

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

FIRST 3 DAYS



This month we are working on part three of the *First 3 Days* and our focus is on hygiene supplies. Keeping clean in an emergency is not only important to keep germs and diseases from spreading, but it also boosts your morale. If you have been storing 3-4 gallons of water per person per day, then you should have enough on hand to be able to wash your hands or maybe wash some dishes, but be sure to use it sparingly since you don't know how long you'll be without water.

If your water is shut off, you won't be able to flush a toilet, so see below for some ideas on how to deal with human waste. Keep plenty of toilet paper on hand, but you may also consider making a supply of "family cloths" by cutting up 9" squares of soft fabric to be used instead of toilet paper. Don't forget the importance of brushing and flossing your teeth daily, so have a store of toothbrushes, toothpaste, floss, and mouthwash on hand. You can keep travel size items in your 72 hour kit in case you have to relocate.

It's also very important to have a good supply of feminine hygiene supplies on hand, and if you have a baby, have lots of disposable diapers too. However, you would also be wise to have a supply of homemade menstrual pads and at least 2 dozen cloth diapers, diaper pins, and plastic pants on hand. Having some adult diapers could be useful too. Finally, have a good supply of wipes, hand sanitizer, and soap, including bar soap, which lasts longer, and trash bags too.

IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:

August's ONE Thing

STORE ENOUGH HYGIENE SUPPLIES TO LAST FOR AT LEAST 3 DAYS.

EMERGENCY TOILETS

Everyone pees and poops and without those wonderful toilets we all take for granted, this will quickly become a problem. Don't despair, there are a surprising number of options available, but here are just two quick ones to try.

OPTION 1: MODIFY YOUR TOILET

Step 1: Turn off the water to the toilet.
Step 2: Tape the handle so you can't accidentally flush the toilet.
Step 3: Lift the lid up, then line the toilet with a 33 gallon trash bag, and duct tape it in place.
Step 4: Put 2 cups of kitty litter or sawdust in the bag.
As the toilet is used, scoop the waste into a smaller trash bag, then tie a knot in that bag and dispose of that bag outside your house for future pick-up.



OPTION 2: MAKE/BUY A PORTABLE TOILET

Step 1: Buy a 5 or 6 gallon bucket.
Step 2: Buy an emergency toilet seat with a lid, or cut a pool noodle to fit around your bucket rim.
Step 3: Line the bucket with a trash bag and duct tape it to the bucket, then put the seat on top.
Step 4: Put 2 cups of kitty litter or sawdust in bag.
As the toilet is used, scoop the waste into a smaller trash bag, then tie a knot in that bag and dispose of that bag outside your house for future pick-up.

This year we are gradually getting better prepared by going through the *Power of 3 Member Preparedness Plan*.

You can find the *Power of 3* plan at <https://www.orangestakelinks.com/>

See the "Emergency Preparedness" tab for previous issues and additional information.

Time For More?

WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE

WHAT SHOULD YOU STORE?

Here are some ideas for types of hygiene supplies to store. Keep travel size items in your 72-Hour kit.

- Hand Sanitizer
- Wipes
- Hand Lotion
- Bar Soap
- Liquid Soap
- Paper Towels
- Facial Tissues
- Toilet Paper
- Toothbrushes
- Toothpaste
- Dental floss/picks
- Mouthwash
- Shampoo
- Plain Chlorine Bleach
- Rubbing Alcohol
- Spray Bottles
- Disinfecting Supplies
- 33 Gallon Trash Bags
- 10-13 Gal. Trash Bags
- Kitty Litter & Scoop
- Gloves
- Water Container With a Spigot (For Hand a Washing Station)
- Plastic bucket/basin
- Feminine Hygiene Supplies
- Disposable Diapers
- Cloth Diapers/Diaper Pins/Plastic Pants
- Adult Diapers
- "Family Cloths" (reusable fabric for wiping)
- Perineal Cleansing Bottles



WANT MORE INFO?

Here are some sites that have lots of great info on how to prepare for hygiene needs in an emergency.



- **Prepping For Basic Emergency Sanitation:**
<https://the providentprepper.org/prepping-for-basic-emergency-sanitation/>
- **10 Hygiene & Sanitation Tips for a Disaster:**
<https://www.foodstoragemoms.com/10-hygiene-and-sanitation-tips-for-a-disaster/>
- **How To Make Your Own Portable Emergency Toilet:**
<https://www.foodstoragemoms.com/toilets/>
- **Emergency Sanitation:**
<https://the providentprepper.org/recommended-products/emergency-sanitation-recommended-products-2/>



HOW GOES YOUR "GO BINDER"?



So far we have gathered personal, insurance, and financial information. This month we will cover miscellaneous items not mentioned before. Remember to try to scan applicable items and save them electronically in addition to having a paper copy in your binder.

- Cash -have a supply of small bills and some coins (You should also have cash in your 72-Hour Kit.)
- An "Evacuation Checklist"-Have multiple copies and assign different people to gather different things. People often panic in emergencies & this list will help you know what to get and where it's located.
- Maps/evacuation plans- Have the address and directions of where you plan to go if you need to evacuate your home. (Family member or friend's house, pet friendly motel, etc.)
- List of your passwords to websites. Try to come up with a code to encrypt this info since you don't want anyone to gain access to those websites.



Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. Please note that I am not an expert in all things emergency preparedness, but I'll share my knowledge and experience with you. I hope you will find my humble efforts helpful on your journey to being better prepared. If you have any questions, comments, suggestions, or corrections, please email me at OrangeStakePreparedness@gmail.com. Happy Preparing! *You can do this!*