**A picture containing tree, sky, outdoor, plant

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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 |

***Notes from A.D.A.P.T. Community Meeting, December 11, 2021***

***Presented by Tom Prussing***