

# Sanitation & Disinfection Plan in the Event of a Disaster

## Oki Healthcare Centre

In the event of flooding or other disasters, buildings and homes can be inundated with sewage and polluted water, creating an environment conducive to the breeding of germs. This increases the likelihood of food poisoning, and the spread of infectious disease. In order to prevent this please be sure to take the following precautions.

### (1) Dealing with Flooding Above or Below the Floor Level

1. As well as sweeping up the mud and dirt from in and around the property, clean up any waste, and ventilate well to promote the drying process. If you are worried about pollution, or smells, scatter slaked lime (Calcium Hydroxide) as necessary.
2. If the floors, walls, or furniture have been contaminated with dirty water, they should be washed off thoroughly with tap water. After washing ventilate rooms well, or dry in the sunshine. Wipe clean as necessary using a diluted disinfectant (invert soap/cationic soap, or household bleach).

(Be sure to disinfect after cleaning)

3. After wiping shelves and refrigerator clean, wipe down with disinfectant alcohol.
4. After washing tableware and cookware, disinfect with boiling water. Items that can not be cleaned with boiling water should be dipped in kitchen bleach. Be sure to thoroughly wash off all of the bleach using tap water.

### (2) Preventing Food Poisoning and the Spread of Infectious Disease

1. Be sure to thoroughly wash your hands with soap and water after using the toilet and before cooking and eating.
2. Drink only water that has been boiled.
3. Only use water from wells, cisterns, and tanks that may have been polluted with floodwater, after you have checked that they are safe.
4. Food that has been wet, or in the event of a power outage, food in refrigerators, should not be eaten, and should be thrown out.
5. If you develop a fever, diarrhoea, or stomach pains, go to a doctor as soon as possible. The fatigue of cleaning up after a disaster can weaken your resistance to disease. Those affected by chronic disease, the elderly, and babies should be particularly careful.

### (3) Disinfecting

Overuse of disinfectant and result in environmental damage and be harmful to humans. Try to use the minimum amount necessary.

In the interests of safety, when using disinfectant please be sure to follow the instructions for use carefully.

Households with small children should be especially careful to make sure their children do not accidentally swallow any disinfectant.

## Easy to Use Household Disinfectant

- Invert Soap (Benzalkonium Chloride etc : available products have a 10% concentration)

Disinfectant suitable for floors and furniture etc (soak a cloth used for wiping)

Dilute to a concentration of 0.1%. (For products with a 10% concentration: dilute 10ml of the liquid in 1 litre of water).

- Sodium Hypochlorite Solution (Household Chlorine based bleach etc: available products have a 5% concentration)

For tableware, after soaking it in the disinfectant for 5 minutes or more, wash thoroughly with water. Use diluted to a concentration of 0.02%. (Products with a 5% concentration should be diluted in these proportions: 4ml of the liquid in 1 litre of water).

It is dangerous to mix these products: Be careful not to mix the above disinfectants with other cleaning products (eg acid based toilet cleaners)

When using disinfectants, be sure to wear gloves. You can not use these products with metals.

- Fast drying rub on disinfectant for hands

After washing hands thoroughly with tap water and soap, wipe them on a clean towel, apply the disinfectant to your hands.

- Disinfectant Alcohol

For use in refrigerators etc. Use a cloth soaked in the disinfectant to wipe the inside of the refrigerator etc.

### Where to get disinfectants

○Disinfectants should be available for purchase at your nearest drugstore or chemist.

○Disinfectants may also be distributed by your municipality, so please listen to bulletins and announcements.

If you are still uncertain about the use of disinfectants, please contact the Oki Health Centre.

Weekdays 8 : 30 ~ 17 : 00 08512 - 2 - 9714

Evenings and holidays 08512 - 2 - 9797