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**Marcussen Emergency**

**Response Training**

**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?

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| 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)
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| Family Hygiene (Sanitation) |
| * 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, dyhydration
	+ 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 (Sanitation) |
| * 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
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| 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.)
	+ Keep critters away using sling shots
	+ 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
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***Notes from A.D.A.P.T. Community Meeting, December 11, 2021***

***Presented by Tom Prussing***