

# 5. Book of Hygiene

This is a compilation of resources, protocols and guidelines to help with anything hygiene-related at Folleterre.

- [Emergency Protocol for Disease Outbreaks](#)
- [Chart of Contamination Risks](#)
- [Recommendations for Structural Changes \(Long-Term Prevention\)](#)
- [Biggest Risk Factors for Disease Spread at Gatherings](#)
- [Ressources](#)

# Emergency Protocol for Disease Outbreaks

An **outbreak** is when **2 or more individuals** report **similar symptoms** (like vomiting, diarrhea, fever, or stomach cramps) within a **short timeframe (24–72 hours)**, especially if:

- The sick people **haven't shared a tent together**
- The symptoms match a known infectious pattern (like norovirus or shigella),
- The cases appear to be **spreading** (new people getting sick),

Even if you're not 100% sure, it's **better to act early** than to wait.

If an outbreak occurs during a gathering, follow these immediate response measures:

## 1. Identify & Care for Sick Individuals

- ? Recruit an urgent care team to monitor situation, coordinate care of sick faeries, liaise with facilitators, and make sure the gathering is familiar with hygiene protocols and good practices.
- ? Set up a "**nursery tent**" where sick people can recover with access to water and simple foods.
- ? Encourage anyone with vomiting, diarrhea, or fever to **self-isolate** away from communal spaces.
- ? Encourage **hydration with electrolyte drinks or oral rehydration salts**.
- ? Monitor **severely ill individuals** for signs of dehydration or worsening symptoms.
- ? If symptoms persist beyond **48 hours**, consider **seeking medical attention**.
- ? Create a tracking log of sick faeries, include all symptoms and the day/time of when they began

## 2. Adjust Food & Water Handling

- ? **Stop all buffet-style serving**—only designated, gloved servers should handle food.
- ? Ensure **only hot food (above 75°C/167°F) is served** to kill bacteria, **no salads!**
- ? Meal prep team should all be symptom free for 48 hours
- ? Disinfect all **jerrycans and dishwashing tubs** immediately.
- ? Boil or treat all drinking water if contamination is suspected.

## 3. Increase Hygiene & Sanitation

- ? Mandatory **handwashing enforcement** before meals and after toilet use.

? **Designate 1 or 2 toilets** specifically for sick individuals with diarrhea or vomiting. Healthy faeries should **only use the other toilets** to prevent cross-contamination.

? Clean sick toilets **more frequently**, use **extra sawdust**, and ensure the **lid stays closed** to reduce fly attraction and **replace shit tons more often**.

? Regularly disinfect **high-contact surfaces** (toilet seats, kitchen counters, door handles).

? Use a **separate laundry basket for sick individuals' linens** to prevent contamination.

? Wash **contaminated bedding and clothing immediately** using **hot water (at least 60°C/140°F)** when possible.

#### **4. Address Fly Infestation if Worsening the Outbreak**

? Increase **mosquito nets around food** and use more **fly traps**.

? Immediately remove and replace **shit tons** if they are attracting excessive flies.

#### **5. Aftercare: after the outbreak and when faeries got back home**

The main recommendation is to talk during the gathering about an aftercare plan. Actions taken could involve:

- Making sure every faerie that was sick is in touch with somebody and not alone until they recover.
- Making sure every faerie can access medical care and if not, what's needed for them to access such care, especially for faeries who wouldn't be able to afford basic medication or basic tests.
- Create a solidarity fund for extra costs or urgent costs that need to be done by faeries who can't afford such costs.
- Collecting results of medical analysis to keep monitoring the epidemic (see template)
- Creating a specific aftercare chat group, possibly including other faeries that were not at the gathering
- 

This should be done within the group of that gathering, with assistance from the steward circle and/or a call can be done to find specific support among the broader community.

**FOR THE STEWARDS : proposal to create an emergency health fund that can be activated when serious outbreaks happen and that faeries can make a request to, possibly with an individual limit (for example 50€ per person) for travel and/or basic medical costs.**



# Chart of Contamination Risks

This is a document that was made by the health committee to help reduce contamination risks

Source/hazard	Risk practice (status quo)	Mitigation strategy	Interventions	Notes	Proposal decision
<i>Where the contamination 'begins'; a physical place or object-subject.</i>	<i>Activity or practice that potentially spreads germs and virus</i>	<i>Approach that would reduce risk and exposure. Only one strategy per cell.</i>	<i>What could be done materially, socially, culturally to implement mitigation strategy. Can have multiple interventions per strategy.</i>	<i>Reflections, links, etc</i>	<i>Any purchases necessary?</i>
Toilet block	Flies carry germs from shit to prepared food and to kitchen	Reduce number of flies around toilet block and make it harder for flies to go back and forth from toilets and kitchen	<ul style="list-style-type: none"> <li>a) Keep toilet lids closed</li> <li>b) Use more sawdust to cover shit</li> <li>c) improve netting or enclosure where shit lands to reduce exposure to open air</li> <li>d) Big clear signange reminding fae to close lid and use lots of sawdust</li> <li>e) replace the shit tons when flies are getting too many</li> <li>f) hang up fly traps</li> </ul>	About f) birds get caught in open-air fly traps and die. Either close off the cabins or avoid fly paper in toilets	

Toilet block	Poor handwashing	Encourage better handwashing with new materials and communications	<ul style="list-style-type: none"> <li>a) cute fae signs about handwashing w/ instructures around toilet block</li> <li>b) improved handwashing infrastructure: bigger or more sinks, improved water pressure</li> <li>c) provide hand sanitizer in addition to soap</li> <li>d) remove reusable hand towel (it's also a source of germs)</li> <li>e) install paper towel dispensers for single use</li> </ul>	paper towels can be burned (but does this increase fire risk?); better to compost the paper towels?	
Toilet block	Contaminated surfaces	Clean surfaces multiple times daily	<ul style="list-style-type: none"> <li>a) keep a cleaning at toilet block at all times (bucket with cleaning supplies)</li> <li>b) poo faerie (and assistants?) wipe down surfaces at least X times daily</li> </ul>	This may depend on how large the gathering is	
Kitchen	Poor or infrequent handwashing: people don't wash their hands when they enter the kitchen; food prep team takes breaks and don't wash hands when they touch food again; 'visitors' come in to help for a couple minutes...	Everyone walking into and using the kitchen should wash hands and food prep team should wash hands frequently during cooking	<ul style="list-style-type: none"> <li>a) remind food prep team to wash hands (the sun?)</li> <li>b) mount hand sanitizer at kitchen door</li> <li>c) make sure there is always handwashing soap at kitchen sink</li> </ul>		

Kitchen	Sick or recovering faeries on food prep teams	People who feel unwell or have been sick shouldn't help prepare or serve food during contagious period	<p>a) create a guideline if you've had a fever, vomitted, or had diarrhea, then stay away from food prep for a full three days after your symptoms stopped</p> <p>b) if you feel unwell and you must use the kitchen or breakfast barn to prepare your own food, then wash your hands before you go in and make sure you place any utensils used in the dish bins</p>		
Kitchen	Contaminated surfaces	Prepare food on surfaces easier to clean and keep sterile	<p>a) replace wooden tables with steel countertops</p> <p>b) replace wooden cutting boards with high quality plastic cutting boards</p> <p>c) keep spray bottle with disenfectant and clean towels handy to wipe down surfaces before use</p>	Some small gatherings like to eat in the kitchen... maybe the steel countertops aren't nice for that	<p>1) Buy steel countertops</p> <p>2) Buy high quality plastic cutting boards</p>
Kitchen	Contaminated surfaces stay dirty	Do a proper clean of the kitchen during dish dance	<p>a) empower and celebrate raccoons</p> <p>b) give more clear directly to raccoons to CLEAN and steralize the kitchen</p> <p>c) provide rubber gloves and bucket with soapy water to raccoons for cleaning</p>		

Kitchen and Breakfast Barn	Flies carry germs from shit to prepared food and to kitchen	Prevent flies from landing on prepared food	a) keep prepared food protected from flies in the refridgerator or under a mesh/metal fly cover b) sticky fly trap paper in the kitchen and breakfast barn (replace when full)		
Breakfast barn	poor handwashing	More frequent handwashing/sanitizing when entering/using breakfast barn	a) put in a sink for handwashing inside or outside of the breakfast barn b) put a couple hand sanitizer dispensers in/around the breakfast barn		1) Buy and install a sink in/outside the breakfast barn
Breakfast barn	Plates, mugs and cutlery collecting dust, germs and flies	Closed cupboards to put everything in	a) put a new cupboard in the breakfast barn where plates, cutlery and mugs are enclosed		1) Buy new cupboard for breakfast barn
Breakfast barn	White plastic jerrycans are not cleaned	Clean/disinfect the jerrycans regularly			
Lunch and dinner services	poor handwashing --> sharing serving utensils	Limit the number of hands touching the commons elements on the serving tables and make sure those hands are clean	a) consider having food servers canteen style b) provide hand sanitizer bottle where people collect plates c) keep repeating wash your hands wash your hands!		

Lunch and dinner services	food improperly covered and stored; and used as leftovers	Refridgeration and proper storage containers	<ul style="list-style-type: none"> <li>a) buy refridgerator</li> <li>b) don't use cool room to store leftovers</li> <li>c) make sure to always have plastic wrap for food storage</li> <li>d) buy very large plastic storage containers with lids for left over food</li> <li>e) Use stickers to indicate the day the food was made. Don't use after more than 48h</li> <li>f) When in doubt, throw it out (especially dairy-based items and cooked grains)</li> </ul>		<ul style="list-style-type: none"> <li>1) Buy tupperware for leftovers</li> <li>2) Buy stickers with day of the week</li> </ul>
Lunch and dinner services	Contaminated food served	Always heat up food to at least 75°C	<ul style="list-style-type: none"> <li>a) food thermostat in the kitchen</li> <li>b) clear signage that says to check the temperature</li> </ul>		1) Buy food thermostat
Lunch and dinner services	Contaminated salad	Clean vegetables	<ul style="list-style-type: none"> <li>a) clean vegies that are served raw thoroughly with clean hands</li> </ul>		1) Buy food thermostat
Love Temple / Lounge	Contamination through dirty sheets	Clean sheets regularly	<ul style="list-style-type: none"> <li>encourage faeries to replace the sheets regularly/after fucking</li> </ul>		
Post sex bodies	People have delicious dirty sex and then go around touching everything with their poopy cummy hands!	sexy shower and handwashing	<ul style="list-style-type: none"> <li>integrate sex talk into the handwashing communication + hydroalcoholic gel pump in love lounge / temple</li> </ul>		
Drag room	Contaminated drag items	Drag items should be washed regularly			
Bathtub	Bathing in untreated water	Heat the water to at least 60°C			



# Recommendations for Structural Changes (Long-Term Prevention)

To reduce disease spread at future gatherings, consider implementing these structural changes:

## 1. Improve Hygiene Facilities & Handwashing Compliance

- ? Install **more handwashing stations**, including near the toilets, kitchen, and eating areas.
- ? Use **foot-pump sinks** or **soap dispensers** to make washing hands more convenient.
- ? Provide **hand sanitizer** at multiple locations for when soap and water aren't available.

## 2. Strengthen Food Safety & Storage

- ? Store dishes and cutlery in **closed cupboards** in the Breakfast Barn to protect from flies and dust.
- ? Set up a **server system** where designated people serve food instead of self-serve buffets.
- ? Ensure **raw vegetables are properly washed and prepared on clean surfaces** with separate knives/cutting boards.
- ? Regularly **sanitize the white plastic jerrycans** (empty, rinse, and clean with diluted vinegar or bleach).
- ? Do **not** keep leftovers for more than **24 hours** without refrigeration.
- ? Use tupperware and **stickers with the day of the week** for leftovers
- ? Avoid saving **high-risk foods** (e.g., dairy-based sauces, cooked grains, or anything left out for too long).

### ? Serving Leftovers Safely:

- **Reheat leftovers to at least 75°C (167°F)** before serving again.
- **Do not serve lukewarm food**, as it increases the risk of bacterial growth.
- When in doubt, **throw it out**—especially if food has been sitting at room temperature for too long.

## 3. Reduce Toilet-Related Contamination

- ? **Increase toilet cleaning frequency**, especially wiping down seats and handles with disinfectant.
- ? Always **keep toilet lids closed** after use to reduce fly attraction.
- ? **Replace shit tons before they are completely full** to reduce exposure to waste.

? Continue using **sawdust** generously to limit odors and flies.

#### **4. Improve Bathing & Water Use**

? Drain and **clean the bathtub frequently** with disinfectant before refilling.

? Consider heating the bathtub water to **at least 60°C (140°F)** before use, as this kills bacteria.

#### **5. Reduce Flies & Insect Transmission**

? Continue using **mosquito nets around food areas** in the Breakfast Barn.

? Set up **fly traps or screens** near food preparation areas.

? Maintain strict **waste management**, especially around food scraps and composting toilets.

# Biggest Risk Factors for Disease Spread at Gatherings

## 1. Hand Hygiene Compliance

- Even though handwashing is emphasized, people may not always wash their hands properly or at all.
- Soap availability, water temperature, and convenience can affect compliance.
- Shared items like drag clothes, cooking utensils, and tools can become fomites (contaminated objects that spread disease).

## 2. Food and Water Contamination

- **Dish Dance & Dishwashing Setup**
  - The **Dish Dance** system helps reduce contamination, as the tubs are frequently replaced. However, standing water in tubs, even briefly, can still be a potential risk if not changed often enough.
- **Cross-Contamination in Food Prep**
  - Raw vegetables can become contaminated if they come into contact with unwashed hands, dirty cutting boards, or knives used on other foods without proper cleaning.
  - If someone with unclean hands touches a vegetable that is then served raw, bacteria or viruses can transfer to everyone eating it.
- **Food Temperature & Serving Style**
  - Serving food **really hot** (above 60°C/140°F) can kill bacteria, but it's most important to **prevent contamination after cooking** rather than relying on heat alone.
  - Having designated **servers fill plates** instead of people serving themselves at a buffet could reduce the spread of germs, as fewer hands would touch serving utensils and food.
- **Breakfast Barn Ventilation & Storage**
  - The **Breakfast Barn is well-ventilated**, which is good for air circulation.
  - However, the **open cupboards expose dishes and cutlery to flies and dust**, increasing the risk of contamination.
  - The **white plastic jerrycans with tap water** are a potential hazard if they are not cleaned and refilled frequently. Stagnant water inside can become a breeding ground for bacteria if not emptied and sanitized regularly.

## 3. Shared Toilets and Waste Handling

- **Ecotoilets require proper management**—if people don't use enough sawdust or if poop isn't fully composted before use, pathogens can survive.
- **Pee and poop handling** (e.g., spreading urine on the land) may spread disease if not done hygienically.

- **Flies and insects** can transfer fecal bacteria to food and communal areas.
- **Cleaning frequency:** If toilets aren't cleaned frequently enough (seats, handles, surrounding areas), lingering fecal bacteria can be picked up by people and spread further.
- **Fly infestations** in the past have worsened disease spread, especially around the toilets and the breakfast barn. Measures like **using more sawdust, keeping toilet lids closed, replacing shit tons more often, and covering food with mosquito nets** significantly reduced the problem.

#### 4. Water Sources and Bathing Risks

- The **UV-filtered well water** is safe for drinking, and the **mountain stream water for showers and dishwashing** does not mix with your drinking water supply. However, bathing in untreated water can allow pathogens (like E. coli or Giardia) to persist.
- **Bathtub Heating:** Heating water to **40°C (104°F)** does **not** kill bacteria or parasites—it is actually an ideal temperature for bacterial growth. The bathtub could become a source of **Legionella** or other waterborne infections if it is not drained and cleaned regularly.

#### 5. High-Density Close Contact

- **Shigella and norovirus spread through person-to-person contact**, especially when people eat communally and hug/kiss/touch often.
- The **Love Temple** can be a vector if people don't wash hands before/after, and bodily fluids can spread infections.
- **Drag and costume sharing** might indirectly spread pathogens through contaminated fabric.

# Ressources

## **Health Agency links:**

CDC on Norovirus: <https://www.cdc.gov/norovirus/prevention/index.html>

NHS on Norovirus: <https://www.nhs.uk/conditions/norovirus/>

## **Hand washing facts:**

On water temperature, antibacterial soap, drying, and duration: <https://healthcare-in-europe.com/en/news/hand-washing-in-hot-or-cold-water.html>

Water temp isn't important: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3692566/>