

# 30 Days 30 Ways

## Family Emergency Preparedness

### Pee and Poo

Our sewer system is one of the most fragile of the household utilities. The average person produces around 2-3 pints of urine and 1 pound of poop a day. Multiply that by the number of people in your family and in a short time you can only imagine the amount of waste that would pile up in an extended grid-down situation in the city.

In most cases, city dwellers do not have access to land where they can safely dig a trench latrine or cat holes. If you are one of these unlucky folk you'll need to consider other options. Here is a good temporary system for managing human waste:

#### 5 gallon bucket toilet:

Line a 5 gallon bucket with a heavy mil trash bag. Cover waste with saw dust, kitty litter or dirt sprayed with a small amount of bleach. Seal the bag when it is 2/3 full and store away from food and water sources. Sanitation is very important in emergency situations. Be sure to have hand sanitizer available.



#### Cat Hole:

- Place your cat-hole site is at least 200 feet from any source of water.
- Don't dig in an area that may impact water sources. Do everything you can to prevent feces from reaching any water source — be it underground well water, your water table, rivers, lakes, springs, and creeks.
- Disperse the cat holes over a wide area if possible
- If possible, setup your cat hole in an area that gets a lot of sunlight (this will aid decomposition)

