



A.D.A.P.T.

Atherton Disaster and
Preparedness Team

Hygiene, Sanitation & Security

After a disaster, the environment may be unsanitary and resources may be compromised. You may also be exposed to communicable disease from contaminated food and water, insect-borne illness, and other sources of infection. How do you stay healthy & disease-free?

Personal Hygiene

- Top priorities:
 - Bathing
 - Brushing teeth
 - Washing hands
- Also: nail care, hair care, washing clothes
- Adequate nutrition & hydration
- Wound care
- Medication management
- Personal protective equipment (PPE)

Family Hygiene

- Control common sources of contamination
 - Toilet facilities / human waste / food waste
- Reduce infection from injury
 - Rapid first aid response / wound sterilization
- Food: contamination can cause diarrhea, dehydration
 - Cook food thoroughly
 - Prevent spoilage via fridge/freezer on generator
- Water: poor water quality can cause dysentery
 - Boil, filter, or purify water
- Air: poor air quality can cause airborne disease
 - Wear your mask
- Prevent fatigue
 - Results from stress, loss of sleep, traumatic situations
 - Compromised immune system makes you more susceptible to disease
- Keep environment sanitized
 - Spray bottles, hand sanitizer, PPE
- Prioritize nutrition & hydration



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Neighborhood Hygiene

- Maintain neighborhood hygiene by keeping your environment disease-free
 - Set up camp in protected location
 - Manage human waste
 - Create clean water for entire group
 - Prevent food spoilage
 - Contain/bury hazardous materials
- Prevent fatigue which can affect the entire group
- Group first aid
- Keep up morale
 - Focused activities (e.g., daily sanitation routine)
 - Individual tasks to keep everyone occupied
 - Regular meetings, reflection, games, education
- Community support/specialized care
 - Children, elder persons, disabled persons, pets
- Medication management
- Drainage, sewer systems, daily cleanup schedule

Critter Control & Security

- Critter Control (protecting against 4-legged intruders)
 - Critters will eat decomposing food, which can lead to infection/disease
 - Keep critters away using sound devices (boat horn, whistle, etc.)
 - Maintain clean areas – control waste, use ammonia OR bleach
- Security (protecting against 2-legged intruders)
Non-lethal self-defense:
 - 3000L flashlight with strobe
 - Boat horn
 - Bear spray/pepper spray
 - Wasp spray
 - Fire extinguisher
 - Master blaster
 - Stun gun
 - Taser baton
 - Taser
 - 18” zip ties (2-3 year shelf life)
 - Area illumination/group assembly
 - Visible show of organized activity

*Notes from A.D.A.P.T. Community Meeting, December 11, 2021
Presented by Tom Prussing*