

Sanitation & Hygiene

Why Sanitation & Hygiene Are Critical in Emergencies

In emergencies—especially those involving displacement, power outages, or long-term sheltering—**maintaining hygiene is vital for preventing disease, infection, and discomfort.**

Without proper sanitation, even minor issues like cuts or spoiled food can escalate into serious health risks. **Cleanliness also plays a major role in mental well-being and maintaining dignity** during stressful situations.

Key items to include in your emergency hygiene kit:

- **Wet wipes & hand sanitizer:** Quick cleansing when water is unavailable
- **Toothbrush & toothpaste:** Prevents dental issues in long-term situations
- **Soap & biodegradable towel:** For body and hand washing
- **Portable toilet bags:** Safe waste disposal when plumbing fails
- **Feminine hygiene products:** Essential for personal comfort and sanitation
- **Disposable gloves & masks:** Added protection during cleanups or illness

Pack these items in waterproof containers and refresh supplies regularly. A small kit can make a big difference in both comfort and survival.