

(Tape the top copy of these instructions inside the lid of your sanitation kit.)

To avoid infection and stop the spread of disease by insects and rodents:

Line a bucket with a garbage bag and make a toilet seat out of two boards placed parallel to each other across the bucket. After each use, pour a disinfectant such as bleach (1 part liquid chlorine bleach to 10 parts water) into the garbage bag. Cover the bucket tightly when it is not in use.

Bury garbage and human waste [poured out of plastic bag] in a pit two to three feet deep and at least 50 feet downhill or away from any well, spring or water supply.

American Red Cross April 2003

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For excellent preparedness information see the following websites:

“Earthquake Preparedness and Natural Gas” gives simple instructions for:

- Securing your water heater
- When to turn off your gas at the meter and how to do it. (Teach older children in case you are not at home)

- Southern California Earthquake Center site.