

## How can you help? Provide UMCOR Health Kits



UMCOR's two relief supply warehouses are asking United Methodists to provide health kits that can be sent to those dealing with emergencies.

"For people who are feeling powerless in being able to help those in need, providing health kits is a tangible way they can make an immediate difference," said Kathy Kraiza, director of UMCOR's relief supplies.

The kits, valued at about \$12 per kit, contain everything from towels and washcloths to sterile bandages and bar soap. They will be distributed to those who have been forced to leave their homes as a result of recent disasters.

For individuals or groups that want to contribute basic necessities, UMCOR requests that the following NEW items be placed in a sealed one-gallon plastic bag.

- 1 hand towel (15" x 25" up to 17" x 27". No kitchen towels.
- 1 washcloth
- 1 comb (large and sturdy, not pocket-sized)
- 1 nail file or fingernail clippers (no emery boards or toenail clippers)
- 1 bath-size bar of soap (3 oz. and up)
- 1 toothbrush (single brushes only in original wrapper, no child-size brushes)
- 6 adhesive plastic strip sterile bandages
- \$1.00 to purchase toothpaste

(NOTE: Toothpaste is purchased in bulk to be added to health kits to ensure that the product does not expire before they are sent.)

Because the emergency kits are carefully planned to make them usable in the greatest number of situations and strict rules govern product entry into international countries, UMCOR requires that the kits contain only the requested items – nothing more.

[http://www.umc.org/site/c.lwL4KnN1LtH/b.5721887/k.24FC/How can you help Provide UMCOR Health Kits.htm](http://www.umc.org/site/c.lwL4KnN1LtH/b.5721887/k.24FC/How_can_you_help_Provide_UMCOR_Health_Kits.htm)