



Flush & Scrub Guide

Hygiene and Sanitation with Limited Water

HANDWASHING

What you need:

- Basin (bucket, bowl, etc.) with a cup of water
- Pump hand soap or bar soap
- **Sprinkle Bottle**: full plastic water bottle with holes poked in the lid
- Clean towel

What to do:

1. Fill a clean basin (bucket, bowl, etc.) with a cup of water
2. Apply soap to hands & use water to scrub hands, fingers, and under nails at minimum 20 seconds
3. Rinse hands with water in the basin. Alternatively, you can use the **Sprinkle Bottle** to rinse hands.
4. Dry hands with clean towel or let air dry
5. Pour leftover handwashing water into **Flush Bucket** to support next flush



Pro Tip: Wash your hands often! Always wash your hands after using the bathroom, before eating and preparing food, after changing a diaper, and after touching someone who is sick. This is the best way to prevent illness.

FLUSHING TOILET

What you need:

- 1-2 gallons of water (do not flush potable water unless you have to)
- **Flush Bucket**: 5 gallon bucket or other container next to toilet holding flush water
- 1-2 gallon bucket or 1 gallon water jug with top cut off for transporting flush water to toilet
- Plunger (if needed)
- Clorox or bleach

What to do:

1. Make sure that your toilet is not clogged. Use a plunger to remove waste from the toilet drain. Your toilet will not flush if it is clogged
2. Fill your small bucket/1 gallon jug with water from the Flush Bucket. Begin by slowly pouring a small amount of water into the toilet bowl, then quickly pour in the rest. This technique raises the water level and creates pressure that flushes the waste down. If it does not flush, you may need to unclog the toilet and try again. (You can pour the flush water into the back of the toilet tank, but it typically requires more water to flush)
3. If you have limited water, only flush once a day. Do not flush urine to conserve water: "If it's yellow, let it mellow. If it's brown, flush it down." Pour a cap full of Clorox or bleach in the toilet bowl after flushing poop.



Pro Tip: Collect water from bathing, washing clothes, washing dishes, and washing hands into your Flush Bucket so you can reuse the water for your next flush.


WASHING DISHES

What you need:

- 2 basins (buckets, large bowls, or large pots)
- 6 cups of water
- Dish soap
- Dish sponge, scrub brush, or cloth
- Clorox or bleach (if accessible)

What to do:

1. Scrape all food off of dishes into the trash (you can boil water and let dishes pre-soak if needed)
2. Washing basin: fill one basin with two cups of water.
3. Sanitizing basin: fill the second basin with quart (4 cups) of water. Add 1 teaspoon Clorox/ bleach
4. Apply a small amount of dish soap onto your sponge. Scrub dishes in the washing basin until there is no more food residue. Put washed dishes in sanitizing basin and let soak for at least 2 minutes
5. Put clean dishes on a drying rack or on a clean towel to air dry
6. Pour water from basins into **Flush Bucket** to support the next flush

 **Pro Tip: A small amount of dish soap goes a long way. Use a little or dilute it with water in a plastic bottle.**

WASHING CLOTHES

What you need:

- Two 5 gallon buckets or large basins
- Laundry detergent (ideally liquid)
- 2 gallons of water, or as much as needed

What to do:

1. Washing Basin: fill one bucket with 1/2 gallon of water (or more) & add a few drops of detergent
2. Rinsing Basin: fill the second bucket with 1 gallon of water (or more)
3. Submerge clothing in washing basin and scrub material together. Add detergent if needed
4. Wring out the soapy water over the washing basin
5. Dunk and swish the clothing in the rinsing basin and wring out the water over the rinsing basin
6. When you are done washing all the clothes, empty both basins into the **Flush Bucket**
7. Hang the clothes to dry or lay flat
8. Make sure clothes are dried completely before putting them away

 **Pro Tip: If your rinse water gets very soapy after multiple uses, you can dump it into the Flush Bucket and then refill with new water.**

BATHING


What you need:

- Plastic storage bin (if accessible)
- A bucket or basin with 1 gallon of water for washing
- Cup or small bowl
- Soap
- **Sprinkle Bottle:** Full plastic water bottle with holes poke into the lid for rinsing
- Washcloth
- Towel for drying

Please note: If using non-potable water for washing, do not wash face or infants to prevent illness

What to do:

1. Place the plastic storage bin in your bathtub or shower to stand in while bathing
2. Use a cup or bowl to pour water over yourself, or use the **Sprinkle Bottle** to wet your body
3. Apply soap to washcloth and scrub body (don't use too much soap- it will take more water to rinse)
4. Use a cup, small bowl, or the **Sprinkle Bottle** to rinse off the soap
5. Empty wash water from the plastic storage bin into your **Flush Bucket**

 **Pro Tip: You can use baby wipes or body wipes to clean your body if you do not have access to water. Use clean clothes and undergarments to keep your body clean.**