

Sanitation & Hygiene Guide

For providers assisting those experiencing homelessness, in outdoor communities, and in safe sleeping sites.





Introduction

WHO IS THIS GUIDE FOR?

Individuals and providers who help in shelters, day centers, and similar settings serving individuals experiencing homelessness at outdoor communities and safe sleeping sites.

WHY DOES IT MATTER?

To slow the spread of disease, prevent people from getting sick, and make a safe and sanitary community for those experiencing homelessness.

HOW DO I USE THIS GUIDE?

Educate clients and individuals experiencing homelessness about:

- Disease Prevention
- Hygiene
- Lice, Scabies, and Bed Bugs
- Food Safety
- Sanitize and Disinfect
- Needles and Sharps
- Waste Management
- Pet Care
- General Safety

Display the posters provided in appropriate areas of your facility.

*Note this guide provides helpful information, but is not meant to give medical advice. If there is a medical emergency, contact a healthcare provider.

Disease Prevention

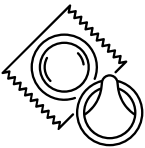
PROTECT YOURSELF AND OTHERS



Wash hands often with soap and warm water (use hand sanitizer if soap and water are not available).



Wear gloves, an apron, face mask, and eye protection when cleaning up blood, poop, or vomit.



Help prevent Sexually Transmitted Infections (STIs) (e.g., encourage the use of condoms, regular testing, treatment, and talking to partners).



Encourage individuals to talk to a doctor about PrEP, a daily medication that can prevent the spread of HIV.



Refer individuals to healthcare services for tuberculosis (TB) screening, especially those in high-risk populations. Consult the [California TB Risk Assessment](#) for more information.



Get vaccinated against hepatitis A, hepatitis B, COVID-19, and the flu (every year).



Use and/or encourage the use of new, sterile needles and equipment to prepare new or used drugs.



Store medications in a safe place, out of the reach of children, and at the proper temperature.



If exposed to HIV or other STIs, seek medical care right away.

Disease Prevention

PROTECT OTHERS WHEN YOU'RE SICK



Sneeze or cough into a tissue or the crook of your elbow.



Wash hands often, especially before you prepare food and after you use the toilet, sneeze, cough, blow your nose, or care for a wound.



Keep wounds clean and covered with a bandage and/or gauze.



Call 911 if you or someone has chest pain or trouble breathing. See a doctor if sick, especially if symptoms are severe or not improving.



Wear a face mask when you spend time in shared spaces.



Sanitize frequently touched surfaces 1-3 times daily (such as doorknobs, railings, and remotes).



Do not prepare food for others if sick.



Machine wash items that have vomit, blood, or poop on them separately.

Remove solid waste first and use hot water detergent, and 1/2 cup of bleach. Wear gloves, eye protection, a mask, and an apron.



Hygiene

Good personal hygiene will protect your health.

Wash hands with soap and warm water for 20 seconds...



Before touching, preparing, or eating food.



Before leaving a room, and after changing diapers.



Before and after cleaning a bandage or wound.



After touching animals or their food/waste.



After blowing your nose, coughing or sneezing on your hand, or helping someone who is sick.



When entering a common area or shelter (you can also use hand sanitizer).

GOOD PERSONAL HYGIENE



Protect your feet, avoid walking around barefoot or wear shower sandals, and sanitize the shower before use.



Keep your towel, hairbrush, soap, razors, etc. separate from others' stuff (do not share).



Hygiene

Good personal hygiene will protect your health.

CLEAN BELONGINGS



Encourage individuals to ask for clean bedding when arriving at a shelter.



Use a heat treatment box to treat belongs that could carry bed bugs, scabies, or lice.

LAUNDRY



Wash laundry in the detergent's recommended water temperature.



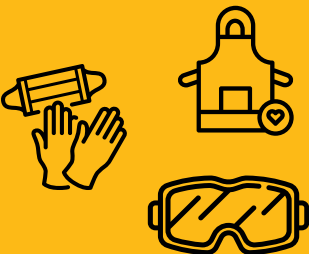
Disinfect sleeping mats.



Dry laundry on high heat. Do not place unwashed laundry in the dryer.



Do not overload machine - fill to 3/4 or less.



If washing someone else's laundry, do not shake it out, and wear gloves and an apron.

If laundry has vomit, blood, or poop on it, wash separately. Use detergent, hot water, and 1/2 cup bleach. Remove solid waste before washing and wear gloves, an apron, a mask, and eye protection.

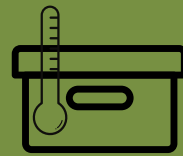
Lice, Scabies, and Bed Bugs



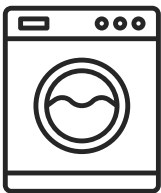
STOP THE SPREAD



Tell staff if you are itchy or have other symptoms so you can get treated.



Use a heat treatment box to treat belongings that could carry bed bugs, scabies, or lice.



Machine wash infested items separately and dry at 130°F for at least 30 minutes.



Place items that cannot be heat-treated or washed and dried at 130°F in a sealed plastic bag for two weeks to control lice and scabies.



Clean and disinfect sleeping mats and wash bedding between clients.

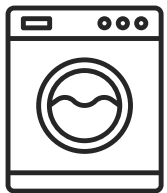


Place bed bug-infested items that cannot be treated into plastic bags and dispose of the bags properly.

Lice, Scabies, and Bed Bugs



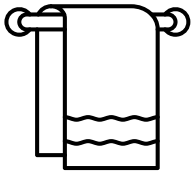
PROTECT YOURSELF AND OTHERS



Wash clothes and bedding weekly to prevent body lice.



Encourage others to avoid sharing clothing, beds, bedding, towels, brushes, or combs.



Store towels and other belongings so they don't touch other people's stuff.



Wear protective gloves and an apron or smock if washing someone else's laundry.



Avoid skin-to-skin contact with someone who is itchy.



Do not shake out belongings that could be infested.

Food Safety

Germs and food that has gone bad can make you sick. Protect your health.



CLEAN HANDS

- **Wash hands for 20 seconds before touching food** and use soap, warm water, and paper towels to dry.
- **Wear gloves when preparing foods** and bandage any wounds. **Do not reuse gloves.**
- **Do not touch food with your bare hands**, unless it's yours.
- **Do not prepare food if you're sick.**



CLEAN KITCHEN

- **Sanitize food prep and serving surfaces** before and after use.
 - Sanitizing solution = 1/4 tsp bleach + 4 cups water.
- **Wash, rinse, sanitize, and air dry dishes** shortly after use.
- **Store food and garbage in rodent-proof containers.**

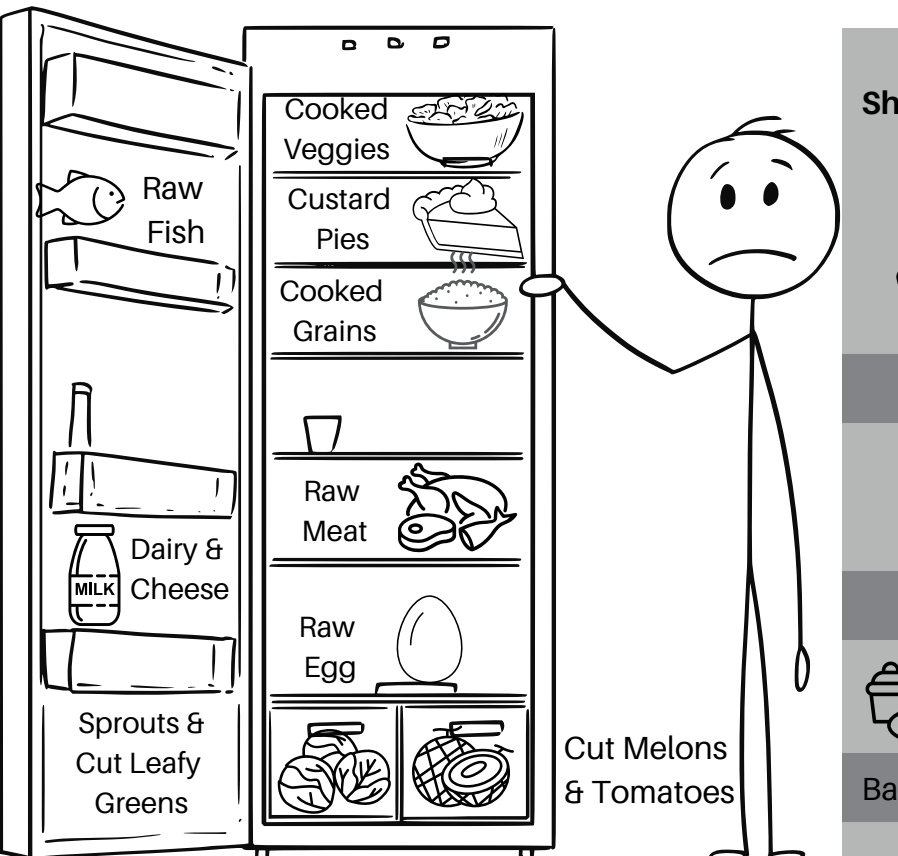
Food Safety

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SAFE FOOD

- **Rinse fruits and vegetables** before preparing or eating.
- **Write the date on prepared food** and eat or throw away within one week.
- **AVOID THE FOOD DANGER ZONE: 41-135°F**
- **Some foods can make you sick if left out for more than four hours.**



Shelf-stable foods are safe at any temperature.



Bread



Peanut Butter



Fruit



Raw Vegetables



Unopened Cans



Baked Goods



Oil



Dry Goods

Clean and disinfect

Germ on surfaces can make you sick. Protect your health.

STEPS TO DISINFECT

1. **Protect yourself.** Always wear gloves, a mask, and apron if disinfecting surfaces.
2. **Clean surfaces to remove dirt before disinfecting** (for disinfecting wipes, use separate sheets for steps 2 and 3).
3. **Spray and leave disinfectant on the surface** for the label's recommended amount of time.
4. **Dry the surface** with a clean paper towel or let the surface air dry.

DAILY DISINFECTING



- Disinfect frequently touched surfaces 1-3 times daily (such as doorknobs, railings, light switches, and remotes).



- Disinfect sleeping areas weekly, when dirty, and between clients.



- Clean and disinfect bathrooms and kitchens 1-3 times daily and sanitize showers between uses.

How to mix your disinfectant or sanitizer solution:

Disinfectant

8.25% bleach
2 tablespoons bleach +
1 gallon water, or

1 +1/2 teaspoons bleach +
4 cups water

Clean and Disinfect

Germ on surfaces can make you sick. Protect your health.

SPECIAL CLEANING FOR VOMIT, DIARRHEA, OR BLOOD



Protect yourself – wear gloves, an apron, eye protection, shoe covers, and a face mask.



Use paper towels and soapy water for wiping and cleaning.



Wipe the area with a paper towel or let it air dry.



Double bag all soiled items and throw them out.



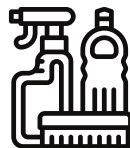
Wash hands after cleanup.



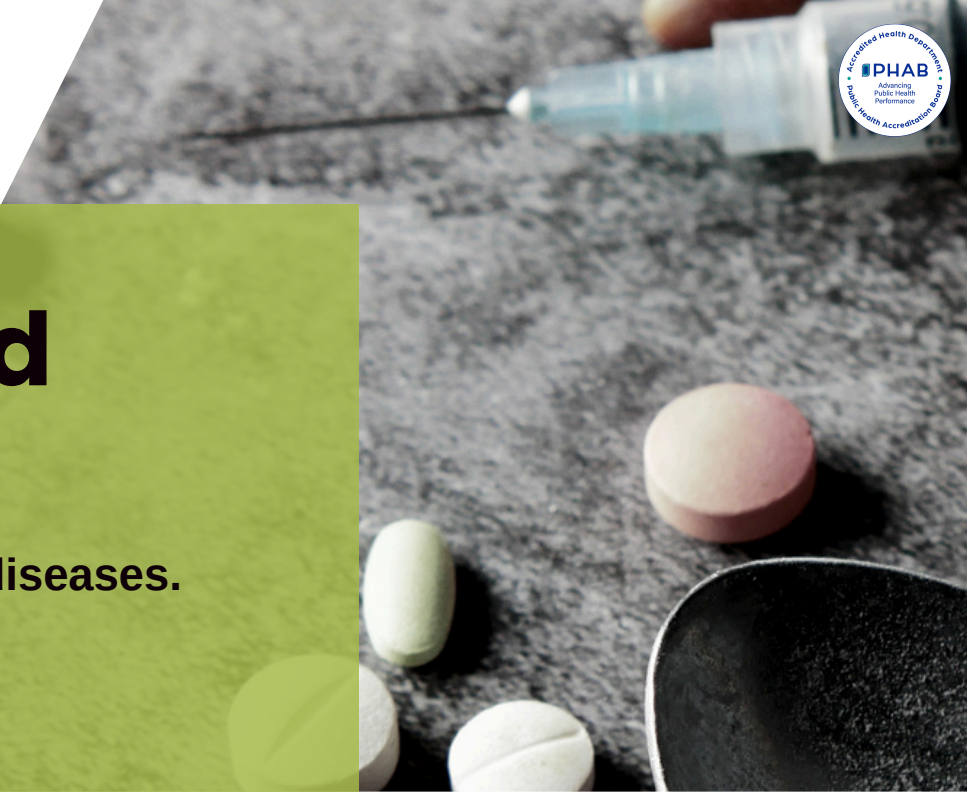
Use kitty litter or baking soda to soak up big spills and scoop up (do not vacuum).



Spray area with disinfectant and let it sit for the amount of time recommended on the label. For special cleaning use 1 cup bleach +1-gallon water.



Clean and disinfect scrub brushes and other non-disposable supplies (e.g., machine wash reusable mop heads with hot water and 1/2 cup of bleach).



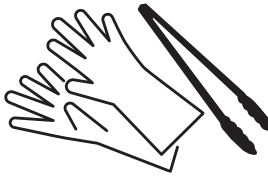
Needles and Sharps

A used needle can spread diseases.
Be safe.

PROTECT YOURSELF AND OTHERS



Do not pick up a used needle with your bare hands.



Use a grabber tool or tongs with disposable gloves, or use puncture-resistant gloves.

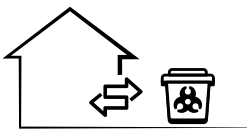
SAFELY DISPOSE OF NEEDLES



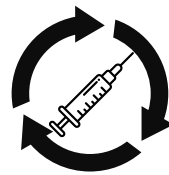
Do not put needles in the trash.



Place used needles in a marked sharps container right away.



Drop off full sharps containers at a transfer station or arrange for pick up.



Find a nearby needle exchange location.

Click [here](#) or scan the QR code to find a nearby needle exchange location.



IF YOU GET STUCK WITH A NEEDLE



Stay calm, wash the area with soap and warm water and cover with a bandage.



Seek medical care right away.

Waste Management

Dispose of your trash properly.



GARBAGE AND DIRTY WASTE



- **Dump dirty water in mop sinks or toilets**, not on the ground, in storm drains, or where food is prepared.



- **Pick up pet poop** right away with a plastic bag and place in the garbage.

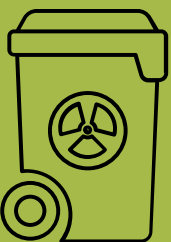


- **Put trash, recycling, and compost in correct containers.**



- **Empty indoor trash cans daily.**

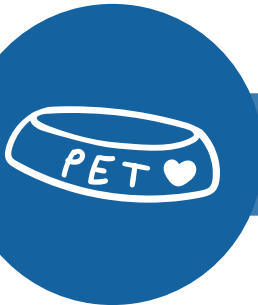
HAZARDOUS WASTE AND MEDICATIONS



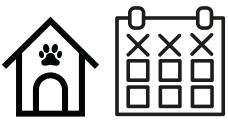
- **Put used needles in a sharps container** (do not touch them with your bare hands).
- **Put unwanted medications in a secured and marked container** that is out of reach of pets and kids.
- **Put hazardous waste in marked containers** and do not mix waste types (e.g. batteries, light bulbs, motor oil).

Pet Care

Keep pets safe and healthy.



DAILY PET CARE



Feed pets on a set schedule and make sure they have access to water, shelter, and exercise.



Do not feed pets human food, raw pet food, or treats that aren't fully cooked.



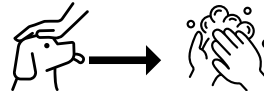
Do not allow pets in food preparation or eating areas.



Store pet food in rodent-proof containers and use a scoop (not your hands) to fill bowls.



Clean pet food and water bowls daily.



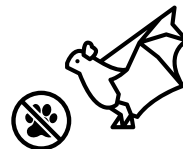
Wash hands with soap and warm water after petting, feeding, and cleaning up after you pet.



PET SAFETY



Leash, supervise, or confine pets to a craft or sleeping area.



Keep pets away from stray and wild animals.

Pet Care

Keep your pets safe and healthy.

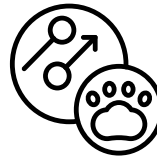
PET HEALTH



Keep pet's vaccinations current, especially against rabies, DHLPP (dogs), and RVRCP (cats).



Prevent fleas, ticks, heartworm, and internal parasites with regular medication.



Spay or neuter pets to protect their health and prevent unplanned litters.



Encourage individuals to see a vet at least once a year or if a pet is sick (give information about low cost vets and pet food banks).

PET POOP, VOMIT, AND BLOOD



Pick up dog poop immediately using a plastic bag and place in the garbage.



Ask the person in charge for instructions on how to clean up pet vomit, diarrhea, and blood.



Scoop litter boxes daily, bag waste and place in the garbage, empty, clean, and disinfect boxes weekly.



Pregnant individuals should not clean litter boxes.

Click [here](#) or scan the QR code to find additional animal resources for people experiencing homelessness.

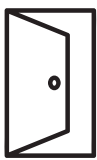




General Safety

Keep your site ventilated, pest-free, and safe.

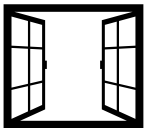
INDOOR AIR QUALITY



Open all doors and windows for a few minutes to let in fresh air.



Do not smoke indoors or within 25 feet of entrances and exits.



Open doors and windows, and/or run fans when cleaning.



Wipe or remove shoes upon entering a residence.

EMERGENCY PLANS



Get to know the emergency evacuation plans at your site.



Locate nearest exits.

PREVENT PESTS



Clear clutter that could encourage pest infestations.



Store food and garbage in rodent-proof containers such as Ziploc bags, tied plastic bags, or tupperware.



Do not store food in sleeping areas.