

5

WASTE & HYGIENE PLAN



ACTIVITY 19: BUILD A HANDWASHING AND DISHWASHING STATION



STEP 1: GATHER MATERIALS BEFORE A DISASTER



3 STURDY PLASTIC CONTAINERS



DISH SOAP



BLEACH



WATER

Gather and dedicate three buckets or containers to be used **ONLY** for handwashing and dishwashing. Stock up on dish soap and bleach to create your sanitizing solution.

STEP 2: BUILD YOUR STATION

- Bucket one will be your wash bucket and will contain a mix of soap and water for washing hands or dishes. To get started, pour a bit of soap or bleach into your bucket, then gently add your water. You don't want the bucket to be too full or use too much soap or bleach.
- Bucket two will be your rinse bucket. Fill this bucket with water only. You'll use this bucket to rinse your dishes or hands after washing them in the soap and bleach solution.
- Bucket three will be your sanitize bucket. Fill this bucket with water and add a small amount of bleach to serve as the final round of sanitizing for your dishes and hands. This last round is essential to keeping your hands and dishes germ-free.

ACTIVITY 20: PREPARE A TWO-BUCKET TOILET



Goal: Learn how to collect, contain and safely dispose of human waste to prevent disease.

STEP 1: GATHER YOUR MATERIALS BEFORE A DISASTER

- **Two sturdy plastic 5- or 6-gallon buckets.** The buckets need to be sturdy enough to support your weight. Most big-box stores have branded buckets for a few dollars each. Find free ones by requesting them from businesses that frequently dispose of them, such as restaurants, bakeries, food production facilities, paint stores, etc. Mark each bucket by writing poo and pee on pieces of paper and taping to the bucket, or print off stickers from www.rdpo.net/emergency-toilet
- **Layering materials like wood pellets or sawdust, garbage bags and toilet seats** (optional).



TOILET SEAT

- You can adapt a regular toilet seat or buy a seat designed for use with buckets (available at most camping stores and emergency supply retailers).
- If you can, purchase two toilet seats (one for each bucket), since many people prefer to sit when urinating.

Do not use a pool noodle for a toilet seat. They are absorbent, which increases the risk of spreading disease.

LAYERING MATERIAL

- Carbon-based material works best. It should be lightweight, dry and organic. The goal is to absorb moisture, reduce odor and deter flies. You'll need a handful to cover each time you make a feces deposit. Examples include sawdust, shredded paper, bark chips (avoid cedar), dry leaves, dry grass clippings, peat moss, toilet paper, hamster bedding, etc.
- Wood pellets that are made for pellet stoves are a low-cost source of carbon materials. When mixed with water (about 1 cup of water to 2 cups of wood pellets), it can yield about 6 cups of sawdust. **Remember to store extra water if you plan to use pellets.**
- Ask a lumber yard or local furniture company for a bag of sawdust.
- Ask a business for a bag of shredded paper. Be creative!
- A roll or box of heavy-duty plastic garbage bags (13-gallon size, 0.9 mil or thicker). If you can't get 13-gallon bags, make sure the bags you use are big enough to tie shut once your bucket is half full, and make sure it's a sturdy bag (heavy-duty, 0.9 mil or thicker), so it's less likely to tear.



STEP 2: SET UP AND USE YOUR STATION

- Find as private a space as you can, particularly outdoors. Remember, your toilets can be moved from one location to another, if necessary.
- Try to be vigilant about keeping solids (poo) and liquids (pee) in their designated buckets.
- After using the pee bucket, remove the seat and cover it with a lid that closes well; enclosed pee smells the worst when contained.
- A day's worth of pee from one person has 10 times the volume of poo. Pee can be stored until you're able to put it 6 to 8 inches below soil.
- After using the poo bucket, sprinkle half a cup of carbon material on top of the poo to completely cover it. This will minimize odors. Put the toilet seat back down ensuring it's not airtight. Giving this bucket's contents air will allow it to dry and reduce in volume. Remember: The poo bucket contains pathogens that can cause disease.

ACTIVITY 21: MAKE AN EMERGENCY WASHING MACHINE



Even during non-emergency times, an emergency washing machine can save water, which can be especially helpful during periods of drought. This method involves a bit more expense and effort in preparation than a simple bucket or galvanized tub-and-washboard option.

STEP 1: GATHER YOUR MATERIALS



UNDERSTANDING YOUR MATERIALS



- **A mobile washer device** is a blue-colored device that resembles a plunger and can have either a T handle or a straight handle. The pushing and pulling agitation pulls dirt and excess detergent from clothing. This helps use less water, less detergent and no electricity. These can be found online or in big-box and hardware stores.
- **Gamma seal lids** are plastic lids built for 12-inch buckets, which include most standard size 3.5-, 5-, 6- and 7-gallon buckets. The gamma lids have an outer ring that seals onto the bucket and an inner lid that screws into the outer ring.
- **A rubber mallet** (not a hammer) is necessary to get the bottom part of the gamma seal lid to affix to the bucket. You need a solid rubber head to deliver a softened, positive strike and help absorb vibrations without damaging the plastic. A hammer will destroy the integrity of your seal.

STEP 2: Drill a hole in the top of the gamma lid using a 2-inch drill bit.



STEP 3: Drill four holes in the bottom of the top bucket using a 1-inch drill bit, as shown. You'll now have a wash bucket on top with holes in it and a rinse bucket on the bottom.

STEP 4: Use the rubber mallet to attach the gamma seal lid to the top bucket (the one that has four holes in the bottom).

STEP 5: Slip the top bucket inside the bottom bucket and insert the plunger. After you slip the bucket with the gamma seal lid into the bottom bucket, insert your plunger device (shown in Step 1) and affix the gamma lid. You only need about 4 inches of water in the bottom bucket to make this effective.

STEP 6: Rinse clothing in another bucket that uses minimal water. Try to wring out as much excess water as possible and shake it out to remove wrinkles.

STEP 7: Air dry your clothing. If you have trees, a fence or posts already situated outside, tying a clothesline is a great option for air-drying clothing. You can also use a collapsible drying rack.



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