



Hygiene when the water is off.

Twelve mistakes that get people sick faster than hunger does.

1 A toilet pit near water



- At least 200 feet from any stream, lake or well
- That is about seventy adult steps
- Downhill and away from camp

2 Burying waste too shallow



- Six to eight inches deep
- Cover and pack it down
- Shallow pits get dug up by animals and rain

3 Hands in the drinking water



- Dip a clean cup, never a hand
- A separate basin for washing
- One contaminated bucket spoils all of it

4 Sharing bottles and cups



- One bottle per person, marked
- Colds and stomach bugs move mouth to mouth
- Wash and rinse, do not just swap

5 Skipping handwashing



- Before food, after the toilet, every time
- A tip-tap or a jug with a tap works
- Sanitizer when there is no water

6 Open trash



- Bag it, tie it, keep it away from sleeping areas
- Flies carry what trash holds
- Burn or bury food waste if pickup stops

7 Not boiling dishwater



- Wash in hot water, rinse in treated water
- Air dry, do not towel dry
- A dirty rinse undoes the wash

8 Wet socks and feet



- Dry feet every night, change socks
- Wet skin breaks down in days
- Two pairs: one on, one drying

9 Touching the face after raw food



- Raw meat, then eyes, is a fast infection
- Wash before you touch your face
- Clean the knife and board between jobs

10 Wet cotton in the cold



- Wet cotton pulls heat off your body
- Change out of it, even into something thin
- Dry layers over wet skin, always

11 Reusing bandages



- Clean dressings only
- Boiled and dried cloth if you run out
- A dirty bandage is worse than none

12 Ignoring the small stuff



- Brush teeth, even with a finger
- Trim nails, keep hair tied back
- The small routines are the ones that hold

Clean hands and separated waste prevent almost everything on this list.

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