

#PrepOnABudget – Week 1 (September 1-7): Hygiene



**BUILDING AN EMERGENCY
PREPAREDNESS KIT ON A BUDGET**
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Hygiene – Personal hygiene is critical in maintaining good health and preventing the spread of illness and disease, especially during a disaster. Poor hygiene and unsanitary conditions can cause sickness.

Quick Tip: If your tap water is not safe to use, wash your hands with soap and water that has been disinfected or boiled.

Often, you can purchase these items in bulk or extra saving packages so you can afford to set some aside for your disaster preparedness kit.

Suggested items available for about \$1 each:

- Soap (bar or dish)/Sanitizer/Wet Wipes
- Shampoo / Conditioner
- Toothbrush /Toothpaste
- Baking Soda – can be used as shampoo substitute or toothpaste (50/50 with salt)
- Toilet Paper, Moist Towelettes
- Deodorant
- For \$5+: Potty Bucket (5-gallon bucket, plastic trash bag, toilet seat)

['Winging It' Is Not An Emergency Plan](#) | FEMA PSA video