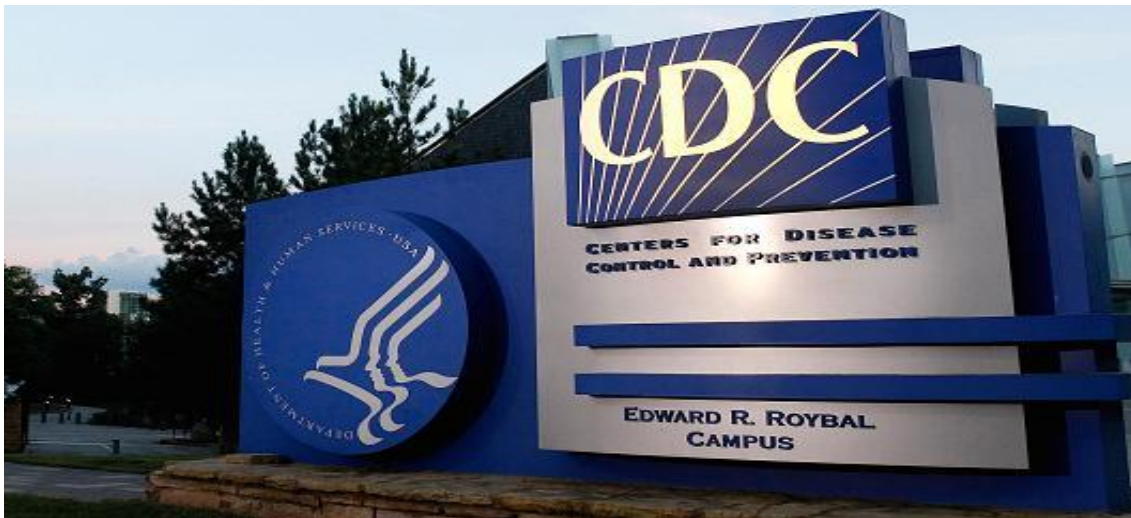


# Table of Contents

Secrets to Keeping Clean and Sanitary After SHTF .....	3
Clean Water .....	4
Filtering Water .....	6
Solar Disinfection .....	7
Chemical Disinfection .....	8
Personal Hygiene.....	8
Staying Clean .....	9
Soap and Water .....	9
Hot Water .....	10
Hand Sanitizer .....	10
Baby Wipes/Wet Wipes .....	11
Clean Nails.....	12
Gloves .....	12
Human Excrement.....	12
What You Shouldn't Do.....	13
Women's Hygiene .....	13
Baby Care.....	14
Dental Care.....	15
Hair Care .....	16
Body Care.....	16
Toilets.....	17
Camper Toilets .....	17
Bucket Toilets .....	17
Composting Toilets.....	18
Outhouse/Latrine.....	18
Toilet Paper .....	18
Garbage Detail .....	19
Pest Control .....	20
Setting Up a Clean Zone .....	21
Quarantine Zone .....	22
Sheltering In Place .....	22
Supplies to Stock Today for Proper Sanitation .....	23
Conclusion .....	24

## Secrets to Keeping Clean and Sanitary After The Fall

What is sanitary really? Is it keeping a clean house or is it washing your hands before you eat? The CDC (Centers for Disease Control) has come up with their definition of sanitation and how you should think of it when you think of your home or environment.



***Basic sanitation is described as having access to facilities for the safe disposal of human waste (feces and urine), as well as having the ability to maintain hygienic conditions, through services such as garbage collection, industrial/hazardous waste management, and waste water treatment and disposal.***

In today's world, we don't think too much about personal hygiene or sanitation. When the dishes are dirty, we wash them. When we need to use the bathroom, we do so and then flush it away. When we are dirty, we shower. When you are thirsty, you turn on the tap and get a nice, cold drink of water. Some even put filters on their already clean tap water to make it taste a little better.

All of these are luxuries we take for granted. After a major collapse, basic sanitation and hygiene will become a serious issue. Nearly any disaster scenario ends up interrupting the water supply.

Without power to run pumps and sanitation systems, water will be non-existent or unclear and not safe to drink or use. Even the most basic things like flushing the toilet will vanish when the water supply is cut off.

Preppers often get caught up in the storing of food and water and don't think about the consequences of a true disaster.

We have to practice good sanitation and hygiene in order to remain healthy. Think about some of the third world countries that battle illnesses that can be blamed on poor sanitation.

It is crucial a prepper sits down and comes up with a plan for sanitation after SHTF. Knowing what to do to keep your family clean and living in sanitary conditions could very well mean the difference between life and death.

Once you have read through all the different aspects of sanitation, you can start prepping items that will make sure your living space is sanitary and relatively free of diseases.

## ***Clean Water***

Most preppers are aware of the fact that water is essential to life. You cannot go more than a couple of days without clean drinking water. This is why preppers store water. Clean, potable water is also necessary for basic hygiene and cleaning



purposes. You don't want to use “dirty” water to wash dishes or your body. Dirty water doesn't always look dirty. In fact, it can be crystal clear and still be filled with harmful disease, bacteria and chemicals.

You will need hundreds of gallons of water to carry you through a month or two. If you have the space to do this, go for it! It will certainly increase your odds of survival. If you want to bottle your own water to save money, that is an option. However, avoid flimsy milk jugs. The plastic is thin and will break down in a matter of months leaving you with a mess and no water. Use old juice bottles and water bottles instead. They will hold up much longer.

Another option you should invest in is something called a water bob. They are fairly inexpensive and can be found on the internet. The device is a large bladder that fits into the bathtub. At the first sign of trouble, you fill the bob up and let it rest in the tub. It keeps the water clean and free of debris that could fall into the tub. Building swimming pools or backyard ponds is another trick many preppers have employed.



While storing water is a great idea, it isn't really a long-term solution. If a disaster was big enough, it could have you living without

running water for months or even years. You need a renewable source of water that you can clean and make safe to use for sanitation and drinking. If you have your own property, having your own well is your best option.

This is a large expense up front and you will need to be in an area that has good ground water, but it is worth it. In most disaster scenarios, the well water would remain clean, unless you were dealing with an earthquake situation. This could cause the well to be contaminated with debris.

Rain barrels and cisterns designed to catch rainwater are another favorite among preppers. There are plenty of ways you can make your own rain catchment system at your house. It is very inexpensive and easily set up.

The local lake, river or stream may work for a bit, but it will quickly become a hot spot for other survivors, which can get dicey. These sources of water are also not safe to use without being treated first.

The idea is to have several options. The prepper mindset is to have a backup for your backup and maybe even another backup, just in case.

## ***Filtering Water***

A rule of thumb that every prepper and survivor should follow is this;

***All water is dirty until purified.***

There are several means of purifying water, but filtering is typically the first step. If you are using water that isn't clear, you will want to remove as much of the sediment as possible. This is a fairly simple process.

1. Pour the water into a container and allow it to sit for until all the sediment sinks to the bottom.
2. Skim off all the material that is floating off the top.
3. Carefully pour the water into another container, being careful not to stir up the sediment on the bottom.
4. Pour the water into your filtering system and then purify.

You can of course pour the water filled with sediment directly into your filtering system, but it will break down your filter faster.

Another option is to pour the water through several layers of cloth. A bandana or old t-shirt works great.

If you suspect that are chemical contaminants in the water, add a piece of charcoal to the water to absorb the chemicals. Boiling the water will kill bacteria and parasites, but it will not remove chemicals.

You can find a number of different water filters on the market. Do your best to find one with the greatest filtration. Some protozoa and bacteria are super tiny. The smaller the micron filtration, the better the filter.

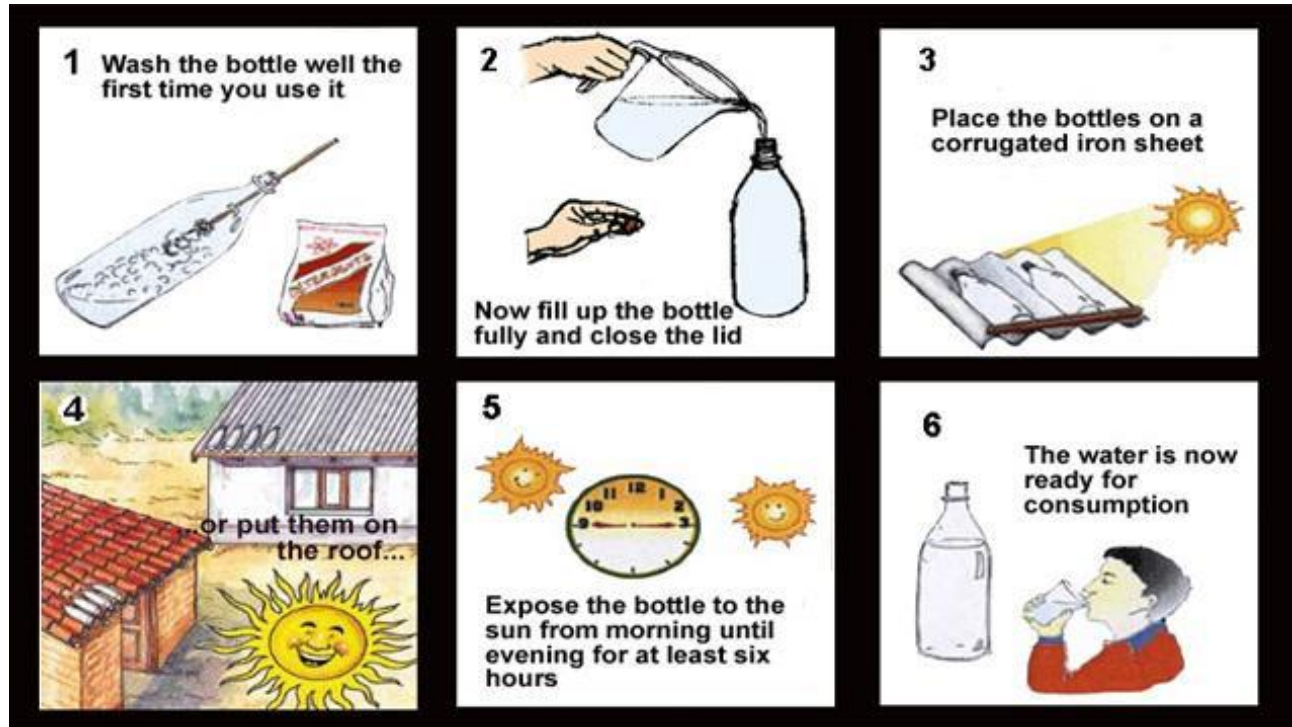
## ***Solar Disinfection***

Solar disinfection, often referred to as SODIS, is another option. The sun can be used to treat your water and reduce or eliminate the dangers of protozoa, bacteria and viruses that may be in the water.

You will need to use plastics that are BPA free.

Shake the water to oxygenate it and put it on the roof or another area that gets full sun.

Allow the sun to heat the water for at least six hours. If it is cloudy, the water should be left in the sun for 2 days.



## ***Chemical Disinfection***

There are numerous chemical disinfectants you can use. Iodine, chlorine bleach and hydrogen peroxide are the most popular. An old fashioned way is to mix water with wine to make it safe to drink. The alcohol is supposed to kill the harmful contaminants. Always have several options available to you so you always have clean drinking water on hand.

## **Personal Hygiene**

You may assume that because the world has gone sideways, your personal hygiene isn't important. It is. In fact, you need to pay more attention to your own personal hygiene and the sanitation of your living conditions. Germs and bacteria can wreak havoc in a survival situation.



You cannot afford to become ill or pick up a nasty bug because sanitation is lacking.

Getting sick with a stomach bug in a survival situation is much different than it is today. You will battle dehydration and be unable to keep up with the physical duties needed to stay alive. Your best medicine for illness is prevention. Make hygiene a top concern and do your best to avoid getting sick.

## **Staying Clean**

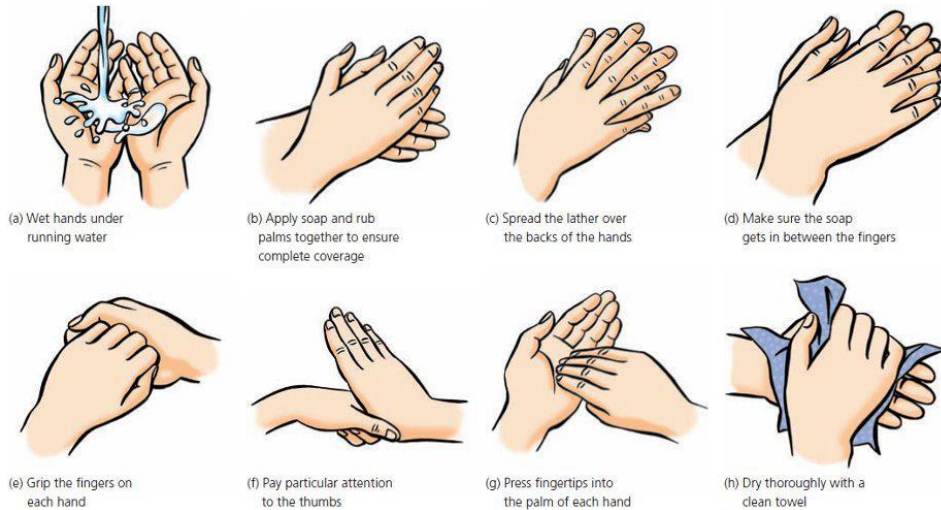
Our mothers have drilled it into our heads since the time we could walk. Wash your hands before you eat! Now, we know we should wash our hands throughout the day and most especially before we touch our face, eat, after using the restroom or handling anything that is likely carrying germs. Germs are everywhere! Door handles, keyboards, faucets and so on. You have to make a real effort to keep your hands clean. If you forget or just don't wash your hands after any activity, you are dramatically increasing your risk of becoming extremely ill.

The following are some of the methods you can use to clean your hands. Your hands are on the front lines so to speak and are like magnets for germs. Keep them clean!

## ***Soap and Water***

Soap and water is still the go-to source for cleaning your hands. You don't have to get a fancy, anti-bacterial soap to be effective. Especially avoid soap that has triclosan in it. This harsh cleanser can actually weaken your skin, which leave you more susceptible to infections.

Stock up on cheap soap and paper towels if you can swing it. Paper towels are more effective at keeping your hands free of germs. Towels will work, but they harbor bacteria. You could end up drying your clean hands with a germ-infested towel. Yes paper towels may seem wasteful, if you are dealing with an outbreak of some virus or illness, take the plunge and use paper towels to dry your hands after washing.



## ***Hot Water***

If you don't have soap, scrubbing your hands under hot water will do. Get the water as hot as you can stand it and rub between the fingers and the backs of your hands.

It may not seem effective, but the hot water will kill some germs and remove quite a bit of the rest.

## ***Hand Sanitizer***

Hand sanitizer should not be substituted for soap and water if it is available. However, if water is scarce a drop or two of hand sanitizer will

go a long way to cleaning your hands. Typically, you would apply hand sanitizer as another measure of protection after you have washed your hands with soap and water, but you can use it alone if it is all that is available.

Hand sanitizer is not magical and will not destroy every little germ or virus that your hands come into contact with. It is typically 99.99% effective. It cannot kill things like e. coli, MRSA (staph) or the flu virus. Just because you use sanitizer after coming into contact with one of these contagions, it doesn't mean you are protected.

Hand sanitizer is largely made up of alcohol, which can dry your hands out with regular usage. Dry hands lead to cracked hands which increase your risk of contracting an illness. If you are using sanitizer often throughout the day, use one that has very little alcohol content. For sporadic use, the high alcohol content will be okay.

### ***Baby Wipes/Wet Wipes***

If you have sticky hands or a little dirt, wet wipes are a great option. Wet wipes tend to have alcohol in them, which will help eliminate germs. As mentioned above, alcohol can be rough on your skin if used a lot. Baby wipes are another option and many brands do not have alcohol. This is an excellent option if you just need to wipe your hands off.



## Clean Nails

Do what you can to keep your nails clean. Packing a manicure set in your emergency preps isn't about vanity, it is about sanitation. Under the nails is a prime place for germs to hang out. When washing your hands, make sure you scrub under the nails. Keep your nails trim and in good shape so they are easier to clean and work with.

## Gloves

Do yourself a favor and wear gloves anytime you are caring for anybody that is sick.

This will help cut down on the transmission of germs and viruses.

This will cut down on how frequently you have to wash your hands as well, although, you should still wash them before

and after putting on gloves, you don't need to be quite as vigorous. Wearing gloves to take care of certain cleaning activities can also add a layer of protection, just in case soap and water doesn't do the trick.



## Human Excrement

Human waste and excrement is a fact of life. It is not one of those things anybody really like to think about or talk about, but it is a serious issue that must be addressed. Excrement, i.e. vomit, snot and sputum and

of course feces, all needs to be properly disposed of to ensure nobody is sickened by the bacteria that lurks in these things.

Clean hands is your best method of prevention. If you touch any human waste or excrement, a thorough hand washing is in order. In ancient cultures, people would use one hand for eating and the other to take care of business below in order to avoid any cross contamination.

### ***What You Shouldn't Do***

Don't let it pile up and absolutely do not leave it exposed. Flies will dine on the waste, which will likely contain things like the very nasty and potentially fatal e. coli. Flies and mosquitoes will transmit the disease. Cholera is a common problem with these exposed excrement piles. It can quickly wipe out an entire community. Always cover the waste. Uncovered holes or cesspools are never a good idea.

Back in the 60s, a group of people decided to get back to nature and lived together in a commune. It wasn't long before dysentery swept through the small community. The outbreak was blamed on an open latrine.

In a later section, we will go into the various ways you can take care of business without making anybody sick.

### **Women's Hygiene**

Women will have to deal with personal hygiene issues that involve their menstruation cycle. Without drug stores to run to, all women should have a healthy supply of feminine products on hand. These will actually be in high demand after the fall and will be a valuable bartering item. Proper hygiene is essential.

Ideally, reusable items like the Diva Cup or cloths that can be washed and reused are best. These silicone cups are reusable for up to ten years. Of course, it is absolutely crucial the cups are washed thoroughly in between uses. You will have a hard time finding these after disaster strikes, so it is best to pick up a few today. They will also be in high demand and will be valuable in the bartering world. Disposable items are convenient, but they will run out eventually.

## **Baby Care**

Taking care of the youngest survivors means you will need to think about their hygiene. Diapers will be a major concern. Even if a toddler has been potty trained, the stress of a situation could result in soiled underwear.

Storing disposable diapers is an excellent idea. It doesn't have to be the premium diapers.



The cheap ones will be better than nothing at all. Diapers will be another premium item in the bartering world.

Because disposable diapers will mean more trash and because they will run out, it is also a good idea to store cloth diapers.

Cloth diapers are versatile and can be used for more than just diapering. Flat fold cloth diapers are your best option. They are easily washed and will grow with the child. They also dry much quicker.

Another throwback to the old days that was used when children were around was to section off a space for kids.

The kids would be allowed to run diaper free. Kids of similar ages would be sectioned off together.

This idea has merit, but you must consider little ones who like to put their hands in their mouths. This could end in illness if mobile kids were put in the same area with infants.

## **Dental Care**

Getting a major toothache or something as serious as an abscessed tooth in a survival situation is a big deal. You can prevent a lot of dental issues by practicing good dental hygiene. Add toothpaste and toothbrushes to your emergency supplies. They are very inexpensive and take up very little space, but are so valuable!

If you don't have toothpaste or a brush, you can use an old-fashioned trick known as twig chewing. This involves chewing on a branch from an aromatic tree until it becomes stringy. Use the frayed twig to brush your teeth. It will leave you with a fresh feeling.



## Hair Care

Your hair needs to be kept clean. It isn't about vanity, it is about being sanitary. Unkempt hair can lead to lice or fleas. This is an itchy, uncomfortable situation that can result in excessive itching that leads to sores, which leads to infection. If you cannot keep up with washing your hair on a regular basis, cut it off.

If you don't have soap and water, a mud treatment will do. Cake mud on your scalp and hair. Allow it to dry and then brush it out or remove it with your hands.



## Body Care

If the weather is mild and not too cold, bathe daily if you can. Think of your body like your hands. You want it to be as clean and germ-free as possible. If you have the water to spare, bathe frequently. If the temperatures are chilly or water is scarce, take sponge baths.

This gives you a chance to look for ticks and other parasites. You can't afford to be sickened. Personal hygiene is the best defense against infection and germs. Being clean will go a long way to making you feel better and keeping you healthy.



## Toilets

You need to be able to dispose of your human waste effectively without leaving it exposed to critters and pests that will end up using it to spread disease. The following are some of the toilet options you may have or can construct. Each has its own pros and cons.

### *Camper Toilets*

Camper toilets are great and so much like the real thing. You do your business and then flush. However, these are not long term solutions. They will only work for a few days or weeks, depending on your holding tank.

### *Bucket Toilets*

The bucket toilet is a favorite among preppers. It is a 5-gallon bucket lined with a heavy-duty garbage bag (don't use the cheap bags!).

Add a bit of water or cat litter to the bottom of the bag to help cut down on odor.

Adding a handful of sawdust or litter once somebody uses the bucket will help keep it a little cleaner as well.



When the bag is about half-full or to the capacity of the bag strength, remove the bag. Bury the full trash bags to keep them from being torn open by animals. It is a good idea to have two buckets. One for urine and another for feces.

## ***Composting Toilets***

You can make your own compost toilet or buy one already made. It is essentially the same concept as the bucket toilet. A little sawdust and time and the waste is transformed into compost. These are ideal because you need very little, if any, water to keep them operable and the odor controlled.

## ***Outhouse/Latrine***

An outhouse is an option if you are handy with a hammer and nails and a shovel. However, you need to have sawdust, dirt or lime on hand. Every time somebody uses the toilet, sprinkle a bit over the top to keep those flies at bay.

## ***Toilet Paper***

You don't realize how precious toilet paper is until you don't have it. Stock up on the good stuff today so you never have to find out what it is like to use the bathroom without toilet paper.

If you didn't stock up on enough or it was destroyed, you do have some options. They won't be quite as pillowy soft, but they will work.

- Paper of any kind
- Leaves—make sure they are not poisonous
- Grass
- Sawdust
- Corn cobs
- Snow

If you absolutely have to, use your hand and then make sure to wash it thoroughly afterwards.

## **Garbage Detail**

Garbage needs to be controlled. Leaving trash lying around your house or living space will attract vermin and ultimately disease. The majority of your trash can be used for compost. Compost is excellent for the garden. The trash you cannot put into the compost heap needs to be sealed in strong trash bags and then buried. You don't want animals getting into it and spreading it all about. Some garbage like cardboard and paper can be burned for heat or cooking.

## **Pest Control**

Clearing out hiding places like piles of wood and debris from around your living quarters will help reduce the population.

It is important you keep pest and vermin from invading your sleeping quarters and food supply in order to reduce disease. Think back to the Plague, which was spread by rats.

You have a few options when it comes to pest control.

- Poison if you don't have little kids or pets that can get into it.

- Traps are another option, but you will have to get more hands on then many people would like.
- Shooting the animals one by one is an option, but it will require you to sit around for hours and use ammunition. Only use this option if it safe.

If times are desperate, the animals can be eaten. Food is food.



## **Setting Up a Clean Zone**

Once you have taken care of all that needs to be done to make your shelter or home as contaminant free as possible, you need to keep it that way. That means you need to restrict access and continue to keep out contaminants. It may be your home, your neighborhood or an apartment building. No matter what area you are holed up in, you need to secure it.

Back in 1918, the Spanish flu was spreading like wildfire. A county in Colorado managed to prevent it from coming in by sequestration. They barricaded the county and banned citizens from letting anybody in without following a 2-day quarantine period.

Two people died in the county. They were sisters. One of the sisters came to visit her sister who lived on an isolated ranch. She was ill and infected her sister. The county managed to successfully protect their citizens.

Unfortunately, the ban was lifted, but the flu was not eradicated. Five months after the ban, the flu came through and claimed the lives of five young people.

You can reduce the risk of your community being infected by instituting a clean zone. Don't get carried away and try to protect an entire town or city. Keep it small and you will have a better chance of real sequestration.

You cannot possibly control what your neighbors do with their trash, but you can control how it effects your home. Do your best to eliminate any contaminants and do what you have to to sequester your home and family members.

## **Quarantine Zone**

If you are sheltering in place or have sequestered your home or community from the rest of the world, you need to set up a quarantine zone.

This is where newcomers or those that show signs of illness or who have been exposed need to be placed. The newcomer needs to be in the quarantine zone for 48 hours or however long is necessary for symptoms to appear.

It is a good idea to set up a decontamination area for those who are coming in from the outside. They should shower thoroughly and be given new clothes and shoes to wear in the clean zone.



If you are dealing with a virus or some other illness, the clean person would go into quarantine. If you are simply just doing what you can to keep your area clean, they should be allowed to enter once you are convinced they are free of contaminants.

## **Sheltering In Place**

Sequestration can be achieved in your house by instituting a sheltering-in-place method. This can be done by taping windows, doors and vents are sealed with plastic. Use duct tape or nails to secure the plastic over the area. This will only work if you limit the amount of times you leave and other people come in.

## **Supplies to Stock Today for Proper Sanitation**

In order to help you with your sanitation needs, you will need some supplies. Many of these are relatively inexpensive and can be purchased in bulk.

- Hydrogen peroxide
- Disinfectant cleaners
- Rubbing alcohol
- Soap
- Iodine
- Hand sanitizer
- Bleach
- Wet wipes
- Baby wipes
- Pharmaceutical drugs
- Natural/herbal remedies
- Pet medications
- Sunscreen
- Toilet paper
- Paper towels
- Garbage bags
- Disposable gloves
- Face masks—N95

- Plastic cutlery
- Paper plates
- Diapers
- Feminine hygiene products
- Bug poison
- Plastic sheeting
- Duct tape
- Body powder/talc
- Diatomaceous earth for controlling bugs (ants, fleas, bed bugs)

## **Conclusion**

Keeping clean may not seem important when you are dealing with a survival situation, but it truly is.

Cleanliness is extremely important to remaining healthy. You need to take more precautions in a survival situation than you would in today's world.

You won't have the luxury of doctors and hospitals. You won't be able to get a prescription for antibiotics if you contract an infection. Do what you can to protect yourself and your family and stay healthy!