



**A.D.A.P.T.**

Atherton Disaster and Preparedness Team

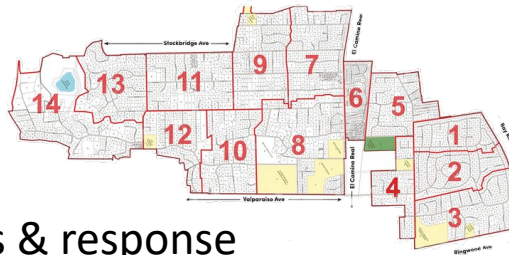
# Dec 2021 Community Meeting

## Hygiene, Sanitation & Security

[www.getreadyatherton.org](http://www.getreadyatherton.org)

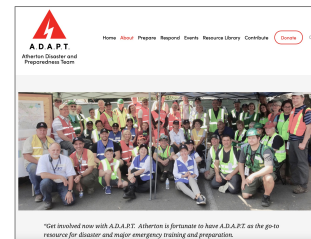
### About A.D.A.P.T.

- Founded in 1999
- Disaster preparedness & response
- In partnership with the Atherton Police Department
- Volunteer-based
- Website: [www.getreadyatherton.org](http://www.getreadyatherton.org)



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## Agenda



- Updates from A.D.A.P.T. & Atherton Police Department
- Presentation: Hygiene, Sanitation & Security
- Q&A
- BBQ!



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## Local Updates



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# Hygiene, Sanitation & Security

Tom Prussing, A.D.A.P.T. President

## Post-Disaster Conditions



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After a disaster, you'll be in a dirty environment and resources may be compromised

- Smoky air, debris, bacteria, etc.
- No access to clean water and safe food
- Limited access to medical treatment (e.g., life-saving antibiotics)



Santa Cruz's rebuilding process continues 30 years after Loma Prieta earthquake

How do you stay healthy & disease-free?

## 4 Main Causes of Disease



Main causes of communicable disease after a disaster:

1. Infections due to **contaminated food and water**
2. Respiratory infections from **stress, changing weather conditions and various contamination**
3. **Critter and insect** borne disease
4. Infections due to **wounds and injuries**



**Good hygiene** can prevent infection & disease

## Maintaining Personal Hygiene



- Top priorities: bathing, brushing teeth, washing hands
- Also: nail care, hair care, washing clothes
- Adequate nutrition & hydration
- Wound care
- Medication management
- PPE



## Family Hygiene



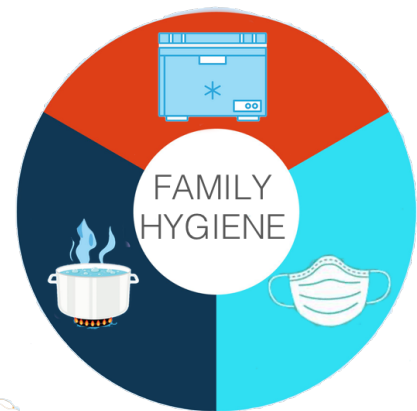
- Need to control common sources of contamination
  - Where to put backup toilet facilities?
  - How to handle human waste?
  - What to do with food waste?
- Need to reduce infection from injury
  - Rapid first aid response
  - Wound sterilization



## Maintaining Family Hygiene



- Food
  - Food contamination can cause diarrhea, dehydration
  - Cook food thoroughly
  - Prevent spoilage via fridge/freezer on generator
- Water
  - Bad water quality can cause dysentery
  - Boil, filter, purify
- Air
  - Bad air quality can cause airborne disease
  - Wear your mask



## Maintaining Family Hygiene



- Prevent fatigue
  - Results from stress & loss of sleep; aftershocks can create traumatic stress response
  - Immune system gets compromised
  - Makes you more susceptible to bacteria, disease, etc.
- Keep environment sanitized
  - Spray bottles, hand sanitizer, PPE
- Prioritize nutrition & hydration



## Sanitation (Neighborhood Hygiene)



- How do you maintain neighborhood hygiene? Keep 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
- Fatigue & communication breakdowns can affect the entire group (e.g., not following instructions)

## Maintaining Neighborhood Hygiene



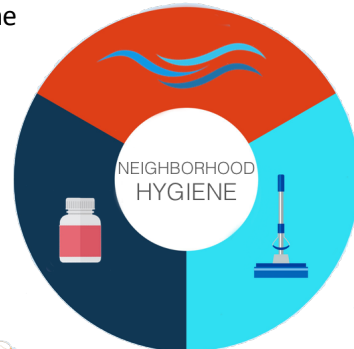
- Group first aid
  - See July meeting
- Keep up morale
  - Focused activities (e.g., daily sanitation routine)
  - Individual tasks to keep everyone occupied
  - Regular meetings, reflection, games, education
- Community support/specialized care
  - Children, elder persons, disabled persons, pets
  - See November meeting



## Maintaining Neighborhood Hygiene



- Medication management
  - What happens when people don't have their prescription medications?
  - Chemical imbalance -> instability -> stress -> shock syndrome
- Drainage
  - How to handle rainwater/runoff?
  - Standing water -> contamination -> disease
- Sewer systems
- Daily cleanup schedule



## Critter Control (Protection against 4-legged intruders)



- Critters will eat decomposing food -> infectious
- How to keep critters away?
  - Use sound devices (boat horn, whistle, etc.)
  - Maintain clean areas – control waste, use ammonia OR bleach



## Security/Non-Lethal Self-Defense (Protection against 2-legged intruders)



- 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





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# **Q&A and Wrap-Up**

*BBQ in the courtyard starts at 11:30!*