



HEALTH KITS FOR HAITIAN RELIEF EFFORT THROUGH LUTHERAN WORLD RELIEF

People who must flee their homes quickly often do not have time to pack essential items. Health kits can help refugees maintain personal hygiene while living in exile. Items may also contribute to a new start for those who can return home.

Include the following items in each health kit:

- One hand towel, dark color recommended
- One washcloth, dark color recommended
- One bath-size bar (4 to 5 oz.) of soap, any brand, in its original wrapping
- One adult-size toothbrush in its original packaging
- One sturdy comb, remove packaging
- One metal nail file or nail clippers with file attached, remove packaging (do not substitute cardboard emery boards for the file)
- Six Band-Aids® (or similar brand), preferably 1/2" to 3/4"; secure together with a rubber band

Do not add other items or leave out any of the items listed. All items should be new and in good condition.

Checks or cash will also be accepted to help ship the health kits to the U.S. distribution point and then on to Haiti. Make checks out to Bethlehem Lutheran Church – in the memo line write – FOR HEALTH KITS FOR HAITI.

As of January 22, Lutheran World Relief is committing \$2.25 million to relief efforts in Haiti. To date Lutheran World Relief has contributed 670 health kits and 1,500 layettes to Church World Service for distribution to people displaced by the earthquake and is working to mobilize thousands more as the needs in Haiti grow. Even as relief efforts continue, LWR and partners are now also making plans for a three to five year response to help communities recover from this devastating crisis.