Keeping Clean

Doing what you can to keep yourself and your clothes clean during an emergency will help keep you healthy and make the experience a little more bearable. In an emergency, it may be difficult to access clean, safe running water. Good personal hygiene is essential to help prevent the spread of illness and disease. Use the following suggestions as a guide to help you keep clean during an emergency. For more information and additional resources, visit *utah.gov/beready.*

- ☐ Store enough water for both drinking and keeping clean
- ☐ Use personal cleansing wipes to help conserve water when possible
- ☐ Use a camp shower to help conserve water when the weather is warm
- ☐ Create wash kit for your clothes during an emergency:
  - Get a 5-gallon bucket and cut a 1-inch hole in the center of the lid
  - Get a clean plunger (to act as an agitator inside the bucket)
  - Store detergent and bleach inside the bucket along with a length of rope to use as a clothesline
- ☐ To use the wash kit:
  - Place soiled clothing, some detergent, bleach (if needed), and a small amount of water in the bucket
  - Insert the plunger handle up through the lid and secure the lid to create a wash basin
  - Agitate the clothes with the plunger for several minutes
  - Wring out the clothing into another bucket to collect the wash water
  - Rinse clothing by adding clean water into the bucket and agitating with the plunger
  - Hang clothing on the clothesline to dry
  - Recycle the water from the rinse bucket to clean another batch of clothing

Watch 20 to Ready videos at *www.kbyueleven.org/community/20toReady*