

Vitamins, First Aid & Sanitation

Sanitation (can cause more deaths than the natural disasters themselves)

Have enough **hygiene Items** to last several months to a year. Common items you probably have: Body / antibacterial / dish soap, TP, toothbrushes, toothpaste, deodorant, detergent, disposable feminine hygiene products and disposable diapers. Less common items you may not have: Body wipes, hand-wipes (1+ per person / day), calcium hypochlorite (bleach concentrate granules), dental scaler / scraper, portable shower, clothes washer tool and non-disposable feminine hygiene products and diapers.

- **Clean water/filtration** – See water handout.
- **Trash Management** – Compostable bags for organic waste, separate paper and plastic waste and remove all organics from them before bagging.

- **Human Waste** – Purchase items to help you implement a plan to manage human waste and trash.
 - Can use 5 gallon bucket toilet seats (2) and compostable bags, privacy tent.
 - Avoid mixing urine and solid waste where possible.
 - Bury human waste in trenches 2'-3' deep.
 - Lime on surface - Helps to decompose human waste and eliminate odor that attracts wildlife.
 - Clog toilets and all pipes (clogging will be essential for sanitation) – a dense ball and sock works well.



[Live Event Recording](#)

Vitamins & Daily Doses

Vitamin D + K2 - 600 to 800 IU a day, depending on age and weight. Don't exceed 4,000 IU a day. OR 15 to 30 minutes per day of sunlight, 2-3 times a week. There's no substitute for the sun!

Vitamin C - 65 to 90 mg a day. Don't exceed 2,000 mg a day. Recommended to get some of your vitamin C from food such as vegetables.

Magnesium - 300 mg a day (109,500mg / person / yr).

Calcium - 500 mg a day (182,500mg / person / yr).

Multi-Vitamin WITH B12 AND iron folate/folic acid/fumarate. Prenatal multivitamins great for this.

Iron - 400 mcg a day for men over 18. (146,000mg / yr). 1,000 mcg a day for pregnant women. (365,000 / yr) Meat and legumes such as (dehydrated) refried beans are good sources of iron.

B-12 - 2.4 mg per day for adults (876mg / person / yr).

Zinc - 5 mg a day (1,825mg / person / yr) used in multivitamins BUT higher dose lozenges at outset of viral infection.

Electrolytes - Powdered drinks with potassium and sodium that aid in cell repair.

These particular vitamins would be especially important in a long-term emergency, where less-varied diets and need for strong immune systems would exist.



[Product Info Link](#)

First Aid Kits

Recommendation is to make your own kit, avoid pre-made kits.

Best items to put in your First Aid Kit:

- Disinfectants & Cleansers – soap, alcohol, hydrogen peroxide.
- Bandages – Band-Aids, gauze pads & rolls, non-stick pads, ACE elastic wraps.
- Personal Protective Equipment – disposable gloves, CPR barrier, masks, ziplock bags for clean-up.
- Other supplies – thermometer, tweezers, scissors, tape, pen & paper, first aid manual.
- For car, work, or travel kits – instant ice pack, small supply of any regular prescription medications, contact lenses, & feminine hygiene supplies.

Important Medications:

- Oral Medications – NSAIDS (e.g., ibuprofen), acetaminophen (Tylenol), allergy medicine (e.g., Benadryl), cold medicines, anti-diarrheal. Have pediatric doses available for children. Keep your prescriptions from getting low.
- Topical Medications – antibiotic ointment; steroid cream (hydrocortisone), antihistamine cream (Benadryl cream), burn gel/aloe.

[KSL Article Link](#)
[JASE Medical](#)



A method to stockpile your daily chronic condition medications as well as a special preparedness pack of antibiotics and accompanying guidebook for their safe use.