SANITATION

In a disaster, toilets may be unusable because of a lack of running water or breaks in the sewage line. An easy and inexpensive solution is a five-gallon bucket fitted with a snap-on seat/lid and lined with a plastic bag.

Urine is generally sterile and can be disposed of into the soil. Feces contain the bulk of bacteria. By keeping them separate, you will significantly reduce the volume of waste, as well as minimize odor. It is difficult to keep the two processes separate (especially for women), but you'll improve with practice.

Steps to follow:

* Urinate into a separate container or directly on the ground (away from human activity).

* Poop into the lined bucket. Cover with sawdust or shredded paper to manage odors and help the feces to break down.

* Clean hands and ensure that the seat/lid seals.

It is helpful to have a supply of toilet paper, wet wipes, soap or hand sanitizer, and feminine hygiene or personal supplies.